

Local Addiction Services:

Friends of Recovery of Delaware and Otsego Counties (FOR-DO)

The Turning Point Recovery Center in Delaware County provides Peer Support Services, Life Skills Programs and Referrals for those seeking recovery for themselves or for someone they love. No matter who you are or where you've been, [there is hope.](#)

Alcohol and Drug Abuse Council (ADAC):

The Alcohol and Drug Abuse Council of Delaware County (ADAC) provides education and information about addiction prevention.

Alcohol and Drug Abuse Services:

Delaware County ADAS is staffed with a team of professional certified counselors and clinical workers that are ready to help. Treatment is available for adults, children, adolescents, and families.

Delaware County Emergency Resources:

Police and Paramedics: Call **9-1-1**

Local Hospitals/ Emergency Departments:

Delaware Valley Hospital:

1 Titus Pl, Walton, NY 13856

O' Connor Hospital:

460 Andes Rd, Delhi, NY 13753

Margaretville Hospital:

42084 NY-28, Margaretville, NY 12455

A.O. Fox Tri-Town:

43 Pearl St W, Sidney, NY 13838

Local Addiction Services:

Alcohol & Drug Abuse Council (ADAC):

(607)746-8300

Friends of Recovery-Delaware Otsego:

(607)746-3570

Delaware County Alcohol and Drug Abuse Services:

(607) 832-5890

Delaware County NY Substance Use Resource Guide



One step at a time.

One hour at a time.

One day at a time.

Ask Yourself These Questions:

Are you or a loved one struggling with substance use?



Has your life changed because of substance use?



Has a family or friend expressed concern about your substance use?



Are you interested in seeking treatment for substance use?

“Sometimes the Smallest Steps in the right direction end up being the biggest steps of your life. Tiptoe if you must, but take that step!”

This guide contains a variety of resources that may be useful for you or someone you love who is struggling with substance use.

Substance use disorder affects people from all walks of life and all age groups. It is a disease and like most lifestyle diseases, recovery may involve relapse and often requires treatment.



Public Health
Prevent. Promote. Protect.
Delaware County
Public Health Services



Updated
February 2020

Recovery Related

Definitions:

Recovery:

Any process by which a person is relieved of substance use disorder so that they may lead a healthy, fulfilling and self-directed life.

Recovery Coach/Peer Support Specialist:

A professional who uses their experience of being in **recovery** from addiction to help others find a recovery path that will work for them.

Referral:

Referrals are sometimes needed in order to receive treatment, A Friends of Recovery of Delaware and Otsego Counties (FOR-DO) **Peer Support Specialist** can help you or someone you love!