

**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)



## 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)

- - 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 \*

## **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  
Accesible, 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 \*

## **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

## **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  
SierraCounseling.com

## **BIPOC RESOURCES**

If seeking additional  
resources visit  
brainandbodycoaliti  
on.org and click on  
national BIPOC  
resource guide



# **PRESCRIBERS COPY**

## **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 Dr.Ahmed

## **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

## **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

## **KARINA SANTIBANEZ**

PMHNP Specializes in child and adolescent psychiatry. 10 years+ experience 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

## **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

## **DR. KAYE**

DSW, LMSW, Neuroscience-Informed compassion focused psychotherapist Identifies as - South Asian Multi-Lingual Focuses on Mind, Brain, Body regulation and integration Emerging Adults/ Middle Aged Adults Telehealth only Multi-pay options 518 227 0589

# **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](#)



# **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

## **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



www.brainandbodycoalition.org  
(845) 293-2929

[WWW.BRAINANDBODYCOALITION.ORG](#)