

# THE BRAIN AND BODY COALITION

Collaborating With Local  
Organizations, Supporting  
Communities of Color.

A MENTAL WELLNESS  
ORGANIZATION

BRAINANDBODYCOALITION.ORG  
(845) 293 2929







## CONTACT US



845-293-2929



[WWW.BRAINANDBODYCOALITION.ORG](http://WWW.BRAINANDBODYCOALITION.ORG)



[REPLY@BRAINANDBODYCOALITION.ORG](mailto:REPLY@BRAINANDBODYCOALITION.ORG)

1 OUT OF 5 CHILDREN EXPERIENCE A  
MENTAL DISORDER IN A GIVEN  
YEAR

FOR THOSE EXPERIENCING  
SYMPTOMS, BLACK AND LATINX  
CHILDREN ARE LESS LIKELY TO  
RECEIVE TREATMENT.

Our goal: Support the  
BIPOC Community.  
Support our children  
and give the support  
and tools to those  
around them.



WORKSHOP  
TAILORED TO THE  
AUDIENCE TO  
EDUCATE AND  
ASSIST IN  
PRIORITIZING AND  
DESTIGMATIZING  
MENTAL HEALTH



Mental Health  
FIRST AID

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING





# REEL HOPE

A Fishing Derby 2 Promote Suicide Prevention



## Press Release: Reel Hope for Men's Mental Health Fishing Derby, Celebrating Men's Mental Health Awareness Month

**Ulster County, NY — June 22, 2025** — The Brain and Body Coalition (BBC) is excited to announce *Reel Hope for Mental Health*, a community-oriented fishing event scheduled for Sunday, June 22, 2025, 6:00 AM - 12:00 PM at Sojourner Truth Park, 100 Sojourner Truth Way, Ulster County, NY. This event is designed to be inclusive and welcoming to all, with a particular focus on Men's Mental Health Awareness Month, addressing the critical need to dismantle the stigma surrounding mental health issues among men.

While *Reel Hope for Mental Health* is open to everyone, it aims to foster a supportive environment where men and boys can be themselves without fear of judgment, pressure, or shame. Fishing serves as more than a leisure activity; it is a catalyst for connection, mindfulness, and healing. Studies indicate that outdoor activities can greatly enhance mental well-being, and this event offers a collective opportunity for such rejuvenation.

### Event Details and Activities

No prior fishing experience is needed to participate. Attendees are encouraged to bring their own equipment, though fishing gear and instruction will be available for newcomers. Whether you are a novice or an experienced angler, you are welcome to join the community at the water's edge.

#### Prizes include:

- Largest Fish
- Smallest Fish
- Most Fish
- Least Fish
- ...and more surprises!

"We strive to craft experiences that foster connection rather than isolation, particularly for men, who are frequently encouraged to hide their struggles," stated Heather Ann Pitcher, Founder of The Brain and Body Coalition. "This event provides a straightforward yet impactful method to engage with mental health through community, nature, and joy."

### Community Support and Participation

The BBC expresses heartfelt thanks to Stewart's Shops, Lew's, Zebco, Price Chopper, Market 32 and our amazing community partners for their support in making this event a reality.

While advance registration is appreciated, it is not mandatory. To register, please visit: [Register Here](#) or email, [Reply@brainandbodycoalition.org](mailto:Reply@brainandbodycoalition.org).

Join us, cast a line, start a conversation, and support men's mental health.

#### Contact:

Heather Ann Pitcher

Founder, The Brain and Body Coalition





**YOU MATTER**

Text. Call. Chat.

**988** SUICIDE & CRISIS  
LIFELINE

# REEL. HOPE

A Fishing Derby 2 Promote Suicide Prevention

**PRIZES  
POLES**

Join us for a fun day of Fishing.  
Sign up in advance to receive  
free equipment!  
Supplies are limited.  
Prizes given for : First, Biggest,  
Smallest, and Most fish  
Caught!

**JUNE 22, 2025  
6AM -12PM**

Sojourner Truth Park  
Pavilion  
100 Sojourner Truth Way,  
Kingston, NY 12401

For more information and to Register text (845)293-2929  
[Brainandbodyevents@gmail.com](mailto:Brainandbodyevents@gmail.com)



SCENIC  
HUDSON  
.ORG







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# SIGNS OF DEPRESSION

In the community, negative stigmas can be reinforced that tend to associate depression with weakness. However, it's important to be able to distinguish signs of depression from other daily emotions. Here are signs to look for when determining whether you or someone you know who might be struggling with depression:

1. FEELINGS OF SADNESS AND OR HOPELESSNESS LASTING CONSISTENTLY FOR MORE THAN TWO WEEKS



2. SLEEPING TOO LONG OR TOO LITTLE



3. DIFFICULTY CONCENTRATING OR MAKING DECISIONS



4. LOSS OF INTEREST IN PERSONAL HOBBIES OR ACTIVITIES



HOW DEPRESSION CAN SOUND:

"I really don't care to do anything today..." "I know we had plans, but I can't seem to get myself out of this funk...."

YOU MATTER

Text. Call. Chat.

988 SUICIDE & CRISIS LIFELINE



The Brain & Body Coalition



Supporting Communities Of Color



# BEBE MOORE CAMPBELL BIPOC MENTAL HEALTH AWARENESS MONTH

## COMMUNITY KICK-OFF JULY 1<sup>ST</sup> 5PM-8PM

### Come Create & Celebrate!

Join us! Experience the power of art as healing with community collage, clay making, crafting, vendors, and a variety of free art activities for all ages.

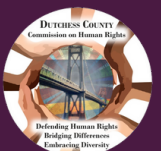
**Part of “The Wider View Series”**

IN PARTNERSHIP WITH THE DUTCHESS COUNTY COMMISSION ON  
HUMAN RIGHTS AND THE BRAIN AND BODY COALITION



### 230 North Road Parking Lot

For more information or to be a creative partner text 845-293-2929  
or email [reply@brainandbodycoalition.org](mailto:reply@brainandbodycoalition.org)



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THE BRAIN AND BODY COALITION



## BEBE MOORE CAMPBELL BIPOC MENTAL HEALTH AWARENESS MONTH



Part of "The Wider View Series"

# CREATING SPACE JULY 2<sup>ND</sup> 6PM

## A Community Conversation

This powerful panel highlights individuals with lived experience who are reclaiming space for themselves while building safe, inclusive spaces for others. Join us as we explore the importance of creating room for healing, and wellness in our communities.

230 North Rd, Poughkeepsie NY 12601

REGISTER  
HERE

REGISTER  
HERE



For more information Text 845.293.2929 or Email:  
[Reply@brainandbodycoalition.org](mailto:Reply@brainandbodycoalition.org)



# WARNING SIGNS OF SUICIDE:

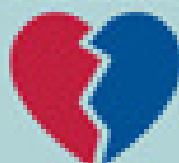
The behaviors listed below may be some of the signs that someone is thinking about suicide.

## TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

## FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

## CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

**If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.**

**988 Suicide & Crisis Lifeline**  
Call or text 988  
Chat at [988lifeline.org](https://988lifeline.org)

**Crisis Text Line**  
Text "HELLO" to 741741



National Institute  
of Mental Health

[www.nimh.nih.gov/suicideprevention](https://www.nimh.nih.gov/suicideprevention)

NIMH Identifier No. OM 22-4316

# The Teen Brain: 7 Things to Know

From the NATIONAL INSTITUTE of MENTAL HEALTH

Did you know that **big** and **important changes** are happening in the brain during adolescence? Here are **7 things to know about the teen brain**.

## 1 The brain reaches its biggest size in early adolescence.

For girls, the brain reaches its biggest size around 11 years old. For boys, the brain reaches its biggest size around age 14. But this difference does not mean either boys or girls are smarter than one another!



## 2 The brain continues to mature even after it is done growing.

Though the brain may be done growing in size, it does not finish developing and maturing until the mid- to late 20s. The front part of the brain, called the prefrontal cortex, is one of the last brain regions to mature. This area is responsible for skills like planning, prioritizing, and controlling impulses. Because these skills are still developing, teens are more likely to engage in risky behaviors without considering the potential results of their decisions.

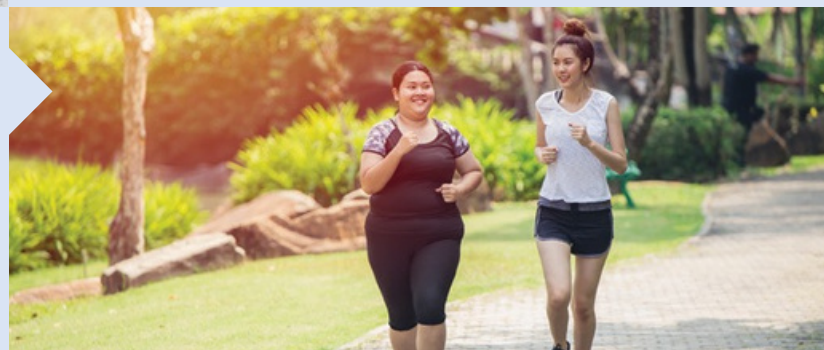
## 3 The teen brain is ready to learn and adapt.

The teen brain has lots of plasticity, which means it can change, adapt, and respond to its environment. Challenging academics or mental activities, exercise, and creative activities such as art can help the brain mature and learn.



## 4 Many mental disorders may begin to appear during adolescence.

Ongoing changes in the brain, along with physical, emotional, and social changes, can make teens vulnerable to mental health problems. All the big changes the brain is experiencing may explain why adolescence is a time when many mental disorders—such as schizophrenia, anxiety, depression, bipolar disorder, and eating disorders—can emerge.





## 5 Teen brains may be more vulnerable to stress.

Because the teen brain is still developing, teens may respond to stress differently than adults, which could lead to stress-related mental disorders such as anxiety and depression. Mindfulness, which is a psychological process of actively paying attention to the present moment, may help teens cope with and reduce stress. More information on managing stress is available in the National Institute of Mental Health's fact sheet, *I'm So Stressed Out!* ([www.nimh.nih.gov/stress](http://www.nimh.nih.gov/stress)).



## 6 Teens need more sleep than children and adults.

Research shows that melatonin (the “sleep hormone”) levels in the blood are naturally higher later at night and drop later in the morning in teens than in most children and adults. This difference may explain why many teens stay up late and struggle with getting up in the morning. Teens should get about 9 to 10 hours of sleep a night, but most teens do not get enough sleep. A lack of sleep can make it difficult to pay attention, may increase impulsivity, and may increase the risk for irritability or depression.



## 7 The teen brain is resilient.

Although adolescence is a vulnerable time for the brain and for teenagers in general, most teens go on to become healthy adults. Some changes in the brain during this important phase of development actually may help protect against long-term mental disorders.



## Finding Help

If you or someone you know has a mental illness, is struggling emotionally, or has concerns about their mental health, there are ways to get help. Find more information at [www.nimh.nih.gov/findhelp](http://www.nimh.nih.gov/findhelp).

Communicating well with your doctor or other health care provider can improve your care and help you both make good choices about your health. Find tips to help prepare and get the most out of your visit at [www.nimh.nih.gov/talkingtips](http://www.nimh.nih.gov/talkingtips).

If you are in immediate distress or are thinking about hurting yourself, call the National Suicide Prevention Lifeline toll-free at 1-800-273-TALK (8255). You also can text the Crisis Text Line (HELLO to 741741) or use the Lifeline Chat on the National Suicide Prevention Lifeline website at <https://suicidepreventionlifeline.org>.

# Things to Consider When Selecting a Therapist

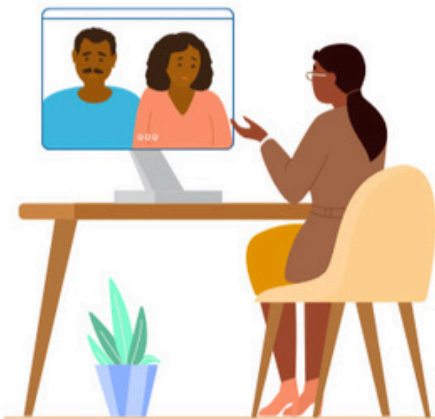


## Cultural Competence

Is the therapist race, ethnic or gender important to you? Do you want someone with the same background as you? Should they speak the same language as you?

## In-Person or Virtual

Do you feel more comfortable having personal conversations in-person or virtually (through your phone or computer)?

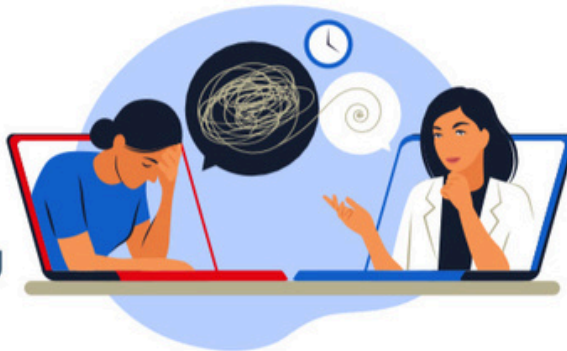


## Group Session or One-on-One

Are you more comfortable speaking about your experiences without others present? Or, do you feel better sharing as a part of a group settings?

## Type of Therapy You Want

Are you interested in the relationship between your behavior and thoughts or feelings? That's CBT. Are you more focused on your relationship with others? That's Interpersonal Therapy. Ask the therapist which form of therapy they practice.



## Resources

For a list of Culturally competent Providers visit [www.brainandbodycoalition.org](http://www.brainandbodycoalition.org).

For more information on therapy, anxiety and depression, visit [www.adaa.org](http://www.adaa.org)

(845)293 2929

[reply@brainandbodycoalition.org](mailto:reply@brainandbodycoalition.org)



# Self-Care Essentials

## Mindfulness & Meditation

- **Headspace:** Guided meditation for all levels.
- **Calm:** Meditations and sleep stories to reduce stress.

## Physical Health

- **Outdoor Activities:** Fishing, hiking, and biking boost mental wellbeing.
- **7 Minute Workout:** Quick, energy-boosting exercises.

## Emotional Well-being

- **Emotional Check-ins:** Assess feelings and identify stressors.
- **Creative Expression:** Use art and music to express emotions.

## Social Connection

- **Meetup:** Connect with like-minded groups.
- **VolunteerMatch:** Find volunteer opportunities to give back.

## Relaxation & Leisure

- **Gardening:** A calming and rewarding hobby.
- **Reading:** Join a book club for social interaction.



Explore these tools and practices to build your self-care toolkit and prioritize your wellness today!



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# Breathing Exercises Ease Anxiety

Mindful breathing exercises (when practiced regularly) have been proven to reduce stress and promote a feeling of calm. They can be used anywhere and may be of significant benefit to individuals struggling with emotion regulation. Relaxed, abdominal breathing (as opposed to shallow, chest breathing) greatly increases the effectiveness of these exercises.

## COUNTING BREATHING

Breathe in.....Breathe out, say, **"One."**  
Breathe in.....Breathe out, say, **"Two."**

Continue until "ten" is reached, then start over.

## BECOMING CALM BREATHING

Breathe in, think or say, **"I am."**  
Breathe out, think or say, **"becoming calm"**  
or **"letting go."**

Use any phrase that promotes relaxation.

## CYCLE BREATHING



## RAISED ARM BREATHING

Sit with a forearm resting on each leg, palms down.  
Breathe in (bend elbows and raise back of hands to shoulders).  
Breathe out (return arms to lap).

## WALKING BREATHING

Walk very slowly, synchronizing your breath with your steps: one step for each inhalation, one step for each exhalation.



# **SMART Goals for Self-Care**



Initial Goal	Write your goal here.
S Specific	Your goal should be well defined, detailed, and clear.
M Measurable	Is your goal measurable? You should be able to tell when you reach your goal.
A Achievable	Can you reach the goal, considering your available time, skills, and financial status?
R Realistic	Is your goal realistically achievable within the given time frame and with the available resources?
T Timely	Set a start and finish date for your goal.
	Start Date: _____ Finish Date _____

SMART Goal	Revise your goal based on the answers to the questions above.

**Action Plan**

**What steps do you need to take to get to your goal?**

Action Items	Expected Completion Date	Adjustments

**Potential Obstacles and Solutions**



Potential Obstacles	Potential Solutions



# It Is What It Is

Taught By Peers. Tailored For You.



**GAIN BASIC UNDERSTANDING OF MENTAL HEALTH CONDITIONS.**

**LEARN HOW CULTURE AFFECTS TREATMENT AND ACCESS TO SERVICES.**

**INCREASE KNOWLEDGE OF WELLNESS AND COPING SKILLS.**

**CANDID OPEN DIALOGUE IN A SAFE SPACE**

**LEARN ABOUT LOCAL RESOURCES AVAILABLE TO YOU**





## 20 Culturally Relevant Resources to Promote During the Month of July and Beyond

### 1. The Brain and Body Coalition- Visit our BIPOC tab:

- Website: [www.brainandbodycoalition.org](http://www.brainandbodycoalition.org)
- Provides resources and training for youth and their supporters taking a proactive approach to mental health.

### 2. Crisis Text Line:

- Text "HOME" to 741741
- Offers free, confidential support 24/7 via text message for anyone in crisis.

### 3. The Steve Fund:

- Website: [www.stevelfund.org](http://www.stevelfund.org)
- Focuses on supporting the mental health and emotional well-being of students of color.

### 4. Therapy for Black Girls:

- Website: [www.therapyforblackgirls.com](http://www.therapyforblackgirls.com)
- Offers a directory of therapists and resources specifically for Black women and girls.

### 5. Latinx Therapy:

- Website: [www.latinxtherapy.com](http://www.latinxtherapy.com)
- Provides culturally competent mental health resources and a therapist directory for the Latinx community.

### 6. Asian Mental Health Collective:

- Website: [www.asianmhc.org](http://www.asianmhc.org)
- Offers mental health resources, articles, and support groups for Asian communities.

### 7. National Queer and Trans Therapists of Color Network (NQTTCN):

- Website: [www.nqttcn.com](http://www.nqttcn.com)
- Connects queer and trans people of color to therapists and healing resources.

### 8. Native American Lifelines:

- Website: [www.nativeamericanlifelines.org](http://www.nativeamericanlifelines.org)
- Provides culturally sensitive health and wellness services for Native American communities.

### 9. Urban Indian Health Institute:

- Website: [www.uihi.org](http://www.uihi.org)
- Offers resources and research on health disparities affecting urban Native American populations.

### 10. WeRNative:

- Website: [www.wernative.org](http://www.wernative.org) - Provides health resources and support for Native American youth, including mental health topics.

11. Indian Health Service (IHS):

- Website: [www.ihs.gov](http://www.ihs.gov)
- Offers mental health services and resources for American Indians and Alaska Natives.

12. Trevor Project:

- Website: [www.thetrevorproject.org](http://www.thetrevorproject.org)
- Provides crisis intervention and suicide prevention services for LGBTQ+ youth, including a 24/7 hotline.

13. Trans Lifeline:

- Website: [www.translifeline.org](http://www.translifeline.org)
- Offers peer support hotline run by and for trans people, providing crisis intervention and resources.

14. Muslim Wellness Foundation:

- Website: [www.muslimwellness.com](http://www.muslimwellness.com)
- Provides mental health education, resources, and advocacy for Muslim communities.

15. South Asian Mental Health Initiative & Network (SAMHIN):

- Website: [www.samhin.org](http://www.samhin.org)
- Offers culturally sensitive mental health resources and support for South Asians.

16. African American Mental Health Providers (AAMHP):

- Website: [www.aamhp.org](http://www.aamhp.org)
- Directory of mental health professionals serving the African American community.

17. Healing and Advocacy Collective (HAC):

- Website: [www.healingadvocacy.com](http://www.healingadvocacy.com)
- Provides mental health resources, advocacy, and support for marginalized communities.

18. Black Emotional and Mental Health (BEAM):

- Website: [www.beam.community](http://www.beam.community)
- Focuses on the emotional and mental health and healing of Black communities.

19. National Asian American Pacific Islander Mental Health Association (NAAPIMHA):

- Website: [www.naapimha.org](http://www.naapimha.org)
- Offers culturally competent mental health resources and advocacy for Asian American and Pacific Islander communities.

20. Sista Afya Community Mental Wellness:

- Website: [www.sistaafya.com](http://www.sistaafya.com)
- Provides mental wellness education and resources for Black women in Chicago and beyond.



**THE BRAIN AND BODY COALITION STRIVE TO SUPPORT THE WELLNESS OF THE BIPOC COMMUNITY. WE KNOW THAT WELLNESS CAN LOOK DIFFERENT FOR EVERYONE BUT HAVING ACCESS TO CULTURALLY INFORMED, QUALITY MENTAL HEALTH SERVICES CAN HELP YOU STAY WELL.**

**PLEASE FIND SPECIFIC MENTAL HEALTH RESOURCES FOR THE BIPOC COMMUNITY BELOW.**

**DCN MENTAL HEALTH COUNSELING**

A safe strength based space for children and adolescents. EMDR trained Mental Health Counselor. Daisha will help you learn coping skills and build confidence. Process trauma, adjust to life transition. Multiple Payment Options.

[DCNMENTALHEALTH.COM](http://DCNMENTALHEALTH.COM)  
(845)723-1283

**DR. SYEDA HASSAN**

Dutchess/Surrounding counties. Children & Adolescent Psychiatry Virtual only via the Kareo system Accepts Multiple insurances Medicare / private Multi-Lingual English /Urdu/Spanish She/her Incredible office staff (845) 463-2896

**HUDSON VALLEY DYNAMIC COUNSELING**

HVDC provides mental health counseling/psychotherapy to individuals and families in need of services for emotional, psychological, stress, trauma, anxiety, grief, domestic abuse, and anger management.

Two providers on site:

She/Her He/Him

Public and Private Insurance Accepted - full list on website

[HVDC.BIZ](http://HVDC.BIZ)

845-473-7500

**AMIRA MARTIN**

[www.AmiraforHer.com](http://www.AmiraforHer.com)  
Amira openly talks about the impact of race, racism, colorism, and sexism in with clients. Amira works to provide many of the things lacking in the therapy people of color receive. This is done in clinically informed and affirmative way. Amira offers access to a Network of Providers.

**CHARLES COLCLOUGH**

Clinical Psychotherapist with over 18 years of experience working with patient to improve their overall wellness. Accepts multiple insurances. Public/Private In person / telemedicine Identifies Male of Color (646) 798-9832

**CHAMELL WILSON**

CLINICAL SOCIALWORK LMSW/MSW SHE/HER Location: Lagrangeville Telemedicine Only (845)379-9022

**Remember to download the national BIPOC resource guide! in it you will find more resources and media**

*All providers are actively taking new clients*

[WWW.BRAINANDBODYCOALITION.ORG](http://WWW.BRAINANDBODYCOALITION.ORG)





• - Indicates more than one language

## **JONATHAN DYCKMAN PMHNP-BC**

(845) 808-9671

Insurance accepted

Identifies as Male

Specializes in ADHD,  
Anxiety, Depression and  
Bipolar Disorder  
In office / telehealth

## **INSPIRED COUNSELING SERVICES LLC**

Specializes in :PTSD,  
Depressive disorders, Anxiety  
disorders, Alcohol and Drug  
addictions, Trauma, Sexual  
and Physical Abuse, Anger  
Management, and Personality  
Disorders. LOCATION :  
POUGHKEEPSIE / VIRTUAL  
MULTIPLE PAY OPTIONS  
(845)653-3059  
[InspiredCounselingServices.com](http://InspiredCounselingServices.com) \*

## **SAMARIA GRAY, LMSW**

She/Her/Hers - In person /  
Virtual. Specializes in young  
adults and empowering teens  
CBT and Art Therapy  
POC  
Located Poughkeepsie NY  
Sliding Scale  
(845) 605-2999

## **JESSE LEE HINTON**

Identifies Black Male  
Clinical Social work/  
Therapist  
In person/Virtual  
Liberty NY (845) 237- 3875  
Multiple Insurance Options

## **JERONICA DIGBY**

Triple board certified in  
Psychiatry, Addiction  
Psychiatry and Addiction  
Medicine. Recovery Focused .  
Identifies : African American  
Location: West Point /  
Telemedicine  
(845) 637-3365

## **COMPASS WELLNESS**

10+ providers and therapist  
In person and virtual.  
Diverse staff, Handicap  
Accessible, Parking,  
Weekend hours available,  
multiple payment options,  
multiple treatment  
modalities.  
(845) 605-2999  
Call or text \*

## **ASTOR SERVICES**

Multiple Providers /  
Multilingual/ Insurance  
options. Children, adolescents  
and their families. These  
program are in-home,  
community-based, and site-  
based programs. No one will  
be denied access to service  
due to inability to pay, and a  
discounted/sliding fee  
schedule is available.  
Location: (845)871-1000  
[AstorServices.org](http://AstorServices.org) \*

## **CLEARWAVE MENTAL HEALTH**

\*Multiple Providers on Site  
Multiple Insurance Options  
Psychiatric and Therapy  
Services  
With Board-Certified  
Psychiatrists, Psychiatric  
Nurse Practitioners and  
Licensed Clinical Social  
Workers.  
TMS Therapy  
A non-invasive FDA-cleared  
treatment that has been  
proven to be safe and  
effective for treating  
symptoms of depression and  
other mental illnesses.  
(845)471-1807  
[Clearwave.com](http://Clearwave.com)

## **SIERRA COUNSELING**

Clinical Social Work  
Therapist  
Identifies : Woman of Color  
Specializes - Anxiety  
Depression/ Bipolar  
Insurance/ Multiple  
Payment Options  
Pleasant Valley, NY 1256  
(845) 244-478  
[SierraCounseling.com](http://SierraCounseling.com)

## **BIPOC RESOURCES**

If seeking additional  
resources visit  
[brainandbodycoalition](http://brainandbodycoalition.org)  
[on.org](http://on.org) and click on  
[national BIPOC](http://nationalBIPOC)  
resource guide



## **TEAMER COUNSELING**

Specializes in Anxiety/  
Depression and CBT. Works  
with Children and Adults.  
Currently accepting adult  
clients, with an active wait  
list for children.

5 Providers on site : LGBTQ /  
She/ Her/ They/Them/ He/  
Him

Identifies multi cultural  
LOCATION: POUGHKEEPSIE/  
VIRTUAL. SELF PAY VIA  
SIMPLE PRACTICE  
(845)206-4046

[www.teamercounseling.com](http://www.teamercounseling.com)  
[info@teamercounseling.com](mailto:info@teamercounseling.com)

## **INSPIRED COUNSELING SERVICES LLC**

Specializes in :PTSD,  
Depressive disorders, Anxiety  
disorders, Alcohol and Drug  
addictions, Trauma, Sexual  
and Physical Abuse, Anger  
Management, and Personality  
Disorders. LOCATION :  
POUGHKEEPSIE / VIRTUAL  
MULTIPLE PAY OPTIONS  
(845)653-3059

[InspiredCounselingServices](http://InspiredCounselingServices)

## **NICOLE WONG**

Licensed Master Social Worker.  
Specialized in trauma/ anti  
violence/ sexual assault.  
Trauma informed, great for all  
ages.

Self- Pay

Multiple Providers On-Site  
(845)-206-4046

[info@teamercounseling.com](mailto:info@teamercounseling.com)

## **KAILEEN DUNCAN**

OFFERS LOW COST SLIDING  
SCALE OPTION

(She/Her/Hers)

P.O.C -

CMHC-1 Works well with  
children and young adults.

Uses play therapy,  
mindfulness, and DBT

Located at Compass Wellness

24 Davis Poughkeepsie

(845) 605-2999

## **DUTCHESS COUNTY STABILIZATION CENTER**

The Center is open

24 hours a day,

7 days a week,

365 days a year.

Just walk in anytime –  
day or night.

No appointment  
or referral needed!

230 North Road

Poughkeepsie

[DutchessCountyStabiliza  
tionServices](http://DutchessCountyStabilizationServices)

Walk-in Narcan training  
offered

## **CHRISTOPHER ST. GERMAIN**

Licensed Clinical Psychologist

Areas of specialization include

anxiety, couples work, identity

development, and LGBTQ/

Sexuality and gender concerns. CBT

[St.GermainPsychology@gmail.com](mailto:St.GermainPsychology@gmail.com)

(845)232-1377

[www.drchrisstgermain.com](http://www.drchrisstgermain.com)

## **IRENA ILIEVA, PH.D.**

Specializes in (CBT) for  
depression, anxiety,  
obsessive-compulsive  
disorders and trauma- and  
stressor-related

conditions. THIS PROVIDER  
IS PRIVATE PAY ONLY.

Multiple Amazing  
Providers on site all private  
pay.

Location: White Plains/  
Telemed (617)515-7645

[Irenallieva](mailto:Irenallieva)

## **HAMPTON HEALTH**

Family owned practice  
Identify She/Her & He/Him  
BIPOC

Offering a  
collaborative, holistic and  
integrative practice focusing  
on the mind, body and soul  
therefore giving you the best  
whole-person tailored plan  
of care for optimal results.

(845) 337-1333

Great Customer Services  
Minimal Wait

## **TANIA N. BARRERAS- CRUZ, MD PSYCHIATRY**

Nuvance Health

Medical Practices

Behavioral Health

Poughkeepsie

21 Reade Place, Suite 1100

Poughkeepsie, NY 12601

Bilingual

[TaniaNBarreras-Cruz](mailto:TaniaNBarreras-Cruz)



# **TELE-MEDICINE & NETWORKS**

## **THE STEVE FUND**

The Steve Fund's mission is to promote the mental health and emotional well-being of young people of color.

[TheSteveFund](#)

## **SAMHAA**

South Asian Mental Health Alliance (SAMHAA) is a new non-profit community network engaging, educating and mobilizing the BC South Asian community around issues related to mental health.

[SAMHAA](#)

## **THE TREVOR PROJECT**

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ young people. If you are in crisis, feeling suicidal or need a safe and judgment-free place to talk 24/7 call The Trevor Lifeline 1-866-488-7386

[TrevorProject](#)

## **THERAPY FOR BLACK GIRLS**

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.

[TherapyforBlackGirls](#)

## **THERAPY FOR LATINX**

Therapy for Latinx is a national mental health resource for the Latinx community that provides resources for Latinx community to heal, thrive, and become advocates for their own mental health.

[TherapyforLatinx](#)

## **WERNATIVE**

WeRNative is a comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them. They strive to promote holistic health and positive growth in our local communities and nation at large.

[WeRNative](#)

## **FAMILY SERVICES**

This office provide 24/7 victim services

For Ellenville County Behavioral center, call 845.486.2703 Option 4  
W: 9:30 am - 6:30 pm

24 hrs hotlines

- Crisis Prevention: 845.338.2370
- Rape Crisis & Crime Victims (845)452-7272
- Domestic Violence (845)485-5550
- Chat Line Text (845)583-0800

## **FAMILY OF ELLENVILLE**

Provides emergency short-term counseling; access to Adult, Adolescent, and Domestic Violence Case Management, Child Care, and Emergency Housing Services.  
0221 Canal Street  
Ellenville, NY 12428  
(845) 647-2443  
Available through hotline 24 hours in emergencies

## **STEP ONE**

Step One is certified by the New York State Office of Alcohol and Substance Abuse Services,  
Call the helpline at 1-877-435-7410





# PRESCRIBERS

## **WEILL CORNELL PSYCHIATRY NEWYORK- PRESBYTERIAN WESTCHESTER BEHAVIORAL HEALTH**

Outpatient providers. Private  
Pay Only through internal  
system. This office offers a  
variety of 20+ Culturally  
Competent Trained and  
Diverse Providers. Excellent  
reception staff as well.  
21 Bloomingdale Road, White  
Plains, NY 10605  
(914)997-4875  
WeillCornellPsychiatry

## **ORENDA PSYCHIATRY**

Marcia Jarvis : Psychiatric  
Mental Health Nurse  
Practitioner 15+ years  
experience  
Location: Lagrangeville /  
telemedicine  
(347)493-2247

## **HUGH MCKENZIE PNP**

Identifies Black Male  
Practicing over 20 years  
Focus on Optimal Health and  
Wellness.  
Multiple Insurance/Pay  
Options  
Location: Newburgh/Online  
(845)704-1262  
HughMcKenzie

## **ANN RODRIGUEZ**

Psychiatric Nurse Practitioner  
Fishkill Ny  
(914) 825-4376  
Identifies She/Her  
Handicap Accesible  
In person/ Virtual  
Multiple Insurance Accepted

## **KARINA SANTIBANEZ**

PMHNP  
Specializes in child and  
adolescent psychiatry. 10  
years+ expierience with a  
variety of settings.  
Location: Mahopac  
(845) 210-9345  
KarinaSantibanez

## **BABATUNDE E. ASEMOTA**

Adult Psychiatry  
Specializes in Anxiety /  
Trauma/ Bipolar  
Multiple Providers on site  
Identifies: Nigerian  
Location : White Plains NY  
(914) 997-8674  
BabatundeEAsemota

## **JEANEAN AMING**

Licensed Family Nurse  
Practitioner. Multiple  
specialties. Familiar with  
Dutchess County supports  
and services. Location:  
Fishkill (845) 237-3823

## **DEBRA MAYERS**

Psychiatric Nurse  
Practitioner -evaluation and  
medication management to  
patients in the military and  
civilians diagnosed with  
anxiety, panic disorder,  
depression, sleep disorder,  
ADHD, Insomnia, PTSD.  
Identifies: Black/  
African American She/Her  
Private Pay / Sliding Scale  
Location: Middletown/  
Telemedicine  
(845)238-8853  
DebraMayers

## **MIND BODY SOUL PSYCH**

Collective of treatment  
options.

Four step program to  
help individual develop  
the best possible  
treatment plan. Great  
option for whole health  
Brain and Body  
Approach!  
Visit site for more  
details. Insurance  
accepted.

MindBodySoulPsych





# Dealing With a Mental Health Crisis?

## CALL 988

**Emergency Walk-In Services**  
**(845)485-9700**

**Dutchess County Stabilization Center**  
**230 North Rd**

**When Your Home Isn't Safe**  
**(800)942-6906**

**Grace Smith House**  
**(845)471-3033**

**Help Finding Resources**

**Call 2-1-1**

**A Reliable Resource Provided by The United Way**



**LOOKING FOR SUPPORT SERVICES FOR  
COMMUNITIES OF COLOR?  
CONTACT US**

**(845) 293-2929 CALL/TEXT  
EMAIL US:**

**reply@brainandbodycoalition.org**

### Instead of this...

- Mentally ill
- Crazy/insane/disturbed
- Depressed/schizophrenic
- Manic-depressive
- Addict/junkie/druggie
- Alcoholic
- Ex-addict/clean

### Try this.

- ☒ Person living with a mental health challenge or use the diagnosis if the person prefers that language (e.g., major depressive disorder)
- ☒ Person living with a mental health challenge/trauma
- ☒ Person living with depression/schizophrenia
- ☒ Person living with bipolar disorder
- ☒ Person living with a substance use challenge or disorder
- ☒ Person living with an alcohol use challenge or disorder
- ☒ Person in recovery



## CONTACT US



845-293-2929



[WWW.BRAINANDBODYCOALITION.ORG](http://WWW.BRAINANDBODYCOALITION.ORG)



[REPLY@BRAINANDBODYCOALITION.ORG](mailto:REPLY@BRAINANDBODYCOALITION.ORG)

### *THE BRAIN AND BODY COALITION TOOLKIT*

## DOWNLOAD OUR TOOLKIT MONTHLY FOR RESOURCES AND EVENTS

This toolkit is created to keep you up to date and to create accessible and downloadable culturally competent resources and information. Check back for updates.

### *Supporting Communities Of Color*

Serving Dutchess, Ulster and Orange County

## OUR COMMITMENT

**LANGUAGE:** GET INDIVIDUALS TO UNDERSTAND THAT CHANGING THEIR LANGUAGE HELPS BREAK DOWN BARRIERS TO STIGMA AND BARRIERS TO TREATMENT

**TOOLS:** CONDUCT TRAININGS, AND WORKSHOPS SO YOU CAN BE BETTER EQUIPPED TO HELP A LOVED ONE.

**WELLNESS:** PROVIDE SCHOOLS, BUSINESSES, AND ORGANIZATIONS WITH PROGRAMS, TRAININGS, AND TECHNIQUES TO GET WELL AND STAY WELL.

**OUR GOAL:** SUPPORT THE BIPOC COMMUNITY. SUPPORT OUR CHILDREN AND GIVE THE SUPPORT AND TOOLS TO THOSE AROUND THEM.