

# Local Resources

## Employment & Training

Dutchess One Stop

191 Main Street

Poughkeepsie, NY 12601

(845) 249-4634

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

## Legal Representation

Legal Services of the Hudson Valley

1 Civic Center Plaza, Suite 506

Poughkeepsie, NY 12601

(845) 471-0058

[www.dutchessny.gov](http://www.dutchessny.gov)

## Housing

Hudson River Housing, Inc.

313 Mill Street

Poughkeepsie, NY 12601

(845) 454-5176

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

## Mental Health

Behavioral Health Centers,

Family Services, Inc.

29 North Hamilton Street,

Poughkeepsie, NY 12601

(845) 486-2703

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

## Substance Abuse

Lexington Center for Recovery

412 Main Street,

Poughkeepsie, NY 12601

(845) 486-8880

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

## Hours & Location

Office Hours are by appointment

29 North Hamilton Street

Poughkeepsie, NY 12601

## Contact Us

(845) 452-1110 x3129

[DVOP@familyservicesny.org](mailto:DVOP@familyservicesny.org)

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



Founded in 1879, Family Services brings people together to find the support they need, improving their lives and communities, and building a stronger, safer Hudson Valley. Our program areas include Behavioral Health Centers, Victim Services, Family Programs, Youth Services, Community Safety, and Prevention, as well as the management of the Family Partnership Center.



Funded in part by  
Dutchess County

# Case Management Services

A project of DVOP



Community Safety

We are for **RESPECT**  
for **CHANGE**  
for **CONNECTIONS**  
**AGAINST VIOLENCE**



Family Services  
communities without limits

## Local Resources

### Domestic Violence Prevention

Family Services, Inc.  
29 North Hamilton Street  
Poughkeepsie, NY 12601  
(845) 452-1110  
[www.familyservicesny.org](http://www.familyservicesny.org)

### Project MORE

Project M.O.R.E Community Transition  
Center  
MRT Domestic Violence Groups  
161 Mansion Street, Poughkeepsie, NY  
12601  
(845) 454-4731  
[www.projectmore.org](http://www.projectmore.org)

### Victim Services

Center for Victim Services & Support  
Family Services, Inc.  
29 North Hamilton Street,  
Poughkeepsie, NY 12601  
(845) 452-1110  
[www.familyservicesny.org](http://www.familyservicesny.org)

### Conflict Resolution

Mediation Center of Dutchess County  
205 South Avenue, Suite200  
Poughkeepsie, NY 12601  
(845) 471-7213  
[www.dutchessmediation.org](http://www.dutchessmediation.org)

# Healthy Families = Safer Communities.

## Case Management

Many things can impact fostering a healthy family. A lack of a well-paying job, resources to provide health care, childcare needs, mental health, and substance abuse problems, a history of trauma, and many more challenges can create stress in a family and result in unnecessary conflict and, in some cases contribute to abusive behavior.

Case Management Services offers support and assistance to individuals and families experiencing some form of conflict and distress. Please call our office if you feel you could benefit from any of our services.

### Child Visitation Support:

If you are currently separated from or otherwise having difficulties in having regularly scheduled visits with your child/Children, case management services can assist you in resolving issues in visitation with your child.

### Social Determinants of Health (SDH)

**Survey:** We can help with a comprehensive review of your needs in the areas of health, transportation, utilities, and personal safety. This survey will assist in identifying needs that, if addressed, will reduce the potential for family conflicts and other stressors.

**Stress Management Group (SMG):** The Stress Management Assessment can provide you with skills that can improve their ability to:

- Improve communication Skills
- Problem-Solve
- Address conflicts in non-aggressive and health ways
- More effectively address child behavioral problems
- Reduce stress levels
- Equitable decision-making in relationships

### Mental Health & Substance Abuse

**Screening:** Completion of a series of surveys will assist the participant in better determining if participation in a substance abuse or mental health program can contribute to reducing family conflicts.