Otsego County Guide
To Community Services

A collaborative effort by NAMI and RSS as a part of the
Community Education Project funded by reinvestment.

Printed by the Mountain View Wellness Center

Print Date: January 2018

This guide contains information made available for the public. It does not serve to endorse any individual, organization or agency.
To receive a copy or copies of this guide or to request changes &/or additions write, call or stop by:

Mountain View Wellness Center
Community Education Project
P.O. Box 781
9 River St.
Oneonta, NY 13820

Phone: 607 433-1714 ext. 201

Or download a copy from our website
www.otsegocep.org
We would like to thank everyone who has helped with the publication of this guide.

A.O. Fox Hospital
NAMI of Otsego County
Otsego County Community Services
Bassett Hospital
Private Practitioners
RSS of Otsego County
MEDICAID TRANSPORTATION

Medical Answering Services 1 866-333-1030

Medical Answering Services processes all Medicaid transportation requests for Otsego County and may refer to other providers. Requests for transportation must be received three days in advance.

PUBLIC TRANSPORTATION

A and D Taxi
Accepts Medicaid
607 433-1726

Bernie Bus
Accepts Medicaid
1 800-388-9853

Oneonta Public Transit.
City bus system
607 432-7100
Www.optrides.com

M&M Taxi—medivan Accepts Medicaid
607 435-4102
607 435-0609

Mikes Taxi—Accepts Medicaid
Otsego, Delaware
1-800-850-5340

Otsego County Community Services
Single Point of Access

The Otsego County Community Services Single Point of Access (SPOA) is designed to assist individuals with a mental disabilities and their families residing in the community to navigate the complex human services system.

SPOA is designed to use county resources wisely while meeting the unique needs of the individual. SPOA is designed to maximize coordination of human services and service delivery.

Any individual may be referred to SPOA by walking into the Mountain View Social Club during business hours. The Mountain View Social Club is located at 9 River St, Oneonta, N.Y., hours of operation are Monday through Friday, 8am-3:30pm.

Referrals may also be made by calling the SPOA Clinical Coordinator or the Otsego County Community Services office.

Lorraine Bosma, SPOA Clinical Coordinator
Otsego Co. Community Services:
607-547-1621
Fax: 547-1618
140 County Highway 33W
Cooperstown, NY 13326
or
Mountain View Wellness Center
607-433-1714
9 River Street
Oneonta, NY 13820
**EMERGENCY SERVICES**

**ONEONTA**

Police: 432-1111  
State Police: 432-3211  
Sheriff: 433-1340  
Ambulance: 911  
A.O. Fox Memorial Hospital: 431-5000  
Fire: 911 or 433-3480

**COOPERSTOWN**

State Police: 547-2233  
Sheriff: 547-4273  
Bassett Hospital: 547-3355

**HOTLINES**

Child Abuse & Maltreatment Reporting: 1 800 342-3720  
Domestic Violence Hotline: 432-4855  
Violence Int. Program: (VIP) 433-8038  
Rape Crisis Hotline: 432-4855  
Crisis Intervention Hotline: 1 877 369-6699  
Suicide Prevention 1 800 784-2499  
Alcohol & Drug Abuse 24 Hour Hotline: 1 800 234-0420  
Poison Control: 1 800 222-1222  
Homeless Hotline: 433-8318  
Warm Line: 433-0661  
or 1 800 377-3281

**LEGAL and ADVOCACY ASSISTANCE**

Legal Services of Central New York, Inc.  
472 South Salina St. Suite 300  
Syracuse, NY 13202  
315 703-6500  
www.lscny.org

**Attorney Helpline**  
1 877-777-6152

**NYS Commission on Quality of Care & Advocacy for Persons with Disabilities**  
**Justice Center**  
401 State St.  
Schenectady, NY 12305  
1 800-624-4143

**Legal Aid Society of Mid–New York Inc.**  
**Barry Holden**  
189 Main St 3rd floor  
PO Box 887  
Oneonta, NY 13820  
607 433-2220  
Assistance with SSDI & SSI only

**Office of Mental Health Bureau of Consumer Affairs**  
**Tom O’ Clair**  
44 Holland Ave  
Albany, NY 12229  
518 473-6579

**Central Region—OMH**  
**Advocacy Specialist Elizabeth Patience**  
545 Cedar St  
Syracuse, NY 13210  
(315) 426-3930
FAMILY SUPPORT

National Alliance on Mental Illness (NAMI) of Otsego County

NAMI members are concerned families and friends of people who suffer from psychiatric illnesses and are people living with mental health challenges. NAMI offers mutual support to those coping with the issues and needs of a loved one who is mentally ill. NAMI facilitates support meetings, NAMI Family to Family Education Program, NAMI Peer to Peer Education Program and speakers for NAMI “In Our Own Voice” Program.

Call Kim at 607-351-3392 for more information.

Contact namiofotsego@gmail.com for more information.
otsegopeer2peer@gmail.com for info on Peer to Peer.

DAY CARE

Catholic Charities
Child Care Connection
176 Main Street
Oneonta, NY 13820
607-432-0061

PARENTING SUPPORT

Even Start at O.F.O.—Building Healthy Families
182 Round House Rd
Oneonta, NY 13820
607 433-0444

Family Services
277 Chestnut St
Oneonta, NY 13820
607-432-2870
Hrs: M-Th 9:30 am—12:30 pm, 1:30 pm—4:30 pm
Friday by appointments

CRISIS INTERVENTION

Neighborhood Center Mobile Crisis Assessment Team (MCAT)

24 Hour Crisis Hotline: 1 315-732-6228
1 844-732-6228

MCAT provides help during a crisis to children and adults in Oneida, Herkimer, Schoharie, Otsego, Delaware and Chenango Counties.

MCAT seeks to de-escalate a crisis situation, preventing possible harm, keeping the problem outside of the legal system and avoiding hospitalizations when appropriate.

MCAT has the ability to respond to crisis where they occur. MCAT works with the individual, family and community agencies.

Concerns which are causing a person a serious problem in functioning is a reason to call.

WARM LINE (RSS Inc.)

1 800 377-3281 or 607 433-0661

Sun—Sat: 4:30 pm to 10:30 pm

The Warm Line Peer provides confidential peer support and self-help to individuals in Otsego, Delaware, Schoharie and Chenango Counties;

The Warm Line is a phone call away were people can speak with a well trained non-judgmental peer support operator who has been there.

The Warm Line can suggest referrals to community services and alternative means of finding growth and health;

The Warm Line can make prearranged contact calls to your home by a peer support operator.

The Warm Line is NOT a crisis hotline.
Care Management Services

Rehabilitation Support Services Inc.
P.O. Box 781
Oneonta, NY 13820
607 433-1714 ext 203

Southern Tier Care Coordination
176 Main St
Oneonta, NY 13820
607 432-0061

Catholic Charities
176 Main St
Oneonta, NY 13820
607 432-0061

Bassett Navigators
125 Main St
Oneonta, NY 13820
547-4887

Care Management Services oversees and provides access to all of the services an individual needs to ensure that they are receiving everything necessary to stay healthy, out of the emergency room and out of the hospital.

REHABILITATION

Mountain View Social Club / Wellness Center
Operated by Rehabilitation Support Services (RSS)
9 River St.
Oneonta, NY 13820
607 433-1714

Hours: Monday-Friday 8am-3:30pm
Recovery oriented activities and social opportunities for Adults with Mental Health diagnosis.

Catskill Center for Independence
P.O. Box 1247
Oneonta, NY 13820
607 432-8000

Information and referral services, TBI Waiver Services
Architectural Barrier Consultation, Speaker Service
Personal Care Attendant Referral

Community Education Project Library
35 Main St
Oneonta, NY 13820
607 433-1714 ext. 218
www.otsegocep.org

Open: Wednesdays 3:00—6:00
Friday 12:00-3:00
And by appointment

The lending library provides books, periodicals, pamphlets, brochures and videos / DVDs for loan focusing on mental health and recovery topics.
EMPLOYMENT SUPPORT

Vocational and Educational Support Program (V.E.S.P.)
9 River Street
Oneonta, N.Y. 13820
607-433-1714 x-201

Provides vocational training, assists individuals with psychiatric disabilities in identifying and pursuing employment goals, including transitional employment, supported employment and competitive employment with job coaching options. Assistance with readiness evaluation, barrier identification, work readiness skills training, job search, resume writing, benefits counseling etc.

ACCES—VR

44 Hawley St
Binghamton, NY 13904
1 800 888-5010

In Oneonta Tuesdays and Thursdays

Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR) offers access to a full range of employment and independent living services that may be needed by persons with disabilities through their lives.

Southern Tier Mobile Integration Team (MIT)

MIT is Designed to provide support necessary for adults with Serious mental illness and youth with serious emotional disturbance to remain in the community and assist people in moving towards recovery.

1-844-helpmit
1-844-435-7648

In Home Stabilization
9 River St
Oneonta, NY 13820
607 434-8692
**Veterans Services**

**Veteran's Affairs Office**
242 Main St
Oneonta, NY 13820
607 432-4190

**VA Medical Center**
113 Holland Ave
Albany, NY 12208
518 626-5000

**VA Bainbridge Office**
1 North Main St
Bainbridge, NY 13733
607 967-8590

**Veteran’s Crisis Line**
1-800-273-8255 Press 1

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**Employment Training**

**Oneonta Bagel Company**
Operated by Rehabilitation Support Services (RSS)
171 Main St.
Oneonta, NY 13820
607 433-0162

*Hours: Tuesday-Friday 7am-2pm, Saturday 8am-3pm*

**Oneonta Job Corps Center**
21 Homer Folks Ave.
Oneonta, NY 13820
607 433-2111
employment in a supported environment

**CDO Work Force**
12 Dietz St.
Oneonta, NY 13820

607 432-4800
EDUCATION SUPPORT
Continued

Family Resource Network
46 Oneida St
Oneonta, NY 13820

607 432-0001

Special Education Parent Center
Educational Advocacy

Springbrook
2705 State Hwy 28
Milford Center, NY
607 286-7171

OUTPATIENT COUNSELING SERVICES
FOR ADULTS

Otsego County Mental Health Clinic
(Ages 18 & up)
242 Main St
Third Floor
Oneonta, NY 13820
607 433-2343

Hours:
Monday-Friday 8:00 am-5:00 pm
Some appointments are available after 5 pm

Mary Imogene Bassett Hospital
Outpatient Psychiatry Services
1 Atwell Rd.
Cooperstown, NY 13326
607 547-3500

Hours:
Monday-Friday 8 am-5 pm
OUTPATIENT COUNSELING SERVICES FOR CHILDREN

Otsego County Children’s Mental Health Clinic
242 Main St.
Second Floor
Oneonta, NY 13820
607 433-2334

Hours:
Monday-Friday 8:00 am-5:00 pm
Some appointments are available after 5:00 pm.

Mary Imogene Bassett Hospital Outpatient Psychiatry Services
1 Atwell Rd.
Cooperstown, NY 13326
607 547-3500

Hours:
Monday-Friday 8:00 am-5:00 pm

EDUCATION

Hartwick College
1 Hartwick Drive
Oneonta, NY 13820
Academic Affairs: 607 431-4400
Admissions: 607 431-4150

ONC– BOCES Adult Education Center
31 Center St
Oneonta, NY 13820
607-433-3645

Hours: Monday– Friday 7:30 am- 3 pm,
Mon, Tues, & Wed. evenings 5:30 pm– 8:30 pm,

Otsego Area Occupational Center (BOCES)
P.O. Box 57
1914 County Hwy 35
Milford, NY 13807
Main Office: 607 286-7715

State University of New York at Oneonta
Oneonta, NY 13820
Continuing Education: 607 436-2548
Disabilities Services: 607 436-2137
HOUSING ASSISTANCE– UTILITIES

Home Energy Assistance Program (HEAP)
Otsego County Department of Social Services

The Meadows
140 Cty. Hwy. 33 W
Cooperstown, NY 13326
607 547-1700   800 422-2512
Fax : 547-1721

Lifeline
Verizon
1 800—837-4966 (toll free)
Lifeline offers a reduced rate on basic monthly services as well as a discount on installation for eligible households.

Safe link Phone
1 800-977-3768
1 800 378-1684 tech support

HeartShare—Project Share Heating Fund
Assistance with NYSEG Bills
Emergency Fuel
1-800-599-4327
Www.heartshare.org/programs/energy-assistance/projectshare.htm

INPATIENT SERVICES

Mary Imogene Bassett Hospital
1 Atwell Rd.
Cooperstown, NY 13326
607 547-3525

Greater Binghamton Health Center
425 Robinson St.
Binghamton, NY 13901
607 724-1391

Binghamton General Hospital
10-42 Mitchell Ave.
Binghamton, NY 13903
607 762-2200

Faxton-St. Lukes Health Center
P O Box 479
Utica, NY 13502
315-798-6000 ex 6332

St Elizabeth Medical Center in Utica
2209 Genesse St
Utica, NY 13502
315 798-8100

Ellis Hospital in Schenectady
216 LaFayette St
Schenectady, NY 12305
518 243-3300
SUBSTANCE ABUSE
CLINICAL SERVICES

NYS Hope-Line 1-877-846-7369 open 24/7

Otsego County Addictions Recovery Services
242 Main St, 2nd floor
Oneonta, NY 13820
607 431-1030
Hours: through Friday 8:00 am - 4:30 pm

Provides counseling for individuals dependent on alcohol or illegal drugs.

DETOX
SPARC—St Peter’s Addiction Center
3 Mercy Care Lane
Guilderland, NY 12084
518-452-6700 inpatient
518-525-1303 Detox

Conifer Park
79 Glenridge Rd
Glenville, NY 12302
1-800-989-6446

DVH Addiction Treatment Program
1 Titus Place
Walton, NY 13856
Referral 607-865-2163
General Info 607-865-2115

RESIDENTIAL SERVICES

Rehabilitation Support Services
Supervised Community Residence & Treatment Apartment Program
57 Elm St.
Oneonta, NY 13830
607 432-1664

Supported Housing Program
9 River St.
Oneonta, NY 13820
607 433-1714

Elmwood Ave. Community Residence—RSS Inc.
11 Elmwood Ave.
Oneonta, NY 13820
607-267-4302

An 8 bed residence serving boys and girls, ages 12 to 18, who have a serious emotional disturbance.
1 respite bed

All referrals go to SPOA of Chenango, Delaware, Otsego, or Schoharie Counties.
HOUSING SERVICES

Emergency Aid To Families  607-547-1700

Catholic Charities of Housing Office
SRO-Single Room Occupancy
52 Maple Ave
Oneonta, NY 13820
607 436-9250

Oneonta Housing Authority
2 Mitchell St.
Oneonta, NY 13820
607 432-0170

Otsego Rural Housing
140 County Highway 33 W
Cooperstown, NY 13326
607 547-8839

Habitat For Humanity
403B Chestnut St
Oneonta, NY 13820
607 432-7874

SUBSTANCE ABUSE
SUPPORT SERVICES and EDUCATION

LEAF
Leather-stocking Education on Alcoholism
Foundation and Council on Alcoholism, Inc.
80 Water St.
Oneonta, NY 13820
607 432-0090

Information, referral and education services for
Alcoholism, Gambling and Tobacco addictions

AA– Alcoholics Anonymous
Otsego County
Provides self-help for alcoholics
1 800 339-1894

Utica/Herkimer County
1 315 732-6880

Ala-non
1 888-425-2666

NA– Narcotics Anonymous
Provides self-help for narcotics abusers
1 607 762-9116

Friends of Recovery of Delaware and Otsego
Turning Point Center
22 Elm St
Oneonta, NY 13820
607 267-4435

Education, Referral and Support Services
PRIVATE PR ACTIONERS

A message about Psychologists and Psychotherapists

Unless specifically exempted by law, psychologists and psychotherapists must be licensed and currently registered by the Board of Regents of the University of the State of New York to practice in this state.

If you have a question regarding the status of a psychologist or psychotherapist, call the New York State Education Department, Division of Professional Licensing Services.

1 518 474-3817

You can also verify status of licenses on line at: www.op.nysed.gov/opsearches

Please call provider to verify services provided and insurance accepted.

For explanation of insurance See key on page 13

EMERGENCY HOUSING

24 Hour Hotline 607 433-8318

Otsego County Department of Social Services
Mailing Address: 197 Main St.
Cooperstown, NY 13326
607 547-1700 or 1 800 422-2512
Fax: 547-1721

Physical Address: The Meadows
140 County, Hwy. 33 W
Cooperstown, NY

Opportunities For Otsego
3 West Broadway
Oneonta, NY 13820
607 433-8000

24 hr Homeless Hotline: 607 433-8318
Hours: Monday-Friday 8:00 am-5:00 pm

Family Services Association
277 Chestnut St.
Oneonta, NY 13820
607 432-2870

Hours: Monday, Tuesday & Wed.
9:30 am-12:30 & 1:30 pm-4:30 pm
Thursday 1:30 pm-4:30 pm
Friday by appointment only

Helpful Advocates for Housing Assistance (HAHA)
35 Main St
Oneonta, NY 13820
607 433-1714 ext. 214

Hours Tuesdays 1 p.m.—2:30 pm
EMERGENCY CLOTHING

Family Services Association
277 Chestnut St.
Oneonta, NY 13820
607 432-2870
Hours: Monday, Tuesday & Wed.
9:30 am-12:30 pm & 1:30 pm-4:30 pm
Thursday 1:30 pm– 4:30 pm Friday by appointment

Salvation Army
25 River St.
Oneonta, NY 13820
607 432-6120
Hours: Monday-Wednesday 9:30 am—3:00 pm
Tues, Thur, and Friday 9:30-4:00
Closed 12:00-1:00 for lunch

The Magic Closet- Episcopal Parish Hall
162 Main St.
Morris, NY 13808
607 263-5116, 263-5942 or 783-2715
Hours: Wed 11:00 am-1:00 pm, Thurs 4:30 pm-6:30 pm, Sat 11:00 am-1:00 pm

Community Maternity Services—
Catholic Charities
(Baby Clothes)
Mon.-Fri. 8:30–12:30 & 1:30-4:30
176 Main Street
Oneonta, NY 13820
607-432-0061

INSURANCE CODES

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<th>INSURANCE CODES</th>
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<td>MD– Medicaid</td>
<td>VBH- Value</td>
<td>MM– MVP Managed</td>
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<td>Behavioral</td>
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<td>Health</td>
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<td>ME– Medicare</td>
<td>EAP– Employee</td>
<td>WC– Workman’s</td>
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<td>Assistance Program</td>
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<td>BC– Blue Cross</td>
<td>E– Empire</td>
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<td>BS– Blue Shield</td>
<td>BC+- Blue Cross Plus</td>
<td>HMO– Health</td>
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<td>Maintenance</td>
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<td>MVP– Mohawk</td>
<td>W– Wellcare</td>
<td>CI– Commercial</td>
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<td>Valley Plan</td>
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<td>CDPHP– Capitol</td>
<td>C– Champus</td>
<td>SP– Self Pay</td>
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<td>VO– Value Options</td>
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<td>GHI-Government</td>
<td>TC– Tri-Care</td>
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<td>FURNITURE</td>
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## CHILDREN & ADOLESCENT SERVICES

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<th>PROVIDERS</th>
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<tr>
<td><strong>Bercovitz, James PhD</strong></td>
<td>Adolescents &amp; Children</td>
<td>Accepts Most Insurance</td>
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<td>Oneonta, NY 13820</td>
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<td>607 353-8360</td>
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<td>Most Insurance No MD &amp; ME</td>
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<td>607 433-0161</td>
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<td>607 432-0475</td>
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<td>LCSW-R</td>
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<td>10 Market St. Suite 5</td>
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<td>607 432-1914</td>
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<td>Therapy DBT</td>
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<td>1004 State Hwy 7 Suite  B</td>
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<td>Unadilla, NY 13849</td>
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<td>607 354-4602</td>
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## FOOD-NUTRITIONAL Pantries

**WIC– Women, Infants & Children**
3 West Broadway
Oneonta, NY 13820
607 433-8071

**St. Mary’s Food Pantry**
38 Walnut St.
Oneonta, NY 13820
607 432-3920
**Hours:** Monday - Friday 11:00 am - 3:00 pm
May use once every 30 days.

**St. James Food Pantry**
305 Main St.
Oneonta, NY 13820
9:00 am– 2:00 pm m-f
Lords Table Feeding Program m-f 4:30—6:00 pm
607 432-1458

**Presbyterian Church**
25 Church St.
Cooperstown, NY 13326
607 547-8401

**Cooperstown Food Bank**
Presbyterian Church
25 Church St
Cooperstown, NY 13326
M-F 10 am—12 pm & 2 pm-4 pm
Last Two Saturdays of the month 10:00 am-12:00 pm
607 547-8902
**FOOD-NUTRITIONAL MEALS**

The Lord’s Table  
St James Episcopal Church  
305 Main St.  
Oneonta, NY 13820  
607 432-1458  
Hours: Monday-Friday 4:30 pm-6:00 pm

Saturday’s Bread  
First United Methodist Church  
66 Chestnut St.  
Oneonta, NY 13820  
607 432-4102—Main Chruch  
(607)435-7188 Operations Coordinator  
Hours: Saturday 11:00 am-1:00 pm

Salvation Army  
Meal with a Message  
25 River St.  
Oneonta, NY 13820  
607 432-6120  
Sunday, 4:00 pm after a brief service

Food pantry also available  
Hours: Monday-Friday 9:30 am-12:00 pm

**CHILDREN & ADOLESCENT SERVICES**

<table>
<thead>
<tr>
<th>PROVIDERS</th>
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| Dunham-Davis, Sallie LCSW-R  
31 Main St  
Oneonta, NY 13820  
607 437-4347  
607 433-0209 | Adolescents & Children, Adolescent girls groups, Adults & Couples | BC, BS, VBH, BC+, HMO, E No MD |
| Flachs, Lisa LCSW-R  
Fischer, Elvia LCSW-R & Donovan, Tim LCSW-R  
75 Chestnut St.  
Oneonta, N.Y. 13820  
607-433-0774 | Children, Adolescents, Adults, Families | ME and most other insurances, no MD |
| George, Sally PhD  
78 Chestnut St.  
Oneonta, NY 13820  
607 433-0161 | Adolescents | Does not take MD & ME |
| Grappone Bill LCSW –R  
10 Market St.  
Oneonta, NY 13820  
607 432-9128 | Adolescents, Children, Elderly | ME, most others |
| LaFrance, Ron Ed. D LMFT-R  
31 Main St  
Oneonta, NY 13820  
607 437-4347  
607 433-0209 | Adolescent & Adult Individual, couples & family | SF |
## CHILDREN & ADOLESCENT SERVICES

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<td>Lamb, Charles W. PhD</td>
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<td>Adolescents &amp; Children</td>
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<tr>
<td>254 Main St. Suite 6b</td>
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<tr>
<td>607 434-3032</td>
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<tr>
<td><a href="mailto:sueannezein@yahoo.com">sueannezein@yahoo.com</a></td>
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### SUPPORT AGENCIES Continued

**New York Connects**  
140 County Highway 33 W Suite 5  
Cooperstown, NY 13326  
Multiple Service Needs: 607 547-4390  
Referrals to Home Health Services

**Office of the Aged/ New York Connects**  
403 Chestnut St  
Oneonta, NY 13820  
607 432-9041

**Jail Ministry of Otsego County**  
P.O. Box 1023  
Cooperstown, NY 13326  
Contact Ameen Aswad  
607 282 2521

Case management Services  
Hygiene Supplies, Clothing Vouchers, Food Vouchers, Outreach to Children of inmates  
One on One counseling and spiritual support

**Potter’s Wheel Biblical Counseling Center**  
577 Greenough Rd  
Cooperstown, NY 13326  
607 547-9764  
Contact Pastor Jack Kloshein  
Free of Charge
### SUPPORT AGENCIES Continued

**Mental Health Association in Ulster Co. Inc.**  
5546 St. Hwy. 7  
Oneonta, NY 13820  
607-433-0700  
Home & Community Based Waiver Program  
Otsego Respite and Family Support Program

**Family Resource Network**  
46 Oneida St  
Oneonta, NY 13820  
607 432-0001  
Mon—Friday 9:00 am– 4:00 pm

Coordinated Children’s Services Initiative (CCSI)  
Adolescent Outreach Program  
Residential Services Family Advocate

Provides wrap around services to families with children in multiple systems who are at risk

**Northeast Parent and Child Society**  
297 River St Service Road  
Oneonta, NY 13820  
607 441-5055

Home and community based waiver program  
Therapeutic Foster Care

**United Way of Delaware and Otsego Counties**  
31 Maple St  
Oneonta, NY  
607 432-8006

### ADULT SERVICES

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<td><strong>Agoglia, Barbara LCSW-R</strong></td>
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<td>34 S. Main St Suite 1</td>
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<td>607 436-9159 or 607 353-8360</td>
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<td>Depression, anxiety, grief, loss</td>
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<td>607 433-0161</td>
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<tr>
<td><strong>Black, Charlotte LCSW-R</strong></td>
<td>Adults, Individual, Marital &amp; Couples Counseling</td>
<td>Accepts most Insurance– SF</td>
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<td>143 Main St.</td>
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### ADULT SERVICES

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<td>Clark, Debra J. LCSW-R</td>
<td>Adults, Indv. Family Therapy</td>
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<tr>
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<td>Cole Samantha L. LCSW-R</td>
<td>Women’s Issues Young Adults Dialectical</td>
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<tr>
<td>1004 State Hwy 7 Suite B Unadilla, NY 13849</td>
<td>Behavioral Therapy DBT</td>
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<td>Hrs 9am-5:30 pm 607 354-4602</td>
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<td>Dunham- Davis, Sallie LCSW-R</td>
<td>Depression, Mixed Groups, Women’s Survivor Group</td>
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<td>Flachs, Lisa; Fischer, Elvira &amp; Donovan Tim (all are LCSW-R)</td>
<td>Children, Adolescents, Adults, Families</td>
<td>ME and most other insurances, no MD</td>
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<tr>
<td>75 Chestnut St Oneonta, N.Y. 13820 607-433-0774</td>
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<tr>
<td>George, Sally PhD. 78 Chestnut St. Oneonta, NY 13820 607 433-0161</td>
<td>Individual, adults</td>
<td>Does not take MD &amp; ME</td>
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<tr>
<td>Gerace, Nicole LCSW-R</td>
<td>Individuals and Couples, Chemical Dependencies and Mental health Issues</td>
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<td>8-12 Dietz St., suite 201 Oneonta, N.Y. 13820 607 432-9039</td>
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### SUPPORT AGENCIES Continued

**Alzheimer’s Association**  
140 County Hwy 33 W  
Cooperstown, NY 13326  
(607) 547-1650  
Help Line 1-800-272-3900

**Brain Injury Association of New York State**  
Serves people with Brain Injury in Otsego, Chenango, Delaware and Schoharie Counties  
10 Colvin Ave. Albany, NY 12206  
Support Groups at Fox Care Center  
FACTS Coordinator: Cuca Roberts 607 432-6364

**Community Action Partnership (CAP)**  
176 Main St  
Oneonta, NY 13820  
(607)432-0061  
(607) 386-3562

**Catskill Center for Independence**  
P.O. Box 1247  
Oneonta, NY 13820  
607 432-8000  
Information and referral services, TBI Waiver Services  
Architectural Barrier Consultation, Speaker Service  
Personal Care Attendant Referral
SUPPORT AGENCIES

Catholic Charities of Delaware & Otsego Counties
176 Main St.
Oneonta, NY 13820
Main office: 607 432-0061
Community Maternity Services
Dispute Resolution
Emergency Assistance

Opportunities For Otsego Inc.
3 West Broadway
Oneonta, NY 13820
Main office: 607 433-8000
Child & Family Dev. Dept.: 607 433-8055
Women, Infants, & Children: 607 433-8071
Head Start: 607 433-8055
Oneonta Head Start: 607 432-8055
Crisis Intervention & Support 607 433-8038
Domestic Violence & Rape Crisis: 607 432-8038
Homeless Hotline: 607 433-8318
Housing, Employment & Energy Services Dept.
607 433-8048

HEAP 607 433-8061
Wheels Program: 07 432 4800
Weatherization: 607 433 0444

Building Healthy Families
182 Round House Rd
Oneonta, NY 13820

ADULT SERVICES

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<tr>
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<th>INSURANCE</th>
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<tr>
<td>Grappone, Bill LCSW-R</td>
<td>Adults, gerontology, Children, Adolescents</td>
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<td>Hegeman, Marie LCSW-R</td>
<td>Chemical Dependency, short term dep., anxiety</td>
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<td>Hill, Blanche LCSW-R</td>
<td>Individuals, Couples</td>
<td>Please call for info.</td>
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<tr>
<td>Lamb, Charles W. PhD</td>
<td>Adults, Couples</td>
<td>All</td>
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<td>LaFrance, Ron Ed.D LMFT-R</td>
<td>Adolescent &amp; family</td>
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Diane Schultz
31 Main St
Oneonta, NY 13820
607 437-4347
607 433-0209
**ADULT SERVICES**

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<td>Adult, trauma, loss, depression, adoption</td>
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<td>607 432-9295</td>
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<td>607 432-3352</td>
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**MEDICAID DENTISTS**

- **Fox Care Dental Associates**
  1 Fox Care Drive Route 7
  Oneonta, NY 13820
  607 433-1778

- **Chenango Memorial Hospital Dental Care Center**
  Eaton Center
  32 Conkey Ave.
  Norwich, NY 13815
  607 337-4174

- **New Dimensions & Health Care**
  40 Wall St.
  Amsterdam, NY 12010
  518 843-2575

- **American Mobile Dental**
  8 Grand St.
  Oneonta, NY 13820
  607 432-1010
  Mon– Thursday 8:00 am—5:00 pm
  Friday 8:00 am—4:00 pm

- **Advanced Family Dentist**
  482 Main St
  Oneonta, NY 138520
  607 433-1472
  Monday—Thursday 8:00 am—4:00 pm
MEDICAL SERVICES CONTINUED

Oneonta Community Free Health Center 607 433-0300
31 Main St, Oneonta

Stamford Family Practice 607 652-2000
32-34 Main St, Stamford 12167 Fax; 607 652-2423

United Health Services 607 652-2000
179 River St
Oneonta, NY 13820
433-3484

Planned Parenthood Association of South Central New York 607 432-2250
37 Dietz St. Oneonta,
Appointments & Info: 607 432-2252
Administrative Offices: 607 432-2252
37 Pleasant St Sidney 607 563-4363
130 North St Walton 607 865-6573
117 Hawley St Binghamton 607 723-8306

Public Health Nursing 607 547-4230
140 Co Hwy 33W, suite 3
Cooperstown, NY 13326
Hours: Monday –Friday 9:00 am-5:00 pm

Catskill Area Hospice & Palliative Care, Inc. 607 432-5525
297 River St. Service Rd
Oneonta, NY 13820
Hrs: 8:00 am—5:00 pm

ADULT SERVICES

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<td>Zeien, Suzanne</td>
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Hrs: 8:00 am—5:00 pm
# FAMILY SERVICES

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<tr>
<td>34 S. Main St Suite 1 Oneonta, NY 13820 607 432-1390</td>
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<td>Family Counseling, Couples, Marital Counseling</td>
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<td>78 Chestnut St. Oneonta, NY 13820 607 433-0161</td>
<td></td>
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<tr>
<td>Black, Charlotte LCSW-R</td>
<td>Family Counseling, Couples, Marital Counseling</td>
<td>Accepts most insurance– SF</td>
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<tr>
<td>143 Main St. Oneonta, NY 13820 607 432-0475</td>
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<tr>
<td>48 Dietz St. Oneonta, NY 13820 607 432-1180</td>
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<td>Clark, Debra J. LCSW-R</td>
<td>Family Counseling</td>
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<tr>
<td>10 Market St. Suite 5 Oneonta, NY 13820 607 432-1914</td>
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<td>Cole, Samantha LLCSW-R</td>
<td>Young adults &amp; Families</td>
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<tr>
<td>1004 State Hwy 7 Suite B Unadilla, NY 13849 Hrs 9 am– 5:30 pm 607 354-4602</td>
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# MEDICAL SERVICES

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<td>Cooperstown 1 Atwell Rd Cooperstown, NY</td>
<td>607 547-3456</td>
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<tr>
<td>Oneonta 125 Main St. Oneonta, NY 13820 607 433-1790 607 433-1792</td>
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<tr>
<td>Convenient Care</td>
<td>Associate Drive, Oneonta</td>
<td>607 433-6400</td>
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<tr>
<td>Edmeston 15 Turner Lane, Edmeston, NY 1335 607 965-8900</td>
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<tr>
<td>Stamford 28650 State Highway 23</td>
<td>607 652-2537</td>
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<td>Oneonta Surgeons &amp; Specialists</td>
<td>Associate Drive, Oneonta</td>
<td>607 433-2570</td>
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<td>Butternut Valley Health Center</td>
<td>West Main &amp; Liberty, Morris</td>
<td>607 263-5111</td>
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<tr>
<td>Oneonta Family Practice, Suite 103</td>
<td>Susquehanna Fam. Practice, Suite 103</td>
<td>607 431-5757</td>
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<tr>
<td>Outpatient Testing Center:</td>
<td>Fox Care Center- Oneonta</td>
<td>607 431-5198</td>
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<td>Patient registration:</td>
<td>Fox Care Drive, Suite 210, Route 7 Oneonta, NY 13820 607 431-5022 607 431-5080</td>
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<td>Business Office:</td>
<td>Fox Internal Medicine &amp; Oncology:</td>
<td>607 431-5290</td>
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<td>607 432-1163</td>
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<td>Education, Suite 300:</td>
<td>607 431-5080</td>
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<td>Fox Internal Medicine &amp; Oncology:</td>
<td>607 431-5290</td>
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<td>Patient registration:</td>
<td>Oneonta Family Practice, Suite 308:</td>
<td>607 432-1163</td>
</tr>
<tr>
<td>Business Office:</td>
<td>Outpatient Testing Center:</td>
<td>607 431-5230</td>
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<tr>
<td>Susquehanna Fam. Practice, Suite 103</td>
<td>Education, Suite 300:</td>
<td>607 431-5080</td>
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<td>Outpatient Testing Center:</td>
<td>Fox Internal Medicine &amp; Oncology:</td>
<td>607 431-5290</td>
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## Wellness Services and Support Groups

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<tr>
<th>PROVIDERS</th>
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</thead>
<tbody>
<tr>
<td><strong>Mind Matters Neurofeedback Centers</strong></td>
<td>neurofeedback or neurotherapy manages symptoms that are associated with Depression, Anxiety, ADHD, Fibromyagia, Migraines and a variety of other disorders.</td>
<td>Call for information</td>
</tr>
<tr>
<td>189 Main Street, Suite 401, Oneonta NY 13820 (607) 432-0060</td>
<td></td>
<td></td>
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<tr>
<td><a href="http://www.urmindmatters.com">www.urmindmatters.com</a></td>
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| **Oneonta Diabetic Support Group**   | Meetings start 7:00 pm on the 4th Thursday of the month                |                            |
| Elm Park Church                     | Meetings occur in March, April and June —October                        |                            |
| 401 Chestnut St                     |                                                                        |                            |
| Oneonta NY 13820                    |                                                                        |                            |
| Sharon Wheeler (607)432-7052        |                                                                        |                            |

| **Depression & Bipolar Support Group** | Meetings: 1st & 3rd Monday of the Month                                |                            |
| Christ Church                       |                                                                        |                            |
| 69 Fair St 70 Cooperstown, NY       |                                                                        |                            |
| Info (607) 547-9555                 |                                                                        |                            |

## FAMILY SERVICES

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<tr>
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<th>INSURANCE</th>
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<tbody>
<tr>
<td>Dunham-Davis, Sallie L. LCSW-R, ACSW</td>
<td>Family Counseling</td>
<td>BC, BS, VBH, BC+, HMO, E</td>
</tr>
<tr>
<td>31 Main St. Oneonta, NY 13820</td>
<td></td>
<td></td>
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<tr>
<td>607 433-0209 607 437-4347</td>
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| Flachs, Lisa; Fischer, Elvira & Donovan, Tim (all LCSW-R) | Children, Adolescents, Adults, Families | ME and most other insurances, no MD |
| 75 Chestnut St Oneonta, N.Y. 13820 | 607-433-0774 |                                           |

| George, Sally PhD. | Couples, Family & Marital Counseling | Does not take MD & ME |
| 78 Chestnut St. Oneonta, NY 13820 | 607 433-0161 |                                           |

| Grappone, Bill LCSW-R | Family Counseling, Children, Adolescents | most others |
| 10 Market St. Oneonta, NY 13820 | 607 432-9128 |                                           |

| Hill, Blanche LCSW-R | Family Counseling | SF, Please call for info. |
| 143 Main St. Suite 207 Oneonta, NY 13820 | 607 434-6299 |                                           |
# FAMILY SERVICES

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<th>PROVIDERS</th>
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<tr>
<td>LaFrance, Ron Ed.D LMFT-R</td>
<td>Family &amp; Couples</td>
<td>SF</td>
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<tr>
<td>31 Main St</td>
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<td></td>
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<tr>
<td>Oneonta, NY 13820</td>
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<td>607 437-4347</td>
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<tr>
<td>607 433-0209</td>
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<tr>
<td>Lamb, Charles W. PhD</td>
<td>Family Counseling</td>
<td>All</td>
</tr>
<tr>
<td>71 Chestnut St.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cooperstown, NY 13326</td>
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<tr>
<td>607 547--5230</td>
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<tr>
<td>Loh, Jeanne LCSW-R</td>
<td>Couples, Family Counseling</td>
<td>SF</td>
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<tr>
<td>22 Watkins Ave.</td>
<td></td>
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<tr>
<td>Oneonta, NY 13820</td>
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<tr>
<td>607 433-0157</td>
<td></td>
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<tr>
<td>Miller, Debra Ann, LCSW-R</td>
<td>Adults, family, trauma, loss, adoption</td>
<td>Many and SF, No MD or ME</td>
</tr>
<tr>
<td>PO Box 323</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Springfield Center, NY 13468</td>
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</tr>
<tr>
<td>315-858-2556</td>
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<tr>
<td>Mills, Ann Marie LCSW-R</td>
<td>Couples, Marital Counseling</td>
<td>All except MD &amp; ME</td>
</tr>
<tr>
<td>3200 Chestnut St.</td>
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<tr>
<td>Oneonta, NY 13820</td>
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<tr>
<td>607 436-9033 or 432-9295</td>
<td></td>
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<tr>
<td>Paluch, Catherine LCSW-R</td>
<td>Couples, Family &amp; Marital Counseling</td>
<td>Does not take MD &amp; ME</td>
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<tr>
<td>78 Chestnut St.</td>
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<td>Oneonta, NY 13820</td>
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<tr>
<td>607 433-0161</td>
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# Psychiatrists

<table>
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<tr>
<th>PROVIDERS</th>
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</thead>
<tbody>
<tr>
<td>Zeien, Suzanne LCSW-R, ACSW</td>
<td>Couples, Family &amp; Marital Counseling</td>
<td>All except MD</td>
</tr>
<tr>
<td>254 Main St. Suite 6B Oneonta, NY 13820</td>
<td></td>
<td></td>
</tr>
<tr>
<td>607 434-3032</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gordon, Kenneth MD</td>
<td>Children, Adolescents</td>
<td>E, MVP, CDPHP</td>
</tr>
<tr>
<td>75 Chestnut St.</td>
<td></td>
<td>No MD, ME</td>
</tr>
<tr>
<td>Oneonta, NY 13820</td>
<td>Mon– Thur. 8:30-6:00 pm</td>
<td></td>
</tr>
<tr>
<td>607 433-1663</td>
<td></td>
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<tr>
<td>Neander, Michael MD</td>
<td>Children, Adolescents, Adults, Elderly</td>
<td>MD, ME, BC, MVP, CDPHP</td>
</tr>
<tr>
<td>425 Main St.</td>
<td>Specializing in ADD Children. Family &amp; Marital Counseling</td>
<td></td>
</tr>
<tr>
<td>Oneonta, NY 13820</td>
<td>607 436-9732</td>
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