**Private Therapists**

Families Together-Janis Masse LCSW Catskill & Kingston NY- 518-719-0123 - 518-868-6037 adults, teens, children \*accept most insurances

[jmasse@familiestogetherny.com](mailto:jmasse@familiestogetherny.com) <https://www.familiestogetherny.com/>

Michelle Fischer LMHC Coxsackie NY- 518-731-6781 – 518-303-5674

(Aetna, CDPHP, Fidelis)

Kelli Gilmore LCSWR, CASAC Saugerties NY- 914-466-0930 – 914-600-7174

(BCBS, CDPHP, Empire BCBS, MVP, Medicare) adults & teens

Lucas Monroe LCSWR Woodstock NY- 518-348-8233

(Empire BCBS, BCBS, CDPHP, Emblem Health, Fidelis, MVP, Magna Care, Optum, Tricare) adults, teens, pre-teen

Jessica Dillon LCSWR Saugerties, NY – 518-855-3322- 518-265-5153

(Aetna, Empire BCBS, BCBS, BlueShield of NENY, CDPHP, Emblem Health, Fidelis, Humana, MVP, Magnacare, Medicaid, Medicare, NYSHIP, Optum, United Health Care) adults & teens

Dan Michaud Valatie, NY [518-418-7801](tel:+1-518-418-7801)

(BCBS, BlueShield of NENY, CDPHP, Emblem Health, Empire BCBS, MVP, Medicare, Medicaid) adults & teens

Walter Kendall PhD Castleton NY 518-599-5007 adults

Pamela Perkins LCSW 845-616-9087 – 845-875-4346

(BCBS, Empire BCBS, CDPHP, Fidelis, MagnaCare) adults, teen, children

Carole Sayle LCSW-R, CASAC Palenville, NY (518) 943-5354

(Aetna, Anthem, BCBS, CDPHP, Cigna, Emblem Health, Empire BCBS, Fidelis, MVP, Magellan, Medicare, NYSHIP, Optum, Tricare, United Health Care) adults

Suzanne Tolomeo LMHC Leeds, NY 518-620-4769

(Aetna, CDPHP, Emblem Health, Fidelis, Horizon BCBS, MVP, Magellan, MagnaCare, Tricare, United Health Care, MVP) Adults, teen, children

Yasamin Larizadeh, LCSWR Chatham, NY 518-319-3018

( BlueShield of NENY, CDPHP, MVP, NYSHIP) adults, teens, children

Clearwater Counseling Associates Hudson, NY 518-261-9038 ext. 102

(managed Medicaid, Medicare, CDPHP, BCBS, Empire Plan, Fidelis, MVP, CDPHP) Adults, teens, children

**Private Psychiatrists**

Apti Health – fully telehealth based service with **both therapists & psychiatrists** <https://www.aptihealth.com/>

Peeyush Mittal MD                        Catskill NY 518-688-1738 <https://www.peeyushmittalmd.com/>

Medicare, Empire BCBS, CDPHP, MVP, Blue Shield of NENY, Aetna, UHC, Optum

New Spruce Psychiatric-James Weidel Catskill NY 518-947-9140 [newspruce@newsprucepsychiatric.com](mailto:newspruce@newsprucepsychiatric.com)

(CDPHP, Medicare, Aetna, Cigna, Oscar, Oxford, and United Health Care)

Institute for Family Health, **(therapy & Psychiatry)** Kingston 845-338-2562

adults, teens, children

Vitality Psychiatry Group **(therapy & psychiatry)** Albany, NY 518-691-0732

<https://vitalitypsychiatry.org/contact-us/>

adults, teens, children

Evolve Psychiatry **(therapy & psychiatry)** Albany 631-229-4227

<https://evolvepsychiatryalbany.com/albany-ny/adult-psychiatry/>

Cynthia Spellman Albany 518-951-8582 (TELEHEALTH) <https://psychiatristalbany.com/home/> Out Of Network Insurance

Julia Eilenberg Rhinebeck, 845-876-7822 <http://www.juliaeilenberg.com/index.html> Out of Network Insurance

**Private Psychological Testing (ie ADHD testing) and Counseling**

Karner Psychological Associates Albany NY (518) 456-5056 <https://karnercare.com/>

Freedom First Latham NY (518) 560- 4277 <https://freedomfirstpsych.com/>

University At Albany Psychological Testing Albany NY (518) 442-4900 <https://www.albany.edu/psc/psychological_testing.php>

**Additional Resources:**

Anger Management & Parenting Classes: Cornell Cooperative Institute,

Rebecca Polmateer 518-622-9820 x117

Public Health New Mom & Baby Visits: Please call 518-719-3600 for more information or visit

<https://www.greenegovernment.com/departments/public-health/new-mom-baby-visits>