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(Last updated 9/16/2020)

Addiction Resources

FREE Remote Training on Heroin/Opioid Overdose Prevention

Project SAFEPoint now offers training through Zoom each Tuesday at 11:00am.

Opioid Overdose Prevention Training

- Learn the signs and symptoms of heroin and opioid overdose.
- Learn how to use Naloxone (Narcan) to respond to an overdose.
- Accessing NARCAN/Naloxone kits will be discussed during the training.

Join Zoom Meeting

<https://zoom.us/j/91429665897?pwd=VXNiWVJtWjFPS2JHdk80Y0taZXlkdz09>

Meeting ID: 914 2966 5897

Password: 946608

FREE Community Narcan Training

Please join the Rensselaer County Department of Health for a FREE community-wide VIRTUAL Narcan (Naloxone) training. Everyone who attends will be trained on the proper administration of the Intra-Nasal Narcan overdose reversal drug.

Upcoming trainings are on 8/14 at 11am, 9/17 at 6:30pm, 10/29 at 9:30am, 11/24 at 6:30pm, and 12/16 at 2:30pm. Trainings are typically 30 minutes long.

Please call Kelsey at 518-270-2651 or email ksargood@renesco.com to register

Project Safepoint

Call Project Safe Point at 1-866-930-4999, 24/7 to receive Narcan across the greater Capital Region

There are many other ways to reduce OD risk, including gaining access to housing, mental health services, etc. If you or someone you know is in need of linkage to any service, Project Safe Point staff can help with accessing and navigating the systems or advocating on your behalf. Feel free to give us a call 24/7.

Rensselaer County Helpline

For those seeking help with drug addiction, a county helpline has been established. Call 1-833-467-3123 for assistance. Experts say isolation and boredom can be triggers for people in addiction recovery. The helpline includes information, resources, and referrals (confidential).

Rensselaer County Fentanyl Testing

Fentanyl test strips are also available by calling the Health Department at 518-270-2655. The strips determine the presence of fentanyl in drugs and are offered on a no questions asked basis.

Rensselaer County Narcan Line

Narcan can also be obtained for those in need. To obtain Narcan, text the word "Narcan" to 21000.

Crisis/Talk Lines

Albany County Warmline

(518) 269-6634, operating 7 days a week from 8am to 5pm. The line is staffed by Mobile Crisis Team workers and Albany County's Disaster Mental Health response team. It is for anyone who is being impacted by the COVID-19 outbreak.

Crisis Services -

Albany County Mobile Crisis Team

(518) 549-6500, This is the mobile crisis team serving adults in Albany County. They also serve children if Northern Rivers Mobile Crisis is unavailable. They are responding primarily telephonically. Calls will be triaged over the phone. If an individual is determined to need an in-person assessment, the mobile crisis team will respond in the community. Callers are also being screened for COVID symptoms.

Northern Rivers Mobile Crisis Services

(518) 292-5499 (Rensselaer, & Schenectady County). *Albany serves children only. They also cover Saratoga, Warren, and Washington Counties.* Their current hours of operation are Monday-Friday 7am – 11pm, Saturday and Sunday 11am-7pm. Mobile Crisis continues to provide telephonic support. They will also go on site as clinically determined but will ask the following questions first:

1. Have you traveled to a country for which the CDC has issued a Level 2 or 3 travel designation within the last 14 days?;
2. Have you had contact with any Persons Under Investigation (PUIs) for COVID-19 within the last 14 days, OR with anyone with known COVID-19?; and
3. Do you have any symptoms of a respiratory infection (e.g., cough, sore throat, fever, or shortness of breath)?

Crisis Text Line

Text HOME to 741741 (National). This is for those who might be either unable to make phone calls or have anxiety talking on the phone. If you text "HOME" to 741741, it will connect you with a crisis counselor that will talk with you via text for as long as needed. The following link includes an FAQ and information pertaining to the resource: <https://www.crisistextline.org/faq>

Friendship Line

800-971-0016, 24 hour crisis intervention hotline and non-urgent warmline for seniors (National)

CRHC Health Home COVID-19 Resource Guide

Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. We also make on-going outreach calls to lonely older adults. While there are other organizations that respond to the needs of people who may be contemplating suicide, none provides the type of services that IOA's Friendship Line offers to respond to the public health problem of suicide among the elderly. Knowing that older people do not contact traditional suicide prevention centers on a regular basis even if they are considering suicide, we created the only program nationwide that reaches out to lonely, depressed, isolated, frail and/or suicidal older adults. Our trained volunteers specialize in offering a caring ear and having a friendly conversation with depressed older adults.

Mental Health Empowerment Exchange

1-518-235-2173 Monday – Friday, 9am-9pm/800-643-7462 offers 24/7 peer support (Albany, Rensselaer, & Schenectady). MHEP will be extending its hours of operation to offer telephonic peer support to any member of the community who is seeking resources or a supportive ear during this difficult time. Phone lines will be staffed by trained peer mentors. All calls are confidential and free to the public.

The Living Room

(518) 243-1523, 1023 State St, Schenectady; (518) 281-1186, 706 Madison Ave, Albany

The Living Room is crisis drop in center but can also be used for telephonic support (telephonic is being encouraged when possible at the Schenectady site and the Albany site is telephonic ONLY). Those who call into The Living Room for support also have the option of being linked to telephonic and virtual support groups. All staff and patients are being screened at the entrance for symptoms of COVID-19. The Living Room aims to reduce mental health emergency room visits and hospitalizations. Guests will meet with a LCSW for assessment and then may spend time in the Living Room. There are rooms set up for meditation, activities, television, or quiet spaces. In addition to the LCSW there is also a Care Manager on staff who will work on community linkage and discharge planning.

The National Suicide Prevention Lifeline

Call 1-800-273-TALK (8255) or chat on their website www.suicidepreventionlifeline.org (National)

The National Suicide Prevention Lifeline is available for emotional support to people feeling overwhelmed by the COVID-19 pandemic. The Lifeline is free, confidential, and available to everyone in the U.S. You do not have to be suicidal to call the Lifeline. People can connect via phone or chat on their website.

Office of Mental Health COVID-19 Emotional Support

OMH Emotional Support Line: 1-844-863-9314 (All of NY)

The Emotional Support Line provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Help Line is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.

Samaritan Hospital Outpatient Clinic (SHOP)

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518-271-3197, 8am – 5pm. In light of recent health events the clinic has put together a patient crisis intervention line. The line will be open to all current patients in the Outpatient Clinic. Scheduled therapists are managing the phone line to accommodate any patients that are in crisis.

Substance Abuse and Mental Health Services Administrations Disaster Distress Hotline

Phone: 1800-985-5990 or text TalkWithUs to 66746

SPHP Crime Victims

24 hour hotline: (518) 271-3257. Intake: (518) 271-3410 or ALHSSACVAPIntake@sphp.com (Albany, Rensselaer, and Schenectady)

Free counseling, therapy, and advocacy services to victims/survivors of all types of crimes, and their loved ones. These crimes could have occurred recently or in the distant past, and do not have to have been reported police to be eligible for services. We are currently operating remotely and are accepting new clients via intake.

For our clients and staff health/safety and to mitigate the spread of COVID-19, our services (other than emergencies) are now being offered via telephone or video-chat. These services include:

- Counseling and/or therapy
- Advocacy services
- Assistance with compensation claims
- Information and Referrals

Basic Needs Services

A Block at a Time

ABAAT will connect screened "HELPERS" with people over 60 and medically at-risk residents in the Albany area who are unable to go out and get essential items during the COVID-19 pandemic. This includes groceries, toiletries, medicine and pet supplies. The person in need must supply a payment method for the items requested. To learn more about program guidelines visits www.abaat.org/covid19.

Persons in need of assistance can email ABAAT at info@abaat.org or leave a message at 518-227-0012 and a volunteer will contact you as soon as possible. Please include your name and phone number in all emails and phone messages.

Interfaith Partnership for the Homeless

Website: <http://www.interfaithpartnership.com/2020/03/agency-changes-in-response-to-covid-19/>

Basic necessities like food and shelter are still in demand. IPH will continue to make sure those resources are accessible to all who need them. If someone you know is in need of support or services, please call 518-434-8021 to navigate the best course of action.

Legal Aid Society of Northeastern NY

For Albany, Rensselaer, and Schenectady call 800-462-2922 or 518-462-6765. The Legal Aid Society of Northeastern NY provides free legal advice and services to eligible low-income residents for a variety of civil (not criminal) legal problems including, but not limited to: Employment and education, income, housing, consumer, health, and family. For updates on changes that may affect you due to COVID-19, go to www.LASNNY.org/coronavirus-information/

Schenectady County Basic Needs Hotline

Residents in need of supplies should call (518) 621-3536. Staff on the other end will work with callers to identify their needs, including any dietary or allergy restrictions, and set up a drop-off time. Those who may struggle to get groceries or supplies during this time include people who are quarantined or isolated, seniors, and those with compromised immune systems.

The hotline will operate out of the new Boys and Girls Clubhouse in Schenectady's Mont Pleasant neighborhood. In addition to help with groceries and supplies, the hotline will have staff from the county Department of Social Services on hand to help those who may find themselves in need of shelter, temporary assistance programs or Medicaid. One goal of the new hotline is to free up county staff who are currently fielding non-medical calls on the county public health department's COVID-19 hotline.

South End (Albany) Mutual Aid

Contact David Easton at (518) 401-1767. This is a grassroots effort. They are providing assistance for Albany's South End residents in need of food, supplies, and delivery assistance. David can be contacted for any of these needs but also if you have resources that you know of or would like to offer.

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United Way

United Way has a community economic relief fund that helps with bills, rent and food. You can call 1-866-211-9966. They need their zip code and will be provided with lists of local agencies that can help.

DSS and Emergency Housing

VERY IMPORTANT: As of July 17th, regardless of county, you can now apply for HEAP, SNAP, and Temporary Assistance (including emergency housing!) online. You are also able to recertify, track an application, and report changes online at:

<https://www.mybenefits.ny.gov/mybenefits/begin>

Albany County DSS

Lobby capacity is at 30-35 people. DSS staffing is at 100% since June. If Albany County residents are in need of emergency shelter, they can call **518-447-7595**. This number will allow them to find out if they are eligible for shelter placement during business hours. For after-hours call the HATAS line **518-463-2124**.

Rensselaer County DSS

Mary K Cassidy - MaryKay.Cassidy@dfa.state.ny.us

Jennifer Backaus-West – Jennifer.Backaus-West@dfa.state.ny.us – Supervisor in TANF – Family Assistance/SNAP

Rebecca Chase – Rebecca.Chase@dfa.state.ny.us - Supervisor in Safety Net/SNAP

Dale Keenan – Dale.Keenan@dfa.state.ny.us - Supervisor in Safety Net for families that have exceeded the 60 month federal time limit

Joanne Donnelly – Joanne.Donnelly@dfa.state.ny.us - Supervisor in HEAP

Mary Chris Reo – Mary.Reo@dfa.state.ny.us - Supervisor in Medicaid

Rachael Dean – Rachael.Dean@dfa.state.ny.us – Supervisor in Adult Protective Services

Schenectady County DSS

Lobby capacity is at 25. They are taking everyone's temperature at the door, and asking people to document their name, address, and telephone number. If temperature is over 100, they will be asked not to come in. DSS staffing is at 50%. Interviews for recertifications are being conducted over the phone. If Schenectady County residents are in need of housing after hours, they can call the hotline at **518-382-0383**. From 8:30am to 4:30pm, homeless individuals are able to come to DSS to seek housing or call the main number, **518-388-4470**. They can come with their Care Coordinator. [Shelters have been full, but SCAP is another great resource for rent relief 518-374-9181.]

Anyone wanting to reach their case worker can call the main number (**518-388-4470**) and leave a message. The message will be directed to their worker. This is the quickest way to get an answer.

Food Pantries and Other Food Services

Food Pantries

The Food Pantries for The Capital Region provided an update relating to COVID-19 at the following website: <http://www.thefoodpantries.org/covid-19-food-access-information-.html>. At the top, you may notice it says "Update 4.17.2020" but this is a working document – it is updated daily! To speak to someone in person, call the referral line at (518) 458-1167 ext. 108.

Check out The Food Pantries' handy new Food Connect Map at <https://map.thefoodpantries.org/>. It is an interactive map that shows the locations of food pantries, furniture, and basic needs throughout New York State. It also provides other helpful information relating to these locations, including COVID procedures, hours of operation, and more.

Please be aware that the Schenectady food pantries listed below are NOT members of The Food Pantries for The Capital Region. They are listed on the website, but you may need to call ahead to determine if there have been changes to their operations. I will attempt to keep them updated in this guide, but as you know, things can change quickly.

SHENECTADY COUNTY

***Non-member Pantries**

Please Call first to get the latest updated information.

***Sch'dy Inner City Ministry (SICM)**

839 Albany St, Schenectady, NY 12307

Pantry: 346-4445

Contact: Ariel White

COVID 19 Hours M-W-F 9am-11:30am

COVID 19 PROCEDURE: Serving ONLY one person at a time.

The shuttle bus provided by SICM will not be in use until further notice.

For any Sch'dy County resident/please provide proof of address.

Open M-W-Th-F & 3rd Sat., 9:00-11:30 am **“full visit once per month”**

~~Mass Distribution the last Thurs. of each month~~

~~—9:00 to 11:30 am~~

ID's required for every family member each visit

***Scotia-Glenville Pantry**

City View Church

132 Mohawk Ave. (Rte. 5)

Scotia, NY 12302

Contact: Tim Horn or Kelly Gibbons

Phone: 423-4132/588-8214

Open to residents of **Scotia & Glenville Only** -

“One visit per month”

Open Tuesdays, 5:30- 7pm & Fridays, 9-11am

ID's required for every family member

COVID 19 Hours Open Fri. 9-11am only.

COVID 19 PROCEDURE: Pre-packed bags given out, Limited Bldg. access. Clients asked to leave after receiving their bags.

***St. Luke's Food Pantry**

1243 State St.

(Pantry entrance on Division St.)

Schenectady, NY 12304

Phone: (518) 347-1385

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Must call to make appointment

no later than 8:00 am

Clients will leave a VM message that they would like to utilize the pantry, will get a call back to choose food over the phone and be given day/time of food pick-up.

COVID-19 Procedure

For food pick up, clients come to the front door, ring bell and show ID. Food is brought to the vestibule by volunteers and then clients are buzzed into the vestibule to pick up the food.

***Grace and Mercy Ministry Food Pantry**

1401 State Street, Schenectady, NY

Open the 1st and 3rd Sat. of each month from 11am- 2pm

COVID 19 PROCEDURE: Pre-packed; one person in bldg. at a time.

Contact: Pastor Ronald Butler

Phone: (518) 630-8404

***Harmony Fellowship**

888 Albany St.

Schenectady, NY 12307

Phone: (518) 331-6243

Pantry open 2nd & 4th

Thursday of month 3-5 pm

COVID 19 Hours: Extended hours 11am-5pm, Pantry held outside/6'ft social distancing

COVID 19 PROCEDURE: Pre-packed bags

Phone: (518) 331-6243

Coffee Shop open Tuesday-Friday 2-5pm

COVID 19 Hours: Coffee Shop is CLOSED

***Lighthouse Food Pantry**

4780 Duaneburg Rd

(5.4 miles from 5 corners)

COVID 19 Hours: Call to make

Appointment. Reopening May 15 M-W-F, 4-6pm

COVID 19 Procedure: One person per family to pick up food.

Princeton, NY, 12056

Phone: (518) 355-2277

Open Wed.-Thur.-Fri. 4 – 6 pm

Need proof of address.

***State Street Food Pantry**

State Street Presbyterian Church

5 Catherine St.

Schenectady, NY, 12307

COVID 19 Hours: CLOSED until May 19th

Contact: Minnie

Phone: (518) 709-9268

Open: Mon, Tues, Wed 12:30– 3:00 pm or until run out.

“Clients can come monthly”

***St. Paul the Apostle**

St. Vincent de Paul Society

2777 Albany St. Schenectady, NY

Call for Reservation 377-8886

COVID 19 Hours: CLOSED until further notice

New phone: (518) 346-6189

***Trinity Baptist**

Church

2635 Balltown Rd.

Niskayuna, NY 12309

First and third Thursday 7-8 pm

Please use back entrance of building

***Bellevue Reformed Church**

Little Free Food Pantry

2000 Broadway

Schenectady, NY 12306

There is a small box outside that is filled periodically

No ID/paperwork needed

***Braman Food Pantry**

7963 State Route 30 (at Braman Corners)

Delanson, NY 12053

Phone: (518) 956-1758

Every Wed 5-7pm, Thurs. 1-3 pm

COVID Hours: No change

COVID 19 PROCEDURE: Food is brought outside to the parking lot. Once a month visit has been lifted during the pandemic.

“Once Per Month”

***Our Lady of Fatima Pantry**

1735 Alexander Road

Delanson, NY 12053

Contact: Laura Countryman

Phone: (518) 895-2788

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Duanesburg, Delanson, Quaker Street,
Esperance and Mariaville areas only.
By appointment Only.
"Once Per Month"

***The Gathered Remnant Ministry**

1374-76 10th Ave. Sch'dy NY 12303
Contact: Rev. Cynthia
VanAlstyne
Phone: (518) 374-3487
Clothing & Food pantry available the 3rd
Tuesday and 4th Thursday of the month from
1:00pm – 6:00pm. Hot meal available 3rd & 4th
Saturday of the month, 12:30pm –
3pm.
Copying and faxing also available.

***Villa Fusco Food Pantry**

955 Balltown Rd.
Niskayuna, NY 12309
Contact: Sr. Caroline
Phone: (518) 377-1613

Open on the third Sat. every month, 12-2 pm.
Please call on the Thurs. or Fri. before the third
Sat. for appointment

***Messiah Lutheran Bread of Life Food Pantry**

2850 Guilderland Ave.
Schenectady, NY 12306
3rd Mon of every month, 9:00 -
12:00pm
4th Mon. of every month, 5:00 – 8:00 pm
3rd Sat. of every month, 9:00 – 12:00 pm
* Starting January 25, 2020
"By appointment only"
COVID 19 hours: Call for Appointment
Phone: (518) 374-5104
Mar. 23, 5-8 pm &
Mar. 28, 9-12 pm
**COVID 19 PROCEDURE: Client choice by
clipboard, Drive up service delivered to guests
remaining in their vehicles.**
Contact: Judith
Becker
Phone: (518) 374-5104

Food for Infants and Young Children

Healthy Families

Laurie McBain - Laurie.McBain@sphp.com. Healthy Families of Rensselaer County and the Albany and Schenectady Healthy Families are continuing to make attempts to support our at risk and most vulnerable community members. Please contact Laurie directly with questions and/or concerns related to expecting parent and parents with infants and young children.

"Our partners at NYS DOH have been assisting us with getting information on the shortage of formula here in NY. They shared with us that NYS WIC is aware of the issue with formula shortage, as is USDA, the federal agency which funds WIC. WIC contracts with Mead Johnson, one of the three main infant formula suppliers, to supply the majority of WIC participants with formula. Mead Johnson is expediting formula production, and shipping unprecedented amounts of product to stores, with a particular focus on formulas supplied by WIC. WIC Vendor Management Agencies, which oversee stores on contract to supply WIC foods and formula, are working on behalf of participants to locate where formula is in stock. This is a link to New York State WIC Vendor Management Agencies: <https://nyswicvendors.com/vma-locations/> Families associated with WIC can reach out to the VMA's in their region directly to get information on where to locate formula."

Legal Aid Society of Northeastern NY - WIC Assistance

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Schenectady, Fulton & Montgomery Counties

Carmen Cortes is the new WIC Help Specialist. Call 518-842-9466 Ext. 225 or email ccortes@lasnny.org. WIC referrals can be sent directly to Carmen. She is Spanish speaking and has 8 years' experience working with the SNAP/NOEP program.

Food for Children

Albany City School District

"Grab and go" meals have concluded. Please visit the www.thefoodpantries.org/covid-19-food-access-information-.html for the nearest food pantries or contact The Boys and Girls Club of the Capital Area at meals@bgccapitalarea.org

Averill Park Central School District

Friday, June 19, was our last day for food service as we operated since mid-March! However, we are partnering with Rensselaer County Department of Youth to offer a Summer Food Service Program to our community that will run from July 1-August 28.

Anyone who would like to sign up for the summer program, visit:

https://docs.google.com/forms/d/1R_gRxqUYIP939IsZ88sNupltYnfW-_urEYS9HlCtqIk/viewform?edit_requested=true&fbclid=IwAROMDthBOV5sUbDIT-s5yeVXsb5MIDWvH8WY8wIL8PMJYNdf1AySTYqxYys

Berne-Knox-Westerlo School District

BKW Schools will no longer delivery student meals during the summer months. But there are other options open to BKW families who need this service. See below:

- Guilderland Central School District is providing meals, families are able to pick up meals there free of charge for children up to age 18. <https://www.guilderlandschools.org/gcsd-2020-summer-meal-program>
- The Joshua Project is also available to families in need of food.
- United Way will be releasing its list of summer meal sites as well: <https://www.unitedwaygcr.org/summer-meals>. This information should be available soon.

Bethlehem Central School District

Due to the continuing COVID pandemic, the district has been approved to provide free meals over the summer too. The summer meal service will be once-a-week ONLY but will include five days' worth of breakfast and lunch meals for each child. Meal pick-up will be on THURSDAYS from 8 a.m. to 11 a.m. beginning June 25 and will continue through September 3. If you have any questions or cannot make it to the meal pickup, please email Allissa Eiser, Food Service Director at aeiser@bethlehemschools.org.

Cohoes School District

The district's summer meal program will run July 7 through August 14, Monday through Friday. The "grab and go" meals (breakfast and lunch) will be available from 10:30 a.m. to 12:30 p.m. at the cafeteria entrance to Cohoes High School (rear of the building). The program is available to all Cohoes children age 0-18, regardless of household income.

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Visit the website for other summer resources: <https://www.cohoes.org/summer-resources-and-reopening-updates/>

Duanesburg Central School District

Deliveries of breakfast (extra food items will be provided for this meal) and lunch are scheduled Monday through Friday for students in the free and reduced-price meal program, and for families who reach out to the district asking for this assistance during the school closure. Weekend backpacks also continue to be distributed. Summer meals information will also be provided. If your family is facing a food hardship for your children during this difficult time, please reach out to Mary Jewell, Food Services Director, at (518) 895-3000, ext. 228.

East Greenbush School District

During this challenging time, the East Greenbush Central School District is providing food to families in need from our school community. This service is open to anyone. If you are in need of food, please contact Athletic Director Michael Leonard at LeonarMi@egcsd.org or School Social Worker Audra Di Bacco at DiBaccou@egcsd.org to make arrangements for pickup or delivery. Donations are also being accepted.

Pickup/Collection Times:

Columbia High School, 962 Luther Rd., East Greenbush, NY 12061

- Monday, June 29, 8-10 a.m. and 4-6 p.m.
- Wednesday, July 1, 8-10 a.m.
- Monday, July 6, 8-10 a.m. and 4-6 p.m.
- Wednesday, July 8, 8-10 a.m.
- Monday, July 13, 8-10 a.m. and 4-6 p.m.
- Wednesday, July 15, 8-10 a.m.

Green Island School District

No update. If you have any questions please reach out to Mrs. Mazzeo at jmazzeo@greenisland.org

Guilderland Central School District

The Guilderland Central School District is offering free meals this summer to students in need. Meals will be available for delivery or pickup from July 1, 2020, through September 3, 2020. Learn how to enroll in the GCSD 2020 Summer Meal Program: <https://www.guilderlandschools.org/gcsd-2020-summer-meal-program/>

Hoosic Valley Central School District

Hoosic Valley CSD will be a site for Rensselaer County's 2020 Summer Food Program. Residents are able to pick up breakfast and lunch on Mondays and Wednesdays from 9am-10am. The Monday pickup will provide meals for M-T while the Wednesday pickup will provide meals for W-F. Participants are asked to pickup during the 9am - 10am window at the Jr. Sr. High School Flagpole entrance. Volunteers will bring the meals to your car. The program begins on Monday, July 6th and ends Wednesday, August 26th.

While signups are not required, they are appreciated for planning purposes. If you are interested in signing up, we encourage you to do so here:

https://docs.google.com/forms/d/e/1FAIpQLSeO6zYfwTeJOIEg02bGzbjkgzMUR4PPg-P6fq5TW5OQ8SoYXQ/viewform?usp=sf_link

CRHC Health Home COVID-19 Resource Guide

Hoosick Falls Central School District

Hoosick Falls CSD is still delivering food to families through June 26th. This includes Friday, June 19th, Tuesday June 23rd, and Friday, June 26. There are no updates on summer meals.

Lansingburgh Central School District

Please note that the last day for emergency meal services this year will be Thursday, June 25. There are no updates on summer meals.

Menands School District

The district's meal distribution program ends on June 17. Please see the resources listed below as we continue to identify programs available to our families over the summer.

- Text: "Food" or "comida" to 877-877
- Visit: hungersolutionsny.org
- Call: 1-866-3-Hungry

Mohonasen Central School District

Thursday, June 25 is the last day for meal distribution this year. However, there are several ways families can continue to receive free meals this summer - <https://www.mohonasen.org/how-to-get-free-meals-this-summer/>

Niskayuna School District

We are continuing to distribute meals for students in need as took place during the closure through the end of June on Mondays between 9 a.m. and noon at Niskayuna High School. We are also currently gathering resources and information for summer feeding programs in our area to share with families: <https://www.niskayunaschools.org/covid-19-school-closure/>

North Colonie School District

North Colonie Central Schools District is offering free breakfast and lunch this summer to students in need. Meals will be available for delivery or pickup from July 1, 2020 – August 31, 2020.

Meal pick-up will take place on Monday – Thursday at Shaker High School, at the back of the building, between the hours of 10 a.m. and 12:30 p.m. If delivery is needed, it can be coordinated.

If you are interested in enrolling in the program, please fill out this form:

https://docs.google.com/forms/d/e/1FAIpQLScw5nNEjkbF_Wt7ny_uAZ_9SORNYHti81h0-VV2wFzmlsiQpQ/viewform Please note, families receiving free meals during the school closure will not automatically be enrolled in the program and will need to complete the form.

If you have any questions, please contact Lisa Ostrowski, Food Service Director at 518-785-8591, ext. 3143 or Lisaostrowski@ncolonie.org.

Ravena Coeymans Selkirk Central School District

Douglas Porter, RCS Food Services Director
(518) 756-5200 ext. 2437
dporter@rcscsd.org

CRHC Health Home COVID-19 Resource Guide

Rensselaer County School District

Breakfast and lunch deliveries have concluded. For those still in need of food, it was suggested that you reach out to meals@bgccapitalarea.org or the Rensselaer Boys & Girls club.

Schalmont Central School District

There are several ways families can continue to receive free meals this summer. The first is here at Schalmont High School. Our last pickup from the Schalmont Pantry will be Wednesday, July 8, at 8:00-11:00 am in the HS Front Circle. This is PICK UP ONLY and masks must be worn when picking up.

Below are a listing of community services to assist families over the summer months. You can also view the free SICM "Grand and Go" schedule here: <https://www.schalmont.org/wp-content/uploads/2020/06/Schedule-Summer-Meals-2020-.pdf>

Schenectady City School District

The following is a list of locations that will provide meals to children during the summer: <http://www.schenectady.k12.ny.us/cms/One.aspx?portalId=412336&pageId=14799962>

Schodack Central School District

To help ensure families have access to free meals over the summer, Schodack CSD would like to share information about local summer food programs.

Families can visit www.whyhunger.org/findfood or text "Food" to 877877 to find the most update-to-date information about food programs.

Scotia-Glenville School District

The meal distribution program ended June 30th; however, churches will be providing food for up to 70 families – boxes with about 40 pounds each week – each Friday beginning on July 10th and ending August 28th. That program is targeting students who participate in the Backpack program at school. The boxes can be picked up at Lincoln Elementary School (40 Albion Street, Scotia, phone 518-347-3600 extension 31101) each Friday from 8:30 to 1:00.

This program is available to any family that needs food and has a child that receives free or reduced lunch and breakfast.

Deliveries are available to families that are unable to pick them up.

You may call the First Reformed Church at 518-370-4751 and leave a message with your name and telephone number or contact:

- Linda Lewis, First Reformed Church of Scotia (lrlscotia@aol.com)
- Mariellen Boomhower, Trinity Presbyterian Church (Marboom@nycap.rr.com)

South Colonie School District

South Colonie Food Service Department will continue to provide breakfast and lunch for students, free of charge, throughout the summer. Effective Monday, June 29 the schedule will be as follows - Meals will be served on Monday, Tuesday, and Thursday from 9 to 11 a.m. at the following locations:

- Colonie Central High School

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- Lisha Kill Middle School

Visit the website for more details: <https://www.southcolonieschools.org/reopening-planning-and-information/#food>

Families are asked to open their trunks when they arrive so that staff can safely serve meals. Any family needing assistance with meal delivery should email: Annette Chamberlin at chamberlaina@scolonie.org

Troy School District

The Troy City School District will not be providing food service this summer, however, we have compiled a list of resources for families who need food. Nutritious free meals are available for children and teens 18 and younger at many locations throughout the nation throughout the summer while school is out of session. Please visit the USDA website to find a location near you, or text “Summer Meals” to 97779 or call 1-866-348-6479 to find a site nearby.

In addition to the pantries and programs listed below, The Boys & Girls Club of the Capital Area will continue to provide meals at the following housing locations during the summer:

- Troy Locations: Griswold Heights, Corliss Park, Arnold E. Fallon, Martin Luther King, Margaret W. Phalon, Catherine Sweeney, & John P. Taylor.
- Albany Locations: Ezra Prentice, Creighton Storey, Robert E. Whalen, & North Albany Homes

Watervliet City School District

Beginning July 1, the summer program will offer free meals for anyone 18 years and younger (parents may pick up meals for their children). Breakfast and lunch “To-Go” bags will be provided Monday–Friday with pick-up from 8-10 a.m. at the sites listed below through September 4.

- Watervliet Elementary School
2557 Tenth Avenue
- Watervliet Jr/Sr High School
1245 Hillside Drive
- Watervliet Civic Center
14th Street & 1st Avenue
- Port Schuyler Gazebo
Corner of 3rd Avenue & 6th Street
- Watervliet Housing
2301 Whitehall Street (Joslin Apartment Building next to office)

Meals also are available for pick up beginning Monday, July 6 through Friday, August 21, 11 a.m.–1 p.m. at Paine St. Park, Green Island

Boys and Girls Club of the Capital Area (Albany, Troy) will be offering free Breakfast and Lunch to all youth ages 18 and younger.

Food will be available at the following locations between the hours of 11:30am and 12:30pm:

- Albany Locations: Ezra Prentice, Creighton Storey, Robert E. Whalen, North Albany Homes
- Troy Locations: Griswold Heights, Corliss Park, Arnold E. Fallon, Martin Luther King, Margaret W. Phalon, Catherine Sweeney, John P. Taylor

Oakwood Community Center (Troy) is providing bagged lunch to kids – Monday, Wednesday, and Friday from 12pm to 1pm during school closure.

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Mater Christi Food Pantry (Albany) will be offering families with school aged children a pantry visit once every week to replace the loss of school lunches during the closure. Call for an appointment at (518)-569-6691

Rotterdam Boys & Girls Club is offering free grab and go dinners for children M-F between 4:30 – 5:30pm (curbside pick-up). For more information call or email Julie at (518) 355-7440/
rbgcprograms@gmail.com

YMCA Grab 'N Go (Troy) The Capital District YMCA – Troy Branch is partnering with Rensselaer County Department for Youth to offer a Grab N’ Go Summer Food Program! Beginning Monday, July 6th through Monday, August 31st, children ages 18 and younger who are in need of meals can visit the Troy Branch parking lot to pick up Grab N’ Go meals on Mondays 4pm to 6pm and Wednesdays 8am to 10am. Monday pick-ups include meals for Monday and Tuesday. Wednesday pick-ups include meals for Wednesday - Friday.

Victory Christian Church (Albany) is mobilizing to give school children the subsidized meals they would receive if their school weren’t closed for COVID-19.

City Kid Smoothie Truck (Mobile Route) - Free Lunch, 12pm – 2pm
Dinner, 4pm – 6pm – JC Club 498 1st St, Albany, NY 12206 - (518) 434-6100
Take-home breakfast to be passed out after dinner (518) 434-6100

The church’s mobile food truck, the City Kids Smoothie Truck, will stop along city routes to serve free lunches to those students from 12pm to 2pm. They’ll also serve dinner from 4pm to 6pm at the JC Club on Quail Street. Afterward, they’ll hand out take-home breakfasts for the next morning.

Restaurants Offering Help to Children

Keep an eye out for local restaurants giving away free food. Many are trying to cut down on waste (business is low due to social distancing and food would go to waste otherwise)

Inferno Pizzeria (Niskayuna) – Free slices for children

Ted’s Fish Fry

Kids EAT FREE - All Locations, 11a to 2pm

- 203 Wolf Rd. Albany, NY
- 636 New Loudon Rd, Latham, NY
- 447 3rd Ave, Watervliet, NY
- 700 Hoosick St. Troy, NY
- 350 2nd Ave. Troy, NY
- 1663 U.S. 9 Clifton Park, NY

Free Kids Meal with trade in your kid’s artwork or homework.

Meals will be available: 11am-2pm

(Fish & Chips/Hotdog/Grilled Cheese)

South End Children’s Cafe

Free meals to children and caretakers

RSVP # meals needed & any food allergies

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Contact: Lily @ 518-478-3369
Pickup Meals: M-F 5-6:00 pm

Kitchen 216

85 Central Ave. Albany NY

Free Lunch to "75" K-12 Children each day

Meal choice will be posted to our Facebook page at 10am, Meals will be available 12-3 pm

C.O.C.O.A. House

869 Stanley St. Schenectady, NY 12307

Pizza for youngsters

Wed. and Friday's 12-2 pm

Delivered lunch or dinner meal service offered to families in need, donor by local businesses..

Message William Rivas via C.O.C.O.A. Facebook page <https://www.facebook.com/CocoaHouseInc/>

Food for Seniors

Albany County NY Connects

Call (518) 447-7177 for Senior questions and help with food.

Essential Shelf

Call 518-459-6422 to set up a time to pick up items. 1716 Central Ave, Albany, NY 12205. Essential Shelf was created in partnership with Ms. Johnson from Girl Scout Troop 1474 to increase awareness regarding food insecurity to those who are returning home after being in a nursing home. Due to the unprecedented events from COVID-19, Capital District Center for Independence, Inc. has supplies for individuals in desperate need. In stock right now:

- Canned food
- Dried pasta
- Adult attends

You can also call to arrange a donation drop-off.

Life-Path Additional Services

In the following service areas, anyone 60+ regardless of whether they are homebound or have a disability can get Meals On Wheels delivered.

Cohoes and Green Island: Call the Cohoes Senior Center at 518-235-2420. Ask for Beth Slezak.

Watervliet: Call the Watervliet Senior Center at 518-273-4422. Ask for Kathy.

Albany: Call the LifePath Main Office at 518-465-3322

In addition to Meals On Wheels, LifePath is offering telephone reassurance (as their offices are closed) and some case-management type services. At this time they can offer some emergency supplies - paper products, diapers, etc. - delivered.

(Lifepath is attempting to secure funding to be able to offer prescription and grocery pickup).

Meals On Wheels Rensselaer County

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Call The Department of Aging at 518-270-2740. They are continuing efforts on a day-by-day basis. Rensselaer County MOW are being distributed three days per week with a frozen meal for the days in between. The home assessments are being waved so that anyone 60 and over may call and request the service. They are prioritizing chronic illness to maximize resources. Congregate dining is closed, but anyone who was enrolled in congregate dining automatically receives MoW. Donations are being accepted.

Rensselaer County Aging/NY Connects

Call NY Connects at 518-270-2767. At this point ALL 5 senior centers are closed.

Currently they are offering Home Delivered Meals to individuals who are 60 years and older and homebound due to COVID-19. They are also offering wellness checks to those who are interested.

Home delivered meals are prepared daily onsite at 1 of 5 local senior centers in Rensselaer County. The home delivered meal will meet at least 1/3 of the recommended dietary allowances for an adult age 60 years and older. Deliveries are on Mondays, Wednesdays, and Fridays.

Each meal will include: 3 ozs edible portion meat, fish, poultry alternative, 2.5 cups of vegetables, 1 serving whole grain or enriched bread, 1 tsp butter or margarine, 0.5 cup dessert, and 0.5 pint milk (2% or fortified skim).

Schenectady Senior Center

Call 518-387-9205, 10am to 6pm. Delivery will be provided! If the call is placed before 3pm, every effort will be made to deliver the package same day. Packages have been assembled by the Boys and Girls Club on Curry Road. Contents of the package will include rice, pasta, peanut butter, beans, beef stew, pork loin, apples, and oranges. This service is being provided by Schenectady County in an effort to keep senior citizens safe and home as much as possible.

Food for Everyone

Capital Roots of Troy NY

You can call ahead and order your produce to be picked up at any one of the Veggie Mobile stops. This also helps reduce lines to protect customers and staff. Call 518-274-8685 to place your order at least one day in advance.

Their Veggie Mobile schedule has not changed. It operates year-round, 5 days a week. They continue to serve 30 locations, delivering fresh produce to the public, health and child-care centers, senior and low-income housing facilities. <https://www.capitalroots.org/programs/veggie/schedule-and-locations-2/>

Feed Albany

Feed Albany utilizes commercial kitchens, unemployed restaurant workers and volunteers to prepare, package and distribute food to at-risk and in-need individuals in Albany and surrounding areas. Use the following link to contact them today: <https://www.feedalbany.com/food>

The Free Food Fridge

3 Locations in Albany: 8 Elm Street (The Free School), 488 Broadway **and 3rd location just added – 245 Lark Street (In Our Own Voices)**. Open 24/7. "We're [Honest Weight Food Co-op] ecstatic to be the first sponsor of Free Food Fridge Albany, a new grassroots initiative working to provide free and

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accessible food for marginalized neighborhoods and people. We are working with the project's organizer, Jammella Anderson, to provide a location in Albany's West Hill neighborhood, but this community-wide effort will see at least three initial Free Food Fridges our city.

The idea is very simple: it's literally just refrigerators full of free food, on the sidewalk, providing no-strings-attached free and accessible food for marginalized neighborhoods and people."

<https://www.honestweight.coop/page/hwfc-news-287/news/free-food-fridges-are-coming-to-albany-147.html>

Redemption Church Outreach

Free Curbside Meal to Go! (While supplies last) 1511 Sixth Ave, Watervliet, NY 12189. Every Tuesday from 4pm – 6pm

Food Pantry at the DOME (While supplies last) 1300 2nd Ave, Watervliet, NY 12189. 1st and 3rd Thursday of every month. 12pm – 3pm. For emergency assistance, call (518) 272-7848

Regional Food Bank

Regional Food Bank Drive-Thru Pantry Schedule: <https://regionalfoodbank.net/drive-thru-pantry-schedule/>.

Rensselaer County Department of Health

Rensselaer County Emergency Operations Center is in charge of food deliveries to people who are quarantined or isolated by the county. To contact them, people should use 518-270-2655.

SNAP Emergency Allotment

New York State is to distribute "emergency allotment" SNAP benefit to certain SNAP households in September. Emergency Allotments for SNAP recipients were authorized by Congress under the Families First Coronavirus Response Act of 2020. The USDA, Food and Nutrition Service (FNS) previously approved NYS's plan to distribute EA of SNAP benefits in March, April, May, June, July, and August. FNS recently approved NYS's request to provide EA of SNAP recipients in the month of September.

USDA WARNS of SNAP Scam. Texts targeting SNAP Recipients –

<https://www.fns.usda.gov/snap/scam-alerts>

Unity House

Call (518) 272-1611 (Rensselaer). Food and resources are by appointment. They are working with another agency to provide drop off food pantry. Community Meals are open for takeout meals 11:30am – 1pm. No customers allowed in front door.

Internet

Spectrum

<https://mobile.spectrum.com/support/article/360040980371/coronavirus-covid19-update>

Masks

Albany County

The Albany County Sheriff's Office says to call (518) 720-8036 to get masks.

Rensselaer County

Rensselaer County provided free, washable cloth masks on Wednesday, April 29. If other free mask events occur, you will see them here.

Face masks for purchase: <https://www.renscochamber.com/coronavirus-resource-guide/local-producers-face-masks>

Schenectady County

Anyone who needs a mask can call the county's public health department number at (518) 836-2400. This number is for individuals, not organizations or agencies.

Online Support Meetings

Online Recovery Meetings

<https://www.12step.org/social/online-meetings/>

Offers a variety of online meetings and various other outside resources

<https://www.AA-intergroup.org>

Offers online meetings with specialized topics with a variety of meeting formats (i.e. chat, text, e-mail, etc.)

<https://aahmbny.org/area-48-online-meetings/>

Individuals can find online access to local AA Meetings within Area 48

<https://abhealth.zoom.us/meeting/register/tJllcemtgTopE9W5FQ9IbTcJJRTTLyKpbiUm>

Rensselaer County - The All Recovery Meeting has gone virtual. Every Tuesday at 6:30pm. An alternative to 12-step meetings, "All Recovery" meetings welcome all who struggle with addiction, are affected by addiction, or support the recovery lifestyle.

After registering, you will receive a confirmation email containing information about joining the meeting. The meeting is hosted by Jesse Chapman, Peer Engagement Specialist for Rensselaer County Mental Health. Please contact Jesse with any issues registering (518-925-8067)

https://www.addictionrecoveryguide.org/resources/online_communications/

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Offers a variety of online communications, including chat rooms, message boards, etc. They also offer online media and online meetings with specific meeting topics (i.e. cocaine anonymous)

<https://www.intherooms.com/home/>

Offers online meetings with specialized topics. They have multiple modalities, including 12 step, non-12 step, over all wellness, and overall mental health.

<https://www.lifering.org/>

Provides online meetings using Zoom. They already have a set schedule for all 7 days of the week with various speakers already scheduled.

<https://www.mara-international.org/>

Medication-Assisted Recovery Anonymous provides zoom meetings Monday through Saturday, so pick one that fits your schedule.

<https://neveraloneclub.org>

Offers daily online meetings. They also offer a variety of extra resources, such as meditation for NA, relapse prevention, and other recovery-oriented resources.

https://www.shatterproof.org/blog/how-find-virtual-recovery-meeting?j=311756&sfmc_sub=83688723&l=83_HTML&u=10505959&mid=100004357&ib=221&utm_source=mc&utm_medium=email&utm_name=housefile&utm_term=VirtualRecovery&utm_content=

Looking for a meeting or other recovery supports? Here are several places to get started.

<https://www.smartrecovery.org/>

Offers online meetings and an online community with message boards and a chat room

<https://stepchat.com>

You must create a username and login to access the meetings. Some firewalls may block this site!

Offers a variety of meetings based on an already set schedule using text chat

<https://unityrecovery.org/digital-recovery-meetings>

Offering online recovery support groups which will be available four times daily at 9AM, 12PM, 3PM, and 9PM EST.

<https://womenforsobriety.org/community/#>

Offers online support with open forums where women can share and seek support 24/7 plus text messaging support scheduled 2 times a day. They also offer phone support.

New Choices Peer Advocate Check-in

New Choices is offering a zoom peer advocate check in (everyone is welcome). The topics for this check-in are related to general COVID-19 support. This is offered Monday-Friday @ 12pm. ZOOM CODE: 212-905-708

Online Mental Health Support Groups

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Community Hospice Grief Support

COVID-19 Loss Support Group

Every Thursday 1:00pm-2:30pm, starting April 9th. COVID-19 Loss Support Group on Zoom- for anyone who is grieving the loss of a loved one to COVID-19.

For individual counseling- please call (518) 724-0200 or complete our online application.

<https://www.hospicegriefservices.com/> All services are free of charge.

Survivors of Violent Loss Support Group

Every 1st and 3rd Monday of the month 2pm – 3:30pm, starting September 7th. The Community Hospice and the Sexual Assault and Crime Victims Assistance Program are collaborating to offer a new group, Survivors of Violent Loss. This group will be held on Webex, starts September 7th, and is open to individuals grieving the loss of a loved one due to homicide. Individuals may apply online at

<https://hospicegriefservices.com/> or call (518) 724-0200.

MHEP's Virtual Peer Support Group

Daily Virtual OPEN Peer Support Group Times

9am, 11am, 3pm, 6pm, 8pm and 9pm – See below for Zoom links

Time	Meeting ID	Join HTML
9 am	939-5415-4791	https://zoom.us/j/93954154791
11 am MHEP Training Consortium	959-0693-4940	https://zoom.us/j/95906934940
3 pm	953-8118-9006	https://zoom.us/j/95381189006
6 pm	971-3394-3638	https://zoom.us/j/97133943638
8 pm	936-5187-9166	https://zoom.us/j/93651879166
9 pm	272-367-210	https://zoom.us/j/272367210

NEW Weekly Topic Based Peer Run Groups

Monday

Mood Boosters Online - 4pm: Meeting ID: <https://zoom.us/j/731915845>

Alternatives to Suicide - 6pm: Meeting ID: <https://us02web.zoom.us/j/82562245652>

Tuesday

Disability Empowerment - 4pm: Meeting ID: <https://zoom.us/j/99919918753>

Wednesday

Expressive Writing - 4pm: Meeting ID: <https://zoom.us/j/94931526495>

Thursday

Mind and Body Sobriety - 4pm: Meeting ID: <https://zoom.us/j/99248265219>

Friday

Open Mic - 4pm: Meeting ID: <https://zoom.us/j/93341693035>

All groups can be accessed through Zoom.us. Any questions or concerns can be directed to one of the peer's here at the Empowerment Exchange:

Rob - rodgers@mhepinc.org, Rob - rreuter@mhepinc.org, Meagon - mnolasco@mhepinc.org

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Telephonic Support Groups

No smart phone, no computer or no internet? You can still participate with support groups by phone Every Wednesday at 2pm EST and Thursdays at 1pm EST. Just call: 1-877-898-9157 PIN# 1192418

Additionally, peer mentors are available from 9 am – 9 pm at 518-235-2178 and our 24/7 peer support line is 800-643-7462

Sexual Assault and Crime Victims Virtual Groups

The Sexual Assault and Crime Victims Assistance Program (SACVAP) is offering a variety of free virtual support groups to help individuals during the coronavirus pandemic. All groups begin the week of September 21 and run for eight weeks. Individuals will need to attend at least six of the eight weeks in order to register.

In order to participate, individuals must:

- Be a victim/survivor of a crime and
- Be receiving additional support (from SACVAP, another victim assistance program, or another mental health provider)
- Complete a brief intake with the SACVAP staff person who is co-facilitating the group

Preregistration is required by September 16. Individuals who are interested in joining any of these groups should email the contact listed with the group name as the subject line, and their name, contact information, and location in the body of the email. Click here for group names and respective contacts: <https://www.sphp.com/assets/documents/sam/virtual-support-groups.pdf>

Virtual Coffee Chat for Seniors

If interested, call (518) 270-2767. Tuesday and Thursday at 11am. "Socialize, meet new friends, enjoy the company of others". You will be asked to provide your name, email, and phone number to receive a personalized invitation. The Coffee Chat is hosted by Rensselaer County Department for Aging and NY Connects.

Pharmacy

CPESN

CPESN's network of pharmacies are continuing to do medication deliveries. Delivery days and hours have been expanded. No signature is needed when a delivery is made for the time being. All drivers wear N95 masks and gloves. If someone is picking up from the pharmacy, transactions are completed through the drive thru. Some pharmacies are starting video medication consultations. CPESN Pharmacies across Albany, Rensselaer, and Schenectady include:

Lindsay Drug Co, Inc - Troy, Kathleen Bonnier, katieb4774@gmail.com, 518-235-2522
Four Corners Pharmacy – Delmar, John Croce, jcroce@fourcornersrx.com, 518-439-8200
Young's Pharmacy - Averill Park, youngspharmacy@nycap.rr.com, 518-674-3663
Crestwood Pharmacy – Albany, Jagat Patel, crestwoodrx@gmail.com, 518-275-1488

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Lange's Pharmacy – Niskayuna, Daniel Lange, langepharmacy@nycap.rr.com, 518-374-3324
Lincoln Pharmacy – Albany, Zarina Jalal, office.lincolnrx@gmail.com, 336-394-1840
Marra's Pharmacy – Cohoes, John McDonald, jmcdonald@marrarx.com, 336-394-2121
College Hometown Pharmacy – Schenectady, Anna O'Neil, Anna.Oneil@acphs.edu, 518-579-8100
Central Ave Pharmacy – Albany, wayne.briggs@centralavepharmacy.com, 518-621-7748

CVS FREE 2 Day Delivery

Call 1-800-746-7287 to set up your delivery account. 2 Day delivery is a service normally offered by CVS but it is now FREE, due to the current needs of communities in the wake of the Coronavirus.

CVS Coronavirus Resource Hotline

1-888-300-4419 Call if you are experiencing symptoms, if you came in close contact with someone who has COVID-19, if you recently traveled to an effected area, or if you would like more information on testing.

Rite Aid

Rite Aid pharmacies do not provide prescription delivery in our region; however, they provide drive-thru pharmacy.

Rite Aid Coronavirus Testing

Visit the website to determine if an individual is eligible here:

https://www.projectbaseline.com/study/covid-19/?utm_source=riteaid&utm_medium=covid-19&utm_campaign=website They will need to have a google account or the ability to sign up for one. The website requests basic demographic info including address and a phone number, so they can contact the individual.

Once the online screening is complete and a person is deemed eligible, the local Rite Aid Testing site is located at 1863 Central Avenue in Colonie.

Walgreens

Walgreens offers free Express Pick Up or Express Delivery. Click the following link:

https://www.walgreens.com/topic/pharmacy/walgreens-express.jsp?ban=covid_landing_rxdelivery

For everyone's safety, we've updated our hours to allow for extra cleaning and stocking.

- Most stores are open 9am–9pm weekdays
- 24-hour stores are drive-thru only overnight 9pm–9am
- Seniors-only hour is 8–9am every Tuesday*

Phones

AT&T

<https://about.att.com/pages/COVID-19.html>

We're Doing More to Help our Wireless Customers Stay #ConnectedTogether

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Since staying in touch virtually with friends, family and colleagues has never been more important, we're giving more relief to our AT&T wireless customers during this time of crisis.

Our newest benefits include more mobile hotspot data, accessory discounts, flexible return policy, curbside pick-up, door step delivery and free express shipping.

Safelink Wireless

Were you financially affected by Covid-19 and lost your job? During these harsh times Safelink wants to make Lifeline service available to every eligible American. If you are receiving unemployment benefits, you may qualify for Lifeline service by submitting a notice of unemployment benefit payments. You may submit an official document that at a minimum includes: Your name, your household's current income information, and it must be dated within the last 3 months (it does not specify 3 months from when, but previous notices stated 6/30/20).

Visit the website for more information:

<https://media.tracfone.com/wps/wcm/connect/phones/safelink/unemployment>

Verizon

<https://www.verizonwireless.com/support/covid-19-faqs/>

Program Closures/ Service Changes

Albany County

Albany County Department of Mental Health

Only accepting the most acute hospital discharges, same day access via tele-mental health, tele-mental health, groups cancelled, patients without phones may be referred elsewhere

Albany County Support Center - CDPC

Accepting new referrals (prioritizing hospital discharges and forensic cases), tele-mental health with some exceptions for in-person, groups cancelled

Albany Medical Center Outpatient Clinic

Accepting new referrals (prioritizing hospital discharges), booking out about 4-5 weeks for community referrals, tele-mental health but patients who do not have phones can meet in-person, groups cancelled

Equinox

MH Outpatient Clinic – Not accepting referrals, tele-mental health, F2F Injections and blood draws (down a clinician and MD)

Equinox PROS – Accepting new referrals for group and individual therapy, tele-mental Health, F2F injections and blood draws (no clinical availability)

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Northeast Career Planning PROS

Accepting new referrals for individual and groups, tele-mental health, groups are being offered telephonically (this location is not clinical – No meds/ no psychiatry)

Northern Rivers Behavioral Health

Accepting referrals (prioritizing hospital discharges and high acuity), tele-mental health with some exceptions for in-person

RSS

MH Outpatient Clinic – Accepting new referrals (prioritizing hospital discharges and forensic cases), tele-mental health but rare exceptions for in-person, Injections scheduled through Sam (518) 462-1094 x247 and Shannon (518) 462-1094 x229, on-call services remain available

RSS PROS – Accepting referrals (prioritizing hospital discharges and individuals without treatment), tele-mental health, all groups are via Zoom and telehealth

SPARC

SPARC Detox – Accepting referrals, full range of services but transitioning to tele-mental health, conference calls, and Zoom, all intakes and current patients are pre-screened for symptoms of COVID-19 over the phone and in person

SPARC Inpatient Rehab - Accepting referrals, full range of services but transitioning to tele-mental health, conference calls, and Zoom, all intakes and current patients are pre-screened for symptoms of COVID-19 over the phone and in person

SPARC Outpatient – Accepting referrals, full range of services but transitioning to tele-mental health, conference calls, and Zoom, all intakes and current patients are pre-screened for symptoms of COVID-19 over the phone and in person

Rensselaer County

Conifer Park

Conifer Park Outpatient – Accepting referrals, tele-mental health but some exceptions for in-person

Rensselaer County Department of Mental Health

Rensselaer City Clinic – Support staff is back at the front desk, doing F2F injections, primarily telehealth

Hoosick Falls Clinic – Support staff is back at the front desk, doing F2F injections, primarily telehealth

RCDMH Troy Location – Headquarters to Rensselaer County clinic operations. Contact (518) 270-2800. Emergency pick up orders issued 9-5 as usual, Skeleton crew of clinicians working onsite. F2F meetings are increasing but still very limited. They are being offered to those who need it or do not have the technology to do telehealth, F2F injections, medication refills as scheduled – some F2F, Only 1 visitor permitted if necessary

Samaritan Hospital

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MH Outpatient Clinic – Tele-mental health and in-person, F2F is increasing but still limited due to space, No visitors unless absolutely necessary (ex. Someone has a developmental delay and needs direct assistance), Contact the clinician directly if you have a question about member, high-risk clients who have health issue can receive their injections at the downtown Samaritan PROS site because it is less densely trafficked – Call a nurse to explore this option. Care Coordinators or other providers who coordinate transportation are asked to notify MAS/other transportation providers of this change, so the individual is transported to the correct location to receive their injection.

Samaritan Hospital PROS – Accepting new referrals, intakes in-person or telephonically, tele-mental health and in-person, tele-psychiatry and in-person, F2F injections, groups are open but smaller, observe social distancing, and require masking, lunch is offered onsite but is served by staff and social distancing guidelines are followed, all clients are screened at the door for symptoms

SPARC

SPARC Detox – Accepting referrals, full range of services but transitioning to tele-mental health, conference calls, and Zoom, all intakes and current patients are pre-screened for symptoms of COVID-19 over the phone and in person

SPARC Inpatient Rehab – Accepting referrals, full range of services but transitioning to tele-mental health, conference calls, and Zoom, all intakes and current patients are pre-screened for symptoms of COVID-19 over the phone and in person

SPARC Outpatient – Accepting referrals, full range of services but transitioning to tele-mental health, conference calls, and Zoom, all intakes and current patients are pre-screened for symptoms of COVID-19 over the phone and in person

Unity House PROS

Unity House PROS is dissolving! They are working on transitioning their clients to another PROS program.

Schenectady County

Conifer Park

Conifer Park Inpatient Rehab – Accepting referrals, Call the Admissions Office: 1(800) 926-6433

Conifer Park Outpatient – Accepting referrals, tele-mental health but some exceptions for in-person, all intakes and current patients are pre-screened for symptoms of COVID-19 over the phone and in person

Ellis Hospital

Ellis Mental Health Clinic – Intakes and 5-day f/u visits are telephonic, tele-mental health unless there is a clinical need for in-person as determined by a supervisor and medication provider, plan to move toward telephonic groups, F2F injections and blood draws, all staff and patients are screened at the door for symptoms

Ellis PROS - Intakes are telephonic, tele-mental health unless there is a clinical need for in-person as determined by a supervisor and medication provider, plan to move toward telephonic groups, breakfast

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and lunches not currently offered because patients did not voice a need, all staff and patients are screened at the door for symptoms

The Living Room – Tele-mental health unless there is a clinical need for in-person, all staff and patients are screened for symptoms at the door

New Choices

Accepting referrals, assessments are in-person and telephonic. Individual sessions are telephonic, in-person, and Zoom. Medication management and Medication Assisted Treatment available telephonically and a limited number in-person (for new and established clients). There are some in-person groups as well as Zoom groups.

Northern Rivers Behavioral Health Center

Tele-mental health offered but will meet in person, school-based practitioners providing tele-mental health

Schenectady County Support Center - CDPC

Accepting referrals for hospital discharges, all tele-mental health as of 4/13, tele-psychiatry, the clinic is *only* open for injections and blood draws, all patients are screened at the door for symptoms, contact Kim Hostig if you have any questions about a shared member (518) 388-3602.

SPARC Rotterdam

SPARC Outpatient – Accepting referrals. Currently open Monday – Friday for tele-mental health services only. New assessments, intakes, individual counseling, psychiatric assessment and medication management, and MAT (suboxone) appointments are via tele-practice. Group counseling is being done by Zoom or conference call.

Rental Assistance and Eviction Support

Albany County

The following organizations are receiving ESG funding for eviction prevention and support:
City ESG Funded for Prevention - United Tenants of Albany, Legal Aid Society of Northeastern NY, and Albany Housing Coalition

State ESG Funded for Prevention - United Tenants of Albany, Legal Aid Society of Northeastern NY, Equinox, and St. Catherine's Center for Children

As more information becomes available, details on types of support provided will be included, as well as points of contact.

Schenectady County

The following organizations are receiving ESG funding for eviction prevention and support:
ESG State funded Prevention Programs - Bethesda House, SCAP, and Legal Aid Society

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ESG City funded Prevention Programs - Legal Aid Society and SCAP

Other community-based organizations who will be receiving funding for eviction prevention and support: Boothe Home, Mohawk Opportunities, New Choices, Safe Inc., Schenectady Municipal Housing Authority, YMCA, and YWCA. Some may serve specialized populations (i.e. DV, mental health, etc.)

As more information becomes available, details on types of support provided will be included, as well as points of contact.

Rensselaer County

Is someone you are working with at risk of being evicted in Rensselaer County? Reach out to the following non-profits for guidance and get connected to available community resources:

- The Roarke Center – Call (518) 273-8351. Located at 107 4th St, Troy
- Unity House of Troy – Call (518) 274-2607. Located at 2431 6th Ave, Troy

Other community-based organizations who will be receiving funding for eviction prevention and support: CEO, Legal Aid Society of Northeastern NY, TRIP, Soldier On, and YWCA of the Greater Capital Region. Some may serve specialized populations (i.e. DV, veterans, etc.).

Telehealth

ER Anywhere/ ER Now

Serving Albany, Rensselaer, AND Schenectady. Free/no-cost access to telemedicine services to prevent the spread of the coronavirus (COVID-19).

CDPHP members can download the app on their smartphone, or simply call 1-866-ER-ANYWHERE to be connected to a live, emergency medicine provider, or visit <https://cdphp.com/ERAnywhere>

MVP Health Care members can call 1-833-myERnow, or visit <https://myernow.unitedconciergemedicine.com/> to be connected to a live, emergency medicine provider.

“Our Virtual ER platforms utilize the latest technology combined with a highly trained Emergency Medicine team ready to address COVID-19 symptoms and potential cases”. If testing is determined to be appropriate and available, UCM will coordinate and prescribe testing. MVP Health Care and CDPHP are also reminding members of the following:

- COVID-19 diagnostic tests prescribed by doctors will be covered in full.
- There will be no prior authorization for COVID-19 testing.
- Now is also a good time for members who have mail order benefits to consider ordering a 90-day supply of medications.

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CDPHP and MVP Health Care have plans in place to remain operational in the event of any widespread illness. Should you need anything during this time, do not hesitate to call your plan's customer service team for questions related to your benefits or care. CDPHP and MVP Health Care members can begin using the UCM service immediately.

Testing Sites

NYS DOH COVID-19 Information

Testing is free to all eligible New Yorkers as ordered by a health care provider or by calling the NYS COVID-19 hotline at 1-888-364-3065. If you go to a test site run by New York State, there is never any charge for your test.

If you go to a test site operated by local governments, private companies including pharmacies and medical practices or not-for-profit organizations, you are advised to check with the testing site and your insurer in advance of being tested to confirm you will not be responsible for any fees associated with your test.

Learn more about assessment, COVID-19 testing, anti-body testing, contact tracing here:

<https://coronavirus.health.ny.gov/covid-19-testing>

List of Test Sites Updated Daily

<https://coronavirus.health.ny.gov/find-test-site-near-you>

Transportation

Capital District Transport Authority (CDTA)

CDTA will return to front door boarding and fare collection on Wednesday, August 19, 2020. CDTA has not collected fares since April 6 when rear door only boarding was implemented as part of CDTA's pandemic plan. Read more by clicking on the link below.

<https://www.cdta.org/news/return-front-door-boarding>

CDTA will make several service changes on Sunday, September 13, 2020 to add new routes and modify existing service. Over the last several months CDTA has implemented a number of safety measures to keep Operators and customers safe. Read more about new and modified routes below.

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<https://www.cdta.org/news/service-changes-begin-913>

Circulation

"Hope you are staying safe and healthy during these challenging times. We wanted to share updated health and safety requirements that Lyft will be implementing on June 1st. Lyft is requiring that all riders and drivers take the following precautions:

- Riders/Drivers wear a face mask or covering
- Riders/Drivers will not ride or drive with Lyft if they have COVID-19, think they have it, or have related symptoms
- Riders/Drivers will keep vehicles clean and sanitize their hands frequently
- Riders/Drivers leave windows open when possible and avoid recirculated air when possible
- Riders will not ride in the front seat

In advance of June 1st, please make sure that the above talking points are woven into your team's scripts during your booking process and workflows.

Medical Answering Service (MAS)

Transportation providers should not be asking for any health related, HIPAA protected information. If trips are being reassigned or declined due to COVID-19 concerns, please alert Meredith Downen, MAS Field Liaison - mdowen@medanswering.com

MAS shared the Department of Health's "Response to FAQs from Non-Emergency Medical Transportation Providers" here: https://www.medanswering.com/wp-content/uploads/2020/04/DOH_COVID19_NEMTFAQ_040720.pdf

And COVID-19 Transportation information here: <https://www.medanswering.com/wp-content/uploads/2020/03/covid-transportation-guidance.pdf>