Recovery Guide

Services, Activities, and Resources

Healthy Capital District
Get Covered • Find Care
Stay Healthy
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## Treatment Locator and Guide:

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<tr>
<td><strong>SAMHSA</strong></td>
<td>Customizes and locates the types of services you are seeking based on: Location, level of care, telemedicine preference, service setting e, types of opioid treatments preferred (includes Buprenorphine Practitioners in the area), if veteran services are needed, insurance/payment needs, preferred language, and special programs or groups.</td>
<td><a href="https://findtreatment.samhsa.gov/locator.html">https://findtreatment.samhsa.gov/locator.html</a> Or Call: 1-800-662-HELP (4357)</td>
</tr>
<tr>
<td><strong>New York Office of Addiction and Services and Supports (OASAS)</strong></td>
<td><strong>Provider and Program Locator Tool:</strong> Find Chemical Dependence Treatment Programs, Chemical Dependence Prevention Programs, Providers of Clinical Screening and Assessment Services for the Impaired Driving Offender, and Problem Gambling Treatment and Prevention programs that are based in New York State</td>
<td><a href="https://webapps.oasas.ny.gov/providerDirectory/index.cfm?search_type=2">https://webapps.oasas.ny.gov/providerDirectory/index.cfm?search_type=2</a></td>
</tr>
<tr>
<td><strong>HOPEline</strong></td>
<td><strong>The NYS HOPEline:</strong> Owned by the New York State Office of Addiction Services and Supports (OASAS), the HOPEline provides high quality, responsive information, and referral services via phone and text message to callers throughout New York State experiencing substance misuse and problem gambling. HOPEline services are free and confidential. The HOPEline operates 24 hours a day, 365 days a year.</td>
<td>Contact the HOPEline by calling: 1-877-846-7369 or text HOPENY (467369)</td>
</tr>
<tr>
<td><strong>Friends of Recovery NY (FOR-NY)</strong></td>
<td><strong>An in-depth guide</strong> which provides resources, definitions, tips, tools, and guidance on navigating treatment. Designed with the goal of assisting and supporting families as they navigate their way from active addiction to recovery.</td>
<td><a href="https://for-ny.org/wp-content/uploads/2018/04/FamtoFamResourcesGuide.pdf">https://for-ny.org/wp-content/uploads/2018/04/FamtoFamResourcesGuide.pdf</a> Tel: 518-487-4395</td>
</tr>
<tr>
<td>**Rensselaer County Department of Public Health</td>
<td><strong>Rensselaer County, NY</strong></td>
<td><strong>The Recovery Helpline is open every day from 9 a.m. to 9 p.m. and staffed by people with lived experience in addiction and recovery who will partner with callers in their recovery planning process. Callers can find support on everything from engaging in appropriate treatment to finding education materials.</strong></td>
</tr>
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**Peer Support**

*Peer recovery coaches provide many different types of support, including emotional, informational, instrumental (e.g. housing or employment) affiliation support (connections to recovery community activities), and recovery planning. The focus of long-term peer recovery support goes beyond the reduction or elimination of symptoms, and encompasses self-actualization, community engagement, and overall wellness.*

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<td>Catholic Charities</td>
<td>Peer Advocate</td>
<td>- Peer Advocates utilize harm reduction techniques which incorporates a spectrum of strategies from safer use, to managed use to abstinence, in order to meet people “where they’re at”&lt;br&gt;- Peers provide a vital link to the resources people need or want (including medication linkage) help reduce the stigma associated with drug use&lt;br&gt;- Medication Support/Linkage&lt;br&gt;- <strong>Tel:</strong> 1-866-930-4999</td>
</tr>
<tr>
<td>Healing Springs Recovery Community Center</td>
<td>Peer Advocate</td>
<td>- Peer-led addiction and recovery support groups&lt;br&gt;- Linkage with community resources&lt;br&gt;- Work with individuals in developing wellness plans&lt;br&gt;- Health and wellness activities; community service opportunities&lt;br&gt;- <strong>Tel:</strong> (518) 669-9552 or (518)-491-0664</td>
</tr>
<tr>
<td>New Choices Recovery Center</td>
<td>Peer Advocate</td>
<td>- Peer Support for anyone interested in the recovery process&lt;br&gt;- No insurance is required for this service&lt;br&gt;- Client has the option to meet with the peer advocate in the office or in the community&lt;br&gt;- <strong>Tel:</strong> 518- 346 -4436 Ext 7201</td>
</tr>
<tr>
<td>Our Wellness Collective</td>
<td>Peer Advocates</td>
<td>- Peer-led substance misuse and recovery support groups&lt;br&gt;- Peer-led trainings for people in recovery, those struggling with recovery, and for organizations working with people on their journey to recovery&lt;br&gt;- <strong>Tel:</strong> 518-303-2725</td>
</tr>
<tr>
<td>Rensselaer County Department of Mental Health</td>
<td>Peer Advocates</td>
<td>- Peers develop brief service plans and provide referrals and linkages to needed services or supports&lt;br&gt;- <strong>Cell:</strong> 518-925-8067 <strong>Office:</strong> 518-270-2857</td>
</tr>
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## Family Support*

*Some examples of family support services include: learning mindful communication and boundary setting techniques, providing your loved one with healthy motivation, helping family members understand the science of addiction, and providing family members the tools to recognize and avoid enabling behaviors.

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| **The Addictions Care Center** | Family Support Navigators (FSNs) | - Family Support  
- Education on Substance Use Disorder and Recovery  
- Peer/Family Coaching  
- Referrals  
- Insurance Advocacy  
- Community Engagement  
- Alleviating communication barriers  
**Tel:** (518) 465-5470 |
| **Conifer Park**            | Family Support Program           | - Lectures, group interactions, and discussions  
- Tools to improve communication skills  
- Tactics to assist the entire family heal and recover  
**Tel:** (800) 989-6446 ext. 8106 |
| **Equinox**                 | Family Resources Program in our eyes. | - One-on-one meetings in their offices or in clients’ homes, multi-family group meetings, a 24-hour hotline, and referral services  
- Family Resources staff is available to answer questions and provide guidance in person, on the phone, by email, or through the mail  
**Tel:** 518.435.9931 x5455 |

Edits? Additions? Contact us at [hcdi@hcdiny.org](mailto:hcdi@hcdiny.org).
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| **Healing Springs** | Family Support Navigator (FSN) | • Assists family and loved ones understand the progression of addiction, how to navigate the insurance and treatment systems, and how to adjust to a loved one’s return home from treatment  
• Ongoing support for families throughout the recovery process  
• Connection to a variety of vital resources  
• **Tel:** 518-306-3048 |
| **Nar-Anon (Multi-Agency Offering) and Al-Anon (Multi-Agency Offering)** | Family Support Groups | • Twelve-step programs  
• Support and help are provided through sharing successes and failures, joys and sorrows, dreams and realities. In this group, a better way to live and cope is learned |
| **New Choices CRAFT Program** | Community Reinforcement and Family Training (CRAFT) program | • The CRAFT program is designed to accomplish three goals:  
1) When a loved one is misusing substances and refusing to get help, CRAFT helps families invite their loved one into treatment options  
2) On its own, CRAFT helps reduce the loved one’s alcohol and drug use, even if the loved one has not yet engaged in treatment.  
3) CRAFT improves the lives of the concerned family and friends  
• **Tel:** 518-382-7838 X 103 or 518-348-7976  
• For an informational video and to learn more about the CRAFT guidelines, visit: [NYS Office of Addiction Supports and Services](#) |
| **Our Wellness Collective Friends & Family Harm Reduction Works Meeting Link** | Friends & Family HRW meetings (multiple pathways for friends & family too) | • Friends & Family Harm Reduction Works (HRW) is a Mutual Aid meeting open to anyone who is interested in support & empowerment.  
• Meets virtually on Tuesdays @ 6:30 EDT/EST  
• **Tel:** 518-303-2725 |
Family Support (Cont’d.)-
Capital Region NAR-ANON Meetings:

NAR-ANON (multi-agency offering)  https://www.nar-anon.org

Capital Region NAR-ANON Meetings:

MONDAYS: 6 PM & 7 PM
AMSTERDAM, Healing Hope Group
St. Anne’s Episcopal Church, 37 Division Street, Amsterdam, NY 12010.
Tel: Nydia @ (347)410-2314

TUESDAYS: 6 PM & 7 PM
COLONIE, Never Alone Group, Capital Church
31 Vly Road, Albany, NY 12205
Tel: Barb @ (518)355-8146

SARATOGA SPRINGS, Healing Springs Group
United Methodist Church, 175 5th Avenue
Saratoga, NY 12866.
Tel: Julie @ (518)365-1261 or Judy @ (518)796-0694

WEDNESDAYS: 7PM
SOUTH GLENS FALLS, Steps to Hope Group
Pine Knolls Alliance Church, 614 Gansevoort Road,
South Glens Falls, NY 12803.
Tel: Judy @ (518)796-0694

CHATHAM, Strength & Recovery Together Group
Christ Our Emmanuel Church, 23 Park Row,
Chatham, NY 12037.
Tel: Lori @ (518)858-6124

THURSDAYS: 7PM
MECHANICVILLE, Journey of Hope Group
St. Luke’s Episcopal Church, 40 McBride Road,
Mechanicville, NY 12118
Tel: Julie @ (518)365-1261

SATURDAYS: 10AM
SARATOGA SPRINGS Families Recover
Held at: Pine Grove Church, 59 Pine Rd.
Saratoga Springs, NY 12866
Tel: Healing Springs @ 518-306-3048

Edits? Additions? Contact us at hcdi@hcdiny.org.
## Creative Outlets*

*In addition to creating pathways for unresolved emotions, creativity can help those in recovery do the following: heal from past traumas, improve work performance, optimize focus, encourage playfulness, work through shame, and reduce stress.

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| **Albany Art Room**<br>The Atelier at Arlene’s<br>Create Studios<br>Electric City Barn | Arts and Crafts | • Arts and crafts are one of the fundamental ways to assist with the healing of the heart, mind, and spirit  
• With the relaxation that arts and crafts activities bring, there is also a sense of purpose, thoughtfulness and expression alongside with creativity |
| **SUNY Schenectady Workforce Development**<br>SUNY Adirondack Continuing Education<br>SUNY Hudson Valley Continuing Education | Continuing Education Classes. | • Ample options for learning a language, to play an instrument, acquiring a new skill, or taking some exploratory classes that allow you to consider new directions  
• Developing new hobbies and/or outlets have ongoing benefits, as you continue to widen your horizons in recovery |
| **DIY Network**<br>Home Depot DIY Project Ideas<br>Life Hacker | Do It Yourself (DIY) | • Visit a “how to” site and you could try installing a backsplash, building a deck, or creating an indoor garden- there is no limit to what you can find |
| **Albany Live Music Events**<br>Caffe Lena<br>Music Haven Concert Series<br>Saratoga Performing Arts Center (SPAC)<br>Troy Music Hall | Music | • Music is the most accessible and most researched medium of art and healing, and there has been a principal emphasis on the soothing capacity of music. In particular, music therapy has been shown to decrease anxiety. |
| **Berkeley Gratitude Journal**<br>Creative Writing Now<br>Journal Cloud<br>PsychCentral | Writing | • The effects of writing on overall health, have shown significant improvements in:  
  o Physical health  
  o Maintaining visits to physicians  
  o Improved immune system functioning  
  o Long-term improvements in mood and health |
### Social Networks

*Social support is information leading one to believe that s/he is cared for and a member of a network of mutual obligations. Evidence has proved that supportive interactions reduce stress, improve health and can accelerate recovery.*

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<td><strong>Friends of Recovery NY</strong>&lt;br&gt;<strong>Friends of Recovery Schenectady</strong></td>
<td>Advocacy, Training, and Support Services</td>
<td>• The FOR-NY mission is to demonstrate the power and promise of recovery from addictions and its value to individuals, families and communities throughout New York State and the nation</td>
</tr>
<tr>
<td><strong>Meetup Sober Events</strong></td>
<td>Online or in-person events for people in your local community who share your interests.</td>
<td>• Thousands of events happening every day&lt;br&gt;• Find groups to meet people, make friends, find support, and explore your interests</td>
</tr>
<tr>
<td><strong>Online Resources:</strong>&lt;br&gt;<strong>The Temper</strong>&lt;br&gt;<strong>Smart Recovery</strong>&lt;br&gt;<strong>NA Meeting Search</strong>&lt;br&gt;<strong>Recovery Centers of America Support Groups</strong></td>
<td>Personalized Online Recovery Support Groups</td>
<td>• Recovery is unique to every individual&lt;br&gt;• Recovery group options are flexible and supportive</td>
</tr>
<tr>
<td><strong>Volunteer Match</strong></td>
<td>Volunteer Opportunities</td>
<td>• Connect with your community and give yourself a creative outlet by figuring out how to collect school supplies for foster kids, stretch the budget of a local food bank, or connect people living on the streets with services and treatment they need to heal. You have more to offer than you know, and by channeling your creative energy into helping others, you can make a huge difference in their lives and your own</td>
</tr>
<tr>
<td><strong>Youth Voices Matter</strong></td>
<td>Youth Recovery Community Organizations</td>
<td>• YVM’s mission is to empower and inspire youth and young adults across NY to create, develop and collaboratively establish Youth Recovery Community Organizations while supporting and contributing to the growth of each individual’s recovery process&lt;br&gt;• <strong>Tel:</strong> 518-487-4395</td>
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## Complementary & Alternative Services*

*These are “non-mainstream” treatments that are used together with, or sometimes instead of, common treatment techniques.

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| Capital Region Acupuncture Directory | Acupuncture and Acupressure | **Acupuncture:**  
- Originally a Chinese practice of inserting fine needles through the skin at specific points especially to cure disease or relieve pain.  
- National Institutes of Health (NIH) studies have shown that acupuncture is an effective treatment alone or in combination with conventional therapies to treat the following: Substance Use Disorder (SUD), Nausea, Headaches, Fibromyalgia, Osteoarthritis, Lower Back pain, and Chronic Pain  

**Acupressure:**  
- The application of pressure (as with the thumbs or fingertips) to the same discrete points on the body stimulated in acupuncture that is used for its therapeutic effects, such as the relief of tension or pain. NIH studies have shown that acupressure is effective for improving mental health, recovery from general psychological distress, enhance memory functions, and as an adjunct treatment for traumatic brain injury. |
| Capital Region Acupuncturists | | |
| Centered Stillness | | |
| Albany Meditates  
First Unitarian Universalist Society of Albany  
Shambhala Center of Albany  
UnPlug- Virtual Meditation and Mindfulness Programs | Meditation | **Meditation:**  
- To engage in contemplation, reflection, or a mental exercise (such as concentration on one’s breathing or repetition of a mantra) for the purpose of reaching a heightened level of spiritual awareness.  
- NIH studies have shown that meditation results in significant improvement in recovery maintenance, in promoting executive functioning, in working memory, in decision-making skills, and results in decreasing stress levels. |
### Complementary and Alternative Services* (Cont’d)

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<tr>
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<tr>
<td><strong>Tai Chi Foundation</strong></td>
<td>Tai Chi</td>
<td>Tai Chi: An ancient Chinese discipline of meditative movements practiced as a system of exercises.</td>
</tr>
<tr>
<td><strong>Free Yoga in the Capital Region</strong> - click on the links for updated schedules</td>
<td>Yoga</td>
<td>Yoga:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- A system of physical postures, and breathing techniques to promote physical and emotional well-being.</td>
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<tr>
<td></td>
<td></td>
<td>- NIH studies have found that yoga reduces perceived stress and anxiety, improves physical and mental health, and is considered a holistic intervention leading to long-term benefits.</td>
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<tr>
<td></td>
<td></td>
<td>- Donation-based Yoga 12-step Recovery (Y12SR) meetings are held at yoga studios and other community spaces across the country. Each meeting consists of a group sharing circle, and an intentional yoga class taught by a certified Y12SR leader</td>
</tr>
</tbody>
</table>

*In addition to the agencies above, many institutions of faith, recovery centers, community centers, insurance companies, school districts, and libraries will also offer classes in complementary and alternative practices for free or at low-cost to community members.*
# Recovery Community Centers*

*Recovery Community & Outreach Centers provide non-clinical support and education to individuals in recovery, their families, friends and other allies. They are not meant as a substitute for treatment.

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<tr>
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</table>
| **The Capital District Recovery Center** | Recovery Support Groups And Recovery Resources | CDRC Provides:  
• Substance-free meeting space  
• 12 step and many other types of recovery oriented support groups  
• **Tel**: 518-487-4617 |
| **Healing Springs Recovery Center** | Recovery Support Groups And Recovery Resources | • Peer to peer support for people in recovery and families seeking support  
• Information about area services  
• Tai Chi, Reiki, Yoga, Coffee Connection  
• Mutual Aid and other groups, including Refuge Recovery, Heroin Anonymous, Narcotics Anonymous, Alcoholics Anonymous, Nar-Anon, GRASP Grief and Loss Support  
• Advocacy support for access to treatment and services  
• Sober Social Events  
• **Tel**: 518-306-3048 |
| **Second Chance Opportunities** | Recovery Support Services | Program Offers:  
• Recovery Coaching  
• Employment Assistance  
• Membership  
• Support  
• Referrals  
• Sober Social Events  
• **Tel**: 518.489.192 |
## Harm Reduction Services*

* Harm reduction programs and services focus on reducing risk to prevent dangerous consequences to health and well-being. Harm reduction techniques incorporate a spectrum of strategies from safer use, to managed use, to abstinence.

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<tr>
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<th>Eligibility and Additional Information</th>
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</table>
| Catholic Charities                   | Harm Reduction Services                     | • Project Safe Point provides overdose prevention training, syringe exchange, treatment readiness and referrals, HIV and Hepatitis C Screening  
  • Tel: 1-866-930-4999                |
| Harm Reduction Works Meeting         | Harm Reduction Works Information and Meetings| • Find Harm Reduction Works (HRW) meetings, information, and news coverage                             |
| Schedules and Information            |                                             |                                                                                                        |
| National Harm Reduction Coalition    | Harm Reduction Policy and Advocacy Work      | • Creates spaces for dialogue and action that help heal the harms caused by racialized drug policies.  
  • Builds evidence-based strategies with and for people who use drugs |
| Never Use Alone                      | Harm Reduction Service                      | • A life-saving 800 number that provides support and resources for people; meeting them “where they are at” without judgement or shaming  
  • Tel: 1-800-484-3731                |
| Next Distro                          | Harm Reduction Services and Supplies         | • Provides Naloxone (Narcan) and clean syringes by mail.  
  • Provides a locator for naloxone access, syringe exchange programs, for support and advocacy options |
| Our Wellness Collective              | Harm Reduction Meetings                      | • Hosts free weekly Harm Reduction Works meetings and Friends and Family Harm Reduction Works support meetings |
# Advocacy Support*

*Speaking out about recovery can build relationships within your communities, reduce stigma, and build support or prevention and treatment programs. Whether you are speaking with elected officials, family members, decision makers, law enforcement, or others in recovery, your story can have an impact.

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</table>
| **The Alcoholism and Substance Abuse Providers of New York State (ASAP)** | Advocacy | • Advocacy work focused on shaping public policies which affect the provision of addiction prevention, treatment, and recovery services  
• Provides tool kit, sample letters to congress and state representatives, and  
• Up to date information on NYS initiatives and budgets focused on recovery efforts  
• **Tel:** (518) 426-3122 |
| **Friends of Recovery-NY and Faces and Voices of Recovery (National)** | Advocacy and Education | • Advocacy work focused on improving public policy, stigma reduction, capacity building, and supporting the expansion of Recovery Community Organizations (RCOs)  
• Provides an Advocacy Toolkit  
• Provides education about the prevalence, pathways, and styles of long-term substance use disorder recovery  
• Annual Stand Up for Recovery Advocacy Day |
| **NYS Office of Addiction Services and Supports** | Advocacy and Patient Rights | • Provides toolkits for public awareness campaigns as well as patient rights fact sheets  
• **Tel:** 1-800-553-5790- patient advocacy |
| **Partnership to End Addiction** | Advocacy | • Advocating for improved policy  
• Empowering community members to be capable advocates in the movement to break down barriers, stigma, and increase access to treatment  
• Advocacy toolkit and other tools for effectively communicating with lawmakers |
| **Vocal New York** | Advocacy | • Statewide grassroots membership organization focused on policy and empowerment  
• Efforts focused on low-income people directly impacted by any of the following: HIV/AIDS, the drug war, mass incarceration, and homelessness  
• Community organizing, leadership development, advocacy, direct services, and direct action |
Organization and Contact Information by Category:

Peer Support:

**Catholic Charities**
31 Walter Street, Albany, New York 12204
[http://www.carecoordinationcc.org](http://www.carecoordinationcc.org)  
Tel: 1-866-930-4999

**S.A.R.A./Healing Springs**
125 High Rock Ave. (back parking lot, blue awning)  
Saratoga Springs, NY 12866
[https://www.sararecovery.org](https://www.sararecovery.org)  
Tel: (518) 669-9552 or 518-491-0664  
Email: crpa@preventioncouncil.org or crpa2@preventioncouncil.org

**New Choices Recovery Center**
728 State Street, Schenectady, 12307
[www.newchoicesrecovery.org/site/recovery](http://www.newchoicesrecovery.org/site/recovery)  
Tel: 518-346-4436 Ext 7201 Fax: 518-346-3522  
E-mail: Wraparound@newchoicesrecovery.org

**Our Wellness Collective**
PO Box 475 Ghent NY 12075
[https://www.ourwellnesscollective.com](https://www.ourwellnesscollective.com)  
Tel: 518-303-2725

**Rensselaer County Dept. of Mental Health**
1600 7th Ave. Troy, NY 12180
[www.rensco.com/peer-engagement-specialist](http://www.rensco.com/peer-engagement-specialist)  
Cell: 518-925-8067  
Office: 518-270-2857  
Email: JChapman@rensco.com

Family Support:

**The Addiction Care Center**
90 McCarty Avenue, Albany, New York 12202
[https://www.theacca.net](https://www.theacca.net)  
Tel: (518) 465-5829 ext. 416  
Email: dmclarney@theacca.net

**Al-Anon**
[https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/](https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/)

**Conifer Park**
79 Glenridge Rd. Glenville, NY 12302
[www.coniferpark.com/schenectady-outpatient-clinic](http://www.coniferpark.com/schenectady-outpatient-clinic)  
Tel: (800) 989-6446 ext. 8106.

**Equinox**
500 Central Avenue, Albany, NY 12206
[equinoxinc.org/page/family-resources-33.html](http://equinoxinc.org/page/family-resources-33.html)  
Tel: 518.435.9931 x5455  
Client Weather Line: 518.435.9931, x5454

**Healing Springs**
125 High Rock Ave. Saratoga Springs, NY
[preventioncouncil.org/family-support-navigator](http://preventioncouncil.org/family-support-navigator)  
Tel: (518) 306-3048 or (518) 281-8389  
Email: family@preventioncouncil.org

Edits? Additions? Contact us at [hcdi@hcdiny.org](mailto:hcdi@hcdiny.org).
Family Support Cont'd:

Nar-Anon
https://www.nar-anon.org

New Choices
https://www.newchoicesrecovery.org/site/concerned-loved-ones
728 State Street, Schenectady, 12307
Tel: 518 -382 -7838 X 103 or 518 - 348 -7976

NYS Office of Addiction Services and Supports

Our Wellness Collective
Events:
https://www.facebook.com/events/768761117322453
HRW Meeting Link: https://zoom.us/j/158207944
Tel: 518-303-2725

Creative Outlets:

ARTS AND CRAFTS

Albany Art Room
350 New Scotland Ave, Albany, NY 12208
https://www.albanyartroom.com
Tel: 518-915-1091

The Atelier at Arlene’s
57 Fuller Rd, Albany, NY 12205
https://arlenesartist.com/classes-workshops
Tel: 518-482-8882

CREATE Studios
137 State St, Schenectady, NY 12305
https://createcommunitystudios.org
Tel: 518-348-9290

Electric City Barn
400 Craig St, Schenectady, NY 12307
https://ecb.albanybarn.org
Tel: (518) 935-4858

CONTINUING EDUCATION

State University of New York (SUNY):
Workforce Development and Community Education | SUNY Schenectady (sunysccc.edu)
Browse Online Courses for SUNY Adirondack | ed2go
https://www hvcc edu/programs/workforce-development/index.html

DO IT YOURSELF:

DIY Network
https://www.diynetwork.com

Home Depot
https://www.homedepot.com/c/diy_projects_and_ideas

Life Hacker
https://lifehacker.com

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MUSIC


Café Lena  https://www.caffelena.org
47 Phila St. Saratoga Springs, NY 12866  Tel: 518-583-0022


Saratoga Performing Arts Center (SPAC)  https://spac.org/calendar/calendar-of-events

Troy Music Hall  https://www.troymusichall.org

WRITING


Journal Cloud  https://journey.cloud/journal-prompts

Creative Writing Now  https://www.creative-writing-now.com/journal-prompts.html

Berkeley  ggia.berkeley.edu/practice/gratitude_journal

Social Networks:

Friends of Recovery (FOR)  https://for-ny.org/our-events/
Friends of Recovery - Schenectady - Events | Facebook

Meetup  meetup.com
Find Events & Groups | Meetup

Online Resources  https://www.thetemper.com/sober-communities-beyond-traditional-aa/
https://www.smartrecovery.org/
https://www.na.org/meetingsearch/

Volunteer Match  www.volunteermatch.org

Youth Voices Matter (YVM)  youthvoicesmatterny.org
Tel: 518-487-4395
Complementary and Alternative Services:

**ACUPRESSURE**

**Centered Stillness**
https://www.centeredstillness.com/acupressure-massage
307 Hamilton St, Albany, 12210
Tel: 518-407-1841

**ACUPUNCTURE**

**Capital Region Acupuncture Directory**
https://www.healthgrades.com/acupuncture-directory/ny-new-york/albany
**Capital Region Acupuncturists**
https://www.albany.com/health-medical/acupuncture

**MEDITATION**

**Albany Meditates**
https://sites.google.com/view/imeditate/home
**First Unitarian Universalist Society of Albany**
http://albanyuu.org/mindfulness-meditation
**Shambhala Center of Albany**
https://albany.shambhala.org
**UnPlug- Virtual Meditation Classes**

**TAI CHI**

**Tai Chi Foundation**
https://www.taichifoundation.org/free-live-online-classes

**YOGA**

**FREE Yoga in the Capital Region**
**Yoga 12 Step Recovery Community**
https://y12sr.com/meetings/find-a-meeting-by-state/

Recovery Community Centers:

**Capital District Recovery Center**
45 Colvin Ave (2nd Floor) Albany, NY 12206
Tel: 518-487-4617

**Healing Springs**
125 High Rock Avenue, (Back lot, blue awning) Saratoga Springs, New York 12866
Tel: 518-306-3048

**Second Chance Opportunities**
55 Colvin Ave. Albany, NY 12206
Tel: 518.489.192
Harm Reduction Services:

**Catholic Charities**

https://www.projectsafepointcc.org/services

Tel: 1-866-930-4999

**Harm Reduction Works Meetings**

https://linktr.ee/hrw

**National Harm Reduction Coalition**

https://harmreduction.org

**Never Use Alone**

https://neverusalone.com

Tel: 1-800-484-3731

**Next Distro**

https://nextdistro.org/newyork

**Our Wellness Collective**

www.ourwellnesscollective.com/event/harm-reduction-works-hrw

Advocacy Support:

**NYS Alcoholism and Substance Abuse Providers**

http://www.asapnys.org/policy-center

**Faces and Voices of Recovery**

https://facesandvoicesofrecovery.org

**Friends of Recovery-NY**

https://for-ny.org/mission-vision

Tel: 1-518-487-4395

**NYS Office of Addiction Services and Supports**

www.Oasas.ny.gov

Tel: Patient Advocacy: 1-800-553-5790

**Partnership to End Addiction**

https://drugfree.org/advocate-for-change

**Vocal New York**

www.Vocal-ny.org

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