

# The Brain and Body Coalition

## Providers List

---

Page 1

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

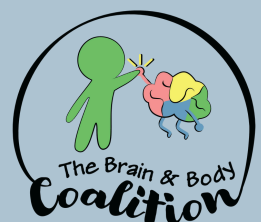
Networks can be found on page nine

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)*



## **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](tel:845606640)

## **Seth Davis**

Trauma informed  
experience working with  
patients to improve  
their overall wellness.

Accepts multiple  
insurances.

Public/Private

In person / telemedicine

Identifies Male of Color

845- 552-2933

## **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 Fideliois,  
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

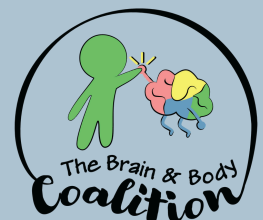
[jbrosnan@amandadixonlmhc.com](mailto:jbrosnan@amandadixonlmhc.com)

## **Netta Admoni, PHD**

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

*All providers are currently taking new clients*

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



**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  
DutchessCountyStabilizationServices  
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*

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



# Counseling

Page 4

## **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

## **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

## **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**

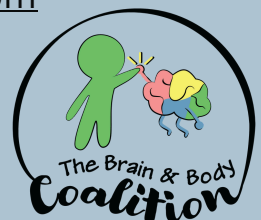
Licensed Clinical Psychologist. Areas of specialization include anxiety, couples work, identity development, and LGBTQ/ Sexuality and gender concerns.

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

om

*All providers are currently taking new clients*

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



# 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**

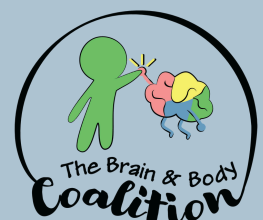
Licensed mental health  
counselor  
Specializes in Women's  
Issues, ADHD and  
Relationship Issues. Sees  
individuals, couples, and  
groups  
Multiple Insurance  
Location: Only tele-therapy  
in NY and CT  
(845) 280-4988

## **Justina**

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

*All providers are currently taking new clients*

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





# 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

Ⓢ \*

## **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 Ramons LCSW**

Spanish Speaking  
Seeing Clients in  
Poughkeepsie  
Accepts Insurance  
Great customer  
service/responsive  
845-243-0367

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

## **Lauren**

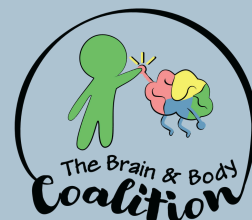
In-person/Virtual  
Intern with Amanda  
Dixon

Teens and Adults  
Speaks Russian

Imargolin@amadadixonl  
mhc.com

*All providers are currently taking new clients*

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



# 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](#)

## **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](#)

## **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**

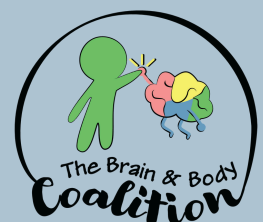
Psychiatric Nurse Practitioner  
Identifies Black Male  
Practicing over 20 years. Focus  
on Optimal Health and  
Wellness. Multiple  
Insurance/Pay Options.  
Location: Newburgh/Online  
(845)704-1262, [HughMcKenzie](#)

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



# 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)**

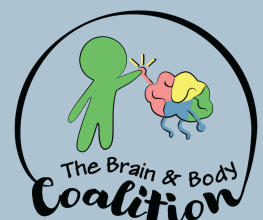
.Children & Adolescent Psychiatry  
Virtual only via the Kareo system  
Accepts Multiple insurances.  
Medicare / private.  
Multi-Lingual: English, Urdu, Spanish  
Incredible office staff  
Dutchess/Surrounding counties  
(845) 463-2896

## **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

*All providers are currently taking new clients*

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





# 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.org](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.org](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.org](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.org](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.org](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.org](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

*All providers are currently taking new clients*

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

