

# The Brain and Body Coalition

## Providers List

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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.

Counseling providers can be found on pages two through four

Telehealth only counseling can be found on page five

Multi-lingual providers can be found on page six

Prescribers can be found on page seven and eight

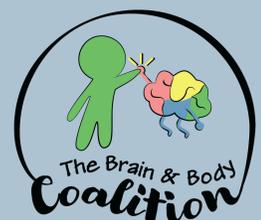
Networks can be found on page nine

If you are seeking additional resources:

- 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](http://brainandbodycoalition.org) and click on our national BIPOC resource guide.

*All providers are currently taking new clients*

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



# Counseling

## **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  
[DCNMENTALHEALTH.COM](http://DCNMENTALHEALTH.COM)  
(845) 723-1283

## **Jacqueline**

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

## **Seth Davis**

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

## **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 a clinically informed and affirmative way. Amira offers access to a Network of Providers.  
Free 15 Minute Consultation

## **Samaria Gray** (she/her)

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

## **Amanda Dixon**

Specializes in youth  
Offers play Therapy  
Accepts multi pay options  
Currently able to accept new clients for Fidelois, Aetna, CDPHP, MVP  
Healthcare  
845-307-7970  
[adixon@amandadixonlmhc.com](mailto:adixon@amandadixonlmhc.com)

Licensed Practioners at  
Amanda Dixon

**Sara** (Rhinebeck and Poughkeepsie)

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

**Elen** (Rhinebeck, Poughkeepsie, Virtual)  
Any Age  
[ehalimou@amandadixonlmhc.com](mailto:ehalimou@amandadixonlmhc.com)

Interns

**Megan** (In Person/Virtual)  
Any Age  
[mmooney@amandadixonlmhc.com](mailto:mmooney@amandadixonlmhc.com)

**Jenn** (In person/Virtual)  
Children and Teens  
[jbrosnan@amandadixonlmhc.com](mailto:jbrosnan@amandadixonlmhc.com)

## **Netta Admoni, PHD**

Psychotherapy and ADHD Testing  
372 Fullerton Avenue, Suite C Newburgh, NY  
(845) 391-0160

*All providers are currently taking new clients*

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## **Jonathan Dyckman**

Psychiatric-Mental Health  
Nurse Practitioner  
Board Certified  
Insurance accepted  
Identifies as Male  
Specializes in ADHD,  
Anxiety, Depression and  
Bipolar Disorder  
In office / telehealth  
(845) 808-9671

## **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)

## **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)

## **Charles Colclough**

Clinical Psychotherapist with  
over 18 years of experience  
working with patients to  
improve their overall  
wellness. Accepts multiple  
insurances. Public/Private  
In person / telemedicine  
Identifies Male of Color  
(646) 798-9832

## **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  
DutchessCountyStabilizatio  
nServices  
Walk-in Narcan training  
offered

## **Kaileen Duncan (she/her)**

OFFERS LOW COST SLIDING  
SCALE OPTION  
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

## **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  
Location: White Plains/  
Telemed (617)515-7645  
[Irenallieva](mailto:Irenallieva)

## **Jeronica Digby**

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

## **Jesse Lee Hinton**

Identifies Black Male  
Clinical Social work/  
Therapist  
In person/Virtual  
Liberty NY (845) 237-  
3875  
Multiple Insurance  
Options

## **Emma Arnoff**

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

*All providers are currently taking new clients*

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# Counseling

## **Dr Netta Admoni**

Counseling psychologist with expertise in cognitive behavioral therapy (CBT), 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

## **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

## **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

## **Kymerly 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

## **Gillian Hammond**

Licensed mental health counselor who specializes in Anxiety, Relationship Issues and LGBTQ+

Multiple Insurance  
Location: Kingston & tele-therapy  
(845) 599-0331

## **Christopher St. Germain**

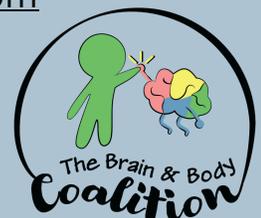
Licensed Clinical Psychologist. Areas of specialization include anxiety, couples work, identity development, and LGBTQ/ Sexuality and gender concerns.

CBT  
St.GermainPsychology@gmail.com  
(845)232-1377  
[www.drchrisstgermain.com](http://www.drchrisstgermain.com)

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# Telemedicine Only

## **Chamell Wilson**

(she/her)

Clinical Social Work  
Liscensed Master Social  
Worker Location:  
Lagrangeville  
Telemedicine Only  
(845)379-9022

## **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 option  
518 227 0589

## **Abby**

Licensed Practioner  
Connected to/ Works  
with Amanda Dixon  
Specializes in Adults  
ahanna@amandadixonl  
mhc.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

## **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

## **Whitney Harnen**

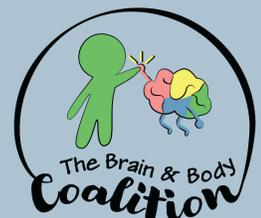
Licensed mental health  
counselor  
Specializes in Women's  
Issues, ADHD and  
Relationship Issues. Sees  
individuals, couples, and  
groups  
Multiple Insurance  
Location: Only tele-therapy  
in NY and CT  
(845) 280-4988

## **Justina**

Licensed Medical  
Health Counselors at  
Amanda Dixon  
(Telehealth Only)  
Counselor  
specializes in Children,  
Teens, and Young  
Adults  
jreilly@amandadixonl  
mhc.com

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# Bi/Multi-Lingual Counseling

## More Providers Being Added Weekly

### 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

[InspiredCounselingService.com](http://InspiredCounselingService.com)

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### 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](http://AstorServices.org) \*

### Jessica Ramons LCSW

Spanish Speaking  
Seeing Clients in  
Poughkeepsie

Accepts Insurance

Great customer  
service/responsive

845-243-0367

[jessicaramoslcsw@gmail.com](mailto:jessicaramoslcsw@gmail.com)

### Tania N. Barreras-Cruz

MD Psychiatry

Nuvance Health

Medical Practices

Behavioral Health

Poughkeepsie

21 Reade Place, Suite

1100

Poughkeepsie, NY 12601

Bilingual

[TaniaNBarreras-Cruz.com](http://TaniaNBarreras-Cruz.com)

### Lauren

In-person/Virtual

Intern with Amanda

Dixon

Teens and Adults

Speaks Russian

[lmargolin@amadadixon1mhc.com](mailto:lmargolin@amadadixon1mhc.com)

mhc.com

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# Prescribers

## **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, Insomnia, PTSD.  
Identifies: Black/African American  
Private Pay / Sliding Scale

Middletown/ Telemedicine  
(845)238-8853, [DebraMayers](mailto:DebraMayers)

## **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)

## **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

## **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, [HughMcKenzie](mailto:HughMcKenzie)

## **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](mailto:KarinaSantibanez)

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# Prescribers

## **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. [Dr.Ahmed](#)

## **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.  
[MindBodySoulPsych](#)

## **Babatunde E. Asemota**

Adult Psychiatry  
 Identifies: Nigerian  
 Specializes in Anxiety, Trauma, Bipolar  
 Multiple Providers on site  
 White Plains NY  
 (914) 997-8674,  
[BabatundeEAsemota](#)

## **Dr Syeda Hassan (she/her)**

.Children & Adolescent Psychiatry  
 Virtual only via the Kareo system  
 Accepts Multiple insurances.  
 Medicare / private.  
 Multi-Lingual: English, Urdu, Spanish  
 Incredible office staff  
 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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# Networks

## 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: 1-866-488-7386  
[TrevorProject](http://TrevorProject.org)

## 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](http://TherapyforLatinx.org)

## 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, multiple payment options, multiple treatment modalities.  
(845) 605-2999  
Call or text \*

## 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.  
[SAMHAA](http://SAMHAA.org)

## Therapy for Black Girls

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.  
[TherapyforBlackGirls](http://TherapyforBlackGirls.org)

## 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

## 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.  
[WeRNative](http://WeRNative.org)

## The Steve Fund

The Steve Fund's mission is to promote the mental health and emotional well-being of young people of color.  
[TheSteveFund](http://TheSteveFund.org)

## 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

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