

Mental Health/ Community Services- Referral List

PRIVATE PRACTICES:

Dr. Karin Brenner, MA, LCSW

967 Route 22

Brewster, NY 10509

Tel# 914-712-6340

Website: See her page on the Psychology Today website

- Experienced clinician (30+ years) who has worked with children, adolescents, families, adults and couples.
- Specializes in treating severe anxiety, depression, eating disorders, family conflicts, parenting skills, learning disabilities, self esteem, and school related problems.
- Treats ages 6 and up
- Fully fluent in Spanish and German
- Average flat rate for services ranges from \$80-\$120 per session, but sliding scale is available for those who qualify. Accepted payment method: cash, check
- Accepted insurance plans: out of network

Gary Edelstein, LCSW-R

Director of Hudson Valley Community Services

Hudson Valley Community Services: (845) 878-9078

Office Location: 16 Mt Ebo Road South Ste 14A Brewster, NY 10509

Best Tel# to reach him: 845-629-2830

- Treats ages 5-18
- Specializes in treating anxiety, depression, compulsive disorders, and behavioral deregulation.
- Provides individual and family therapy
- Provides parent training on behavioral deregulation
- Experience in working with children with development disabilities
- Insurances accepted: mostly out of network plans but does not accept most in-network plans. If the child/ family have no insurance, he will do a sliding fee for services.

Debbie Lang, PhD

36 Granite Springs

Granite Springs, NY 10527

Tel (914) 248-6733

- Has been in private practice for 26 years.
- Works with children, families and groups.
- Good communicator with home and school.
- Runs groups for autistic children, all ages, adolescents, and for adults/ parents.
- Specializes in anxiety disorders, OCD, Asperger's, and ADHD.
- Insurance accepted: United, Oxford, Empire Blue Cross Blue, MVP, PHCS, Medicare. She sees out of network clients who have a POS or PPO. If the person has no insurance, she will try to work with them on a sliding scale.

Paul Mayglothing, PhD

152 Deer Hill Ave Ste 114

Danbury, CT 06810

Tel# 203-790-4301

Mental Health/ Community Services- Referral List

Richard Murray, LMFT

725 Route 9

Fishkill, NY 12524

Phone - 845-625-8548

Alternate daytime contact number: 845-279-5051 ext 125

- General practice in counseling, psychotherapy and consultation.
- Has private practice hours limited during the week in the afternoons, and all day Saturday.
- Is a NY State licensed marriage and family therapist.
- Provides family, stepfamily, couples and adolescent counseling *please note that the vast majority of the adolescents that he sees are middle school age and up.
- Has extensive experience with convicted sex offenders as well as working with victims of sexual abuse.
- Does not work directly with insurance, but does provide a receipt which clients can submit to insurance for reimbursement. Will complete a sliding fee scale for services for those without insurance.

Coleen Snow, LCSW

967 Rte 22

Brewster, NY 10509

Tel# 845-803-5574

- Sees mostly adolescent girls
- Specializes in low self esteem, cutting, borderline personality issues, grief/ loss, trauma, addiction, anxiety and depression.
- Also works with families going through divorce/ separation
- Provides individual and family therapy
- Office hours: Thursdays all day/ evening and Fridays: 9:30am-2:30pm
- Insurances accepted: Value Options, Aetna, Oxford, Optimum and United Healthcare. For those without insurance, she will evaluate case by case to determine if the person is eligible for a sliding fee

Alan Tepp, Psychologist

(914)232-1000

www.drtepp.com

- Dr. Tepp provides comprehensive psychological services for children, teens, young adults, adults, and marriages, along with psychological testing. He specializes in helping children with ADD/ADHD. No groups are offered at this time.
- Consultant to Four Winds Hospital
- Dr. Tepp participates in very few insurance plans, because of the very low reimbursement afforded behavioral health. Many insurance companies have "Out-of-Network" benefits, and after a deductible is met, sessions are often covered at 50 or even 80 percent. This is individual and specific to each and every plan and something you should discuss with your benefits manager at work. Hourly charges are between \$150 and \$250 per hour, depending on office location and the type of office visit.
- Office Locations: Mt. Kisco, New York, Fishkill, New York and Ridgefield, Connecticut

Dorothy Whalen-Budnik BSN, LCSW-R, CASAC

Patterson Office Address: 42 Bridle Ridge Road Patterson, NY 12564 (Fri-Sat) Tel#(845) 878-4508

Somers Office Address: 253 Route 202 Somers, NY 12563 (Mon-Thurs) Tel #(914) 669-8360

- specializes in PTSD, sexual abuse, addictions, works with parents and children, chemical dependency, couples, and groups for survivors of sexual abuse

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- Insurances accepted: Cigna, Oxford, United Behavioral Health, GHI, United Healthcare/ Oxford, MVP, CDPHP, Empire Blue Cross Blue Shield, Medicare. Also accepted are EAP through US Post Office, Pepsi and IBM. She may be an approved provider for Medicaid HMO's but client has to verify this directly with their insurance.

BEHAVIORAL HEALTH CLINICS:

Astor Services for Children and Families

Dover Satellite
6423 Route 55
Wingdale, NY 12592
Tel# 845-350-3010

Partial Hospitalization Program
205 South Avenue
Poughkeepsie, NY 12601
Tel# 845-554-1091

www.astorservices.org

The Dover Satellite Program through Astor offers the following:

- Outpatient therapy services can include 9 home visits per family per year
- Serve ages 2-21 in providing mental health services, including individual and family therapy, crisis intervention services, outreach, complex care management, psychiatric services, psychological testing, health screening, substance abuse screening, clinical support services, ADHD evaluation, safety planning and discharge planning.
- Office Hours are: Mondays 9-5, Tuesday and Wednesdays 9-8pm.
- Walk-in times are Monday: 10:30am for an 11am appointment. Tuesday/ Wednesday: 9:30am for a 10am appointment. Families must call in advance to see if the slot is open for that day.
- Insurances that are not accepted include: Cigna, Pomppo, Principal Life, and 1199. All other insurances are accepted including: Oxford, United Behavioral Health, GHI, United Healthcare/ Oxford, MVP, CDPHP, Empire Blue Cross Blue Shield, Medicaid and Medicare.

Behavioral Health Services @ New Milford Hospital

23 Poplar Street
New Milford, CT 06776
Tel# 860-354-3762

- Provide individual and family counseling from age 5 and up
- Office Hours vary by therapist Monday- Friday
- Insurance Accepted vary by provider- Medicaid & Medicare accepted
- If medication is not necessary, intakes can be scheduled out for a week. If a psychiatrist's services are needed, intakes can be scheduled out up to two weeks.

Carmel Psychological Associates

667 Stoneleigh Ave
Carmel, NY 10512
Tel# 845-279-5908 or 845-230-6109

Contact: Mariel Roth, LCSW-R

- Specializes in working with teens and adults dealing with depression, anxiety, self harm behaviors and substance abuse.
- Accepts almost any insurance except GHI and Affinity. Individuals/ families should always call the front desk at [845-279-5908](tel:845-279-5908) to verify that this provider is approved through the insurance. If the individual or family does not have insurance, you need to negotiate an out of pocket fee for services.
- Office hours vary day to day but she sees clients Mondays, Tuesdays, Thursdays and Fridays- some late afternoon/ evening times are available.

Mental Health/ Community Services- Referral List

Counseling Associates of Greater Danbury

2 Old New Milford Road
The Landmark Building, Suite 2F
Brookfield, CT 06804
(203)775-2583

www.counselingassoc.com

- Clinician licenses vary from LCSW's and LPC (Licensed Practical Clinicians)
- FYI: Nancy Fawcett is no longer with this company.
- The following insurances are accepted: Cigna, Oxford, United Behavioral Health, United Healthcare/ Oxford, Value Options, Empire Blue Cross Blue Shield. Medicaid. Medicaid HMO's and Medicare are not accepted.
- This office current has 3 clinicians that are accepting new clients. Office hours vary according to the clinician.
- Clinicians have experience in treating all ages, and can provide individual and family therapy. No groups are offered at this time.

Danbury Hospital

Department of Psychiatry and Behavioral Health
Mobile Crisis/Emergency Psychiatric Services
Tel#800-516-3657

- For Children, Adolescent and Family Outpatient Care:
 - Children's Health and Wellness Center
79 Sandpit Avenue
Danbury, CT 06810
- For Children and Adolescents' Intensive Outpatient Services:
 - Danbury Hospital Outpatient Psychiatric Center
152 West Street
Danbury, CT 06810

Dynamic Intervention, LLC

11 West Main Street
Pawling, NY 12564
Tel# 845-702-1042

Contact: Jacqueline B. Muller, LCSW-R, RMT

www.dynamicinterventionllc.com

- Provides holistic counseling, mentoring, and educational programs
- Provide individual & family therapy
- Bilingual services available through private pay at this time.
- If the person has no insurance, she can do a sliding scale. Insurances accepted include: Oxford, United Behavioral Health, United Healthcare/ Oxford, GHI, Value Options, Empire Blue Cross Blue Shield. Medicaid HMO's and Medicare are not accepted.

Mid-Hudson Counseling Group

1009 Route 82
Hopewell Junction, NY 12533
Tel# 845- 227-9223

North Office/ Deborah Disanza- Galano, LCSWR
3284 Franklin Avenue
Millbrook, NY 12545
Tel# 845-605-1250

<http://midhudsoncounseling.com/index.html>

- Mike Galano, LCSW CASAC is a therapist that works with substance abuse/depression and is good with adolescent males.

Mental Health/ Community Services- Referral List

- Goal is to help individuals and families improve balance, clarity and contentment whether experiencing crisis or examining life issues. This practice has experience in treating the following areas: Depression, Anxiety, Relationship Issues, Divorce / Separation, Work & School Issues, Substance Abuse, Transitional Life Issues, ADHD & Spectrum Disorders, Illness / Loss / Grief, PTSD & Trauma
- This practice services Adults, Adolescents, Families, Children and children that have special needs
- Insurances accepted include: MVP, Value Options, Aetna, Empire Blue Cross Blue Shield, 1199, Steamfitters, Magellan, Cigna, GHI / Emblem, Carpenters Union, Oxford, MHN, United Behavioral Health, Pomco, Tricare, CDPHP, Fidelis, Substance Abuse Evaluations DMV Approved

Putnam Family and Community Services

1808 Route 6

Carmel, NY 10512

Contact: Jenny Jablonka ext 102

Tel# 845-225-2700

www.pfcsinc.org

- Offer individual, family counseling as young as 3.5 years
- Offer children's group from age 5-15 years
- No substance abuse counseling for adolescents but substance abuse is available for 18 years and up
- Insurances accepted vary according to each provider. Medicaid and Medicare are accepted.
- At this time, there are 10 therapists on staff, but they usually staff 12.
- Psychiatric services are also available

The Therapy Center at Brewster

Michael DePaoli, LCSW-R- Director

Alternate Contact/ Therapist: Joanna

Pollock

1456 Route 22

Brewster, NY 10509

(845) 278-6799 ext 253

- Mr. DePaoli does not accept insurance- he provides cash only services.
- Mr. DePaoli works especially well with young boys.
- Intakes can be scheduled within one week.
- Therapy Center employs over 40 clinicians.
- For other therapists at the therapy center, they accept all but the following insurances: HIP, Emblem Health, HMO's, GHI, MVP, CDPHP, Cigna, Medicaid, nor Medicaid. All other insurances are accepted. Therapy Center is an approved provider of PROMPCO- Carmel School employers' insurance.
- Affiliated with psychiatrist on staff- Dr. Lorraine Innes for medication management services. Dr. Innes supervises 4 Psychiatric Nurse Practitioners through TTC Psychiatric Tel#914-241-0758

INPATIENT AND PARTIAL HOSPITALIZATION PROGRAMS

Arms Acres

75 Seminary Hill Road

Intake/ Admission Tel# 888-277-4641 or 800-989-2676; for outpatient services call 845-225-5202

www.armsacres.com

- Offer inpatient and outpatient services for individuals with chemical dependency.

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- Provide detoxification, adult and adolescent services and may include the following services: day/ evening programs, individual case management, psychiatric evaluation and medication management, dual focus program, relapse prevention group, family counseling, basic skills education group, gay, lesbian & transgendered programs, community programs, DMV evaluations, individual counseling, IOP program, chemical dependency assessment, drug testing and monitoring, Latino program, and a suboxone program.

Dutchess Intensive Day Treatment (DIDT)

c/o Dutchess BOCES-BETA
900 Dutchess Turnpike
Poughkeepsie, NY 12603
Tel# 845-486-4944

Four Winds

Contact: Sherrill Silver, RN, MS
800 Cross River Road
Katonah, NY 10536
Tel# 914-763-8151; Admissions Tel# 800-528-6624

- Offer inpatient and partial hospitalization services for children and adolescents age 5 and up
- Treatment integrates principles of Applied Behavioral Analysis focusing on developing social skills, mastering impulse control and reinforcing healthy communication. Adolescent treatment utilizes DBT-informed treatment including relapse prevention and skills training in mindfulness, distress tolerance, emotional regulation and interpersonal effectiveness.

PSYCHIATRISTS:

Dr. Sheth	St. Francis Hospital- Poughkeepsie	(845) 431-8762
Dr. Harriet Ackerman	Mt. Kisco	(914) 629-1466
Dr. Yonatan Sokol	Private Practice/ District Consultant	(845) 248-2387 or (914)358-4478
Dr. Malenbaum	Specializes in Pediatric Developmental Disorder	(914) 834-4379
Dr. Lerman	Yorktown Heights	(914) 242-8570
Dr. Jacobs	Mahopac	(845)628-9595

PSYCHOLOGISTS/ NEUROLOGISTS:

Associated Neurologists: 2 locations:

Danbury, Connecticut
69 Sand Pit Road
Danbury, CT 06810
Phone:(203) 748-2551

New Milford, Connecticut
1 Old Park Lane, Unit #3
New Milford, CT 06776
Phone: (860)350-3151

Gabrielle Stutman, PhD

Psychologist/Neuropsychologist
(914) 693-5045

PUBLIC RESOURCES/ SERVICES:

Community Resources and Service Center

Mental Health/ Community Services- Referral List

126 E Main Street
Pawling, NY 12564
Tel# 845-855-3459

- Provide families who are in need of food/personal care items to. Individuals/ Families just need to show residency with a copy of a bill, driver's license, etc.

Crime Victims Assistance Program

24 hour Rape Crisis and Crime Victims Hotline: 452-7272.
Information and scheduling: 452-1110 ext. 3038 or ext. 3121

Department of Mental Hygiene (Poughkeepsie)

(845) 486-3700

- Assists children with disabilities through numerous interventions

Dutchess Community Action

Poughkeepsie Office Tel #845- 452-5104

Dover Office tel# 845-877-9272

- Helps w/outreach, counseling, referrals, food, emergency rent & utilities
- Can connect families in need to the following programs (see Mrs. Kelly for more details on each program): POP (Powerful Opportunity Program), Fuel Survivors Club, HEAP, Energy Crisis Intervention Program, Weatherization, Assisted Home Performance with Energy Star, Heating Equipment Repair and Replacement, Big Brothers Big Sisters of Dutchess County, Extra Helpings, Food Bank/ Food Pantry, Mid Day Meal, Family Development Program, Family Holiday Savings Program, Family Health Plus/ Child Health Plus, Thrift Shops, Earned Income Tax Credit, Food Stamps Screenings, Mastroianni Fund, Miles of Hope Breast Cancer Foundation, Dorothy J Campbell & Dorothy P. Campbell Fund, Prescription Drug Plan

Dutchess County Office of Probation and Community Corrections

50 Market Street
Poughkeepsie, NY 12601
Tel# 486-2600

<http://dpca.state.ny.us/dutchess.html>

Dutchess County Youth Services Unit

Contact: Don Creighton, Youth Worker
Tel# 845-677-5102

Dutchess Outreach, Inc

29 North Hamilton Street Ste 202
Poughkeepsie, NY
845-454-3792

www.dutchessoutreach.org

- This program runs local food pantry and has shelter information for the Dutchess county area
- This program is located in a building that also provides numerous services to the community, including housing information, mental health and medical services, and advocacy through the Legal Aid program

Hudson Valley Mental Health/ Helpline

Tel #845- 485-9700

Mental Health/ Community Services- Referral List

- For children having a mental health crisis, you would call the helpline. They will conduct an over the phone evaluation and determine if mobile crisis unit is needed. From there, they will contact the mobile crisis unit through Astor at tel#845-518-6491- Steve Heffernan is the contact person there.
- The mobile crisis unit for adults is no longer operational- this has been effective for about 2 years. If you have concerns for an adult, you should call the helpline- they will help you determine if 911 is needed or if they need to do a “945” order, which is a pick up order for the person to be evaluated. The helpline can facilitate this order to be issued, as only the commissioner can issue such an order. If it is an emergency, call 911 and try to give as much information as possible about the person/ situation warranting the call.

Mental Health Association in Dutchess County, Inc.

253 Mansion Street
Poughkeepsie NY 12601

Phone: (845) 473-2500

Fax: (845)473-4870

<http://www.mhadc.com/>

- Offer a variety of mental health services and run a number of ongoing groups

OTHER SERVICES/ PROGRAMS:

Arbor House

899 Rte 22

Brewster, NY 10509

Tel# 279-2378

- Provide temporary residential and respite services and case management to youth who have run away, been displaced from their home, are homeless, need a break due to family conflict, have been discharged from a residential facility, or who cannot be home for other reasons. The Youth Shelter is a voluntary safe house that serves youth, ages 12-17, and has a maximum stay of 30 days. During their stay, youth will receive an array of services including individual and family counseling, case management services, referral assistance and life skills training.
- Youth receive counseling and guidance to assist them in identifying areas of conflict and setting goals that work toward improving their living environment and family communication while promoting positive interpersonal growth.

For students who are uninsured, you can refer them to the following to be screened for public health insurance:

Maternal Infant Services Network

OR

Child Health Plus

Contact: Lynda Brady

Tel# 800-698-4543

Tel# 845-928-7448 ext 303

Email: lbrady@misn-ny.org