

## **Counseling Resources**

Ulster County Mobile Mental Health-844-277-4820 toll free

### **The following agencies accept health insurance:**

Astor Services for Children and Families-contact (845) 340-4105 or Astor-New Paltz

Walk-In-Center-(845) 419-0850

### **The following are local, private therapists (some may accept health insurance):**

Access Counseling Center- New Paltz-(845) 255-3474

Beth Coons, LCSW-New Paltz and Poughkeepsie-(845) 702-4806—childhood bipolar disorder

Catskill Family Institute-(845) 338-5450—family therapy

Claudine Craig, Ph.D-(917) 324-5595/(646) 699-4766-mood disorders, addictions, anxiety, eating disorders

Kathleen Caproni, Ph. D-Sun Creek Center (914) 260-9818

Cathy Dinardo-(646) 461-4656

Donna Elkin-(845) 255-4343

Kim Ellison-(845) 392-5827

Pierrette Farber-(845) 384-1108-specializes in adolescent drug and alcohol abuse

Amy Frisch-(845) 706-0229-specializes in work with teenage girls

Tom Grant- (845) 256-9528

Andrea Grumbine- (845) 255-8830

Andrea Grunblatt-licensed psychologist-Kingston-(845) 331-3001

Keith Herbert-(845) 339-2370

Tom Lund-(845) 338-5450

Maverick Family Counseling-Woodstock- (845) 679-8650

Dennis McCarthy-(845) 331-1029-specializes in play therapy

Rosie McLaughlin-Rosendale Family Therapy Center-(children and adolescents/bilingual therapist/play therapy) (917) 817-6838

Dr. Richard Ovens-(845) 255-2855- psychologist specializes in ADHD.

Susan Piowaty- (845) 255-1515- psychotherapist, specializes in adolescents eating and cutting disorders.

Janine Prisco-(917) 626-0255

Elaine Ramos- (845) 255-8014 (offers sliding scale, Saturday hours)

Michelle Rhodes-art therapy (845) 255-8039

Rosey Rouhana-(845) 262-4372

Rosendale Family Therapy-(845) 658-9760 (offers sliding scale)

Shelley Tattelbaum-(845) 471-5269-grief counseling

Aileen Walsh-(845) 853-9090

Woodstock Therapy Center (845) 679-5511

[www.infinitymentalhealth.com](http://www.infinitymentalhealth.com) Their number is 419-3939. Liz Rogers, Chrystal Rubang

**Psychiatrists:**

Dr. Sriskandarajah-(845) 452-3500

Dr. Hahn Roya Karbakhsh, MD- (845) 255-1117

Holly Ellison- (845) 399-3861--Psychiatric Nurse Practitioner

Jennifer Qunitero-Psychiatric Nurse Practitioner-New Paltz Family Health Center-  
(845) 255-2930

Dr. Celeste Grosso-

**Neurologists:**

eRiver Neurology of New York-Dr. Castaneda- (845) 452-9750

Kingston Neurological Association-(845) 331-5165

**Developmental Pediatricians:**

Monica Meyer- (845) 679-0100

Dr. Cicatello- (845) 231-5600

**Developmental optometrists:**

Dr. Morrison- (845) 255-4696

Dr. Grossman- (845) 255-3728

Dr. Amelia Bartolone- (845) 443-6800

Dr.Cayea- (845) 471-3650

# Community Resources

## COMMUNITY RESOURCES

**Big Brothers/Big Sisters :** (845) 338-0431

**Child Health Plus:** 1-800-698-4543

**Community Service Organizations:** Kiwanis, Lion's Club, Rotary

**Crime Victims Assistance:** (845) 340-3443

**Drug and Alcohol Abuse Services:**

- Alcohol Abuse Program (845)340-4000
- Drug Abuse Info Line 1-800-522-5353
- Liberty Behavioral Management Corp. (800) 989-2676
  - Arms Acres
  - Conifer Park
- Step One Program 334-8590

**Family:**

- Family of Kingston (845) 338-2370
- Family of New Paltz (845) 255-8801
- Family of Woodstock (845) 679-2485

**Family Court:** (845) 340-3600

**Foster Care:**

- Harbor Program (845) 336-4747
- KidsPeace (866) 4Kidspeace

**Hospice:**

- Hospice (including Kids Group) (845) 338-CARE; (845) 473-2273
- Dutchess County (845) 485-2273
- Hospice group-grief counseling-(845) 473-2273 x1179

**Hospitals:**

- Health Alliance- Kingston -Main Number 338-2500
- Mid Hudson Regional Hospital-Psych E.R. 431-8892
- Behavioral Health Services-Outpatient 431-8287

**Institute for Family Health:** 338-2562

**Mental Health:**

- Ulster County Mental Health (845) 340-4000
- Astor Services for Children and Families (845) 340-4105
- Mental Health Association (845) 339-9090

**Psychiatric Hospitals and Facilities:**

- Four Winds- 1-800-546-1770
- Rockland Children's Psychiatric Center (RCPC) 359-7400

**RAPP (Relatives as Parents Program): (845) 340-3990**

Kinship Navigator- Grandparents, Relatives and Family Friends caring for children--877-454-6453

**Recreational Groups:**

- Arts Community (845) 339-4056
- Arts Community Gymnastics (845) 895-2610
- YMCA (845) 255-2107
- Girl Scouts of Ulster County (845) 338-5367
- Boy Scouts of America (845) 339-0846
- Town Recreation Programs
  - New Paltz 255-0100
  - Gardiner 255-9675
- New Paltz Youth Center 255-5140

**Resource Center for Accessible Living: (845) 331-0541****Self-Help Groups:**

Adult Children of Alcoholics (Growing Together) (845) 331-6360

Al-Anon (845) 688-5401

Alateen (845) 657-6226 or (845) 336-8587

Alcoholics Anonymous (845) 331-6360

Overeaters Anonymous (845) 657-6603

Independent Living Skills (845) 331-0541

Learning Disabilities Support Group (845) 452-3913

Multiple Sclerosis Support Group (845) 331-8680

Narcotics Anonymous (845) 452-8514

OCD Support Group (845) 473-2500

Parents helping parents of kids with problems (845) 336-4483

**Suicide Crisis: Hotline (845) 338-2370; 1-800-273-TALK**

#### **Ulster County BOCES**

- Port Ewen- (845) 339-8722
- New Paltz- (845) 255-1400

**Ulster County Coordinated Children's Services:** (845) 334-5050

#### **Ulster County Department of Social Services**

Mandated Reporter Hotline Number 1-800-635-1522

Local C.P.S. (845) 334-5100

Family Violence Unit (845) 334-5155

Preventative Services (845) 334-5400

Medicaid Office (845) 334-5035

**Ulster County Mental Health Association:** (845) 336-4747

**Ulster/Greene ARC:** (845) 331-4300

**Ulster/Sullivan Mediation:** (845) 691-6944

**United Way Information and Referral Service:** Dial 2-1-1

**Youth Crisis and Runaway Hotline:** 1-800-448-4663; Teen Shelter Hotline (845) 338-5953

**Youth Bureau:** (845) 340-3180