

# The Brain and Body Coalition Providers List

The Brain and Body Coalition strives 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.**

## WHAT YOU'LL FIND INSIDE

- Counseling providers can be found on pages two through five **PAGES 2-5**
- Telehealth only counseling can be found on page six **PAGE 6**
- Multi-lingual providers can be found on page seven **PAGE 7**
- Prescribers can be found on pages eight and nine **PAGES 8-9**
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## ADDITIONAL RESOURCES

**211**

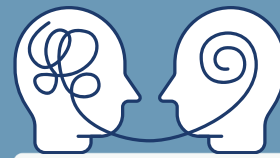
Call **211**, a free and confidential resource to connect with local health and service agents that can assist with various needs



Or visit [brainandbodycoalition.org](https://www.brainandbodycoalition.org) and click on our national BIPOC resource guide.

All providers are currently taking new clients  
[www.brainandbodycoalition.org](https://www.brainandbodycoalition.org)





## 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, 20 Minute Free Client Consultation

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

(845) 723-1283

## 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
- Location: Poughkeepsie/ Virtual, Self Pay via Simple Practice

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

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

(845) 206-4046

## Amanda Dixon

- Specializes in youth Offers play therapy
- Accepts multi pay options
- Currently able to accept new clients for Fideils, Atena, CDPHP, MVP Healthcare

[adixon](mailto:adixon@amandadixonlmhc.com)

[@amandadixonlmhc.com](mailto:@amandadixonlmhc.com)

(845) 307-7970

## Licensed Practitioners at Amanda Dixon

Sara (Rhinebeck and Poughkeepsie)

- Any age
- [shotton](mailto:shotton@amandadixonlmhc.com)  
[@amandadixonlmhc.com](mailto:@amandadixonlmhc.com)

Elen (Rhinebeck, Poughkeepsie, Virtual)

- [ehmouou](mailto:ehmouou@amaniadixonlmhc.com)  
[@amaniadixonlmhc.com](mailto:@amaniadixonlmhc.com)

## Interns

Megan (In Person/Virtual)

- Any age
- [mmooney](mailto:mmooney@amaniadixonlmhc.com)  
[@amaniadixonlmhc.com](mailto:@amaniadixonlmhc.com)

Jenn (In person/Virtual)

- Children and Teens
- [ibrosnan@amandadixonlmhc.com](mailto:ibrosnan@amandadixonlmhc.com)

## Samaria Gray

- Licensed Master Social Worker
- Specializes in young adults and empowering teens
- CBT and Art Therapy
- POC
- Located in Poughkeepsie NY
- In person / Virtual
- Sliding Scale

(845) 605-2999

## Compass Counseling and Wellness

- CMMC-I Works well with children and young adults.
- Uses play therapy, mindfulness, and DBT Located at Compass Wellness
- Offers a low cost sliding scale option.
- POC
- 24 Davis Poughkeepsie

(845) 605-2999

# Counseling



## Emma Arnonf

- Owner of Sensory Space.
- Specializes in play therapy.
- Takes a collaborative approach to therapy.
- Children, Families, Autism

**(845) 393 9279**

## Dr. Andrew Blizzard

- Licensed mental health counselor who specializes in Substance Use, Anxiety and Family Conflict
- Multiple Insurance
- Location: Newburgh & tele-therapy

**(845) 251-4113**

## Jesse Lee Hinton

- Identifies Black Male
- Clinical Social work/Therapist
- In person/Virtual
- Liberty NY
- Multiple Insurance Options

**(845) 237-3875**

## Kymerly Corley

- Licensed Master Social Worker
- Works with adolescents looking to address anxiety, depression, self-esteem issues, and codependency/relational challenges.
- Multiple Insurance
- Location: Newburgh

**(845) 720-4144**

## Brian Aiken

- Licensed mental health counselor who specializes in Family Conflict, Mood Disorders and Relationship Issues.
- Sees individuals and groups.
- Multiple Insurance
- Location: Kingston & tele-therapy

**(845) 385-1763**

## Christopher St. Germain

- Licensed Clinical Psychologist.
- Areas of specialization include anxiety, couples work, identity development, and LGBTQ/ Sexuality and gender concerns.

**St.GermainPsychology**  
**@mall.com**

**(845) 232-1377**





## Gillian Hammond

- Licensed mental health counselor who specializes in Anxiety, Relationship Issues and LGBTQ+
- Multiple Insurance
- Location: Kingston & tele-therapy

(845) 599-0331

## Jessenia Aguirre

- Licensed mental health counselor who specializes in Anxiety, Depression and Trauma and PTSD.
- Sees individuals, couples, and groups.
- Multiple Insurance
- Location: Only tele-therapy

(845) 535-4142

## Jonathan Dyckman

- Board certified Psychiatric-Mental Health Nurse Practitioner
- Insurance Accepted
- Identifies as Male
- Specializes in ADHD, Anxiety, Depression and Bipolar Disorder
- In office / telehealth

(845) 808-9671

## Mike Garda

- Pronouns: he/they
- Licensed mental health counselor who specializes in LGBTQ+, Self Esteem and Mood Disorders.
- Sees individuals, couples, and groups.
- Multiple insurance
- Location: Newburgh and tele-therapy

(845) 237-3874

## Irena Ilieva PH.D

- Specializes in (CBT) for depression, anxiety, obsessive-compulsive disorders, and trauma- and stressor-related conditions.
- Private pay only
- Location: White Plains/ Telemed

(617) 515-7645

## Netta Admoni, PHD

- Counseling psychologist with expertise in cognitive behavioral therapy (CBT), exposure and response prevention (ERP).
- Treatments for adults who have experienced trauma and interpersonal/relational challenges, anxiolytic, and adult ADHD.
- Location: Newburgh & tele-therapy

[netta@drenttaadmoni.com](mailto:netta@drenttaadmoni.com)

(845) 391-0160

# Counseling

## Seth Davis

- Trauma informed experience working with patients to improve their overall wellness.
- Public/Private
- Accepts multiple insurances
- In person / telemedicine  
Identifies Male of Color

(845) 552-2933

## Jeronica Digby

- Triple board certified in Psychiatry
- Addiction Medicine and Recovery Focused
- Identifies: African American
- Location: West Point / Telemedicine

(845) 637-3365

## Nicole Wong

- Licensed Master Social Worker.
- Specialized in trauma/ anti violence/ sexual assault.
- Trauma informed, graft for all ages.
- Multiple Providers On-Site
- Self-Pay

(845) 415-1263

## Amira Martin

- Openly talks about the impact of race, racism, colorism, and sexism with clients.
- Works to provide many of the things lacking in the therapy people of color receive.
- Offers access to a Network of Providers.

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

## Charles Colclough

- Clinical Psychotherapist with over 18 years of experience.
- Accepts multiple insurance.
- Public/Private
- In person / telemedicine
- Identifies Male of Color

(646) 798-9832

*All providers are currently taking new clients*  
**[www.brainandbodycoalition.org](http://www.brainandbodycoalition.org)**



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**Jessenia Aguirre**

Licensed mental health counselor who specializes in Anxiety, Depression and Trauma and PTSD.  
Sees individuals, couples, and groups.  
Multiple Insurance  
**(845) 535-4142**

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**Whitney Harren**

Licensed mental health counselor who specializes in Women's Issues, ADHD, ADHD and Relationship Issues.  
Sees individuals, couples, and groups  
Multiple Insurance  
**(845) 280-4988**

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**Abby Hanna**

Licensed Practitioner  
Connected to/ **Works** with Amanda Dixon  
Specializes in Adults  
**[ahanna@amandadixonlmhc.com](mailto:ahanna@amandadixonlmhc.com)**

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**Justina Reilly**

Licensed Medical Health Counselors at Amanda Dixon  
Counselor  
Specializes in children, teens, and young adults  
**[jreilly@amandadixonlmhc.com](mailto:jreilly@amandadixonlmhc.com)**

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**Edna Muhammad**

POC/ She/Her  
Accepts Insurance, Multi pay options, sliding scale  
Specializes in general mental health/ life transitions, relationships, growth  
**[HelloAlma.com](http://HelloAlma.com)**  
**(212) 939-4600**

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**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  
Multi-pay option  
**(518) 227-0589**

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**Chamell Wilson**

(She/her)  
Clinical Social Work  
Licensed Master Social Worker  
**(845) 379-9022**

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# Online Mental Health Providers



**All providers are currently taking new clients**

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



# Bi/Multi-Lingual Counseling

## 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

More providers  
being added weekly!



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## Jessica Ramons LCSW

Spanish Speaking  
Seeing Clients in  
Poughkeepsie  
Accepts Insurance  
Great customer service/responsive  
[jessicaramoslcsww@gmail.com](mailto:jessicaramoslcsww@gmail.com)  
845-243-0367

## Tania N. Barreras-Cruz

MD Psychology  
Nuvance Health  
Medical Practices  
Behavioral Health  
Poughkeepsie  
21 Reade Place, Suite 1100  
Poughkeepsie, NY 12601  
(845) 483-6654

## Astor Services

Multiple Providers / Multilingual /  
Insurance options.  
Children, adolescents and their families.  
These programs 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.

[AstorServices.org](http://AstorServices.org)  
(845) 871-1000

## Lauren Margolin

In-person/Virtual  
Intern with Amanda Dixon  
Teens and Adults  
Speaks Russian  
[lmargolin@amadadixo.nlmhc.com](mailto:lmargolin@amadadixo.nlmhc.com)

[www.brainandbodycoalition.org](http://www.brainandbodycoalition.org)  
All providers are currently  
taking new clients



# Prescribers

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## Debra Mayers (she/her)

- Psychiatric Nurse Practitioner
- Evaluation and medication management to patients in the military and civilians diagnosed with anxiety, panic disorder, depression, sleep disorder, ADHD, Inomnia, PTSD.
- Identifies: Black/African American
- Private Pay / Sliding Scale
- Middletown/ Telemedicine

(845) 238-8853

## Hugh Mckenzie

- Psychiatric Nurse Practitioner
- Identifies Black Male
- Practicing over 20 years. Focus on Optimal Health and Wellness. Multiple Insurance/Pay Options.
- Location: Newburgh/ Online

(845) 704-1262

## 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..
- 21 Bloomingdale Road, White Plains, NY 10605

(914) 997-4875

## Vitality Psychiatry and Psychotherapy

- Identify: Male
- In person/ Virtual Offers TMS / DBT/ CBT
- 3125 Route 9w Suite 204 New Windsor, NY 12553

(914) 502-3998

## Orenda Psychiatry: Marcia Jarvis

- Psychiatric Mental Health Nurse Practitioner
- 15+ years experience
- Lagrangeville / telemedicine

(347) 493-2247

## Ann Rodriguez (she/her)

- Psychiatric Nurse Practitioner
- Handicap Accessible
- In person/ Virtual.
- Multiple Insurance Accepted
- Fishkill Ny

(914) 825-4376

## Karina Santibanez

- Psychiatric Mental Health Nurse Practitioner
- Specializes in child and adolescent psychiatry. 10 years+ experience with a variety of settings.
- Mahopac

(845) 210-9345,  
KarinaSantibanez

\*All providers are currently taking new clients

www.brainandbodycoalition.org

Rx



# Prescribers

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## Mindful Psychiatry

- Nurse Practitioner  
Identity: she/her, POC
- Focusing on helping individuals with various mental and emotional challenges, providing a safe and supportive environment where individuals can explore their thought, feelings, and behaviors. Helping individuals gain a deeper understanding of themselves, develop healthier coping mechanisms, and make positive changes in their lives.
- Monroe, NY 10950

(845) 666-3458

## Dr. Anthony O. Ahmed

- Identifies: Black, Male
- Attending Psychologist for Psychotic Disorders.
- 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.
- Multiple Providers on Site.  
White Plains NY or Virtual

(917) 997-5251

## 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!
- Insurance accepted
- Visit site for details.

## Babatunde E. Asemota

- Adult Psychiatry
- Identifies: Nigerian Specializes in Anxiety, Trauma, Bipolar  
Multiple Providers on site
- White Plains NY

(914) 997-8674

## Dr Syeda Hassan (she/her)

- Children & Adolescent Psychiatry
- Virtual only via the Kareo system
- Accepts Multiple insurances. Medicare / private.
- Multi-Lingual: English, Urdu, Spanish
- Dutchess/Surrounding counties

(845) 463-2896

## Jeanean Aming

- Doctor of Nursing Practice, Psychiatric Mental Health Nurse Practitioner
- Licensed Family Nurse Practitioner.
- Multiple specialties.
- Familiar with Dutchess County supports and services.
- Fishkill

(845) 632-2929



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



## 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, feel suicidal, or need a safe and judgment-free place to talk 24/7, call The Trevor Lifeline: 1-866-488-7336

## SAMHAA

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

## WeRnative

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.

## 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.

## Therapy for Black Girls

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

## The Steve Fund

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

## Compass Wellness

Check out Compass Wellness for a sliding scale and variety of providers! Multiple providers and therapist  
In person and virtual.  
Diverse staff, Handicap Accessible, Parking.  
Weekend hours available, multi-modal situations, multiple treatment modalities.  
(845) 605-2999  
Call or text \*

## Charlia Health

Intensive outpatient care  
Expanding access to mental health treatment to as many people struggling with serious mental health issues as possible.  
tel: +18665750249

## Step One

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

All providers are currently taking new clients  
[www.brainandbodycoalition.org](http://www.brainandbodycoalition.org)

