

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 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
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



• - 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 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

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

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

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

(845)232-1377

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) 632-2929

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

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 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

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

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

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