

**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

### **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

### **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

### **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 \*

### **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.

**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 \*

**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

**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 \*

**JESSICA RAMOS LCSW\***

Spanish Speaking  
Seeing Clients in Poughkeepsie  
Accepts Insurance  
Great customer  
service/responsive  
845-243-0367  
jessicaramoslcsw@gmail.com

**EDNA MUHAMMAD**

POC/ She/Her  
Accepts Insurance/ Multi pay  
options/ sliding scale/  
General mental health  
Life transitions, relationships,  
growth  
book on HelloAlma.com  
Virtual only/ NY

**EMMA ARNOFF**

Owner of Sensory Space  
Specializes in play therapy.  
takes a collaborative  
approach to therapy.  
Children, Families, Autism  
(845) 393 9279

**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

**KAILEEN DUNCAN,  
MHC-LP**

OFFERS LOW COST  
SLIDING SCALE OPTION  
(She/Her/Hers)  
P.O.C -  
CMHC-I Works well with  
children and young adults.  
Uses play therapy,  
mindfulness, and DBT  
Located at Compass  
Wellness  
24 Davis Poughkeepsie  
(845) 605-2999

**BIPOC RESOURCES**

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

## AMANDA DIXON

\*\*\* OFFERS PLAY THERAPY!!!  
Specializes in youth.

Accepts multi pay options  
Currently able to accept new  
clients for Fidelis, Aetna,  
CDPHP MVP & out of pocket  
payments.

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

## 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

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

## 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



## **DR. NETTA ADMONI**

**Counseling psychologist with expertise cognitive behavioral therapy (CBT) and exposure and response prevention (ERP) and treatments for adults who have experienced trauma and interpersonal/relational challenges, anxiety disorders, and adult ADHD.**

**Multiple Insurance**

**Location: Newburgh & tele-therapy  
netta@drnettaadmoni.com  
(845)391-0160**

## **DR. ANDREW BLIZARD**

**Licensed mental health counselor who specializes in Substance Use, Anxiety and Family Conflict**

**Multiple Insurance**

**Location: Newburgh & tele-therapy  
(845) 251-4113**

## **WHITNEY HARNEN**

**Licensed mental health counselor who specializes in Women's Issues, ADHD and Relationship Issues. Sees individuals, couples, and groups**

**Multiple Insurance**

**Location: Only tele-therapy in NY and CT  
(845) 280-4988**

## **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**

## **KYMBERLY CORLEY**

**Licensed Master Social Worker Works with adolescents and emerging adults looking to address anxiety, depression, self-esteem issues, and codependency/relational challenges.**

**Multiple Insurance**

**Location: Newburgh  
(845) 720-4144**

## **MIKE GARDA**

**Pronouns: he/they**

**Licensed mental health counselor who specialize in LGBTQ+, Self Esteem and Mood Disorders. Sees individuals, couples, and groups.**

**Multiple insurance**

**Location: Newburgh and tele-therapy  
(845) 237-3874**

## **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**



# **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 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

## **JEANEAN AMING**

DNP PMHNP

Licensed Family Nurse Practitioner. Multiple specialties. Familiar with Dutchess County supports and services. Location: Fishkill (845) 632-2939

## **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



## 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

## 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 Accesible, Parking, Weekend hours available, multiple payment options, multiple treatment modalities.

(845) 605-2999

Call or text \*

## JACQUELINE PMHNP

Orange County  
Psychiatric Nurse  
Practitioner

committed to helping individuals attain optimal mental well-being. Services, including assessment, psychotherapy, medication management, education, and holistic approaches. Accepts insurance Multi pay options -Jacqueline

45 Saint John Street  
Goshen, NY 10924  
(845) 606-640

## CLEARWAVE PSYCHIATRY

Variety of Providers, Prescribers, Therapy, known for TMS.  
\*\*\* Different providers take different insurance \*\*\* Check insurance prior to scheduling.  
(845)471-1807

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

## NETTA ADMONI, PH.D

Psychotherapy and ADHD Testing

372 Fullerton Avenue , Suite C  
Newburgh, NY  
(845) 391-0160

## 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

## 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

Are you looking for other resources? Try calling 211

## BIPOC RESOURCES

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

# 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](http://WeillCornellPsychiatry)

## **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](http://MindBodySoulPsych)

## **ANN RODRIGUEZ**

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

## **MARCIA JARVIS**

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

## **VITALITY PSYCHIATRY**

Vitality Psychiatry and  
Psychotherapy  
3125 Route 9w  
Suite 204  
New Windsor, NY  
12553  
(914) 502-3998

Identify M  
In person/ Virtual  
Offers TMS / DBT/ CBT

## **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](http://DebraMayers)

## **MINDFUL PSYCHIATRY**

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

NP / She/Her POC





# **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**

## **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**

## **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**

**WeNative 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.**

**WeNative**