

BIPOC & Gender Affirming Counselors- Capital Region

1. Ashley Whiteside, LMSW

- a. Location:
 - i. Albany, NY 12206
- b. Contact information:
 - i. 917-540-5040
- c. Insurance Information:
 - i. Self Pay
- d. Specialties
 - i. Anxiety and depression
 - ii. Depression
 - iii. Grief
 - iv. Trauma and PTSD
 - v. Mood disorders
- e. Client Focus:
 - i. BIPOC Women

2. Naimah Muhammad, LMSW

- a. Location:
 - i. 1 North Front St. Kingston NY, 12401
- b. Contact information:
 - i. 914-685-5804 x154
- c. Insurance Information:
 - i. Aetna
 - ii. CDPHP
 - iii. Fidelis
 - iv. Kingston Land Trust
- d. Specialties
 - i. Depression and anxiety
 - ii. Behavioral difficulties
 - iii. Domestic violence
 - iv. Racial identity
 - v. Women's issues

3. Ashley Morales, MHC-LP

- a. Location:
 - i. 6 Chelsea Place, Clifton Park NY 12065
- b. Contact Information
 - i. 518-539-4574
- c. Insurance Information:
 - i. Aetna
 - ii. Beacon Health Options
 - iii. Blue Cross Blue Shield of NENY
 - iv. CDPHP
 - v. MVP Healthcare

- vi. Medicare, Medicaid
- vii. Optum
- viii. TriCare
- d. Specialties:
 - i. Anxiety
 - ii. ADHD
 - iii. Bipolar Disorder
 - iv. Personality Disorders
 - v. Trauma & PTSD
 - vi. Psychosis
- e. Client Focus:
 - i. LGBTQ+

4. Michelle Williams, LMSW

- a. Location:
 - i. 5 Pine West Plaza Albany NY 12205
- b. Contact Information
 - i. 518-990-7917
- c. Insurance Information:
 - i. Blue Cross Blue Shield
 - ii. Highmark
- d. Specialties
 - i. Addiction
 - ii. Teen violence
 - iii. Anxiety and depression
 - iv. Personality and Mood Disorder
- e. Client Focus:
 - i. LGBTQ+

5. Selina Grant LMHC

- a. Location:
 - i. Journey's Counseling Services: 3 Computer Drive West Albany NY 12205
- b. Contact Information:
 - i. 917-251-6538
- c. Insurance Information:
 - i. Aetna
 - ii. CDPHP
 - iii. Cigna
 - iv. Oxford
 - v. United Healthcare
- d. Specialties
 - i. Anxiety & Depression
 - ii. Addiction
 - iii. Bipolar Disorder
 - iv. Postpartum Depression
 - v. Grief and Trauma

- vi. OCD
- vii. Behavioral management
- e. Client Focus:
 - i. BIPOC Individuals
 - ii. LGBTQ+

6. Tiffany Flores LCSW

- a. Location:
 - i. Saratoga Springs NY 12866
- b. Contact information:
 - i. 518-263-0568
- c. Insurance Information:
 - i. Aetna
 - ii. CDPHP
 - iii. Cigna
 - iv. Martin's Point
 - v. Oxford
 - vi. United Healthcare
- d. Specialties:
 - i. Anxiety
 - ii. Relationship issues
 - iii. Trauma and PTSD
 - iv. OCD
 - v. Depression

7. Tanya Henderson EdD, LMHC

- a. Location:
 - i. 1525 Western Ave Albany NY 12203
- b. Contact Information:
 - i. 518-512-0164
- c. Specialties:
 - i. Addiction
 - ii. Family Conflict
 - iii. Grief
 - iv. Anxiety
 - v. Mood Disorders
 - vi. Trauma and PTSD
- d. Client Focus:
 - i. BIPOC Individuals
 - ii. LGBTQ+

8. Chris Latino, LMHC

- a. Location:
 - i. 16 Union Avenue Schenectady NY 12308
- b. Contact Information:
 - i. 518-503-0580
- c. Insurance Information:

- i. Self-pay
- d. Specialties
 - i. Behavioral issues
 - ii. Family conflict
 - iii. Anxiety and Depression
 - iv. ADHD
 - v. Personality Disorders
 - vi. Trauma and PTSD
 - vii. Learning Disabilities
- e. Client Focus:
 - i. BIPOC Individuals

9. Simon Ibezimchi Udemgba PhD

- a. Location:
 - i. 1758 Union Street Schenectady NY 12309
- b. Contact Information:
 - i. 518-982-1274
- c. Specialties:
 - i. Addiction Medicine

10. Alphonso Mitchum, LCSW-R

- a. Location:
 - i. 5 Pine West Plaza Albany NY, 12205
- b. Contact Information
 - i. 518-768-4937
- c. Insurance Information:
 - i. Beacon Health Options
 - ii. Blue Cross Blue Shield
 - iii. Fidelis
 - iv. MVP Health Care
- d. Specialties
 - i. Anxiety and depression
 - ii. Addiction and Substance use
 - iii. ADHD
 - iv. Grief and Trauma
 - v. Personality and Mood Disorders

11. In our own Voices

- a. Location:
 - i. 245 Lark Street Albany NY 12210
- b. Contact information:
 - i. 518-432-4188
- c. Services provided:
 - i. Counseling and Emotional Support
 - ii. Support groups
 - iii. Advocacy
 - iv. Emergency assistance

12. Rasheed Anderson, LCSW

- a. Location
 - i. *Legacy Behavioral Health PC*: 6 Chelsea Place Clifton Park NY 12067
- b. Contact Information
 - i. 844-253-4429
- c. Insurance Information:
 - i. Aetna
 - ii. Anthem
 - iii. Blue Cross Blue Shield
 - iv. CDPHP
 - v. Cigna
 - vi. Emblem Health
 - vii. MVP Healthcare
 - viii. Medicare
 - ix. Optum
 - x. United Healthcare
- d. Specialties:
 - i. Anxiety and Depression
 - ii. Addiction and Substance Use
 - iii. MAT
 - iv. Personality Disorders
 - v. Racial identity
 - vi. Domestic violence
 - vii. Mood Disorders
- e. Client Focus
 - i. BIPOC Individuals
 - ii. LGBTQ+

13. Jamilet Calderon LMHC

- a. Location
 - i. South Ozone Park, NY 11420
- b. Contact Information
 - i. 347-321-9466
- c. Insurance Information:
 - i. Aetna
 - ii. Cigna
 - iii. Empire BlueCross Blue Shield
 - iv. Oxford
 - v. United Healthcare
- d. Specialties
 - i. Anxiety
 - ii. Self esteem
 - iii. Family conflict
 - iv. Cultural sensitivity
- e. Client focus:

- i. BIPOC Individuals- Spanish-Speaking

14. Yanique Chambers, LMSW

- a. Location:
 - i. Albany NY 12208
- b. Contact Information:
 - i. 518-543-9486
- c. Insurance Information:
 - i. Aetna
 - ii. Cigna
 - iii. Oscar Health
 - iv. Oxford
 - v. United Healthcare
- d. Specialties
 - i. Anxiety and Depression
 - ii. Trauma and PTSD
 - iii. Racial Identity
 - iv. Grief and Stress
- e. Client Focus:
 - i. BIPOC Individuals

15. Jacqueline Cubano, LCSW

- a. Location:
 - i. 4 Automation Lane, Suite 100 Colonie NY 12205
- b. Contact Information:
 - i. 518-519-7809
- c. Insurance Information:
 - i. BlueShield of NENY
 - ii. CDPHP
 - iii. Optum
 - iv. United Healthcare
- d. Specialties
 - i. Autism
 - ii. Anxiety and depression
 - iii. ADHD
 - iv. Education and learning disabilities
 - v. Trauma and PTSD
 - vi. Grief
 - vii. Mood Disorders
- e. Client Focus:
 - i. BIPOC Individual
 - ii. LGBTQ+

16. Lori Gayle MA, Drug and Alcohol Counselor

- a. Location:
 - i. Saratoga Springs NY 12866
- b. Contact information:

- i. 203-285-5869
- c. Insurance Information:
 - i. Self-pay
- d. Specialties:
 - i. Addiction
 - ii. Domestic violence
 - iii. Family conflict
 - iv. Substance use
 - v. Depression
- e. Client Focus:
 - i. BIPOC Individuals
 - ii. LGBTQ+

17. Marvin Horne, LCSW

- a. Location
 - i. Albany NY 12203
- b. Contact information:
 - i. 518-519-8622
- c. Insurance Information:
 - i. Self-pay
- d. Specialties:
 - i. Anxiety and depression
 - ii. Racial identity
 - iii. Self esteem
 - iv. Teen violence
 - v. Trauma and PTSD
- e. Client Focus:
 - i. BIPOC Individuals

18. Chania Porter, MS, MHC-LP

- a. Location:
 - i. Schenectady NY 12302
- b. Contact Information:
 - i. 518-765-8159
- c. Insurance Information:
 - i. Self-Pay
- d. Specialties:
 - i. Anxiety and depression
 - ii. Stress and Trauma
 - iii. Mood disorders
 - iv. Personality disorders

19. Nana Roest-Gyimah, LMSW

- a. Location:
 - i. Albany NY 12206
- b. Contact Information:
 - i. 646-692-0408

- c. Insurance Information:
 - i. Self-pay
- d. Specialties:
 - i. Anxiety and depression
 - ii. Grief, stress
 - iii. Suicidal ideation
- e. Client focus:
 - i. BIPOC individuals
 - ii. LGBTQ+

20. Melanie Styles, PhD, MEd, LMHC

- a. Location:
 - i. 845 Broadway, Schenectady NY 12309
- b. Contact Information:
 - i. 518-543-9045
- c. Insurance Information:
 - i. Aetna
 - ii. Beacon Health Options
 - iii. CDPHP
 - iv. Cigna
 - v. Fidelis
 - vi. NYSHIP
 - vii. Optum
 - viii. Oxford
 - ix. United Healthcare
- d. Specialties:
 - i. Anxiety and depression
 - ii. ADHD
 - iii. Bipolar Disorder
 - iv. Personality Disorders
 - v. Domestic Violence
 - vi. Mood Disorders
 - vii. Dissociative disorders
 - viii. PTSD and Trauma
- e. Client Focus:
 - i. BIPOC Individuals
 - ii. LGBTQ+
 - iii. Veterans

21. Akua Twum, LMHC

- a. Location:
 - i. 50 Beaver St. Suite 301 Albany NY 12207
- b. Contact Information:
 - i. 315-543-6990 x122
- c. Insurance Information:
 - i. CDPHP

- ii. Cigna
- iii. Emblem Health
- iv. Empire BlueCross BlueShield
- v. Fidelis
- vi. MVP Health Care
- d. Specialties
 - i. Anxiety
 - ii. Depression
 - iii. Domestic Violence
 - iv. Racial identity
 - v. Self esteem
 - vi. Stress
- e. Client Focus:
 - i. BIPOC individuals

22. Sophie Jin, LMSW

- a. Location:
 - i. 4 Automation Lane Ste 100 Albany NY 12205
- b. Contact Information:
 - i. 518-990-2654
- c. Insurance Information:
 - i. BlueCross BlueShield
 - ii. CDPHP
 - iii. Highmark
 - iv. Optum
 - v. Oxford
 - vi. United Healthcare
- d. Specialties:
 - i. Anxiety and depression
 - ii. Racial identity
 - iii. Grief and trauma
 - iv. PTSD
 - v. Self-esteem
 - vi. Mood disorders
- e. Client Focus:
 - i. BIPOC individuals
 - ii. LGBTQ+

23. Celine Katz, LMHC

- a. Location:
 - i. Albany NY 12203
- b. Contact Information:
 - i. 518-501-1446
- c. Insurance Information:
 - i. Beacon Health Options
 - ii. CDPHP

- iii. MVP Health Care
- iv. Optum
- d. Specialties:
 - i. Trauma and PTSD
 - ii. ADHD
 - iii. Anxiety and depression
 - iv. Grief and trauma
 - v. Racial Identity
 - vi. Sexual Abuse
- e. Client Focus:
 - i. LGBTQ+
 - ii. Veterans

24. Shannon Schallert, LCSW-R

- a. Location:
 - i. 127 Mohawk Avenue Scotia, NY 12302
- b. Contact Information:
 - i. 518-350-6057
- c. Insurance Information:
 - i. Self-pay
- d. Specialties:
 - i. Trauma and PTSD
 - ii. ADHD
 - iii. Addiction and substance use
 - iv. Personality disorders
 - v. Mood disorders
 - vi. Sexual abuse and domestic violence
 - vii. Dissociative disorders
 - viii. Psychosis
- e. Client Focus:
 - i. LGBTQ+

25. Timothy Campbell, LCSW

- a. Location:
 - i. Colonie NY 12205
- b. Contact Information:
 - i. 518-760-0317
- c. Insurance Information:
 - i. Aetna
 - ii. Cigna
 - iii. Empire BlueCross BlueShield
 - iv. Oscar Health
 - v. Oxford
 - vi. United Healthcare
- d. Specialties:
 - i. Depression and anxiety

- ii. ADHD
- iii. Addiction and substance use
- iv. Grief and trauma
- v. Men's issues
- vi. Racial identity
- e. Client Focus:
 - i. Men
 - ii. LGBTQ+
 - iii. BIPOC Individuals

26. Janay Campbell, LMHC

- a. Location:
 - i. 75 Railroad Place Saratoga Springs NY 12866
- b. Contact information:
 - i. 518-896-8144
- c. Insurance Information:
 - i. CDPHP
 - ii. MVP Health Care
- d. Specialties:
 - i. Racial Identity
 - ii. Anxiety and depression
 - iii. Dual Diagnosis
 - iv. Trauma and PTSD
 - v. Substance use
 - vi. Mood disorders
- e. Client Focus:
 - i. LBGTQ+
 - ii. BIPOC Individuals
 - iii. Veterans

27. Amara Caimitte, LMHC

- a. Location:
 - i. 5 Pine West Plaza Suite 508 Albany NY 12205
- b. Contact information:
 - i. 518-293-3213
- c. Insurance Information:
 - i. CDPHP
 - ii. MVP HealthCare
- d. Specialties
 - i. Anxiety and depression
 - ii. Bipolar Disorder
- e. Client Focus:
 - i. BIPOC Individual

28. Winell Soures, LCSW

- a. Location:
 - i. Telehealth

- b. Contact Information:
 - i. 646-362-9282
- c. Insurance Information:
 - i. Aetna
- d. Specialties:
 - i. ADHD
 - ii. Anxiety and Depression
 - iii. Cultural/Racial Trauma
 - iv. Grief and trauma
 - v. Substance use
- e. Client Focus
 - i. BIPOC Individuals

29. Wendy Bruno, LMHC

- a. Location:
 - i. 670 Franklin Street Schenectady NY 12305
- b. Contact Information:
 - i. 518-462-6531
- c. Insurance Information:
 - i. Aetna
- d. Specialties:
 - i. Anxiety and depression,
 - ii. Relational issues
 - iii. Substance use
 - iv. Sexual and domestic violence

30. Alba Vega, LMHC

- a. Location:
 - i. Telehealth
- b. Contact information:
 - i. 929-403-0338
- c. Insurance Information:
 - i. Aetna
- d. Specialties:
 - i. Anxiety and depression
 - ii. Women's issues
- e. Client focus:
 - i. BIPOC Individuals

31. Yi Zhou, LCSW

- a. Location:
 - i. Troy NY 12180
- b. Contact Information:
 - i. 518-832-5343
- c. Insurance Information:
 - i. Aetna
 - ii. CDPHP

- iii. Cigna
- iv. Empire BlueCross BlueShield
- v. Optum
- vi. United HealthCare
- d. Specialties:
 - i. Trans issues
 - ii. Relationship issues
 - iii. Racial identity
 - iv. ADHD
 - v. Addiction and substance use
 - vi. Anxiety and depression
 - vii. Personality Disorder
 - viii. Trauma and PTSD
 - ix. Mood Disorders
- e. Client focus:
 - i. LGBTQ+
 - ii. BIPOC Individuals

32. Ellen Brandon, LCSW

- a. Location:
 - i. Albany NY 12203
- b. Contact Information:
 - i. 518-278-7223
- c. Insurance Information:
 - i. CPDPH
 - ii. Medicare
- d. Specialties:
 - i. Trauma and PTSD
 - ii. Anxiety and depression
 - iii. Stress and behavioral issues
 - iv. Grief
 - v. Relationship issues
 - vi. Mood disorders
- e. Client Focus:
 - i. LGBTQ+ and gender affirming

33. Maureen Del Giacco, PLCC

- a. Location:
 - i. Colonie NY 12205
- b. Contact information:
 - i. 518-621-0784
- c. Insurance Information:
 - i. Self-Pay
- d. Specialties:
 - i. Art therapy
- e. Client focus:

- i. LGTBQ+
- ii. Gender affirming

34. Rhett Eubanks, LMSW

- a. Location:
 - i. 10 Colvin Ave Suite 106 Albany NY 12206
- b. Contact information:
 - i. 518-801-2521
- c. Insurance information:
 - i. CDPHP
 - ii. OON
- d. Specialties:
 - i. Mental Health Disorders
 - ii. Trauma
 - iii. Trans mental health
- e. Client focus:
 - i. LGTBQ+

35. Nat Kiser Negrón, LCSW-R

- a. Location:
 - i. Albany NY 12203
- b. Contact Information:
 - i. 917-746-4044
- c. Insurance Information:
 - i. BlueShield of NENY
- d. Specialties;
 - i. Trauma and PTSD
 - ii. Anxiety and depression
 - iii. EMDR
 - iv. Grief
 - v. Racial Identity
 - vi. Somatic psychotherapy
 - vii. Mood and dissociative disorders
- e. Client focus:
 - i. BIPOC Individuals
 - ii. LBGTQ+

36. Jonathan Vanderbeck, LCSW

- a. Location:
 - i. Scotia NY 12303
- b. Contact Information:
 - i. 518-374-3514
- c. Insurance Information:
 - i. Blue Cross Blue Shield
 - ii. Oscar Health
- d. Specialties:
 - i. Racial identity

- ii. Family therapy
- iii. Anxiety and depression
- iv. Faith and spirituality

37. Terence Hoyt, LCSW-R

- a. Location:
 - i. Albany NY 12203
 - ii. Telehealth
- b. Contact Information:
 - i. <https://hoyttherapy.com/>
 - ii. 518-730-4977
- c. Insurance Information:
 - i. Beacon Healthcare
 - ii. BlueShield of NENY
 - iii. CDPHP
Cigna
 - iv. Fidelis
 - v. Medicare
 - vi. MVP Healthcare
 - vii. United Healthcare
- d. Specialties:
 - i. Substance use
 - ii. Sex and pornography addiction
 - iii. Relational issues
 - iv. LGBTQ+ Issues
- e. Client Focus
 - i. LGBTQ+

38. Joel Haynes, LMHC

- a. Location:
 - i. 2280 Western Ave Guilderland NY 12084
- b. Contact information:
 - i. 518-456-5056
- c. Insurance information:
 - i. F
- d. Specialties:
 - i. Addiction and substance use
 - ii. Depression and anxiety
 - iii. Personality disorders
 - iv. Psychosis
 - v. Trauma and PTSD

39. Lillian Smith, LCSW-R

- a. Location:
 - i. 2280 Western Ave Guilderland NY 12084
- b. Contact Information:
 - i. 518-456-5056

- c. Insurance information:
 - i.

- d. Specialties:
 - i. Addiction and substance use
 - ii. Trauma and PTSD
 - iii. Anxiety and depression

40. Sana Bhatti, LMHC

- a. Location:
 - i. 1 Pinnacle Place Albany NY 12203
- b. Contact information:
 - i. 518-689-0244
- c. Insurance information:
 - i. CDPHP
 - ii. BlueCross Blue Shield
 - iii. United Behavioral Health
 - iv. Cigna
 - v. MVP
 - vi. Aetna
 - vii. Tricare
 - viii. Medicare
 - ix. Emblem Health
- d. Specialties:
 - i. Trauma and PTSD
 - ii. Addiction and substance use
 - iii. Homelessness
 - iv. Refugee issues