



SUBSTANCE ABUSE

killing your buzz...
saving your life...

Abel House
845.246.2645 Saugerties

Sober Living, housing, and treatment for substance abuse. This program offers approximately 6-9 months of sober housing.

Health Alliance Hospital Chemical and Dependency Acute Care/Detox
845.334.4705 Kingston

Providing holistic rehabilitation treatment and forms of alternative treatment

Bridge Back of Health Alliance Hudson Valley
845.943.6091 Kingston

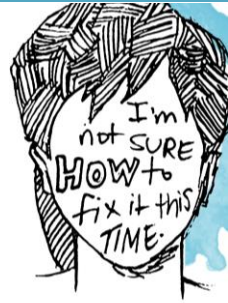
Offers comprehensive, outpatient substance abuse services to individuals, groups, and families; with several specialized service areas)

First Step Inpatient Detox & Drug Rehabilitation Programs
845.334.4705 Kingston

First Step is a hospital-based medical detoxification and rehabilitation program for adults and adolescents ages 12 and older. Hospitalization provides medical management for severe alcoholism or narcotics withdrawal.

Never Alone Inc.
845.339.4272 Hurley

Long-term, 6-12 month, 22-bed coed inpatient program for adolescents who are chemically dependent.



HEALTH

they have answers,
and they're pro.

Adolescent Pregnancy Prevention Services of the YWCA of Ulster County
845.338.6488 Kingston

Program designed to educate youth about teen pregnancy prevention and to support young teens who are pregnant an/or are parenting.

Astor Services for Children and Families
845.340.4105 Kingston

Provides children's mental health services, child welfare services, and early childhood development programs.

Institute for Family Health
845.338.8444 Kingston

We offer primary care, mental health, dental care, social work and many other services to patients of all ages.

Mental Health Association Inc.
845.340.4220 Kingston or 845.336.4747 Lake Katrine

Sponsors a variety of educational, advocacy and service programs, including mental health education, rehabilitation, residential services, family and youth support services, and therapeutic foster care.

Mid-Hudson Valley Planned Parenthood
845.562.7800 Kingston

Providing a wide range of comprehensive sexual health services. Chat online now or text "PPNOW" to 774636 (PPINFO) to get answers about pregnancy, birth control, emergency contraception, STDs, and abortion.

National Associates - The Dually
(845) 331-4336 Kingston

Support for those with mental illness.

Woodstock Therapy Center
845.679.5511 Ext. 300

Family low cost counseling and psychotherapy for teens or families with teens.



LGBTQ

people who
get it.

Hudson Valley LGBTQ Community Center
845.331.5300

Providing services, professional resources, and programs that unite the lesbian, gay, bisexual, transgender, and queer/questioning community across lines of age, race, gender, and economics



TRAPPED + EXPLOITED YOUTH

you deserve better.
you always
deserved better

****Safe Harbour Program**
Ulster County DSS at 845.340.3927

If you identify a youth that is 18 who is being trafficked or is at risk, please contact Safe Harbour at 845.340.3927 or the FAMILY of Woodstock Hotline 845.679.2485

Ulster County Family Child Advocacy Center
845.334.5155 Kingston

Investigates incidents of child abuse, domestic violence, and assaults on the elderly to insure that existing resources are employed in an efficient and an effective manner.

Worker Justice Center of New York
Kingston Office 845.331.6615

Specialize in Legal Aid & Pro Bono Services for civil rights, employment, and immigration.



DATING + SEXUAL VIOLENCE

love shouldn't
hurt like this.

Crime Victims Assistance Program
845.340.3443

Full array of supportive, compassionate services for anyone who has been a victim of a crime. Call 24/7 or stop by the office to receive assistance. An advocate is available whether or not you choose to report the crime to the police.

Love is Respect Peer Advocates
Info 1.866.331.9474 or Text "loveis" to 22522

Highly-trained peer advocates offer support, information and advocacy to young people who have questions or concerns about their dating relationships. Free and confidential phone, live chat and texting services are available 24/7/365.

MY SAFE PEOPLE

A FRIEND I CAN TALK TO:

AN ADULT I CAN TALK TO:



a

POCKET GUIDE

to local help
for youth

**Ulster County
Safe Harbour Program
Northern Services**



Boys & Girls Club
845.246.7671 Saugerties
45 Partition St.
Saugerties, NY 12477

Everette Hodge Center
845.706.2007 Kingston
21 Franklin St.
Kingston, NY 12401

FAMILY of Woodstock, INC.

Whether you want information about something in the community, you are looking for a professional referral, or you need someone to talk to in the middle of the night, FAMILY volunteers are there for you.

FAMILY of Kingston
845.331.7080.
39 John Street
Kinston, NY 12401

FAMILY of Woodstock
845.679.2485 or 845.338.2370
16 Rock City Road
Woodstock, NY 12498

Woodstock Community Center
845.679.2601 Woodstock
56 Rock City Road
Woodstock, NY 12498



FAMILY of Woodstock: CALL or TEXT
845.679.2485
textmeback.org

Support with food, shelter, substance abuse, suicidal thoughts, and bullying, personal safety, counseling, loneliness, employment and health issues.

Single Point of Access/Accountability (SPOA)
845.340.4149 OR 845.340.4174

Facilitating timely access and linkage to an array of intensive OMH services for high risk adults, children/adolescents and families. SPOA services are designed to promote recovery.

Suicide Prevention, Education, Awareness & Knowledge (SPEAK)
845.340.4110

Suicide response team that provides assistance to individuals, families, schools or organizations in the event of a suicide

Ulster County Sexual Assault & Domestic Violence Hotline
845.340.3442

The Ulster County Crime Victims Assistance Program offers this 24 hour confidential hotline with trained crisis counseling volunteers.

Ulster County Mobile Mental Health
1.844.277.4820

Operated by ACCESS: Supports for Living, between the hours of 10am-10pm. Service available to Ulster County residents at No Charge.

Worker Justice Center of New York
1.800.905.9644

a quick refresh of THE BASICS

EXPLOITATION Taking advantage of someone's vulnerability for personal benefit.

HUMAN TRAFFICKING

Safe Harbour Law: "Any person under 18 years of age who has been subject to sexual exploitation as a result of their loitering for the purpose of prostitution or their engagement in an offer to exchange sexual conduct in return for food, clothing, a place to stay, drugs, or a fee."

2008 Safe Harbour for Exploited Children Act (8-A § 447A)

Commercial Sexual Exploitation of Children: "Sexual abuse of a child (under the age of 18) by another person in return for something of value." CSEC includes child pornography, trafficking in children for sexual purposes, child sex tourism and child marriage when payment is exchanged.

Labor Trafficking: "The recruitment or obtaining a person for labor or services, through the use of force, fraud, or coercion for the purpose of or subjection to involuntary servitude."

2000 Trafficking Victims Protection Act (22 USC § 7102)

Sex Trafficking: "Recruitment or soliciting of a person for the purposes of a commercial sex act, in which the commercial sex act is induced by force, fraud, or coercion, or in which the person induced to perform such an act has not attained 18 years of age."
2000 Trafficking Victims Protection Act (22 USC § 7102)

FORCE Beatings, Confinement, Deprivation Isolation, Physical Restraint, Providing Drugs to Impair Judgement, Rape

FRAUD Debt Bondage, False Promises, Misleading Statements, Tricking, Withholding Government Documents

COERCION Blackmail, Guilt-Tripping, Humiliation, Monitored Activity, Pressuring, Intimidating, Threatening

SEXUAL ASSAULT Sexual contact or behavior that occurs without explicit consent of the victim.

RAPE Penetration, no matter how slight, of the vagina or anus with any body part or object, or oral penetration by a sex organ of another person, without the consent of the victim.

CONSENT When someone agrees, gives permission, or says "yes" to sexual activity with other persons. All people in a sexual situation must feel that they are able to say "yes" or "no" or stop the sexual activity at any point.

SAFETY PLANNING Brainstorming ways to stay safe that may also help reduce the risk of future harm. It can include planning for a future crisis, considering your options, and making decisions about your next steps.

LOVE 146 ONLINE SAFETY GUIDE
<https://love146.org/action/online-safety/omg-the-internet/>