

Saratoga County Children with Special Health Care Needs

ADD/ADHD

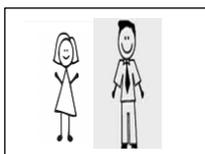


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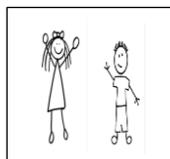
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**** IF YOU DO NOT HAVE ACCESS TO THE INTERNET, PLEASE VISIT YOUR LOCAL LIBRARY ****

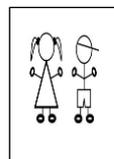
Key:



Parents/Guardians



Teens/Young Adults



Young Children



Family

ADD/ADHD SUPPORT GROUPS



CHADD Exchange



<http://www.chadd.org/Content/CHADD/Support/CHADDEXchange/default.htm>

This community consists of hundreds of parents, adults with ADHD, professionals, educators, and students like you, plus our expert moderators, volunteers and staff. This private on-line portal is offered to all CHADD members.

Daily Strength



ADHD/ADD Support Group

<http://www.dailystrength.org/c/ADHD-ADD/support-group>

Free, anonymous support groups for people facing similar life challenges, medical conditions, and mental health issues. Find people who understand exactly what you're going through. For more information please visit the link above.

Parent to Parent of New York State



500 Balltown Rd.
Schenectady, NY 12304
518-381-4350 or 1-800-305-8817

Parent to Parent of NYS is a place where families of individuals with special needs and the professionals who serve them can meet and share information. This website is maintained as a resource for families. They offer support services, giving parents/caregivers the opportunity to connect one-to-one with a parent/caregiver of an individual with the same or similar disability or special health care need. They also offer Information & Referral – where families are able locate the information and services they may need. Trainings or Workshop sessions are also available on Understanding Medicaid Service Coordination, Record Keeping and Using a Health Care Notebook, and various other topics.





MEDICAL

Glens Falls Hospital

100 Park Street
Glens Falls, NY 12801
(518) 926-1000

Malta Medical Arts

2388 Rt 9
Mechanicville, NY 12118
(518) 289-2020
Monday through Friday 7am-9pm
Saturday 7am-7pm
Sunday 7am-5pm

Saratoga Care Family Health Centers

61 Rowland Street, Suite 208, Ballston Spa,
(888) 242-1418 or 885-6721
A Saratoga Care Coordinator will help you
obtain health insurance for you and your
family.

Saratoga County Public Health

31 Woodlawn Avenue
Saratoga Springs, NY 12866
(518) 584-7460

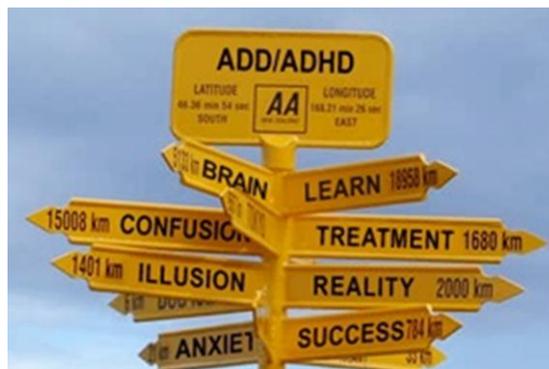
They offer well child/immunization clinics for
children who live in Saratoga County and are
not covered by
medical insurance. You must bring your
immunization records.

Please call to make an appointment and to find
the clinic closest to you.

The Physically Handicapped Children's
Program provides information, referrals, and
financial assistance to
children with special health care needs. PHCP
also offers other services such as the diagnosis
& Evaluation Program, Orthodontic Program,
and Out of State Care. Call for more
information.

Wilton Medical Arts

3040 Rt 50 Saratoga Springs, NY 12866
(518) 580-2273
Monday through Friday 7am-9pm
Saturday 9am-9pm
Sunday 9am-5pm



MEDICAL



Clifton Park Family Practice Group

1 Tallow Wood Drive
Clifton Park, NY 12065
(518) 373-4500

Clifton Park Pediatric Center

963 Route 146
Clifton Park, NY 12065
(518) 688-0295

Mechanicville Family Health Center

202 S. Central Avenue
Mechanicville, NY 12118
(518) 664-6125

Saratoga Family Health

119 Lawrence Street (inside Westley Health Care Center)
Saratoga Springs, NY 12866
(518) 584-7361

They offer services in Family Practice, Nutrition, Phlebotomy (Monday - Friday 8:00 am - 12:00 pm), and Podiatry.

Stillwater Family Health Center

1111 North Hudson Avenue
Stillwater, NY 12170
(518) 664-3242



Dental



Medicaid Accepted

All Access Dental

451 Hoosick St Troy, NY
(518) 274-4311

Amsterdam Dental Care

1130 Riverfront Center,
Amsterdam, NY
(518) 842-4420

Dr. Dean Bartlett

500 Glenn Street, Glens
Falls, NY
(518) 793-8511

Dr. Michael Braff (Pediatric Dentistry)

921 Nott Street,
Schenectady, NY
(518) 370-5506
(2-5 years old only)

Dr. Mohmid Baghaei- Rad

5010 State Highway 30,
Amsterdam, NY
(518) 842-9850 *(Oral
Surgery Only)

Dr. Pathare

175 Maxwell Road,
Latham, NY
(518) 786-6282

Dr. William Greene

214 Center Street,
Corinth, NY
(518) 654-2688

Health Care Dental (Disabled Only)

314 S.Manning Blvd
Albany, NY
(518) 437-5731

Hudson Headwaters Dental Department

3761 Main Street,
Warrensburg, NY
(518) 623-3918

Inter Lakes Health Dental Care

1019 Wicker Street
Ticonderoga, NY
518-585-3700

New Dimensions Dental

40 Wall Street,
Amsterdam, NY
(518) 843-2575

Pediatric Dentistry of Clifton Park

532 Moe Road, Clifton
Park, NY
(518) 373-1181

St. Clare's Hospital Dental Health Center

600 McClellan St,
Schenectady, NY
(518) 382-2270

Stillwater Family Health and Dental Care

351 No Hudson Ave,
Stillwater, NY
(518) 664-3242

Sliding Scale Clinics

Hometown Health

1044 State Street
Schenectady, NY
(518) 370-1441

Hudson Headwaters Health Network

Warrensburg, NY
(518) 623-2844

Whitney Young

Lark & Arbor Dr.,
Albany, NY
(518) 465-4771





FINANCIAL INFORMATION & ASSISTANCE

Catholic Charities

142 Regent Street, Saratoga Springs, NY 12866
(518) 587-5000

Call for details on how they can help.

Community Human Services

543 Saratoga Road, Glenville, NY 12302
(518) 399-4624

Serves Milton, Ballston Spa, and the Ballston area. Offers the following services: family support, youth services, counseling, wellness express van, and kindness projects.

Franklin Community Center

10 Franklin Street, Saratoga Springs, NY 12866
(518) 587-9826

Programs and services provided but not limited to are: safe and affordable housing, food pantry, free clothing and furniture distribution, advocacy and referral information, holiday assistance, teenage pregnant and parenting educational classes (M.O.M.), and an after school youth prevention program called "Project Lift".

Greater Galway Community Services Association

2167 Galway Rd, Galway, NY 12074
(518) 882-1316

Food pantry on Thursdays.

They offer residents in the Galway school district and the town of Providence vouchers for gas to get to their food pantry as well as food from the food pantry and food baskets for families.

FINANCIAL INFORMATION & ASSISTANCE



Health Insurance Application Assistance (HCDI)

<http://www.hcdiny.org>

Healthy Capital District Initiative's Facilitated Enrollment Program provides free help to individuals and families who wish to apply for child health plus, family health plus, Medicaid health insurance, and PCAP. The Facilitated Enrollment Program provides assistance throughout the health insurance application process. This site provides more information on this service program as well as on the different health insurance options.

Medicaid in New York State

http://www.health.state.ny.us/health_care/medicaid/index.htm

This link directs you to the New York Department of Health webpage for Medicaid in New York State. This is an informational site that educates users on the qualifications, application process and amongst other things the health services covered by Medicaid.

New York State's Family Health Plus

<http://www.health.state.ny.us/nysdoh/fhplus/index.htm>

This link directs users to the New York State Family Health Plus webpage. This is an informational site that answers many questions relating to the Family Health Plus programs purpose, eligibility, and application process. Users have access to a more detailed list of questions and answers located within a menu on the right hand side of the website.

New York State's Child Health Plus

<http://www.health.state.ny.us/nysdoh/chplus/index.htm>

This link directs users to the New York State's Child Health Plus website. The New York State's Child Health Plus website is an informational site that answers many questions relating to the Child Health Plus programs purpose, benefits for children, and the application process. Users have access to a more detailed list of questions and answers relating to Child Health Plus located within a menu on the right hand side of the website.

FINANCIAL INFORMATION & ASSISTANCE



NYSERDA - EmPower

1-800-263-0960 or [request an application online](#)
<http://www.nyserda.ny.gov/empower>

Empower New York provides no-cost energy efficiency solutions for income-eligible New Yorkers. Contractors will determine if your home would benefit from improved insulation, reduced drafts, and upgrades to lighting and appliances, at no cost. They will also provide you with tips and strategies on how to better manage your energy usage on a daily basis, and creating a healthier, more comfortable home.

Schuyler Center for Analysis and Advocacy-Outreach Tools

150 State Street, Suite 404, Albany, NY 12207
(518) 463-1896
www.scaany.org

Call for assistance or checkout the website.
They offer information on medical, financial, and daycare assistance information.

Shelters of Saratoga

14 Walworth St, Saratoga Springs, NY 12866
(518) 581-1097
www.sheltersofsaratoga.org

They offer grants for homeowners with low to moderate income for home improvements.

Temporary and Disability Assistance/Emergency Assistance

Contact: Temporary Assistance/Emergency Assistance – (518) 884-4144

Hours: Monday- Friday (9:00 AM- 5:00 PM)

Provides temporary financial support and emergency assistance to individuals and families who meet income and resource eligibility criteria; these benefits can include cash, food stamps, medical assistance, HEAP, and daycare. Call for more information and application details and requirements.

RECREATIONAL PROGRAMS



Clover Patch Camp



55 Helping Hand Lane, Glenville, NY 12302
Christopher Schelin – (518) 384-3080/ Laura Taylor – (518) 384-3081
<http://www.cloverpatchcamp.org/>

Clover Patch is a summer camp for individuals with disabilities where each camper is encouraged to reach his or her fullest potential. Since 1965, Clover Patch Camp has provided individuals with disabilities opportunities to make new friends, create everlasting memories, and experience a genuine camp setting.

Double H Ranch



97 Hidden Valley Road, Lake Luzerne, NY 12846
(518) 696-5676
<http://www.doublehranch.org/>

From June until the end of August, the Double H Ranch offers children, age 6-16 during regular session and ages 17-21 during the alumni session, dealing with critical or life-threatening illnesses the chance to experience the magic of the Adirondacks.

Easter Seals Camp Colonie



292 Washington Ave. Suite 112
Albany, New York 12203
Phone: (518) 456-0828
http://ny.easterseals.com/site/PageServer?pagename=NYDR_Camp_Colonie

Camp Colonie is a six week long integrated summer camp program for children and young adults 5-21 years of age. Camp Colonie provides a supportive and supervised program for individuals with physical, developmental, or emotional disabilities as well as typically developing children and young adults.



RECREATIONAL PROGRAMS

Saratoga County Youth Bureau

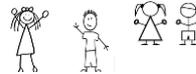
152 West High Street Ballston Spa, NY 12020
(518) 884-4180



Please visit or contact for a list of recreational programs and services available to you.

Saratoga Springs Recreation Center

15 Vanderbilt Ave. Saratoga Springs, NY 12866
(518) 587-3550 ext. 2300



<http://www.saratoga-springs.org/>

The Rec Center is open Monday-Friday 8am-9pm, Saturdays 8am-8pm and Sundays 11am- 7pm. Game Room Hours are Monday-Friday 3-7pm, Saturdays 11am-7pm and Sundays 1-6pm. For more information and to access the monthly Rec Center Schedule please visit the Saratoga Springs

Special Olympics



504 Balltown Road
Schenectady, NY 12304
(518) 388-0790

<http://www.specialolympicsny.org/ABOUTUS/historyandmission.php>

The Special Olympics' mission is to provide year-round sports training and athletic competition in a variety of Olympic-style sports for all children and adults with intellectual disabilities giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of skills and friendship with their families, Special Olympics athletes and the community. Children can begin training at age 6 and competing from age 8 and upward (there is no maximum age to compete). There is also a Young Athletes Program which children 2 ½ - 7 years of age are able to participate.

Youth Recreational Camps



<http://www.saratogacountyny.gov/towns.asp>

Summer Recreational Programs for local youth; for more information on your local community youth program visit your community's website.





BOOKS

ADD and the College Student

By Patricia O. Quinn



At once reassuring and brimming with practical information and advice, this concise handbook will help students with ADD to effectively navigate the difficult transition to college life.

Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder

By Edward M. Hallowell M.D. & John J. Ratey M.D.



Through vivid stories and case histories of patients—both adults and children—explore common myths, offer helpful coping tools, and give a thorough accounting of all treatment options as well as tips for dealing with a diagnosed child, partner, or family member. But most importantly, they focus on the positives that can come with this “disorder”—including high energy, intuitiveness, creativity, and enthusiasm.

Putting on the Brakes

By Patricia O. Quinn



Putting on the Brakes remains the essential go-to resource for kids, parents, and professionals looking for tips and techniques on managing attention disorders. *Putting on the Brakes* is loaded with practical ways to improve organizational, focusing, studying, and homework skills and contains more strategies for making friends, controlling emotions, and being healthy. This book gives kids with ADHD the tools for success.

The ADHD Workbooks for Teens

By Lara Honos-Webb



In *The ADHD Workbook for Teens*, you'll learn simple skills you can use to confidently handle school, make and keep friends, and organize and finish every project you start. This workbook helps you find out who you really are through a series of exercises and worksheets that focus on identifying your strengths and interests. Then, you'll begin using those strengths to create strategies for overcoming the ADHD-related issues you struggle with.

The Survival Guide for Kids with ADD or ADHD

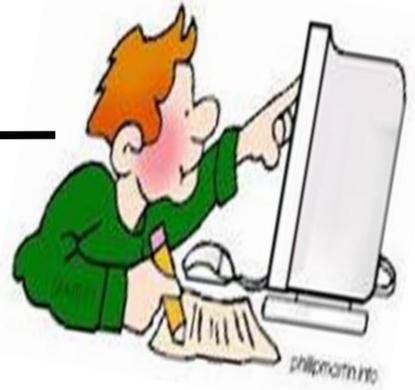
By John F. Taylor Ph.D.



In kid-friendly language and a format that welcomes reluctant and easily distracted readers, the survival guide helps kids know they're not alone and offers practical strategies for taking care of oneself, modifying behavior, enjoying school, having fun, and dealing (when needed) with doctors, counselors, and medication. Includes real-life scenarios, quizzes, and a special message for parents.



ONLINE RESOURCES/WEBSITES



<http://www.add.org/>

Their mission is to provide information, resources and networking opportunities to help adults with Attention Deficit/ Hyperactivity Disorder (AD/HD) lead better lives.

<http://www.chadd.org/>

CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) is the nation's leading non-profit organization serving individuals with ADHD and their families. CHADD has over 16,000 members in 200 local chapters throughout the U.S. Chapters offer support for individuals, parents, teachers, professionals, and others.

<http://www.cdc.gov/ncbddd/adhd/>

The CDC provides resources including Facts, Causes, Screening and Diagnosis, Data and Statistics, Tracking and Research, Education and Training, Free Materials, and Links to Other Websites on ADD/ADHD.

http://www.helpguide.org/mental/adhd_add_signs_symptoms.htm

Helpguide's mission is to provide you and your family with mental health information you can trust. Their expert, ad-free resources empower you with the knowledge and encouragement you need to take charge of your life and make healthy choices. With the Helpguide's support and self-help options, you can understand, prevent, and resolve many of life's challenges.

<http://www.ldonline.org/indepth/adhd/>

LD OnLine.org is the world's leading website on learning disabilities and ADHD, serving more than 200,000 parents, teachers, and other professionals each month. LD OnLine seeks to help children and adults reach their full potential by providing accurate and up-to-date information and advice about learning disabilities and ADHD. The site features hundreds of helpful articles, multimedia, monthly columns by noted experts, first person essays, children's writing and artwork, a comprehensive resource guide, very active forums, and a Yellow Pages referral directory of professionals, schools, and products.

http://kidshealth.org/teen/school_jobs/school/adhd.html

Is a safe, private place for teens who need honest, accurate information and advice about health, emotions, and life. TeensHealth is accessible 24 hours a day so you can get the doctor-approved information you need to make educated decisions — or help a friend who needs advice. There's a lot of confusing, misleading, and just plain wrong health information on the Web. Their mission is to tell it you accurately.



HOUSING/SHELTERS

CAPTAIN

PO Box 2453
Malta, NY 12020
(518) 584-6042

CAPTAIN is a runaway Homeless Youth Shelter. Call the phone number provided for details.

Rural Preservation Co. Veteran's Shelter

36 Church Ave.
Ballston Spa, NY 12020
(518) 885-0091,

The Rural Preservation Co. Veteran's Shelter serves the needs of homeless military veterans by empowering them to embrace and maintain independent living and self-sufficiency. This is accomplished by helping veterans secure temporary and permanent housing, viable employment, access to health care and address other issues facing these veterans in their journey through life. For more information and details call the phone number provided.

Saratoga Domestic Violence Services

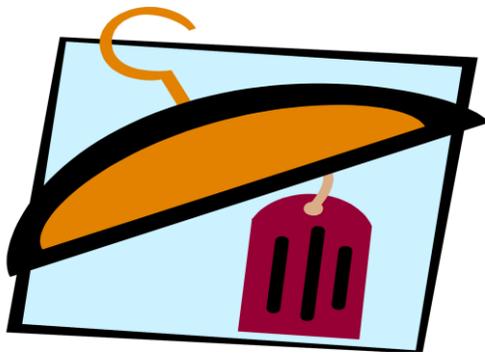
480 Broadway
Saratoga Springs, NY 12866
(518) 583-0280

The Saratoga Domestic Violence Services offers services for services available to all victims of domestic violence and sexual assault in Saratoga County. For more information call the phone number provided.

Shelters of Saratoga

14 Walworth Street
Saratoga Springs, NY 12866
(518) 581-1097

Shelters of Saratoga is an emergency shelter for adults only with listings of available apartments also. Call the phone number provided for more information.



CLOTHING RESOURCES

A Great Comeback

418 Geyser Road
Ballston Spa, NY 12020

Bargain Box

84 Main Street, So.
Glens Falls, NY 12801
(518) 761-6848

Cire' Fine Consignments

2737 Route 9
Malta, NY 12020
(518)583-8052

First United Methodist Church

243 Main St
Corinth, NY 12822
(518) 654-2521

Franklin Community Center

10 Franklin St.
Saratoga Springs, NY 12866
(518) 587-9826

Kimberly's Bargain Shop

44 North Main Road
Mechanicville, NY 12118
(518) 664-2445

New 2 You Consignment Boutique

134 Milton Ave
Ballston Spa, NY 12020
(518) 885-4040

Reruns Consignment

1 Phila Street
Saratoga Springs, NY 12866
(518) 583-9153

Salvation Army

27 Woodlawn Avenue
Saratoga Springs, NY 12866
(518) 584-1640

*Breakfast 8-10 am and Emergency Food
Pantry 9:30 am – 12 noon on Mon, Wed, Fri

Saratoga Clothing Distribution Site

101 Washington St. Corner of Washington and
Franklin St. Behind the Massey. Building
(Franklin Community Center Distribution Site)
Saratoga Springs, NY 12866

Saratoga Day Habilitation/ARC

64 Congress Street
Saratoga Springs, NY 12866
(518) 583-3305

Saratoga Springs United Methodist Church

Corner of Henning and First St.
Saratoga Springs, NY 12866
(518) 584-3720

Saratoga Springs/Wilton

Treasure's Thrift Shop
60 West Ave, Saratoga Springs, NY 12866
(518) 580-4200

The Serendipity Thrift Shop & Maxfield Community Food Pantry

69 Bay Road
Lake Luzerne, NY 12846
(518) 696-5474

Yesterday's

258 Main Street
Hudson Falls, NY 12839
(518)747-2928

HELPFUL PHONE NUMBERS



AIDS Council of NENY

434-4686/753-0703

Alcohol Services, Saratoga County

587-8800

Ballston Area Community Center

885-3261

Big Brothers/Big Sisters

581-1487

Birthright ~ Crisis Pregnancy

885-4117

Capital District Beginnings

233-0544

Catholic Charities

587-5000

Child Abuse Hotline

(800) 342-3720

Child Care Coordinating Council

426-7181

Child Health Plus/Family Health Plus

580-2021/(800) 698-4543

Child Support

(888) 208-4485

CAPTAIN

371-1185

Center for Autism & Related Disabilities

442-2574

Clover Patch Programs

384-3009

Consumer Credit Counseling

482-2227

Cornell Cooperative Extension-Saratoga County

885-8995

Daycare Assistance

884-4283

Department of Labor

884-4170

Department of Social Services

884-4140

Domestic Violence/Rape Crisis

584-8188/587-2336

Down Syndrome Resource Center, Inc.

391-2581

Employment and Training

884-4170

EOC/Community Services

587-3158

Extra Helpings/Food Pantry

587-3158

Food Stamps

884-4155

Four Winds

584-3600

Franklin Community Center

587-9826

Friendship House Day Treatment Center

587-7190

Growing Up Healthy Hotline

(800) 522-5006

Headstart

587-2584

HEAP (Home Energy Assistance Program)

884-4146

Helping Hands School

664-5066

Housing Assistance:

- **Mastrianni's Office (Sec. 8 Rental Assistance)**

372-8846

- **Mechanicville Housing Authority**

664-9897

- **Saratoga County Rural Preservation**

885-0091

- **Saratoga Springs Housing Authority**

584-6600

IRS (Internal Revenue Service)

(800) 829-1040

Labor Standards (NYS General Services Office)

457-2730

Legal Aid

587-5188

Literacy Volunteers (18 years and up)

583-1232

Medicaid/Family and Child Health Plus

884-4148

NYS Disability Benefits

(800) 353-3092

Planned Parenthood ~ Clifton Park

383-1783

Planned Parenthood ~ Saratoga Springs

584-0041

Poison Control

(800) 222-1222

Prevention Council

581-1230

Public Health Services

584-7460

Red Cross

584-2510

Salvation Army

584-1640

Saratoga Center For the Family

587-8008

Saratoga County Mental Health

584-9030

Saratoga Hospital

587-3222

Saratoga Mentoring (works with youth)

581-1487

Social Security Administration

(800) 772-1213

Traveler's Aid

463-2124

Unemployment Insurance

(888) 209-8124

Veterans' Office

884-4115

"We Care" Information and Referral Service

371-2273/(800) 924-4636

WIC

587-8848

Worker's Compensation

(877) 632-4996

YMCA ~ Clifton Park

371-2139

YMCA ~ Saratoga Springs

583-9622

Youth Bureau

884-4180

PERSONAL/FAMILY EMERGENCY HELP

CAPTAIN

17 Town Hall Plaza
Clifton Park, NY 12065
371-1185 OR (800) 924-4636

For Saratoga County Information and Referrals.

Catholic Charities of Saratoga

142 Regent Street
Saratoga Springs, NY 12866
(518) 587-5000

National Grid

1125 Broadway, 3rd Floor
Albany, NY 12204
(518) 449-8000

In case of high bills or shut-off.

New York State Electric and Gas

6 Werner Rd.
Clifton Park, NY 12065
(800) 572-1111
Monday – Friday, 7 am-7 pm

In case of high bills or shut-off.

Saratoga County Economic Opportunity Council

40 New St, PO Box 5120
Saratoga Springs, NY 12866
(518) 587-3158

Food pantry, weatherization program, extra helpings program, emergency services and other community programs.

The Salvation Army

27 Woodlawn Avenue, PO Box 652
Saratoga Springs, NY 12866
(518) 584-1640

