

Dated April 15, 2020

Addiction Recovery:

New models of recovery:

<https://refugerecovery.org/>

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

Traditional 12 step Programs:

<https://aa.org/>

<https://na.org/>

<http://www.gamblersanonymous.org/ga/>

<https://al-anon.org>

Census:

<https://2020census.gov/>

National Resources:

Coronavirus

- **CDC website-www.cdc.gov/COVID19.**
- **SAMHSA's National Helpline**
 - SAMHSA offers a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. The helpline phone number is (800) 622-HELP (4357) or TTY (800) 487-4889
 - <https://www.columbiacountymhc.com/uploads/9/2/7/0/92704680/covidanxiety.pdf>
- **Suicide Prevention Hotline**
 - <https://suicidepreventionlifeline.org/our-network/>
 - 1-800-273- TALK (8255)
- **World Health Organization**
 - <https://www.who.int/en>

Maryland Resources

<https://bha.health.maryland.gov/Documents/Recovery%20and%20Wellness%20Support%20Resources%20for%20the%20COVID-19%20Outbreak%204.7.2020.pdf>

Parks and Public Spaces

- National Parks and Trails
 - <https://wildeast.appalachiantrail.org/explore/>
 - Eleanor Roosevelt National Historic Sites-Trails
 - <https://www.nps.gov/elro/index.htm>
- State Parks and Trails
 - <https://parks.ny.gov/parks/>

Recovery apps:

- Meditation:
 - **FREE app** made available from **Headspace** for New Yorkers **during the Coronavirus Crisis**
 - <https://www.headspace.com/ny>
 - **Wellness and Recovery Plan**
 - https://www.wrapandrecoverybooks.com/store/the-wrap-app_moreinfo.html There is a monthly fee for this.

NY State Resources

- **Mental Health Association in New York State, Inc. (MHANYS)**-MHANYS is a not-for-profit organization that works to end the stigma against mental illness and promotes mental health wellness in New York State
 - <https://mhanys.org/>
- **NAMI NYS**-
 - <https://www.naminys.org/>
 - COVID-19 Affiliate Listings-
<https://files.constantcontact.com/9d08e137201/b8ae2a8d-3754-49c3-9398-9030650571a7.pdf>
- **New York State Department of Health (NYS DOH)** has a **coronavirus hotline at 1-888-364-3065**.
- coronavirus.health.ny.gov
- **NYS COVID-10 Emotional Support Line**
 - **1-844-863-9314**
- **NYS OMH**
 - https://omh.ny.gov/omhweb/suicide_prevention/
 - **Crisis Text Line**
 - **Crisis Text Line: Text "Got5" to 741-741**

- **NYS Department of Health-Coronavirus**
 - <https://coronavirus.health.ny.gov/home>
- **OMH Provider Guidance**
 - <https://omh.ny.gov/omhweb/guidance/>

Community of Practice Resources:

- <https://www.cdc.gov/phcommunities/resourcekit/launch/plan.html>

Crisis Resources Hudson River Region

○ **Albany County**

Albany County Department of Mental Health

<https://www.albanycounty.com/departments/mental-health>

Albany County Department for Children, Youth and Families - Children's Mental Health Services (518) 447-4550

Albany County News COVID-19

<https://www.albanycounty.com/our-county/county-news>

Albany County Department for Children, Youth and Families – Children's Mental Health Services

- **(518) 447-4550**

Albany County Mobile Crisis Team

- **(518) 549-6500 (ask for Mobile Crisis)**
- Monday to Friday 8:00am to 12:00 midnight, Saturday and Sunday, 11:30am to 9:30pm

Capital District Psychiatric Center - Crisis Unit

- **(518) 549-6500**

Parsons Child and Adolescent Mobile Crisis Team

- **(518) 549-6500 or (518) 447-4550 (ask for Child and Adolescent Mobile Crisis)**
- Monday to Friday 11:00 to 9:30 p.m.
- Responds to calls in **Albany, Rensselaer and Schenectady Counties**

CRISIS HOTLINES: *Anyone who is depressed, despairing, thinking about suicide or concerned about a friend or family member may call these numbers/online chat line to receive confidential emotional support, crisis intervention and suicide risk assessment. Crisis*

hotline/chatline services are provided for by Family and Children's Service of the Capital Region.

National Suicide Prevention Lifeline: 1-800-273-8255, 24/7 availability

CONTACT Lifeline: (518) 689-4673, 9:00am - 10:00pm, M-F, 1:00pm - 10:00pm weekends

SURVIVOR SUPPORT: *These are services that are provided to families and friends of those who have lost someone to suicide. Surviving a suicide loss can be traumatic and difficult on multiple levels and specialized support exists from the following organizations.*

Wave Riders: (518) 724-0200

American Foundation for Suicide Prevention: (518) 899-0021 or (518) 791-1544, www.afsp.org www.afsp.org/capitalregionny

Survivor-to-survivor peer support model, Post-suicide family support (in-home), Support Groups throughout the Capital Region.

Byron Center for Loss and Healing: (518) 453-2515,

PEER AND ADVOCACY SERVICES

ALBANY COUNTY DEPARTMENT OF MENTAL HEALTH (ACDMH) Phone: (518) 447-4555

NYS Certified Peer Specialist-Vikki.Gates-Williams@albanycountyny.gov - Vikki Gates-Williams, Consumer Affairs Liaison

CAPITAL AREA PEER SERVICES, INC. (CAPS) Warmline- 427-5056 ext. 115; 5 PM to 1 AM

CAPITAL DISTRICT CENTER FOR INDEPEDENCE, INC. (CDCI)

Phone: (518) 459-6422

<http://www.cdciweb.com/> This has a VERY good check-in list.

MENTAL HEALTH EMPOWERMENT PROJECT, INC. (MHEP) Phone: (518) 434-1393

NEW YORK ASSOCIATION OF PSYCHIATRIC REHABILITATION SERVICES (NYAPRS) Phone: (518) 436-0008

FRIENDS OF RECOVERY-NEW YORK Phone: (518) 487-4395 www.FOR-NY.org

FAMILIES TOGETHER in NYS Phone: (518) 432-0333 www.ftnys.org

YOUNG PEOPLE IN RECOVERY - ALBANY www.youngpeopleinrecovery.org

Dutchess County

- **People, Inc.**-24/7 Warm Line for Crisis Respite & Peer Support Engagement | Comfort | Empathy | Hope Learn more at people-usa.org MID-HUDSON (845) 452-2728 • Dutchess: ext. 606
- <https://www.dutchessny.gov/Departments/DBCH/2019-Novel-Coronavirus.htm>
- <https://www.dutchessny.gov/Departments/Community-Family-Services/Community-and-Family-Services.htm>
- Temporary Assistance including emergency aid 845-486-3190
- Children's Services Preventive & Protective 845-486-3080
- Child Support Programs 888-208-4485
- Youth Services 845-486-3024
- Day Care Assistance 845-486-3190
- HEAP (Home Energy Assistance Program) Assistance with Heating Costs 845-486-3249
- Supplemental Nutrition Assistance Program (SNAP) Food Assistance (aka Food Stamp) 845-486-3250
- Medicaid 845-486-3340 nystateofhealth.ny.gov or 855-355-5777
- Adult Protective Services 845-486-3300
- Emergency Housing 845-486-3300

Columbia County

- Healthcare Consortium-
 - <http://www.columbiahealthnet.org/>
 - 518-822-8820
- Columbia County Mental Health
 - <https://www.columbiacountymhc.com/>
- Mental Health Association of Columbia-Greene
 - <https://www.mhacg.org/>
 - 518.828.4619
- Apogee Center
 - (518) 697-0976
- Community Resource Page
 - <https://www.mhacg.org/local-resources>
- **Greene County**
 - **Mental Health Association of Columbia-Greene**
 - <https://www.mhacg.org/>
 - 518.828.4619
 - **Community Resource Page**
 - <https://www.mhacg.org/local-resources>

Orange County

- **People USA 24/7 Warm Line** for Crisis Respite & Peer Support Engagement | Comfort | Empathy | Hope Learn more at people-usa.org MID-HUDSON (845) 452-2728 • Orange: ext. 607 •

- **Veteran's Crisis Hotline**
 - Phone: 800-273-8255 (press 1 when connected) available 24 hours 7 days a week
- **Veteran's Crisis Text Messages**
 - Text to 838255 available 24 hours 7 days a week
- **Orange County Helpline**
 - Phone: 800-832-1200 available 24 hours 7 days a week
- **Text 4 Teens**
 - Phone: 845-391-1000
- **Orange County Crisis Call Center**
 - Phone: 800-832-1200 available 24 hours 7 days a week

Putnam

- People-USA- 24/7 Warm Line for Crisis Respite & Peer Support Engagement | Comfort | Empathy | Hope Learn more at people-usa.org MID-HUDSON (845) 452-2728 • Putnam: ext. 616
 - <https://www.putnamcountyny.com/health/coronavirus/>
 - <https://www.putnamcountyny.com/social-services/>
 - <https://www.putnamcountyny.com/social-services/mental-health-services/>
 - <http://mhaputnam.org/>
 - Warmline 1-845-278-7600 M-F 10-3; F. 10-1
 - Many other resources listed, complete with Virtual Support Groups.

Rensselaer

- **For all life-threatening emergencies call 9-1-1**
- **National Suicide Prevention Hotline 1-800-273-TALK(8255)**
- **County Website**
 - <https://www.rensco.com/departments/mental-health/>
- **Empowerment Exchange-Peer Services**
 - 518-235-2173
- <https://www.rensco.com/coronainfo/>
- **See NAMI Affiliate information**
- **Recovery Specialist**
 - **Jesse Chapman, CPRA-P; Office: 518.270.2857; Cell: 518.925.8067; JChapman@rensco.com**

Rockland

- <https://rocklandgov.com/departments/health/coronavirus-covid-19>
- <https://rocklandgov.com/>
- <http://rocklandgov.com/departments/mental-health/>
- Behavioral Health Response Team (BHRT) at 845-517-0400 or toll-free at 1-844-255-BHRT (2478).
- Montefiore Nyack Hospital, call 845-348-6700.

- www.mharockland.org/what-we-do/for-adults/recovery-services-program
- http://namirockland.org/covid_supports.html

Saratoga

- <https://www.saratogacountyny.gov/departments/publichealth/>
- <https://www.saratogacountyny.gov/departments/mental-health-center/>
- Transitional Services
 - <https://www.tsa-inc.org/>
 - +1 (518) 587-6193
- Northern Rivers Peer Warmline
 - Warm Line, 518.581.9809
 - Warm Line Hours
 - Tuesday, Wednesday, and Thursday, 4:00 p.m.–7:00 p.m.
 - Friday and Saturday, 7:00 p.m.– 9:00 p.m.
- Northern Rivers Community Specialist
 - Monday - Friday, 8:00 a.m.–4:00 p.m.
 - 518.587.2851.

Schenectady

- <https://schenectadycounty.com/content/hotlines>
- Crisis Text Line-Text HOME to 741741
- Domestic Abuse
 - <https://www.equinoxinc.org/page/domestic-violence-services-15.html>
 - LGBTQ- <http://www.inourownvoices.org/Unhealthy.html>
- <https://schenectadycounty.com/content/hotlines-and-online-resources>
- <https://www.cityofschenectady.com/644/Coronavirus-COVID-19>
- Ellis Hospital Emergency Room (518) 243-3300
 - 24-hour emergency mental health assessment
 - Access to Child and Adolescent Mobile Crisis Team

Schoharie

- Catskill Center for Independence
 - www.ccfi.us
- <https://www4.schohariecounty-ny.gov/departments/community-services/>
- [https://www2.schohariecounty-ny.gov/CountyWebSiteApp/faces/NYCIndex.xhtml;jsessionid=8e333e16f3b1dc63ae9453032eb1](https://www2.schohariecounty-ny.gov/CountyWebSiteApp/faces/NYCIndex.xhtml?_afaces=NYCIndex.xhtml;jsessionid=8e333e16f3b1dc63ae9453032eb1)

Sullivan

- <http://sullivanny.us/departments/publichealth/coronavirus>

- Action Toward Independence
 - 845-794-4228; atitoday.org
- Independent Living, Inc.
 - 845-794-3322
 - www.myindependentliving.org
- <http://sullivanyny.us/Departments/familyservices>
- Coronavirus Hotline: 1-888-364-3065.
- Sullivan County Emergency Community Assistance Hotline: 845-807-0925.
- Sullivan County Public Health Services Info Line: 845-292-5910.

Ulster

- **People-USA-24/7** Warm Line for Crisis Respite & Peer Support Engagement | Comfort | Empathy | Hope Learn more at people-usa.org MID-HUDSON (845) 452-2728 • Ulster: ext. 607
- **Family of Woodstock**
 - <https://www.familyofwoodstockinc.org/>
 - Hotline- Call 24/7 or Text to 845 679 2485
- **Gateway**
 - <https://ghv.org/services/residential-services/>
- **Ulster County COVID-19 Hotline:**
 - 845-443-8888; Monday – Saturday | 9:00 AM – 5:00 PM
 - **NYS Coronavirus Information Hotline:**
 - 888-364-3065
 - <https://covid19.ulstercountyny.gov/>
- Project Resilience
 - United Way Funded, Rupco, Ulster County and other agencies
 - <https://covid19.ulstercountyny.gov/project-resilience/>
 - Food, Daycare and other resources
- Health and Mental Health Services
 - <https://ulstercountyny.gov/health/ulster-county-suicide-prevention-education-and-awareness-committee>
 - <https://www.healthylulstercounty.net/>
- Mobile Mental Health operated by ACCESS: Supports for Living,
 - 10 AM - 10 PM.
 - Call 1-844-277-4820

Warren/Washington

- **People-USA- 24/7** Warm Line for Crisis Respite & Peer Support Engagement | Comfort | Empathy | Hope Learn more at people-usa.org MID-HUDSON (845) 452-2728 •NORTH COUNTRY
 - Warren/Washington: (518) 502-1172
- **Mental Health**
 - <https://washingtoncountyny.gov/327/Mental-Health-Community-Services>
 - 518-792-7143

- National Suicide Prevention Lifeline
 - Call 24/7 1-800-273-8255
- **Travel Alerts**
 - <https://www.511ny.org/#:Alerts>

Westchester

- **REACH Center Reach Inspire Strengthen Empower**
 - **914-664-3444**
 - Please see below the current schedule of online peer support meetings being offered jointly by The Mental Health Empowerment Project’s (MHEP) RISE Center and Empowerment Exchange programs. All meetings are open to anyone who wishes to participate; this is a 7-days-a-week schedule.

Time	Meeting ID	Join HTML
8 am	228-663-164	https://zoom.us/j/228663164
11 am	382-333-377	https://zoom.us/j/382333377
3 pm	988-615-324	https://zoom.us/j/988615324
4 pm	731-915-845	https://zoom.us/j/731915845
6 pm	160-453-770	https://zoom.us/j/160453770
8 pm	690-715-056	https://zoom.us/j/690715056
9 pm	272-367-210	https://zoom.us/j/272367210

MHA of Westchester

- **Community Connection Support Line**
 - **914-219-4232**

Benefits Information from Cornell Benefits instructor Ray

COVID-19 and SOCIAL Insurance and BENEFIT Programs

With ongoing impact of COVID-19 still not fully understood by the community at large, individuals with disabilities who regularly access a series of public benefits are left with a variety of questions about the impact of the various federal and state legislative and administrative actions on these

various benefits. Key language in the Coronavirus Aid, Relief, and Economic Security Act (CARES Act) serves as a guidepost from which the impact on benefits can be better understood.

Notwithstanding any other provision of law, any refund (or advance payment with respect to a refundable credit) made to any individual under this title shall not be taken into account as income, and shall not be taken into account as resources for a period of 12 months from receipt, for purposes of determining the eligibility of such individual (or any other individual) for benefits or assistance (or the amount or extent of benefits or assistance) under any Federal program or under any State or local program financed in whole or in part with Federal funds. 26 U.S. Code § 6409

Supplemental Security Income (SSI)

Individuals who are receiving SSI need to be aware of several key elements related to the stimulus payment:

1. Stimulus payments are NOT taxable.
2. Stimulus payments received by the individual that are initiated through the Coronavirus Aid, Relief, and Economic Security Act (CARES Act) will not count as income in the calculation of the individual's SSI amount for that month (26 U.S. Code § 6409).
3. Stimulus payments will not be counted as "resources" for a twelve month period following the receipt of the funds (26 U.S. Code § 6409).
4. I am not typically required to file a tax return. Can I still receive my payment?

NO! You must file what is called a \$0 dollar tax return:

If you don't file taxes, use the "Non-Filers: Enter Your Payment Info Here" application to provide simple information so you can get your payment.

You should use this application if:

- You did not file a 2018 or 2019 federal income tax return because your gross income was under \$12,200 (\$24,400 for married couples). This includes people who had no income. Or
- You weren't required to file a 2018 or 2019 federal income tax return for other reasons

<https://www.irs.gov/coronavirus/economic-impact-payments>

Security Disability Insurance (SSDI), Disabled Widow(er) Benefits (DWB), Childhood Disability Benefits (CDB)

The stimulus payment will have no impact on any of these Title II benefits: SSDI, DWB, CDB, and SSA Retirement. These benefits are classified as insurance benefits and are NOT impacted by unearned income. In addition, the stimulus payments will NOT be taxable.

Please note that Title II benefits are SSA benefits. SSI benefits are federal welfare benefits. At any time when the Act refers to “Social Security Benefits, “SSI” is not included unless specifically stated by the statute.

Supplemental Nutrition Assistance Program (SNAP)

There is no impact on SNAP benefits due to the receipt of a stimulus payment in accordance with 26 U.S. Code § 6409.

Housing and Urban Development (HUD)

There is no impact on HUD rent subsidies due to the receipt of the stimulus funds. Further, HUD housing does not consider an individual’s resources. Only the income produced by the resource, bank interest, is considered by HUD. *Please check your state rules concerning and state public housing in which an individual may be living.

HUD has also extended a “tailored set of mortgage payment relief options for single family homeowners with FHA-insured mortgages”. “Effective immediately for borrowers with a financial hardship that makes them unable to pay their mortgage due to the COVID-19 National Emergency, mortgage servicers must extend deferred or reduced mortgage payment options - called forbearance - for up to six months, and must provide an additional six months of forbearance if requested by the borrower” [1].

Medicaid

In all states that have accepted the Federal Medical Assistance Percentage (FMAP) 6.2% increase from the federal government (only NYS is in question but has issued a state directive not to terminate Medicaid benefits during the crisis), Medicaid recipients who received benefits before the COVID-19 crisis, or become eligible during the crisis cannot be terminated from Medicaid. On a case by case basis, states may change the category or eligibility, e.g., from regular Medicaid to 1619(b) or Medicaid Buy-In for Working People with Disabilities (MBI-WPD), but terminations of coverage will not be allowed.

Medicare

The stimulus payment will have no impact on Medicare premiums or eligibility. Medicare Savings Plans (MSPs), those programs that see Medicaid paying all or part of Medicare premiums for Parts B and D, and in some cases co-pays and deductibles, will also not be impacted by the stimulus payments in accordance with above language (26 U.S. Code § 6409).

Temporary Assistance for Needy Families (TANF)

In accordance with the language in 26 U.S. Code § 6409, the stimulus payment will have no impact on TANF eligibility or resource levels for a 12 month period from receipt of the funds.

Veterans Affairs (VA) Pension

In accordance with the language in 26 U.S. Code § 6409, the stimulus payment will have no impact on VA Pension eligibility or resource levels for a 12 month period from receipt of the funds.

Unemployment Insurance (UI)

Each state is responsible for establishing its own UI benefits eligibility. In general, individuals qualify when:

- ☑ **Are unemployed through no fault of your own.** In most states, this means you have to have separated from your last job due to a lack of available work.
- ☑ **Meet work and wage requirements.** You must meet your state's requirements for wages earned or time worked during an established period referred to as a "base period." In most states, this is usually the first four out of the last five completed calendar quarters before the time that your claim is filed.
- ☑ **Are a self-employed individual or 'gig' worker, like Uber and Lyft drivers, under the CARES Act provisions, and you meet your State's other UI criteria.**
- ☑ **Meet any additional state requirements. Find details of your own state's program. [2]**

Important UI Facts:

- **UI has been extended beyond the "normal" 26 weeks to 39 weeks. This extension will end December 31, 2020, regardless of the number of weeks over your state's maximum that have been received. For example, if you have received 26 state weeks and are receiving your 4th federal extension week UI payment in the last week of December, 2020, this will be your last payment.**
- ☑ **Most states provide 26 weeks of UI. Massachusetts residents will receive 43 weeks as the Commonwealth provides 30 weeks of UI in normal circumstances. Check your state's UI website for information concerning the number of weeks generally paid by your state.**
- ☑ **If your state pays other than 26 weeks in normal circumstances, simply add 13 weeks to the number of state weeks of payment**
- **The CARES Act will provide UI benefits for self-employed individuals and "gig" workers such as UBER or LYFT drivers.**
- **The federal government will also add \$600 per week to the maximum state UI benefit paid for 4 months until July 31, 2020. Thus, if your state maximum payment is \$450 per week, the weekly check**

will be \$1045. There appears to be no variation in payment for those not receiving the maximum in your states so we must assume, until we receive other information that the \$600 per week will be added to all UI amounts paid by the state.

- For SSD/I workers with disabilities that will have to meet your state “base rate”; meaning that they have to have worked long enough and earned enough to be eligible for UI. See your state’s UI website for this information. Many websites also have calculators to estimate payments.

Important UI and SSI Facts:

- SSI recipients are required to apply for any other benefit they may be eligible to receive when told of potential eligibility. The SSA Program Operations Manual System (POMS) states:

☒ SSA advises him/her, on a written, dated notice, of potential eligibility for other benefits; and

☒ He/she does not take all appropriate steps to file for and, if eligible, obtain any such payments within 30 days of receipt of such notice.

- For those SSI recipients that meet your state’s UI “base period” the potential of receiving \$2400 plus the state U/I benefit exists. SSI recipients could receive much more through the UI program than through the SSI program. Thus, they should be encouraged to apply ASAP for UI, as long as you have determined that they will be eligible for UI. Given that the maximum period of receipt of UI in any state is 43 weeks, SSI recipients will still be suspended when UI ends. Please note:

☒ At the conclusion of the UI, the recipient **MUST** call SSA to have the SSI reinstated.

☒ Any **EXCESS** resources held at the time reinstatement is requested will count toward the resource limit.

☒ Achieving a Better Life Experience (ABLE) accounts or other protected savings mechanisms could be considered, if eligible, to ensure SSI resource rules are met.

Medical Help for the Uninsured

The Secretary of Health and Human Services (HHS) announced on April 5, 2020, that money from the CARES Act would be set aside to meet the COVID-19 related medical expenses of the uninsured.

How will this work? Any medical provider/hospital accepting Medicare can agree to provide services to any uninsured person and will receive the Medicare rate of payment. However, the provider/hospital must agree **NOT** to bill the uninsured person for any remaining expenses.

