



WAYNE MEMORIAL
HOSPITAL

An Affiliate of Wayne Memorial Health System, Inc.

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

9th 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

7th 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

Wallenpaupack Area School District
www.wallenpaupack.org

Wayne Highlands School District
www.waynehighlands.org

Western Wayne School District
www.westernwayne.org

Nutrition Resources

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

*Take Charge of Your Health - A Teenager's Guide to Better Health - *information*
www.niddk.nih.gov/health/nutrit/pubs/winteen

*Helping Your Overweight Child - *information*
www.niddk.nih.gov/health/nutrit/pubs/helpchild

*Helping Your Child - Tips for Parents - *information*
www.niddk.nih.gov/health/nutrit/pubs/parenttips/tipsforparents

*Shape Up America! Newsletter - *Publication, health tips, exercise, nutrition*
www.shapeup.org

*Food/Health/Nutrition/Exercise - *Publication, health tips, exercise, nutrition*
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
<http://kidshealth.org>

Safety & Violence Resources

Honesdale Borough Police 962 Main Street Honesdale, PA 18431 570-253-1900	Hawley Borough Police 94 Main Avenue Hawley, PA 18428 570-226-4868
Waymart Borough Police PO Box 321 Waymart, PA18472 570-488-7575.	PA State Police Blooming Grove 434 Route 402 Hawley PA 18428 570-226-5718
PA State Police Honesdale 14 Collan Park Honesdale PA 18431 570-253-7126	Wayne County Children & Youth 648 Park Street Honesdale PA 18431 570-253-5102
Wayne County District Attorney Janine Edwards 925 Court Street Honesdale PA 18431 570-253-5970	Wayne County Coroner Edward Howell 925 Court Street Honesdale PA 18431 570-253-5970
Pike County District Attorney Raymond Tonkin 506 Broad Street Milford PA 18337 570-296-6620	Pike County Coroner Kevin Stroyan 506 Broad Street Milford PA 18337 570-296-6811
Wayne County Drug & Alcohol 318 Tenth Street Honesdale PA 18431 570-253-6022	NHS 840 Main Street Honesdale PA 18431 570-253-0321
Victims Intervention Program PO Box 986 Honesdale PA 18431 570-253-4401	SafeHaven 500 West Harford Street Milford PA 18337 570-296-2827
Wayne County Offices of Behavioral & Developmental Programs and Early Intervention 648 Park Street Honesdale PA 18431 570-253-9200	

WEB sites

www.cdc.gov/violenceprevention/childmaltreatment/resources.html

www.nsvrc.org/projects/internet-safety-online-resource

www.rachelschallenge.org

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

<http://www.childrensafetynetwork.org/resource/internet-safety-2014-resource-guide>

"Net Cetera: Chatting with Kids About Being Online".

<http://www.onguardonline.gov/articles/pdf-0001-netcetera.pdf>

Wayne County Drug Task Force TIP info

Know something about drug activity? You can send an anonymous text to 570-391-0657

Exercise/Fitness Resources

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

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

Wallenpaupack Area School District Guidance Department Middle School 570-226-4557 High School 570-226-4557	Wayne Highlands School District Guidance Department Middle School 570-253-5900 High School 570-253-2046
Western Wayne School District Guidance Department Middle School 570-937-3011 High School 570-937-4112	Victims Intervention Programs PO 986 Box Honesdale, PA 18431 570-253-4431
Northeast Counseling Associates 403A Spinner Road Honesdale PA 18431 570-253-9323	NHS 840 Main Street Honesdale PA 18431 570-253-0321
Honesdale Behavioral Health Behavioral Health Program Route 6 & Maple Ave Honesdale PA 18431 570-253-8219	Pike Behavioral Health 750 Rte 739 Suite D Lords Valley PA 18428 570-775-4081
Pike/Wayne Suicide Awareness Committee Wayne Memorial Hospital 601 Park Street Honesdale, PA 18431 570-253-8422	Wayne County Offices of Behavioral & Developmental Programs & Early Intervention 648 Park Street, Honesdale PA 18431 570-253-9200
Friendship House 190 Delaware Street Honesdale, PA 18431 (570) 251-4293	Honesdale Wellness Center 602 Church Street Honesdale PA 18431 570-253-6621
Himalayan Institute Bethany Turnpike Honesdale PA 18431 570-253-5551	Pocono Psychology Services State Route 590 Paupack PA 18451 570-226-1965
Kay Gendron, PhD 955 Main Street Honesdale PA 18431 570-253-2171	Kathryn Vennie, MS 1319 Purdytown Road Hawley PA 18428 570-226-4022
Wayne County Drug & Alcohol Commission 318 10 th Street Honesdale PA 18431 570-253-5099	Carbon Monroe Pike Behavioral Health and Developmental Services 10 Buist Road, Suite 404 Milford, PA 18337 Phone: 570-296-6484
Carbon-Monroe-Pike Drug & Alcohol 724 Phillips St Stroudsburg PA 18360 570-421-1960	

National Suicide Hotline -800-273-8255

www.suicideprevention.org

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

America Foundation for Suicide Prevention

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

NIMH · Suicide Prevention

www.nimh.nih.gov/health/topics/suicide-prevention/

Northeast Suicide Prevention Initiative

www.northeastsuicidepreventioninitiative.org

www.rachelschallenge.org.

Alcohol & Drug Resources

Wayne County Drug & Alcohol Commission 318 10 th Street Honesdale PA 18431 570-253-5099	Wayne County Offices of Behavioral & Developmental Programs & Early Intervention 648 Park Street Honesdale PA 18431 570-253-9200
Carbon Monroe Pike Behavioral Health and Developmental Services 10 Buist Road, Suite 404 Milford, PA 18337 Phone: 570-296-6484	Carbon-Monroe-Pike Drug & Alcohol 724 Phillips St Stroudsburg PA 18360 570-421-1960
Northeast Counseling Associates 403A Spinner Road Honesdale PA 18431 570-253-9323	Pocono Psychology Services State Route 590 Paupack PA 18451 570-226-1965
NHS 840 Main Street Honesdale PA 18431 570-253-0321	Honesdale Wellness Center 602 Church Street Honesdale PA 18431 570-253-6621
Alcohol Recovery 866-925-4029 www.alcoholrecovery.com	Pike County Public Library http://www.pcpl.org
Wayne County District Attorney Janine Edwards 925 Court Street Honesdale PA 18431 570-253-5970	Wayne County Coroner Edward Howell 925 Court Street Honesdale PA 18431 570-253-5970
Victims Intervention Programs PO Box 986 Honesdale, PA 18431 570-253-4431	Wayne Memorial Hospital Behavioral Health Program Route 6 & Maple Ave Honesdale PA 18431 570-253-8219
Wayne County Public Library Links Wayne County Library System 570-253-1220 www.waynelibraries.org/wayne_county/	Alcoholics Anonymous Grace Episcopal Church 827 Church Street Honesdale PA 18431 Sun/Wed 8 pm; Thurs 6:30 pm; Fri 7 pm
Narcotics Anonymous Grace Episcopal Church 827 Church Street Honesdale PA 18431 Thursday 8 pm	Narcotics Anonymous New Beginning Ministry 126 Milanville Road Beach Lake PA 18405 Sunday/Wednesday 8 pm
Narcotics Anonymous Free Methodist Church Route 652 Beach Lake PA 18405 Thursday 8 pm	Narcotics Anonymous New Beginning/Evergreen Lodge State Route 1004 Beach Lake PA 18405 Sunday/Wednesday 8 pm
Narcotics Anonymous Queen of Peace Church Church Street Hawley PA 18428 Friday 8 pm	Narcotics Anonymous Hawley United Methodist Church 315 Church Street Hawley PA 18428 Saturday 8 pm
Narcotics Anonymous First Presbyterian Church Church Street Hawley PA 18428 Tuesday 1 pm & 8 pm	Narcotics Anonymous 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.nlm.nih.gov/medlineplus/>

Additional Website for Substance Abuse

Substance Abuse Treatment Locator -SAMHSA.gov

National Association for Children of Alcoholics - NACOA.org

Alcoholics Anonymous - Alcoholics-Anonymous.org

Narcotics Anonymous (Greater NY) - newyorkna.net

Al-anon and Alateen - Al-Anon.AlaTeen.org

Cocaine Anonymous - CA.org

MADD (Mothers Against Drunk Driving) - MADD.org

National Institute on Drug Abuse -NIDA.NIH.gov

Partnership for a Drug-Free America -DrugFree.org

Parents: The Anti-Drug - TheAntiDrug.com

www.drugabuse.gov

The National Institute on Drug Abuse (NIDA) brings the scientific research to bear on prevention efforts for drug abuse and addiction. *One of the better websites for up-to-date and accurate information.*

www.stopalcoholabuse.gov

A comprehensive portal of federal resources for information on underage drinking and ideas for combating this issue. People interested in underage drinking prevention—including parents, educators, community-based organizations, and youth—will find a wealth of valuable information here. StopAlcoholAbuse.gov is supported by the federal Interagency Coordinating Committee on the Prevention of Underage Drinking (ICCPUD).

WEBSITES FOR YOUTH

Teenagers abovetheinfluence.com

Young Teens www.thecoolspot.gov

Local Alanon meeting:

St Mary's Church
414 Church Street
Honesdale, PA 18431
Tuesdays 7:00-8:00pm

Beginning January 6, 2015 meetings will be at:

Wayne Memorial Hospital
David Katz Conference Center
601 Park Street
Honesdale PA 18431
Tuesday evenings 7-8 pm

Other Alanon meetings:

WEBSITE <http://www.pa-al-anon.org/meetings.html>

PHONE For meetings anywhere in the world, call the Al-Anon hotline at:
1-888-4AL-ANON(1-888-425-2666)

Monday – Friday 8 am to 6 pm Eastern Standard Time

Wayne County Drug Task Force TIP info

Know something about drug activity? You can send an anonymous text to 570-391-0657