

- +
  - Behavioral Health Agencies within St. Lawrence County

Updated 10/2025



# Citizen Advocates Locations

- Ogdensburg BHUC Crisis Residence and Malone BHUC Crisis Residence
  - Stabilization, Crisis Residence, Outpatient
- Watertown BHUC Crisis Residence
  - Crisis Residence, Outpatient
- Saranac Lake, Malone, and Massena Outpatient
  - Integrated Article 31/32 (MH/SUD)
  - Therapy (Individual, Family, Group)
  - Medication Management (Adult and Youth)
  - Nursing Services (Health Monitoring, UDS, etc.)
  - MAT
  - Spravato
  - School Based Satellites
  - Community Support (PRS, TCM and Peer)
  - Scheduled ongoing treatment



# Outpatient Behavioral Health Services



A Member of the  
North Star Health Alliance

## WE SERVE

- Children
- Adolescents
- Adults of all ages

## WE TREAT

- Bipolar disorder
- Anxiety
- Personality disorders
- ADHD
- Schizophrenia
- Depression
- Trauma
- Eating disorders
- Substance use disorders
- Behaviors associated with autism spectrum disorders

## WE PROVIDE

- Psychiatric diagnostic assessment
- Psychiatric medication management
- Individual and group therapy
- Family therapy
- Health monitoring
- Psychoeducation
- Emergency care
- Genetic testing for psychotropic medication management
- Care coordination
- Coping skills training
- Integration with primary care

### SPECIALTY SERVICES:

- Eye movement desensitization reprocessing
- Internal family systems therapy
- Spravato (esketamine)
- Perinatal mental health
- Substance use disorders
- Trauma care

### CLAXTON-HEPBURN WELLNESS CENTER

214 King St., 4<sup>th</sup> Floor  
Ogdensburg, NY 13669

**315.713.5720**

### Open

Monday – Friday 8AM-4PM  
Other hours by appointment.

Walk-ins welcome Thursday 8AM-4PM

# Adult Inpatient Mental Health Unit



A Member of the  
North Star Health Alliance

## ABOUT US

We care for adults 18 and older who are experiencing mental health challenges, providing a safe, confidential, and supportive environment designed for healing and recovery.

Treatment begins with a referral or a visit to the emergency department. A psychiatrist, primary care physician, social worker, teacher, or law enforcement officer might suggest you come to us for care. You can also refer yourself.

### CLAXTON-HEPBURN MEDICINE CENTER INPATIENT MENTAL HEALTH UNIT

214 King St., Suite B  
Ogdensburg, NY 13669

**315.393.3600**



CHMC Psychiatric  
Crisis Hotline  
**315.713.5169**

### INPATIENT MENTAL HEALTH UNIT AT A GLANCE

- 28-bed inpatient unit
- Trauma-informed treatment
- 1 full-time psychiatrist
- 1 part-time psychiatrist
- 2 full-time Psychiatric Nurse Practitioners
- Average stay of 5-7 days
- Education groups
- Group therapy
- Treatment team meetings 5x per week
- 24-hour provider coverage

### EMERGENCY INTERVENTION

24/7 Trained Crisis Clinicians  
24/7 Crisis Emergency Department



### ELECTROCONVULSIVE THERAPY (ECT)

Outpatient treatment, generally for patients with severe major depression or bipolar disorder. No waiting list.

Elizabeth May Duvall

# Child & Adolescent Behavioral Health Unit



A Member of the  
North Star Health Alliance

## WE SERVE

- Children ages 5-17 experiencing a crisis severe enough to influence their safety or the safety of others.

## WE TREAT

- Major Depressive Disorder
- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Anxiety Disorders
- Bipolar Disorder
- Oppositional Defiant Disorder (ODD)
- Schizophrenia and other thought disorders

## WE PROVIDE

- Individual and group therapy
- Family counseling and support
- Psychiatric and medical evaluations
- Skill-building and recreational activities
- Educational instruction
- Comprehensive discharge planning

## INPATIENT MENTAL HEALTH UNIT AT A GLANCE

- 12-bed secure, inpatient acute psychiatric unit — **soon to expand!**
- Average stay of 10 days
- Clear routines with age-appropriate expectations
- Respect for privacy & personal space
- Family-centered, future-focused care
- Ongoing, consistent therapeutic engagement
- Guided by **The Sanctuary Model**, a trauma-informed care approach that promotes safety and recovery.

## ELIZABETH MAY DUVALL CHILD & ADOLESCENT BEHAVIORAL HEALTH UNIT

214 King St., Suite B  
Ogdensburg, NY 13669

**315.393.3600**

# GRACE HOUSE

- Serving women in early recovery
- A structured, transitional living home
- In a small family-like setting (six beds)
- Faith-based
- Providing the opportunity to pursue educational/vocational goals
- Counseling/medical services provided in the community

315-386-3904

[www.gracehousecantony.org](http://www.gracehousecantony.org)

Currently located in Canton; planning to move to Potsdam in September.

# Joseph P Dwyer Veteran Peer Support Project

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## Services Offered:

- Peer support
- Emergency food pantry
- Hygiene closet
- Clothing donation
- Group support
- Social support/events
- Financial assistance
- Employment assistance
- VA claim/benefits assistance
- Transportation assistance
- Service coordination with local community services



## Location

701 Canton St suite 3  
Ogdensburg, NY 13669  
P: (315) 401-6575  
Email: [vetsp2p3@mhajc.org](mailto:vetsp2p3@mhajc.org)

**A Safe Place  
For Vets to Help Other Vets**



# Maximizing Independent Living Choices (MILC)

Formerly: Massena Independent Living Center, Inc.

*MILC is a community-based, peer-run, and non-residential resource and advocacy center serving people with disabilities with various support services in St. Lawrence & Franklin Counties. Services are free, confidential, and conveniently located. MILC does not bill insurance for our services. Eligibility criteria for certain services may apply.*

**Call: 315-764-9442 or Toll Free  
1-877-397-9613  
[www.milcinc.org](http://www.milcinc.org)**

Main office:  
156 Center Street, Massena, NY 13662

- Information & Referral
- Benefits Advisement (SSI, SSDI, SNAP, HEAP, TA, etc.)
- Application Assistance
- Advocacy
- Peer Support
- Assistive Technology Loan Closet
- Independent Living Skills Training
- Housing Services (Eligibility & waitlists apply)
  - Participants are pulled from various entry points including Coordinated Entry, SPOA, and Dept. of Social Services
- Health Insurance including Medicaid, Child Health Plus, Essential Plans, Qualified Health Plans, Medicare Savings, & more
- Facilitation for Consumer Directed Personal Attendant Services (CDPAS)
- Nursing Home Transition & Discharge assistance including Olmstead Housing subsidies, furnishings, food cards, and more.

## North Country Freedom Homes Community Residence Canton NY

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- 3-12-month length of stay
- Assistance connecting to Community Supports
- Employment/Education opportunities
- Medical Service coordination
- Adventure based therapeutic activities
- DSS Benefit/ Insurance coordination
- Computer/Wi-Fi Access
- Therapy (Individual, Group)
- Transportation Assistance
- Fitness Center
- Telehealth coordination
- Community Based Volunteer Opportunities.

# NRCIL (Northern Regional Center for Independent Living)

## Family Peer Support Services

- An array of formal and informal services to support and empower families with children and adolescents who have serious emotional, intellectual, physical or developmental disabilities
- Services include:
  - Peer Support
  - Advocacy
  - Skill Building and Educational Opportunities
  - Family Engagement Opportunities
- Family Peer Support Services are strength-based and family-driven. There is no charge for FPSS
- Currently, NRCIL employs 2 Full Time Credentialed Family Peer Advocates and 1  $\frac{3}{4}$  Time Youth Transition Coordinator in St. Lawrence County.

# Community Health Workers

- Frontline public health para-professionals who serve as a bridge between individuals, communities, and the health care system.
- Integrated with local health care clinics CHWs work directly with patients to assist in accessing community services, provide direct services like health education, and build individual and community capacity for health care.
- Current St. Lawrence County Claxton Hepburn Primary Care locations include:
  - 3 Lyon Place, Ogdensburg, NY
  - 100 Horwood Place, Ogdensburg, NY
  - 39 West Main St, Canton, NY
- Also located at Clifton-Fine Hospital in Star Lake, NY

# Long Term Care Ombudsman Program

- The Ombudsman Program is an effective advocate and resource for older adults and persons with disabilities who live in nursing homes, assisted living facilities and other licensed adult care homes. Ombudsmen help residents understand and exercise their rights to good care in an environment that promotes and protects their dignity and quality of life.
- Ombudsmen investigate and resolve complaints, encourage the development of resident and family councils, and inform and educate government agencies, providers and the general public about issues and concerns affecting residents of long-term care facilities

# Seaway Valley Prevention Council+

Providing quality prevention, harm reduction, community, and recovery services since 1987.

## Prevention

### Services

School-based Education  
Parent Programs  
After-School Programming  
Youth Engagement

## Community

### Services

Employee Assistance Services  
Community Coalitions  
Resource Center  
Policy Change

## Recovery

### Services

Peer Support  
Family Support  
Recovery Center  
Youth Clubhouse



[council@svpc.net](mailto:council@svpc.net)



(315) 713-4861



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# Triple P Positive Parenting Program<sup>+</sup>

The Triple P – Positive Parenting Program<sup>®</sup> is an evidence-based parenting and family support system designed to prevent and treat behavioral and emotional problems in children and teenagers. The program aims to prevent family, school, and community problems before they arise and create family environments that encourage children to realize their potential. Triple P is delivered to parents of children up to 12 years, and Teen Triple P is for parents of 12 to 18 year-olds.



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# SSET: Support for Students Exposed to

## Trauma

Support for Students Exposed to Trauma (SSET) is an evidence-based program. Through ten support groups, the facilitator works to reduce distress in students exposed to trauma. The groups cover various skill-building techniques that challenge maladaptive thoughts and promote positive behaviors. This program is intended for students who have experienced significant traumatic experiences and are exhibiting low mood, anxiety, nervousness, and impulsivity.



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# Teen Intervene

The Hazelden Betty Ford Foundation's Teen Intervene program provides education, support, and guidance for teens and parents. Teen Intervene is designed as a comprehensive screening, brief intervention, and referral to treatment (SBIRT) model of care. Teenagers who have experienced mild to moderate problems associated with alcohol or drug use work one-on-one with an educator to identify and, ultimately, change their choices and behaviors.



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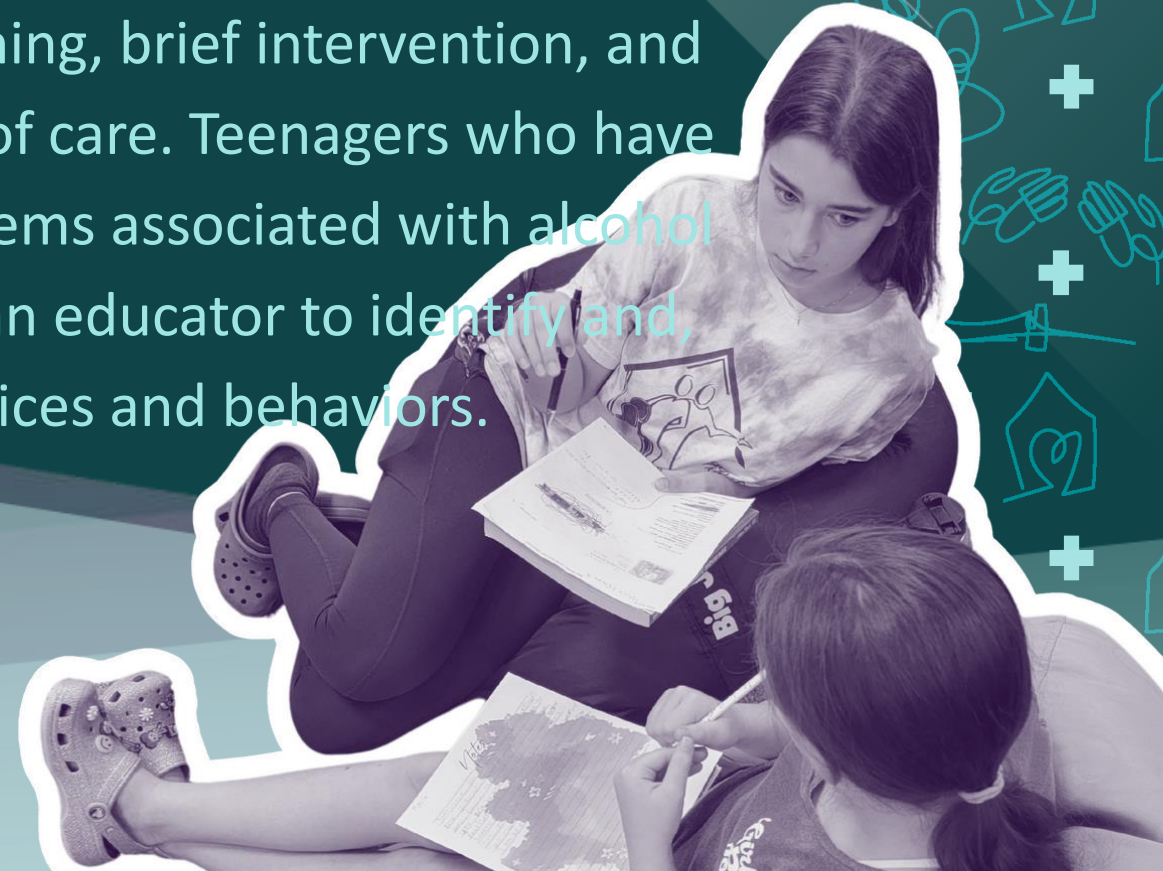
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# SPORT Prevention Plus Wellness

SPORT Prevention Plus Wellness (PPW) is the nation's only easy-to-use, single-session substance use prevention program designed to increase fitness, health, and performance-enhancing behaviors like physical activity, sports participation, healthy eating, getting adequate sleep, and practicing stress control for youth. The SPORT PPW Program was designed to help youth look and feel more active, fit, and healthy.



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# Too Good for Drugs & Violence

The Council implements the universal evidence-based programs, Too Good for Violence and Too Good for Drugs. Too Good is a comprehensive family of substance use and violence prevention curricula designed to build protection within the child to mitigate the risk factors of risky behavior. Too Good develops a framework of social skills to establish and promote setting reachable goals, making responsible decisions, communicating effectively, identifying and managing emotions, and bonding with pro-social peers, in addition to peer pressure refusal, problem-solving, conflict resolution, and media literacy.



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# The Valley Recovery Center

The Valley Recovery Center is a drop-in support center. The Valley Recovery Center connects recovery support services to individuals, families, and the community while eliminating addiction stigma and offering in-person and online skill-based support classes for the community and surrounding areas.



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# Rides to Recovery


The Rides to Recovery program is designed to help individuals in recovery from a substance use disorder (SUD), a mental health diagnosis, or both find transportation to social determinants of health locations such as school, recovery support groups, grocery shopping, work, or other recovery-based services. The program partners with the Volunteer Transportation Center.



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# Horizons Youth Clubhouse

Horizons' Youth Clubhouse is a safe space for youth ages 12-17 years old. The Clubhouse is committed to being a positive environment for teens where youth can participate in activities, have hands-on learning experiences, participate in community events, and participate in evidence-based prevention education.



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# Peer Support

The NYS Office of Alcoholism and Substance Abuse Services funds Peer Engagement Specialists throughout the state. The primary goal of the Peer Engagement Specialist is to utilize their addiction and recovery expertise, similar to Recovery Coaches and Peer Recovery Advocates, to serve as a resource for individuals and families in various settings (such as emergency departments) due to their substance use. These Specialists know where to find help and how to engage with individuals who want to enter recovery.



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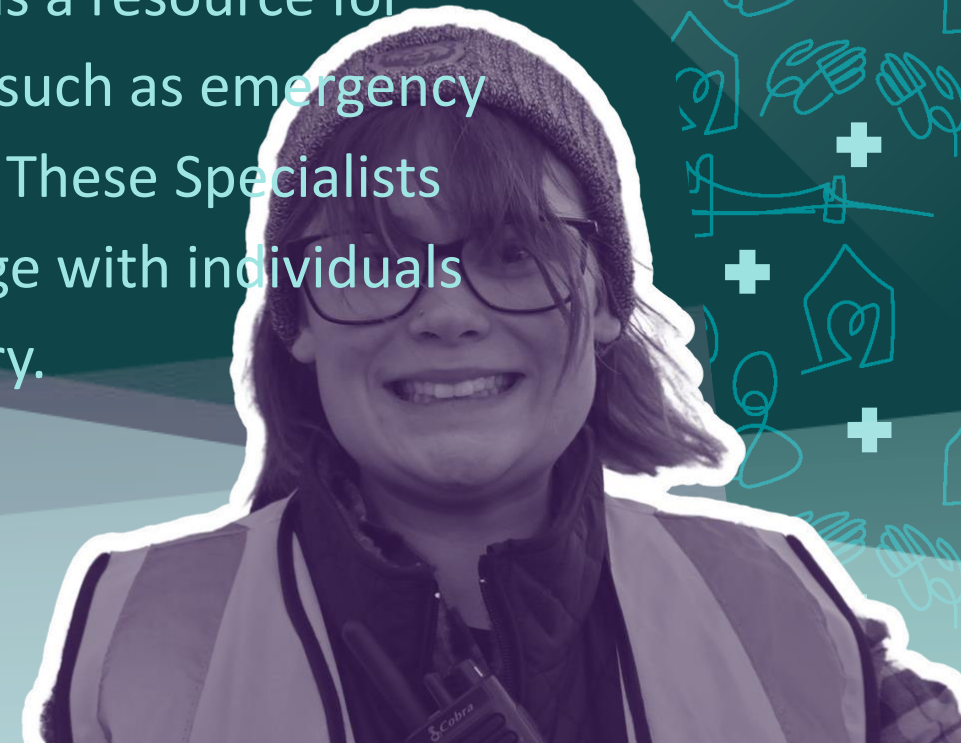
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# Family Support


Funded through the Office of Addiction Services and Supports, the Family Support Navigator (FSN) provides support to families impacted by a loved one's addiction. FSNs provide holistic family support emphasizing boundary management, communication skills, and family self-care. FSNs also educate families and the community on substance use, addiction, and recovery and connect families and individuals to community resources.



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# North Country Resource Center

The North Country Addictions Resource Center aims to give people in the North Country access to the resources available in the Northern Economic Zone counties, Clinton, Essex, Franklin, Hamilton, Jefferson, Lewis, and St. Lawrence.



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# Employee Assistance Services


The Pivot Employee Assistance Services program is designed to help individuals and their families with personal problems that may be too large or complex to handle alone. Sometimes, these problems can interfere with their ability to be successful at work. Employee Assistance Services provides free, confidential assessment, counseling, and referral services in a professional setting. The program believes healthy, well-adjusted employees improve job performance and productivity.



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# Unity for Massena Youth Coalition+


The Youth Coalition empowers youth to educate their peers on the dangers and reality of substance use. Under the coalition's structure, youth are guided to create messaging campaigns and presentations and facilitate events in their community.



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# PEACE St. Lawrence County Coalition

PEACE: Prevention Education and Community  
Empowerment

We envision a St. Lawrence County focused on prevention education, harm reduction, and mental health support, aimed at reducing substance use, promoting well-being, and fostering a community of care, understanding, and support for all youth & families to thrive together.



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(315) 713-4861



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# Advancing Tobacco Free Communities

Advancing Tobacco Free Communities (ATFC) promotes local change that reduces the impact of tobacco use through community engagement and youth action. Through education and mobilization, the program aims to reduce youth exposure to tobacco marketing, increase tobacco-free outdoor shared environments, increase the availability of smoke-free multi-unit housing, especially public and affordable housing, and encourage smoke-free internet and movie policies.



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# Reality Check

Reality Check is a youth-led, adult-supervised program that exposes the tobacco industry's manipulative and deceptive marketing tactics.

The program aims to change local communities through grassroots mobilization and education by empowering youth to see they are more than just replacement smokers for the tobacco industry and empowering youth across New York State to become leaders in their communities.



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# Overdose Prevention

The Council has an active Opioid Overdose Prevention Program (OOPP) with New York State. The agency is a registered program that is equipped to train community members, paraprofessionals, professionals, clients, and families on how to recognize an opioid overdose and how to properly administer naloxone.



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# St. Lawrence Region Behavioral Health

## Locations

12 Elm Street Potsdam, NY 13676

Hours: 8am-4pm M-F

Phone: 315-261-5420 Fax: 315-261-5421

20 Cottage Street Potsdam, NY 13676

Hours: 8am-4pm M-F

Phone: 315-261-5405 Fax: 315-261-5422

1 Hospital Drive Massena, NY 13662

Hours: 8am-4pm M-F

Phone: 315-261-5680 Fax: 315-261-5685

77 West Barney Street Gouverneur, NY 13642

Hours: 8am-4pm M-F

Phone: 315-261-5415 Fax: 315-261-5432

## Services Offered

- LGBTQ+ Affirming Care
- Trauma Informed Care
- Crisis Services
- Animal Assisted Therapy
- Virtual and In-Person Appointments
- Peer Oriented Programs
- Psychotherapy
- Adolescent Services
- Medication Management

# St. Lawrence Region Outpatient Substance Use Disorder

## Locations

12 Elm Street Potsdam, NY 13676

Hours: 8am-4pm M-F

Phone: 315-353-2572

Fax: 315-353-2479

77 West Barney Street Gouverneur, NY 13642

Hours: 8am-4pm M-F call for evening/weekend hours

Phone: 315-261-6333

Fax: 315-261-6350

## Services Offered

- Wellness and Symptom Management
- Stress Management in Recovery
- Navigating Family Relationships
- Impaired Driver Program
- Adolescent Services
- Maternal Wrap Around Program (M-WRAP)
- Group Therapy
- Medication Management

# **St. Lawrence Region Inpatient Detox Services**

## **Gouverneur Hospital Inpatient Detox**

77 West Barney Street Gouverneur, NY 13642

Hours: Open 24 hours 7 days a week. Call for admission details

Phone: 315-261-5969      Fax: 315-353-9444

## **Massena Hospital Inpatient Detox**

1 Hospital Drive Massena, NY 13662

Hours: Open 24 hours 7 days a week. Call for admission details

Phone: 315-842-3076      Fax: 315-769-4756

# St. Lawrence Region Peer Support Network Program

## The Peer Program Supports:

- Pregnant & Postpartum Persons
- Transitional Youth
- Aging Adults
- Individuals with traumatic brain injury or developmental disability
- Incarcerated individuals returning to the community
- Individual's transitioning from withdrawal and/or inpatient rehabilitation services in St. Lawrence County, New York.

## Services Offered

- Advocacy in seeking food, shelter, housing, and self-directed services
- Benefits advisement, planning, and arrangements for appropriate services
- Companionship and modeling of recovery lifestyle.
- Recovery education and counseling for individuals and their family members
- Assisting with skills development that guides people towards a more independent life
- Bridging from jail/prison, institution to an individual's/family's home to community
- Pre-crisis and Crisis Support Services

# S.T.E.P. by S.T.E.P., Inc.



## DROP IN CENTER

- 7:00 AM - 9:00 COFFEE HOUR
- 8:00 AM - 11:00 AM - OFFERING A VARIETY OF CLASSES DESIGNED TO SUPPORT WELLNESS & CREATIVITY
- 4:00 PM - 7:00 PM - OFFERING SELF HELP & SUPPORT GROUPS AND ADVOCACY SERVICES
- VIRTUAL GROUPS - VISIT OUR WEBSITE BELOW

## HOUSING

- PERMANENT SUPPORTIVE HOUSING
- SUPPORTIVE HOUSING CASE MANAGEMENT
- INDEPENDENT APARTMENTS
- TRANSITIONAL UNITS

## HEALTH HOME COORDINATION SERVICES

## PEER SUPPORTED CASE MANAGEMENT

## COMMUNITY ORIENTED RECOVERY & EMPOWERMENT SERVICES (CORE)

- PEER SUPPORT & EMPOWERMENT SERVICES
- PSYCHOSOCIAL REHABILITATION
- FAMILY SUPPORT & TRAINING

## HOME AND COMMUNITY BASED SERVICES (HCBS)

- PRE-VOCATIONAL
- HABILITATION

## SEASONAL WARMING AND COOLING CENTERS

- ON SITE LINKAGE AND NAVIGATION SERVICES
- WEEKLY COMMUNITY MEALS

## TRANSPORTATION SERVICES

1515 KNOX STREET, OGDENSBURG, NY 13669

315-394-0597

[WWW.STEPBYSTEPINC.ORG](http://WWW.STEPBYSTEPINC.ORG)



# ADDICTION SERVICES

Addictions are a primary illness that are chronic, progressive, and potentially fatal if left untreated.

Recovery begins with changes in thinking and behavior. It involves growth in physical, mental, and emotional spheres of life.

**Contact Us Today**  
**Start your recovery journey**

- Evaluations & assessments
- Individual counseling • Group Counseling
- Medication management
- Evening appointments
- Telepractice • Toxicology testing
- Peer services • Family Services
- DWI assessment & treatment
- Referrals for appropriate level of care
- Coordination of care with other providers
- Discharge Planning
- Adolescent specific treatment
- Overdose prevention education



For more information, contact:  
**St. Lawrence County Addiction Services**  
**315-386-2189**



<https://stlawco.org/Departments/CommunityServices>

## ADDICTION CLINIC SITES:

**CANTON:** 80 State Highway 310, Suite 1  
**OGDENSBURG:** 206 Ford St., 2nd Floor

# OPIOID TREATMENT PROGRAM

## OTP Services:

- Assessments
- Individual Counseling
- Family Counseling
- Peer Services
- Medication Management
- Groups
- Medication Assisted Treatment
- Methadone or Suboxone Treatment
- Transportation (Based off of insurance)

For more information please ask to speak with  
Chemical Dependency Staff

Medications used are  
evidence-based treatment options



## Client Testimonial:

This place helped us find a reason to  
start living again.

The day we walked in we were starving,  
homeless, freezing, & had no hope.

That all changed in just two months  
now."

-OTP Client



# Peer Services



Peers are certified individuals whom have lived experience with Substance Use Disorder or experienced it closely with a loved one.

Being engaged with Peer Services offers you the opportunity to have assistance with the following:

- Peer Support
- Housing
- Employment/Schooling
- Insurance
- Transportation
- Harm Reduction
- Resources
- Food
- Benefits
- Inpatient Referrals



# ST. LAWRENCE COUNTY MENTAL HEALTH SERVICES

EVALUATION, DIAGNOSIS & TREATMENT FOR ADULTS, FAMILIES, ADOLESCENTS & CHILDREN

## OUR SERVICES INCLUDE:

*INDIVIDUAL THERAPY*

*FAMILY THERAPY*

*PSYCHIATRIC ASSESSMENT*

*MEDICATION MANAGEMENT*

*CO-OCCURRING DISORDERS*



*CHILDREN & YOUTH SERVICES*

*TELEMEDICINE*

*VARIOUS TRAUMA THERAPY SERVICES*

*HEALTH HOME CARE MANAGEMENT*

*CRISIS INTERVENTION*

# CHILDREN AND FAMILY SUPPORT TEAM

*THE CHILD & FAMILY SUPPORT TEAM (CFST) IS A TEAM CONSISTING OF A LICENSED THERAPIST AND A FAMILY PEER SUPPORT ADVOCATE (FPA)/CASE MANAGER.*

*THE OVERALL GOALS OF THIS TEAM ARE TO SUPPORT CHILDREN AND FAMILIES IN PROVIDING THE FOLLOWING:*

- CHILD/FAMILY THERAPY*
- PROVIDING GUIDANCE AND SUPPORT TO OTHER SERVICE PROVIDERS/SCHOOL DISTRICTS WORKING WITH THE FAMILY*
- WORK COLLABORATIVELY WITH THE FAMILY AND OTHER SERVICE PROVIDERS/SCHOOL DISTRICTS TO PREVENT ER ADMISSIONS, HOSPITALIZATIONS AND/OR OUT OF HOME PLACEMENT DUE TO MENTAL HEALTH OR BEHAVIORAL ISSUES.*
- ORCHESTRATE COLLABORATIVE MEETINGS WITH ALL INVOLVED PROVIDERS REGULARLY*
- WORK COLLABORATIVELY WITH THE FAMILY TO EDUCATE, BUILD IN SUPPORTS AND SERVICES, AND WORK TOWARD FAMILY COHESION.*



## *WHO IS ELIGIBLE?*

*-FAMILIES WITH A CHILD BETWEEN THE AGES OF 4 TO 18 RESIDING IN ST. LAWRENCE COUNTY WHO PRESENT WITH SIGNIFICANT MENTAL HEALTH/ BEHAVIORAL CONCERNS AND FAMILY IS IN CONFLICT.*

## *CRITERIA*

- FAMILY/CHILD HAS EXHAUSTED OTHER LEVELS OF COMMUNITY SERVICES/SUPPORTS WITH LITTLE IMPROVEMENT IN MENTAL HEALTH, BEHAVIOR, OR FAMILY COHESION, AND*
- FAMILY CONFLICT OR INDIVIDUAL MENTAL HEALTH /BEHAVIORS PLACE CHILD AT RISK OF OUT OF HOME PLACEMENT OR FREQUENT INPATIENT HOSPITALIZATION/ER, AND*
- CHILD IS CURRENTLY INVOLVED IN INDIVIDUAL MENTAL HEALTH TREATMENT.*

# ST. LAWRENCE COUNTY PUBLIC HEALTH DEPARTMENT



## OUR SERVICES

- Children and Youth with Special Health Care Needs (CYSHCN)
- Communicable Disease Control Program (CD)
- Coroners Program
- Early Intervention (EI)
- Emergency Preparedness (EP)
- Lead Poisoning Prevention Program (LPPP)
- Immunization Program (IP)
- Maternal and Child Health Program (MCH)
- Preschool Special Education Program (Pre-K)
- Rabies Control Program
- Sanitarian
- Sexually Transmitted Infection (STI)/HIV Clinic

## OUR CLINIC

The Public Health Department's clinic is located at 80 US Highway 310, Canton, NY 13617.

Immunizations, STI, and HIV testing are available by appointment only; call 315-386-2325 to schedule.

# St. Lawrence Psychiatric Center, Office of Mental Health

## EXECUTIVE CABINET

- Aimee Dean, Executive Director  
(315) 541-2279
- Dr. Ronald Thesee, Clinical Director  
(315) 541-2115
- Katelyn LeClair, Deputy Director-  
Quality Management  
(315) 541-2252
- Angela Grant, Deputy Director-  
Facility Administrative Services  
(315) 541-2174
- Brittany Thornton-Chief Nursing  
Officer  
(315) 541-2129

## CHILDREN/YOUTH SERVICES

- Inpatient Services-Brittany Rafferty,  
Treatment Team Leader (315)541-2593
- Outpatient Services-
  - Ogdensburg-Rachael Stanton,  
Treatment Team Leader (315)541-2411
  - Massena-Jennifer Greene, Director of  
Social Work (315) 764-8441
  - Gouverneur-Emily Petrus, Social Work  
Supervisor (315) 287-2811
  - Watertown-Heather Young, Social Work  
Supervisor (315) 779-7176
- Residential Services-Stacie O'Shea,  
Rehab Counselor 2 (315) 541-2433
- Mobile Integration Team-Rachael  
Stanton, Treatment Team Leader  
(315)541-2411

## ADULT SERVICES

- Inpatient Services-Brittany Fifield,  
Treatment Team Leader (315) 541-2481
- Outpatient Services-
  - Ogdensburg-Jema McDougal,  
Treatment Team Leader (315) 394-  
0101
  - Massena-Jennifer Greene, Director  
of Social Work (315) 764-8441
  - Gouverneur-Emily Petrus, Social  
Work Supervisor (315) 287-2811
- Residential Services-Jacob Rowley,  
Residential Program Specialist 3 (315)  
541-2104
- Mobile Integration Team-Rachael  
Stanton, Treatment Team Leader  
(315)541-2411
- Family Care-Johnnie Flynn, Rehab  
Counselor 2 (315) 394-0101

## CHILDREN/YOUTH SERVICES

**Inpatient Services:** SLPC offers a 27-bed, 3-unit facility providing acute inpatient psychiatric treatment and family services for youth up to age 18 within the surrounding six-county catchment, including St. Lawrence County.

- Individual, group and family therapy
  - Academic classes
  - Recreational services
  - Psycho-educational programming
- ❖ *Provided in an integrated manner to address each individual's needs so they may return to their home or other needed community setting as quickly as possible.*

**Outpatient Services:** Outpatient Wellness Centers are located in Ogdensburg, Massena, Gouverneur and Watertown providing

- Services include traditional outpatient functions of individual, family, and group therapy as well as medication monitoring, case management and psychiatric review.

**Residential Services:** 6-bed supervised residence providing short term, safe and therapeutic living environment to children and adolescents aged 10-17 with serious emotional disturbances.

- Acute stabilization
- Behavioral support
- Medication education and training
- Family and peer support
- Parenting education
- Enhanced skill building to assist with management of environmental and social stressors
- Connection to programs and services to assist with prevention of emergency department and inpatient hospital care

**Mobile Integration Teams:** assist youth with successfully transitioning into, and remaining in, the community.

- Provision of limited transportation
- Linkage with community resources
- Medication education and supervision
- Assistance with navigating various agency resources
- Engagement in treatment services

# St. Lawrence Psychiatric Center, Office of Mental Health

## PROGRAM AREA

## SERVICES OFFERED

## ADULT SERVICES

Inpatient Services: SLPC offers a 41-bed, 2-unit facility providing intermediate to long-term rehabilitative services to individuals 18 years and older with serious and persistent mental illness.

- Psychiatric assessment and treatment planning
- Individual therapy
- Active treatment programming
- Recreational services
- Skill building
- Medication education and management

Outpatient Services: Outpatient Wellness Centers are located in Ogdensburg, Massena and Gouverneur

- Mental Health assessment and treatment planning
- Individual and group therapy
- Medication therapy
- Peer Specialist assistance and support
- Vocational training and assistance
- Case management services

Community Residence : 26-bed supervised community residence providing a home-like therapeutic environment to individuals transitioning from an inpatient setting.

- Skill building
- Medication education and self-administration support
- Vocational training and support
- Linkage with community resources

Mobile Integration Teams: assist adults with successfully transitioning into, and remaining in, the community.

- Provision of limited transportation
- Linkage with community resources
- Medication education and supervision
- Assistance with navigating various agency resources
- Engagement in treatment services

Family Care: 17 certified providers within St. Lawrence County providing a home environment for individuals living with mental illness in the community.

- Supportive home environment
- Assistance with meals, medications, transportation
- Inclusion in everyday family activities including vacations and special events

# St. Lawrence Psychiatric Center, Office of Mental Health

# Gouverneur Wellness Center

## ❑ Outpatient Services for Adults

- Walk-in screenings on Wed. at 9 am (checking in early is strongly recommended)
- 1:1 therapy (family participation is welcomed)
- Medication management
- Referrals
- Group treatment
- Peer Support
- Other onsite services include: nursing, vocational rehab., nutrition services, 1:1 and group MICA treatment, Health Plan Marketplace services

## ❑ Outpatient Services for Children

- 1:1 therapy (family participation is recommended)
- Medication management
- Referrals
- Group treatment
- Other onsite services include: nursing, vocational rehab., nutrition services, Health Plan Marketplace services

## ❑ Open Monday-Thursday 7am-5:30pm, Friday 7am-4pm

# Behavioral Health Clinics

- United Helpers oversees two MHOTRS Clinics located in Canton and Ogdensburg
- 8 Satellite offices in local schools
  - Parishville
  - Colton
  - Norwood-Norfolk
  - Madrid-Waddington
  - Edwards-Knox
  - Potsdam (high school, Middle School and Elementary School)
- Contact persons
  - Breanne Snyder
    - [bmsnyder@unitedhelpers.org](mailto:bmsnyder@unitedhelpers.org)
  - Misty Thomas
    - [mrthomas@unitedhelpers.org](mailto:mrthomas@unitedhelpers.org)
- Call the navigation line 315-714-3117 or [navigator@unitedhelpers.org](mailto:navigator@unitedhelpers.org)
- Visit [www.unitedhelpers.org](http://www.unitedhelpers.org)



# Care Coordination

- United Helpers Care Coordination serves all of St. Lawrence County
- Care Coordinator serves adults and children in their homes
- Help link to all local resources the family is eligible for and want
- Contact
  - Audrey Plourde
    - [alplourde@unitedhelpers.org](mailto:alplourde@unitedhelpers.org)
  - Call the navigation line 315-714-3117 or [navigator@unitedhelpers.org](mailto:navigator@unitedhelpers.org)
  - Visit [www.unitedhelpers.org](http://www.unitedhelpers.org)



# ACT

- provides intensive, community-based mental health services to individuals with serious mental illness who need a high level of support.
- Carries a Census of 48 clients all over St. Lawrence County.
- The multidisciplinary team delivers treatment, rehabilitation, and crisis services directly in the community—such as in a person’s home or shelter—to help reduce hospitalizations and support stable, independent living.
- Contacts
  - Amy Chisholm
    - [adchisholm@unitedhelpers.org](mailto:adchisholm@unitedhelpers.org)
- Call the navigation line 315-714-3117 or [navigator@unitedhelpers.org](mailto:navigator@unitedhelpers.org)
- Visit [www.unitedhelpers.org](http://www.unitedhelpers.org)



# Gateway

- Apartment Treatment Program located in Ogdensburg.
- 16 bed facility with on site staff to help residents of the facility to build upon their skills to live independently in the community.
- Focused skills can include: building daily living skills, maintaining stability, and supporting recovery in the community.
- Contact
  - Alison Thornhill
    - [ajthornhill@unitedhelpers.org](mailto:ajthornhill@unitedhelpers.org)
  - Call the navigation line 315-714-3117 or [navigator@unitedhelpers.org](mailto:navigator@unitedhelpers.org)
  - Visit [www.unitedhelpers.org](http://www.unitedhelpers.org)



# Supportive Housing Case Management

- Supportive housing case management in New York State helps individuals with mental health, substance use, or other life challenges maintain stable housing while working toward greater independence.
- United Helpers serves all of St. Lawrence County
- Case managers coordinate services such as healthcare, benefits, and life-skills support, and provide ongoing guidance to promote recovery and long-term housing stability for those enrolled.
- Contact Audrey Plourde
  - Audrey Plourde
    - [alplourde@unitedhelpers.org](mailto:alplourde@unitedhelpers.org)
- Call the navigation line 315-714-3117 or [navigator@unitedhelpers.org](mailto:navigator@unitedhelpers.org)
- Visit [www.unitedhelpers.org](http://www.unitedhelpers.org)

