

**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
(845)723-1283

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
845-473-7500

Charles Colclough

Clinical Psychotherapist with over 18 years of experience working with patient's to improve their overall wellness. Accepts multiple insurances. Public/Private
In person / telemedicine
Identifies Male of Color

Dr. Chris St. Germain

Licensed Clinical Psychologist
Areas of specialization include anxiety, couples work, identity development, and LGBTQ/ sexuality and gender concerns. CBT
Dr.ChrisSt.Germain@gmail.com
St.GermainPsychology@gmail.com
845.232.1377

Chamell Wilson

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

DUTCHESS COUNTY STABILIZATION

**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**

TEAMER COUNSELING

Specializes in Anxiety/
Depression and CBT. Works with
Children and Adults. Currently
accepting adult clients, Has 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
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

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

Olanrewaiu Somorin

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

Sierra Counseling

Clinical Social Work/ Therapist
Identifies : Woman of Color
Specializes - Anxiety/
Depression/ Bipolar
Insurance/ Multiple Payment
Options
Pleasant Valley, NY 12569
(845) 244-4784

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

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

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

Tania N. Barreras- Cruz, MD Psychiatry

**Nuvance Health Medical
Practices - Behavioral Health
Poughkeepsieo**
21 Reade Place, Suite 1100
Poughkeepsie, NY 12601
Bilingual

Prescribers

Dr. Anthony O. Ahmed

Clinical psychologist with expertise in behavioral and cognitive-behavioral therapies and other psychosocial treatments for adults with psychotic disorders, mood and anxiety disorders, substance use problems, and relational difficulties. Attending Psychologist for Psychotic Disorders. Identifies : Black Male Multiple Providers on Site Location: White Plains NY/Virtual (917) 997-5251

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+ experience with a variety of settings.
Location: Mahopac
(845) 210-9345

Doctor 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)363-0857

Orenda Psychiatry

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

Babatunde E. Asemota

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

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

Hugh McKenzie PNP

Identifies Black Male
Practicing over 20 years
Focus on Optimal Health and Wellness.
Multiple Insurance/Pay Options
Location:
Newburgh/Online
(845)724-1222

Jeanne Aming

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



WWW.BRAINANDBODYCOALITION.ORG

TELE-MEDICINE And NETWORKS

Weill Cornell Psychiatry New York- 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

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.

The Steve Fund

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

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

Therapy for Black Girls

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

MINDBODYSOUL 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.
<https://www.mindbodysoulpsychiatry.com>

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.

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.



WWW.BRAINANDBODYCOALITION.ORG