



5 Stone Street, Cold Spring, NY | 3590 Route 9 Suite 109 Cold Spring, NY  
845-809-5050

[michellekupper@philipstownhub.org](mailto:michellekupper@philipstownhub.org), [admin@philipstownhub.org](mailto:admin@philipstownhub.org)

2025 Report  
January 14, 2026

### **Description of Agency:**

The Philipstown Behavioral Health Hub (“The Hub”) is a nonprofit organization dedicated to connecting individuals and families to mental health and addiction and recovery resources. All the services The Hub offers are free and personalized. The Hub helps people navigate what is often an overwhelming system and sets a clear path forward. Our staff of care coordinators connect residents of Philipstown and beyond to timely, appropriate support through a network of approximately 1000 vetted providers, and we stay connected with participants until they feel they are ready to part ways. Each year, we have over 3000 touchpoints and provide intensive services to more than 200 participants through ongoing care coordination. We also conduct peer- and professional-led groups as well as sessions and training that are educational and preventative.

Our main office is located in the heart of the village of Cold Spring and addresses our mission of reducing stigma in talking openly about mental health and addiction and recovery. In 2024, with the critical support of Putnam County, The Hub opened a second location at 3950 Route 9, Suite 109, in Cold Spring. The new office offers more privacy to help people access resources. A program participant noted: *“I wouldn’t have come in for help if it wasn’t for [the privacy of] this space. I’m happy I came. Thank you for being empathetic, I feel a lot better”*. The Hub on 9 also extends our reach by providing easier access to our services for people who live in that area and a space that’s large enough to accommodate large groups and to conduct training sessions.

In our community, individuals and families face long waitlists, provider shortages, and high out-of-pocket costs when seeking help. Without timely care, people in crisis are at increased risk of suicide, relapse, or hospitalization. The need is urgent, and The Hub fills the gap by offering stigma-free, no-cost access to life-saving support.

## **Services Provided**

The Hub is Philipstown's front door to mental health and addiction and recovery resources. It serves as a free navigation hub, and we connect community members to services through personalized and sustained care coordination, peer and professional support, and community education in a region where mental health needs significantly exceed available services.

### Care Coordination for Individuals and Families:

We serve as a trusted starting point for anyone seeking help. Care coordinators listen to participants, assess needs, and provide personalized referrals to vetted providers. We follow up, support families, and ensure no one falls through the cracks. Our compassionate approach helps individuals and families navigate barriers and feel supported every step of the way. Using our network of nearly 1000 vetted service providers, we connect participants to appropriate resources, help them understand insurance options, and ensure continuity of care. This past year, The Hub received over 3,000 calls, texts, in-person visits, and digital inquiries, with our care coordinators maintaining ongoing relationships with approximately 200 participants annually.

### Sparkling Youth Leadership:

Our "You Matter Awards" program places youth voices at the center of mental health advocacy, recognizing that young people are not just recipients of services but essential agents of change. We've found that peer-to-peer influence is often more effective than adult-led initiatives in reducing stigma and encouraging help-seeking behaviors. By empowering youth to lead conversations about mental health, we dramatically increase buy-in and relevance among their peers. These young leaders bring authentic perspectives that adults simply cannot provide, helping to identify barriers we might otherwise miss and creating solutions that resonate with their generation. Their involvement transforms mental health from a clinical issue to a community priority, shifting school culture to one where seeking support is normalized and celebrated.

### Support Groups and Peer Circles

We hosted support groups that bring neighbors together to address common challenges, including grief, caregiving, ADHD, recovery, and parenting. These circles, sometimes led by peers and sometimes by professional therapists, reduce feelings of isolation, foster solidarity, and provide participants with a safe space to process feelings and grow.

### Narcan Training

We offer free Narcan training that includes a history of opioids and background on heroin/fentanyl/prescription painkillers as well as new products on the market. Trainings are held around the community and at the local high school for all students. Approximately 100 free Narcan kits were distributed during fiscal year 2024-2025.

## You Matter Line

For participants needing ongoing check-ins, our You Matter Line offers support through consistent outreach calls from a care coordinator. These conversations combat isolation, encourage wellness, and keep individuals on a steady path toward healing.

Through these initiatives, The Hub serves as a critical access point for mental health support. By eliminating financial barriers (all our services are free), reducing stigma, and simplifying navigation of care systems, we cultivate a culture of community-based mental health in which everyone can find support.

## **Mission Statement**

We strengthen and empower individuals, families, and our community by connecting people to personalized mental health care and addiction and recovery support.

## **Population Served**

The Hub was founded with the intent of serving the residents of Philipstown, as there were no behavioral health services in the area. We currently serve primarily residents of Philipstown, including Cold Spring, Garrison, and Nelsonville. We also serve people who work in Philipstown. We do not ever turn anyone away due to location, and so we have served participants who live in other parts of Putnam County and in neighboring counties. We serve women and men, young and old. We serve people with disabilities and veterans.

## **Significant Events and Accomplishments in 2025**

- *Recently Completed projects/programs*
- *New Projects/programs*
- *Points of pride (noteworthy departmental accomplishments/successes)*
- *Notable savings realized*
- *Matters of known interest to the County Executive's Office*

2025 was a banner year for The Hub. The Hub expanded its impact across Philipstown by deepening community connections and launching new mental health supports that reached residents at every stage of life.

We began laying the groundwork for youth programming focused on mental health - a Club at the Hub for middle school students. We will provide a youth-friendly space to reduce social isolation, build protective factors, and provide a safe place for connection and support. In partnership with local schools, The Hub also provided grief support for teens who have lost a loved one, and we hosted bi-monthly discussions with the Haldane and GUFs PTAs' Learning Differences Committee, supporting students and families.

The Hub fostered connection across generations through initiatives like Story Circle, a four-session series at The Friendship Center that engaged senior citizens in meaningful reflection on their lives, challenges, and contributions to the community.

We hosted two book discussions: *The Anxious Generation* by Jonathan Haidt and *Hold My Hand*, an mother/daughter account of anorexia. We hosted a community event featuring Regina LaBelle, past US Drug Czar, entitled “The Worst Drug Crisis in History: The Past, Present, and Future of Addiction and Overdose in the United States” In May 2025.

Our support groups served residents navigating ADHD, grief and loss, caregiving, fertility challenges, parenting emerging adults, and workplace stress, extending access through both in-person and virtual offerings.

Community safety and public health were strengthened through free Narcan trainings that equipped participants with life-saving skills, confidence, and overdose response kits.

As we marked our fifth anniversary, The Hub’s role as a trusted mental health resource was formally recognized with a Resolution from the Philipstown Board and a Citation from the New York State Assembly, naming The Hub an “indispensable resource for residents seeking mental health services and support.”

We launched the You Matter Line, a new service providing personalized weekly check-ins with a care coordinator in partnership with local first responders and the senior center. To date, the program has supported 47 calls totaling nearly 800 minutes of compassionate, consistent mental health support.

We have grant money that is dedicated to assisting participants who have financial barriers to care. Through our financial assistance program, we can use the money to pay for participants’ co-pays, registration fees, and transportation.

The use of Route 9 has really taken off, thanks to the money from Putnam County! We are using it to meet with participants in a more private setting, to host community events and trainings, to conduct a few of our regular support groups, and to provide direct service with therapists who use the space.

Some additional impact:

- 4,098 Touchpoints: Number of communications with community members who attended programming and received direct support through counseling, peer groups, and referrals.
- 134 Active cases: Number of people engaged whether through initial intake or follow up throughout the duration of their service with us.
- 100 Narcan kits distributed
- 60 Community partners engaged
- 84% new participant cases
- 2,214 emails

- 1,000 calls
- 526 texts
- 61 in-person visits

*Savings:* We were able to roll over a portion of a large grant we received in 2024 to 2025. We shifted our staffing from two full-time and one part-time care coordinators to one full-time and two part-time care coordinators, so we have saved on payroll.

### **Staffing**

- *Any changes to current staffing assignments and/or new staff*

In March 2025, The Hub hired a new Executive Director, Michelle Kupper, PhD. In addition to Michelle, The Hub has the following staff:

- Kyoko Gelber, Care Coordinator, part-time, with the Hub since 2020
- Grace Campanile, Crisis & Community Care Coordinator, full-time, with the Hub since August 2025
- Jamar Brown, Care Coordinator, part-time, with the Hub since September 2025

### **Sources of Revenue**

- *Current trends in the cost of service*
- *New, unfunded mandates*

As we know, some federal money is being cut from programs that address mental health and addiction and recovery services. That leaves more organizations dependent on state funding or funding from local municipalities as well as scrambling for individual donors to help make up costs.

The services that the Hub offers will continue to be free, so we will continue to cultivate relationships with our donor base. And we are very grateful for the support we receive from the town of Philipstown and Putnam County as steady sources of funding.

Check out our annual report here: [Annual Report 2025 — Philipstown Hub philipstownhub.org/annual-report-2025](https://philipstownhub.org/annual-report-2025)

### **Goals for 2026**

- *Upcoming projects/programs and initiatives for the next fiscal year*
- *Matters of known interest to the County Executive's Office*

Over the coming years, The Hub will build on its strong foundation to deepen community connections, reduce isolation, and expand access to mental health and prevention support across Philipstown. Our vision is to create a welcoming, trusted, and highly responsive community space where residents of all ages can find connection, care, and practical tools to navigate life's challenges. Guided by community input and emerging needs, The Hub will pursue the following strategic priorities:

**Club at the Hub:** We will launch a youth-centered club designed specifically for middle school students. This space will provide safe, structured opportunities for connection, creativity, and personal growth during critical developmental years. By offering consistent programming and a sense of belonging, Club at the Hub will strengthen protective factors, reduce social isolation, and support positive mental health outcomes for local youth.

**Onsite Counselors:** To reduce barriers to care, The Hub hopes to bring licensed mental health professionals onsite. This model allows for early intervention, warm referrals, and timely support in a familiar, non-clinical setting. Onsite counseling will complement existing community services and help address growing mental health needs before crises escalate. The more therapists and providers we can have at the local level, the better we can serve the needs of our community.

**Expanded Community Partnerships:** The Hub will continue to collaborate with schools, health providers, faith-based groups, and nonprofit partners throughout Philipstown. By aligning resources and expertise, we will reach more residents, reduce duplication of services, and ensure that individuals and families are connected to the right support at the right time.

**Increased Community Training and Awareness:** Prevention and early response are core to The Hub's approach. We will expand Narcan trainings for students and community members to address overdose risk, alongside Mental Health First Aid trainings for coaches, educators, and community leaders. These efforts will equip trusted adults with the skills to recognize signs of distress, respond effectively, and connect individuals to appropriate care.

**Strengthened School and Youth Initiatives:** The Hub will deepen its presence in local schools and youth-serving spaces to increase awareness of available services and normalize help-seeking. Programs such as Confidence Club will continue to grow, offering supportive environments where students can build self-esteem, resilience, and social skills that contribute to long-term well-being.

**Groups and Workshops Responsive to Community Needs:** Informed by ongoing community feedback, The Hub will launch targeted groups and workshops that address gaps in local support. Planned initiatives include Compass Circle, a professional and peer-based support space for parents and guardians of teens and young adults facing mental health challenges. Additional potential offerings include Jumpstart for New Dads, substance use peer recovery groups, and Adult Mental Health First Aid. These programs will strengthen informal support networks and empower participants with practical tools and resources.

Together, these programs will allow The Hub to scale its impact, strengthen community resilience, and serve as a central access point for prevention, connection, and care.