

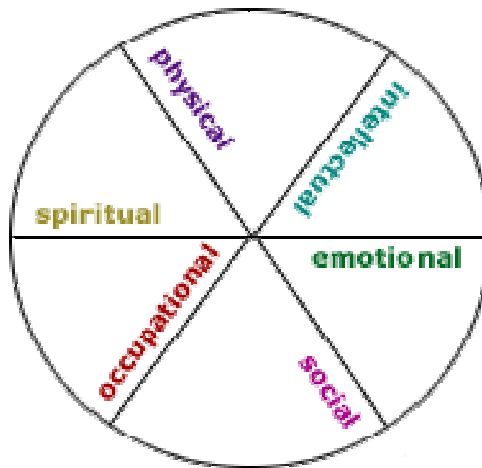
Community Resource Guide

Broadalbin-Perth Central School

Mission:

Broadalbin-Perth Central School District provides a stimulating and safe environment of success through lifelong learning. Students of all ages will develop intellectually, emotionally, socially and physically through the cooperative efforts of school and community, all striving for excellence.

www.bpcsd.org



The Six Dimensions of the Wellness Wheel

Physical:

Physical wellness encourages participation in regular physical activities that improve cardiovascular strength and endurance, flexibility and muscular strength. This dimension involves understanding and appreciating the relationship between sound nutrition and how the body performs.

Occupational: Occupational wellness is one's attitude about work and career. This dimension involves preparing for and participating in work that provides personal satisfaction and life enrichment.

Intellectual: Intellectual wellness encourages continued learning, problem solving and creativity. This dimension involves improving verbal skills, showing interest in scientific discoveries, keeping aware of social and political issues and reading books, magazines and newspapers.

Spiritual: Spiritual wellness addresses values and ethics and the degree to which our actions are consistent with these values. This dimension involves seeking meaning and purpose in human existence.

Social: Social wellness involves contributing to the human and physical environment for the betterment of the community. This dimension encourages taking an active part in improving the community in which we live and the world in general, by supporting a healthy living environment and initiating better communication with others.

Emotional: Emotional wellness addresses awareness and acceptance of our own feelings and the feelings of others. This dimension involves feeling positive and enthusiastic about life and ourselves.

Emergency #'s

Child Abuse Hotline

Mandated Reporters: 1-800-635-1522

Non-Mandated Reporters: 1-800-342-3720

Department of Social Services

Fulton County: 518-736-5675

Montgomery County: 518-853-4646

Domestic Violence Hotline

Fulton County: 518-725-5300

Montgomery County: 518-842-3384

Drug Abuse Information Line

1-800-522-5353

National Hopeline

24/7 support to individuals who are feeling suicidal

1-800-SUICIDE

National Poison Control Center

1-800-222-1222

NYS Police

1-800-342-4357

518-843-3210

518-853-4708

Rape Crisis/Sexual Assault Support Services

257 Kingsboro Avenue, Gloversville

518-773-0040

Sex Offender Registry: www.criminaljustice.state.ny.us

Sex Offender Location Website: www12.watchdog.us/

Sheriffs Department

Emergency Calls: 911

Fulton County: 736-2100

Probation Offices:

Fulton County: 518-773-3565

Montgomery County: 518-853-8380

Saratoga County: 518-885-2215

Broadalbin Perth School #'s

District Office	954-2500
Primary School Office	954-2650
Primary School Principal	954-2652
Primary School Nurse	954-2660
Primary School Social Worker	954-2671
Middle School Office	954-2700
Middle School Principal	954-2703
Intermediate School Office	954-2750
Intermediate School Principal	954-2752
Intermediate School Nurse	954-2710
Intermediate/ Middle School Social Worker	954-2722
High School Office	954-2600
High School Principal	954-2603
High School Nurse	954-2610
High School Social Worker	954-2625
High School Guidance Office	954-2620
Maintenance	954-2632
Bus Garage	954-2570

Health/Human Rights Organizations

Alcoholism & Substance Abuse Council

Providing education and information on substance use and abuse issues. Speakers are available for civic, business and school groups. Provide referrals when necessary.

40 N. Main Street, Gloversville
Fulton County: 518-725-8464
Hamilton County: 518-548-5710
Montgomery County: 518-843-6011

American Diabetes Association

Providing diabetes research, information and advocacy in prevention and finding a cure for diabetes. Services include information about diabetes to the individual and their family, health professionals available for consultations, and support for the individual and family to improve the lives of individuals affected by diabetes.

7 Washington Square, Albany
518-218-1755
1-800-342-2383

American Lung Association

Providing educational programs to children and adults such as the Open Airways for Schools (an elementary school education program for children with asthma, teaching them to understand and manage their illness to lead a normal life), Smoking Control and Prevention Programs involving adults, children, community leaders, parents and educators, Teens Against Tobacco Youth Program (driving to eliminate tobacco use among youth), Not On Tobacco Program (a smoking cessation program for teens, the Freedom From Smoking Program (a peer-support smoking program), and Community Programs to inform and educate the public about the impact and prevention of lung disease.

3 Winners Circle, Suite 300, Albany
518-736-6099
1-800-586-4872

American Red Cross

Provides assistance to disaster victims including: counseling, emergency assistance, long-term recovery and referring resources for those families and victims in need. Also provides blood and specialized counseling. CPR, First Aid, and Water Safety training is also available.

Fulton County Office:
40 N. Main Street, Gloversville
518-725-1143

Epilepsy Foundation of Northeastern New York

Provides educational and supportive services to families and schools affected by epilepsy.

3 Washington Square
Albany, NY 12205
1-800-894-3223

United Cerebral Palsy Association

Featuring: The Creative Learning Center Preschool for disabled infants, toddlers, and preschoolers. Case management, respite, home care, Medicaid waiver, and personal care are also offered to children and adults. Also available is an outpatient clinic, which provides neurological and orthopedic evaluation and treatment in addition to physical, occupational, and speech therapy and psychological testing.

PO Box 466, Amsterdam
518- 842-3511

United Way

Provides support to a broad spectrum of health and human care programs. Community volunteers effectively work together providing leadership and financial support in local programs such as domestic violence, child care education, anger management, family tragedy, and care for the homeless.

110-112 No. Main Street, Gloversville
518-725-1362

Informational Websites:

National Center for Homeless Education: www.serve.org/nche/briefs.php

Charities/ Volunteers

Big Brothers/ Big Sisters of Fulton County, Inc.

A nationally chartered organization matching one child to one adult in a supportive relationship. Volunteers commit to regular, consistent contact with his/her Little Brother/ Little Sister in order to develop a lasting friendship. All services provided by Big Brothers/ Big Sisters are free of charge to families.

73 N. Main, Suite 101, Gloversville
518-773-2227

Lions Club

Offers assistance to lower income families/individuals with visual or hearing impairments throughout the Broadalbin-Perth Lions area. Applications may be obtained from the school nurses' offices.

518-883-5727

Literacy Volunteers of America

Offers free assistance to adults in Montgomery County who need to improve their English reading and writing skills. Students can receive help when preparing for their High School Equivalence Diplomas.

Fulton County:
199 South Main Street, Gloversville
518-725-1440

Montgomery County:
28 Church Street, Amsterdam
518- 842-2553

Make A Wish Foundation

Grants wishes to children who suffer from life-threatening medical conditions. All wish expenses are fully covered, including travel and spending money. Both child and family will experience a memorable time. To help support the cause, individuals may make a donation, volunteer to ensure that all qualified children receive a quality wish, become a corporate sponsor or purchase Make A Wish products.

950 New Loudon Road, Suite 280, Latham
518-782-4673

Hospitals

Albany Medical Center Hospital

43 New Scotland Avenue, Albany
518-262-3125

**The Children's Hospital*

Amsterdam Memorial Hospital

4988 State Highway 30, Amsterdam
518-842-3100

**Urgent Care, Limited Sub-Acute Inpatient and Rehabilitation Services*

Ellis Hospital

1101 Nott Street, Schenectady
518-243-4000

**Mental Health Services available*

Four Winds Hospital

Psychiatric Hospital

30 Crescent Avenue, Saratoga Springs
1-800-888-5448
518-584-3600

Nathan Littauer Hospital

99 East State Street, Gloversville
518-725-8621

Saratoga Hospital

211 Church Street, Saratoga
518-587-3222

Shriner's Hospital for Children

A specialized orthopedic hospital with the mission to provide expert orthopedic care to children ages birth to 18 years at no cost to patient, family, insurance company or government agency.

516 Carew Street
Springfield, MA 01104-2396
413-787-2000

St. Clare's Hospital

600 McClellan Street, Schenectady
518-382-2000

St. Mary's Hospital

427 Guy Park Ave, Amsterdam
518-842-1900

**Mental Health Services available*

St. Peter's Hospital

315 South Manning Boulevard, Albany
518-525-1550

**Cardiac Center*

Sunnyview Rehabilitation Hospital

1270 Belmont Avenue, Schenectady
518-382-4500

Mental Health /Counseling Services

Capital Region Association For Eating Disorders

Providing support and services to meet the needs of individuals, families and friends who are affected by eating disorders. Treatment includes medical and nutritional care and individual and group counseling. Educational information for individuals and community resources are available.

1653 Central Ave, Albany
518-464-9043

Catholic Charities

Providing the following services to individuals and families countywide:
Family Counseling, Domestic Violence Counseling, Youth at Risk Counseling, Substance Abuse Prevention, Crime Victim Assistance Services, Tri-County Mediation Program, Food Pantry, and Parents Empowering Parents Program.

Fulton County:
4 Nicholas Street, Johnstown
518-762-8313
Montgomery County:
1 Kimball Street, Amsterdam
518-842-4202

Crossroads Counseling Associates

Serving adults, children, couples and families regarding relationships, parenting, stress, depression, loss, life transitions, anxiety and abuse.

120 Market Street, Amsterdam
518-843-8440

Family Counseling Center of Fulton County, Inc.

Providing counseling and psychiatric services to adults, children and families whose lives and daily functioning have been disrupted by emotional or behavioral problems and mental illness. Programs offered: Coordinated Children's Services Initiative, Adventure By Choice, Gloversville At Risk Program, Family Support Program, Mobile Crisis Team/Respite Program, Domestic Violence Program, Domestic Abuse Prevention Workshop, and Turning Point.

11 Broadway, Gloversville
518-725-4310

Four Winds

Providing a full psychiatric facility including inpatient and outpatient programs such as inpatient hospitalization for children in crisis. Providing the Adolescent Intensive Outpatient Program, which focuses on developing positive coping skills.

Also providing 1-hour psychological evaluations of children and teens by a licensed psychiatrist.

30 Crescent Avenue, Saratoga Springs

1-800-888-5448

518-584-3600

Haven Grief Counseling Center

Haven Grief Counseling Center offers counseling and emotional support to people experiencing bereavement or a life-threatening illness, devoted exclusively to grief and loss counseling. Spouse/partner bereavement groups, teen services and children's services are also available. Both individual and group support is available.

703 Union Street, Schenectady

518-370-1666

Mental Health Association In Fulton & Montgomery Counties

Dedicated to working toward improved mental health care and increased access to services in the community, through Adult, community, and Children's services. Community services include: Community Education, Community Solutions for Transportation (providing transportation for employment or employment activities and helping to obtain a vehicle), Many Happy Adventure Daycare and Learning Center For Children, and the Family Support Program. Adult services include: Compeer (matching volunteers with an adult or child who has a mental illness in a supportive friendship), Consumer initiatives, Representative Payee Service, and Handy Ups N' Downs (Thrift Shop). Children's services include: After School Programs, Compeer for Youth, and Single Point of Accountability For Children's Services (An initiative that focuses on children at risk for placement, and needs services).

73 North Main Street Suite 106, Gloversville

518- 725-2790

Information Hotline:

1-800-734-5864

Northeast Parent & Child Society

Providing residential, educational, and prevention programs to troubled children and family members, by helping them overcome their emotional, educational and behavioral challenges. Programs consisting of the Intensive Aftercare Prevention program, and the Therapeutic Foster care Program. Cases referred by Department of Social Services.

40 North Main Street, Suite 11, Gloversville
518- 725-1516

Psychological Services Center at the University at Albany

Providing psychological services to children, adolescents and adults including psychotherapy, personal and career counseling and cognitive therapy. Psychological assessments are available, including personality, intelligence, vocational and learning disability assessment. Services are provided by doctoral students in the Clinical or Counseling Psychology Programs under the direct supervision of licensed University at Albany faculty members. Open year-round with fees based on a low-cost sliding scale.

135 Western Avenue, Albany
518-442-4900

St. Mary's Mental Health

Outpatient counseling and psychiatric services provided at the hospital.

427 Guy Park Ave, Amsterdam
518-843-7520

Informational Websites:

Mental Health Association: www.mentalhealthassociation.org

National Institute of Mental Health: www.nimh.nih.gov

Physical Health and Wellness

Community Hospice

Working with serious ill individuals and their families. Providing support for kids through the Waveriders program, bereavement groups for adults, caregivers group, nursing care, informational sessions dealing with medical issues. Also providing consultations with attending physician, supervised home health aides, Social Workers, and spiritual support.

246 Manny Corners Road, Amsterdam

518-843-5421

Mountain Valley Hospice:

73 N. Main Street, Gloversville

518-725-4545

Community Maternity Services

Providing individualized social services and community education advocating the welfare of children and families. Programs and services include: Adoption, Community-Based Programs, Community Education, Medical Care and Testing, Foster Care, Residential Programs and Respite.

23 Fremont Street, Gloversville

518-725-6016

Fulton County Nursing Service

Community resource for immunizations, well-child visits, child dental and new baby visits.

Route 29, Johnstown

518-736-5720

Health Link

Providing community health and wellness services, including programs and seminars that are free and open to the public. Sponsored by Nathan Littauer Hospital and Nursing Home.

518-736-1120

Neurological Associates of Northeastern New York

Treating adult and pediatric neurological disorders, including neuromuscular disease, headaches, MS, sleep disorders, stroke, Parkinson's Disease, Alzheimer's and Epilepsy.

1401 Union Street, Schenectady

518-381-6042

Planned Parenthood

Providing family planning and prenatal visits, HIV, STD, PAP and Pregnancy testing, Education Programs for patients, teaching to make responsible and informed decisions about sexual and reproductive behavior. The Women's, Infants and Children's Nutrition Program, and counseling through its Sexual Assault support Services through hotline calls are also available.

257 Kingsboro Ave, Gloversville

518-773-7303

References:

Central Michigan University, "Employee Relations & Training",
http://www.hrs.cmich.edu/pcd/star_wellness_wheel.htm

Broadalbin Perth Central School

www.bpcsd.org