

# **Together for Health** **Community Resource Guide**

We are continuing to develop this resource.

If you need additional help talking with your child or finding resources to address an issue please contact one of the following Together for Health Team Members:

**Donna Decker, RN, Manager of Community Health,  
Wayne Memorial Hospital, 570-253-8422 [decker@wmh.org](mailto:decker@wmh.org)**

## **9<sup>th</sup> Grade**

**Gordon West, Honesdale High School, (570) 253-2046**

**Andy Cerra, Wallenpaupack Area High School, (570) 226-4557**

**Denise Johnson, Western Wayne High School, 1-800-321-9973**

## **7<sup>th</sup> Grade**

**Angela Franco, Wallenpaupack Area Middle School, (570) 226-4557**

**Susan McDermott, Wayne Highlands Middle School, (570) 253-5900**

**Georgia Mitchell, Western Wayne Middle School, 1-800-321-9973**

## **WEB SITE RESOURCES**

**Wayne Memorial Hospital**

**[www.wmh.org](http://www.wmh.org)**

**Wallenpaupack Area School District**

**[www.wallenpaupack.org](http://www.wallenpaupack.org)**

**Wayne Highlands School District**

**[www.waynehighlands.org](http://www.waynehighlands.org)**

**Western Wayne School District**

**[www.westernwayne.org](http://www.westernwayne.org)**

**Nutrition Resources**

<b>Wayne Memorial Hospital</b> Nutrition Services 610 Park Street Honesdale PA 18431 570-253-8158 www.wmh.org	<b>Maternal &amp; Family Health Services</b> MFHS Circle of Care 8 Silk Mill Drive Suite 226. Hawley, PA 18428 570-390-5000 <a href="http://www.mfhs.org/pike-county-locations">http://www.mfhs.org/pike-county-locations</a>
<b>Wayne County YMCA</b> Park Street Honesdale PA 570-253-2083	<b>Honesdale Wellness Center</b> 602 Church Street Honesdale PA 18431 570-253-6621
<b>Penn State Extension</b> 648 Park Street Honesdale PA 18431 570-253-5970 <a href="http://www.extension.psu.edu/wayne">www.extension.psu.edu/wayne</a>	<b>Penn State Extension</b> 514 Broad Street Milford PA 18337 570-296-3400 <a href="http://www.extension.psu.edu/pike">www.extension.psu.edu/pike</a>
<b>Nature's Grace</b> 947 Main Street Honesdale PA 18431 570-253-3469	<b>Wayne County Public Library Links –</b> Wayne County Library System <a href="http://www.waynelibraries.org/wayne_county/">www.waynelibraries.org/wayne_county/</a>
Comprehensive School Wellness Programs at each school District	Your Primary Care Clinician
Pike County Public Library <a href="http://www.pcpl.org">http://www.pcpl.org</a>	

\*Take Charge of Your Health - A Teenager's Guide to Better Health - *information*  
[www.niddk.nih.gov/health/nutrit/pubs/winteen](http://www.niddk.nih.gov/health/nutrit/pubs/winteen)

\*Helping Your Overweight Child - *information*  
[www.niddk.nih.gov/health/nutrit/pubs/helpchild](http://www.niddk.nih.gov/health/nutrit/pubs/helpchild)

\*Helping Your Child - Tips for Parents - *information*  
[www.niddk.nih.gov/health/nutrit/pubs/parenttips/tipsforparents](http://www.niddk.nih.gov/health/nutrit/pubs/parenttips/tipsforparents)

\*Shape Up America! Newsletter - *Publication, health tips, exercise, nutrition*  
[www.shapeup.org](http://www.shapeup.org)

\*Food/Health/Nutrition/Exercise - *Publication, health tips, exercise, nutrition*  
[www.prevention.com](http://www.prevention.com)

Choose My Plate  
United States Department of Agriculture  
<http://www.choosemyplate.gov/>

Kids Eat Right  
Academy of Nutrition & Dietetics  
<http://www.eatright.org/kids>

Kids Health

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**Safety & Violence Resources**

<b>Honesdale Borough Police</b> 962 Main St Honesdale, PA 18431 570-253-1900	<b>Hawley Borough Police</b> 94 Main Ave Hawley, PA 18428 570-226-4868
<b>Waymart Borough Police</b> PO Box 321 Waymart, PA 18472 570-488-7575.	<b>PA State Police Blooming Grove</b> 434 Route 402 Hawley PA 18428 570-226-5718
<b>PA State Police Honesdale</b> 14 Collan Park Honesdale PA 18431 570-253-7126	<b>Wayne County Children &amp; Youth</b> 648 Park Street Honesdale PA 18431 570-253-5102
<b>Wayne County District Attorney</b> Janine Edwards 925 Court Street Honesdale PA 18431 570-253-5970	<b>Wayne County Coroner</b> Edward Howell 925 Court Street Honesdale PA 18431 570-253-5970
<b>Wayne County Drug &amp; Alcohol</b> 138 Tenth Street Honesdale PA 18431 570-253-6022	<b>NHS</b> 840 Main St Honesdale PA 18431 570-253-0321
<b>Victims Intervention Program</b> PO Box 986 Honesdale PA 18431 570-253-4401	<b>SafeHaven</b> 500 West Harford St Milford PA 18337 570-296-2827
<b>Wayne County Offices of Behavioral &amp; Developmental Programs and Early Intervention</b> 648 Park Street Honesdale PA 18431 570-253-9200	

**WEB sites**

[www.cdc.gov/violenceprevention/childmaltreatment/resources.html](http://www.cdc.gov/violenceprevention/childmaltreatment/resources.html)

[www.nsvrc.org/projects/internet-safety-online-resource](http://www.nsvrc.org/projects/internet-safety-online-resource)

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

<http://www.netsmartz.org/resources>

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**Exercise/Fitness Resources**

<b>Wayne Memorial Hospital</b> In School Walking Program 601 Park Street Honesdale PA 18431 570-253-8990 One time \$5.00 fee	<b>Wayne County YMCA</b> 105 Park Street Honesdale PA 18431 570-253-2083 <a href="http://www.ymcawayne.com">http://www.ymcawayne.com</a>
<b>Track/Sports Complex at area schools</b> Wallenpaupack High School Wayne Highlands Western Wayne	<b>Wasylyk Karate – Honesdale</b> 931 Main Street Honesdale PA 18431 <b>570-251-4050</b> <b>(Also in Hawley and Newfoundland)</b> <a href="http://www.wasylykkarate.com">www.wasylykkarate.com</a>
<b>Prompton State Park – Disc Golf/Hiking</b> Route 171 Prompton PA 18456 570-253-0198	<b>Promised Land State Park –</b> <i>fishing/hiking/camping/biking</i> 100 Lower Lake Rd Greentown, PA 18426 570-676-3428
<b>Lake Wallenpaupack</b> PPL’s Lake Superintendent’s Office – <i>Hiking Trails/Recreation Areas/swimming</i> PO Box 122 Hawley PA 18428 570-226-3702	<b>Dorflinger-Suydam Wildlife Sanctuary</b> <b>Inc – Hiking Trails/Nature Walks</b> PO Box 356 White Mills PA 18473 570-253-1185
<b>Rail – Trail Council of Northeastern PA</b> <i>– Bike Trails/Hiking Trails/Recreational Trails</i> Rear 334 Main Street Forest City PA 18421 570-785-7245	<b>Woodloch Springs Sports Complex</b> RR 1 Box 280 Hawley PA 18428 1-800-572-6658

<http://www.nlm.nih.gov/medlineplus/exerciseforchildren.html>

<http://kids.usa.gov/teens-home/exercise-fitness-nutrition/index.shtml>

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**Suicide/Behavioral Health/Stress Management Resources**

If you are in crisis and need immediate help  
PLEASE CALL 1-800-273-TALK (8255)  
**Local crisis hotline number 570-253-0321**

<b>Wallenpaupack Area School District Guidance Department Middle School 570-226-4557 High School 570-226-4557</b>	<b>Wayne Highlands School District Guidance Department Middle School 570-253-5900 High School 570-253-2046</b>
<b>Western Wayne School District Guidance Department Middle School 570-937-3011 High School 570-937-4112</b>	<b>Wayne County Offices of Behavioral &amp; Developmental Programs and Early Intervention 648 Park Street, Honesdale PA 18431 570-253-9200</b>
<b>Northeast Counseling Associates 403A Spinner Rd Honesdale PA 18431 570-253-9323</b>	<b>NHS 840 Main Street Honesdale PA 18431 570-253-0321</b>
<b>Wayne Memorial Hospital Behavioral Health Program Route 6 &amp; Maple Ave Honesdale PA 18431 570-253-8219</b>	<b>Pike/Wayne Suicide Awareness Committee Wayne Memorial Hospital 601 Park St Honesdale, PA 18431 570-253-8422</b>
<b>Victims Intervention Programs PO 986 Box Honesdale, PA 18431 570-253-4431</b>	<b>Wayne County Drug &amp; Alcohol Commission 318 10<sup>th</sup> Street Honesdale PA 18431 570-253-5099</b>
<b>Honesdale Wellness Center 602 Church Street Honesdale PA 18431 570-253-6621</b>	<b>Himalayan Institute Bethany Turnpike Honesdale PA 18431 570-253-5551</b>
<b>Pocono Psychology Services State Route 590 Paupack PA 18451 570-226-1965</b>	<b>Kay Gendron, PhD 955 Main Street Honesdale PA 18431 570-253-2171</b>
<b>Kathryn Vennie, MS 1319 Purdytown Rd Hawley PA 18428 570-226-4022</b>	<b>Friendship House 190 Delaware St Honesdale, PA 18431 (570) 251-4293</b>

**National Suicide Hotline -800-273-8255**

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

National Suicide Prevention Lifeline

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

America Foundation for Suicide Prevention

<http://www.afsp.org/>

NIMH · Suicide Prevention  
[www.nimh.nih.gov/health/topics/suicide-prevention/](http://www.nimh.nih.gov/health/topics/suicide-prevention/)

[www.nimh.nih.gov/health/topics/suicide-prevention/](http://www.nimh.nih.gov/health/topics/suicide-prevention/)

www.rachelschallenge.org.

Northeast Suicide Prevention Initiative  
www.northeast-suicide-prevention-initiative.org  
Kathy Wallace 570-575-2343

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**Alcohol & Drug Resources**

<b>Wayne County Drug &amp; Alcohol Commission</b> 318 10 <sup>th</sup> Street Honesdale PA 18431 570-253-5099	<b>Wayne County Offices of Behavioral &amp; Developmental Programs &amp; Early Intervention</b> 648 Park Street Honesdale PA 18431 570-253-9200
<b>Northeast Counseling Associates</b> 403A Spinner Rd Honesdale PA 18431 570-253-9323	<b>Pocono Psychology Services</b> State Route 590 Paupack PA 18451 570-226-1965
<b>NHS</b> 840 Main Street Honesdale PA 18431 570-253-0321	<b>Honesdale Wellness Center</b> 602 Church Street Honesdale PA 18431 570-253-6621
<b>Alcohol Recovery</b> 866-925-4029 www.alcoholrecovery.com	<b>Pike County Public Library</b> <a href="http://www.pcpl.org">http://www.pcpl.org</a>
<b>Wayne County District Attorney</b> Janine Edwards 925 Court Street Honesdale PA 18431 570-253-5970	<b>Wayne County Coroner</b> Edward Howell 925 Court Street Honesdale PA 18431 570-253-5970
<b>Victims Intervention Programs</b> PO 986 Box Honesdale, PA 18431 570-253-4431	<b>Wayne Memorial Hospital</b> Behavioral Health Program Route 6 & Maple Ave Honesdale PA 18431 570-253-8219
<b>Wayne County Public Library Links</b> <b>Wayne County Library System</b> 570-253-1220 <a href="http://www.waynelibraries.org/wayne_county/">www.waynelibraries.org/wayne_county/</a>	<b>Alcoholics Anonymous</b> Grace Episcopal Church 827 Church Street Honesdale PA 18431 Sunday/Wednesday 8 pm Thursday 6:30 pm Friday 7 pm
<b>Narcotics Anonymous</b> Grace Episcopal Church 827 Church Street Honesdale PA 18431 Thursday 8 pm	<b>Narcotics Anonymous</b> New Beginning Ministry 126 Milanville Road Beach Lake PA 18405 Sunday/Wednesday 8 pm
<b>Narcotics Anonymous</b> Free Methodist Church Route 652 Beach Lake PA 18405 Thursday 8 pm	<b>Narcotics Anonymous</b> New Beginning/Evergreen Lodge State Route 1004 Beach Lake PA 18405 Sunday/Wednesday 8 pm

<b>Narcotics Anonymous</b> Queen of Peace Church Church Street Hawley PA 18428 Friday 8 pm	<b>Narcotics Anonymous</b> Hawley United Methodist Church 315 Church Street Hawley PA 18428 Saturday 8 pm
<b>Narcotics Anonymous</b> First Presbyterian Church Church St Hawley PA 18428 Tuesday 1 pm & 8 pm	<b>Narcotics Anonymous</b> Hawley Presbyterian Church 815 Church Street Hawley PA 18428 Sunday/Tuesday 8 pm

**National Council on Alcoholism & Drug Prevention**

<http://www.ncadd.org/index.php/for-parents-overview>

[http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/youth\\_data/tobacco\\_use/](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/)

<http://www.nlm.nih.gov/medlineplus/>

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