

## CCP Integrated Behavioral Health Community Counseling Resources

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### **Albany County**

#### **Freedom First Psychological Services, PLL**

4 Avis Drive, Suite 100 Latham

Ph: (518) 560-4277

*Insurance(s): CDPHP, MVP, Fidelis, Medicaid,  
Empire BCBS, Value Options, CDPHP Medicaid*

#### **Psychology Wellness Practice**

139 Vly Road, Albany

Ph: (518) 608-4271

*Insurance(s): CDPHP (Medicaid/Child Plus),  
BSNENY.*

#### **Capital Psychological Associates**

1365 Washington Avenue, Suite 102A, Albany  
and 4 Atrium Drive, Suite 240 Albany

Ph: (518) 453-9220

#### **HPA/ Live Well**

260 Washington Ave EXT 101 Albany

Ph: (518) 218-1188

Specializes in Eating disorders & MH services  
*Insurance(s): CDPHP, MVP, NYS Empire, Empire  
BCBS, BSNENY, Anthem, Excellus, UHC, Aetna,  
Fidelis*

#### **Northeast Psychological Associates**

435 New Karner Road Albany

Ph: (518) 456-2060

*Insurance(s): Most major insurances accepted  
**No** Medicaid & Fidelis*

#### **Pinebush Mental Health**

1a Pine West Plaza Albany

Ph: (518) 862-1665

*Insurance(s): Most Commercial Insurance,  
Medicaid*

#### **Samaritan Counseling Center**

Ph: (518) 374-3514

Saratoga, Clifton Park, Malta, Scotia, Albany  
*Most insurances accepted – no Cigna, UHC,  
Aetna*

#### **Karner Psychological**

2280 Western Ave Guilderland

634 Plank Rd, Suite 206 Clifton Park

Ph: (518) 456-5056

CDPHP Only

#### **Capital Counseling Associates (Several Locations)**

650 Warren Street, Albany

Main office: (518) 462-6531

*Insurance(s): Most commercial plans*

#### **Albany County Mental Health**

260 South Pearl Street Albany

Ph: (518) 447-4555

Walk in hours Mon – Fri 9am to 3pm

#### **New Day Intervention Strategies**

40 Colvin Avenue Albany

Ph: (518) 605-7302

*Insurance(s): Aetna, Anthem, BCBS, Beacon,  
CDPHP, Medicare, Medicaid & UHC*

#### **Capital District Behavioral Health**

20 Century Hill Drive, Latham

Ph: (518) 785-7283

Insurance varies

#### **Bethlehem Counseling Associates**

200 Deleware Ave, Albany

Ph: (518) 439-0090

*Most Insurances*

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### **Equinox Outpatient Mental Health Clinic**

500 Central Ave Albany

Ph: (518)435-9931

18+ Walk-Ins on Monday & Friday every week  
between 1pm – 3pm.

*Insurance: CDPHP, Fidelis, Medicare, Medicaid  
& Wellcare*

### **Albany Psychological Associates**

1740 Western Ave Albany

Ph: (518) 464-4440

*Insurances: CDPHP, TriCare, MVP*

### **Choices Counseling & Consulting**

10 Colvin Ave, Suite 102 Albany

Ph: (518) 438-2222 Fax: (518) 438-7777

\*Specializes in Gender/Sex Identity

Insurance varies

### **Senior Hope Counseling**

301 South Allen Street, Albany

Ph: (518) 489-7777

Ages 50 + struggling with alcohol/drug use

All insurances & sliding scale

### **Alfred Volo, PhD**

423 Kenwood Avenue, Delmar

Ph: (518) 274-2336

*Insurance(s): Aetna, Beacon, BCBS, BSNENY,  
CDPHP, Cigna, Empire BCBS, Fidelis, GHI,  
Humana, MCP, Medicaid, Medicare, NYS  
Empire, UHC, TRICARE*

### **Carole Okun, LCSW**

596 New Loudon Road, Latham

Ph: (518) 334-5954 Fx:

*Insurances: Medicare, Fidelis, CDPHP MVP,  
Empire BCBS, BSNENY, Optum*

### **James Hislop, LCSW, BCH**

Building 6, letter "F" Executive Park Drive,  
Albany

Ph: (518) 482-6160

*Insurance(s): Empire BCBS (Medibblue), Aetna,  
Beacon, Blue Cross, Blue Shield, BCBS, CDPHP,  
Cigna, ComPsych Emblem Health, Empire BSBC,  
GHI, Humana, MVP, Magellan, Medicare,  
Optum, Tufts, United Healthcare, Value Options*  
Accepts children and adults

### **Ellen Handler-Singleton, LCSW**

5 Pine West Plaza, Suite 512, Albany

Ph: (518) 527-8169

*Insurance(s): BCBS, BSNENY, Medicare*

Patient calls to schedule

### **Thelma Costello, LMHC**

125 Wolf Road, FL 5 Suite 503-8 Albany

Ph: (518) 438-3139

*Insurances: Aetna, CDPHP, Cigna, Fidelis, Health  
net, MVP, Magellan, Oxford, UHC, Beacon. Does  
not pat with straight Medicare/Medicaid*

### **Christopher Cosgrove, LCSW**

878 New Scotland Avenue, Albany

Ph: (518) 227-1089

Patients call to schedule

*Insurance(s): Beacon, BCBS, CDPHP, Fidelis,  
NYSHIP*

### **Patricia McNamara, LCSW**

Two Tower Place Executive Park, Stuyvesant  
Plaza Albany

Ph: (518) 547-4691

*Insurance: Aetna, BCBS, Excellus, UHC*  
Patient calls

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**Terri George, LMHC (sex therapist)**

1 Pinnacle Place Suite 200 Albany

Ph: (518) 209-7359

*No insurance accepted- out of network*

**Michael Slik, LMHC (addiction counselor)**

560 Deleware Ave Albany

Ph: (518) 369-1448

Call or text to schedule

*Insurance(s): BCBS, CDPHP + MVP*

**David Case, LMHC**

5 Pine West Plaza Suite 508 Albany

Ph: (518) 944-1138

Patients call to schedule

**Insurance(s): CDPHP**

**Aaron Hoorwitz, PhD**

401 New Karner Rd Albany

Ph: (518) 730-4676

*Insurance(s): CDPHP, BSNENY*

**Heidi Wright PhD**

169 Mohawk Street, Cohoes

Ph: (518) 223-8099

*Insurance(s): CDPHP & BSNENY*

**Susan Price, LMHC**

4 Palisades Drive Suite 205 Albany

(518) 631-3224 x 16

*Insurance(s): CDPHP only or OOP \$80 each session*

### **Telehealth/virtual counseling:**

***Upstate Counseling Services***

Website: <https://upstatecounseling.org/>

*Most major insurance(s)*

***Clearwater Counseling Associates***

Website: <https://www.clearwaterpllc.com/>

*Most major insurance(s)*

## CCP Integrated Behavioral Health Community Counseling Resources

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### **Rensselaer County**

#### **Bick Wanck MD & Associates**

516 Washington Avenue, Rensselaer

Ph: (518) 432-0432

*Does **not** accept Aetna, Cigna, Fidelis, Medicare & Medicaid*

#### **Eastern Door Counseling**

620 Washington Ave, Rensselaer

Ph: (518) 252-7073

*Insurance: BCBS, CDPHP (Medicare/Medicaid), Empire BCBS, CIGNA, MVP(Medicaid/Medicare)*

#### **Samaritan Hospital Mental Health, Troy NY**

(518) 271-3374

PRO'S Program (518) 271-1122

#### **Capital Counseling Associates**

120 Defreest Drive, Suite 185, Troy

Main office: (518) 462-6531

*Insurance(s): Aetna, CDPHP, MVP, Blueshield Northeastern NY, Empire BSBC, United Healthcare, Fidelis, Empire Plan, Excellus, Medicare, Healthy NY, ValueOptions*

#### **Samaritan Counseling Center**

Saratoga, Clifton Park, Malta, Scotia & Albany

(518) 374-3514

*Most insurance accepted – NO Cigna, UHC & Aetna*

#### **Katherine Wardle & Marvin Fine, PhD**

41 Fourth Street, Troy

Ph: (518) 783-1051

*Insurance: Aetna, BCBS, CDPHP, Cigna, Emblem, EmpireBCBS, Fidelis, MVP, UHC*

#### **Vera Fischer, LCSW**

1913 5<sup>th</sup> Ave Suite 101 Troy

Ph: (518) 333-7131

Patients call to schedule

*Insurance(s): Fidelis*

#### **Rensselaer County Mental Health**

1600 7<sup>th</sup> Ave Troy, NY – Children's location

1641 3rd Street, FL 2 Rensselaer, NY – Adult

*Most major insurance(s)*

#### **Kayla Gaffney, LMSW**

620 Washington Avenue

Rensselaer, NY 12144

(518) 278-7418

*Insurance(s): CDPHP, MVP, Empire BCBS,*

#### **Janice Wiecezorek, LMHC**

East Greenbush NY

(518) 319-1085

*Insurance(s): CDPHP*

## CCP Integrated Behavioral Health Community Counseling Resources

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### **Schenectady County**

#### **Union Street Counseling Behavioral Health**

1311 Union Street Schenectady

Ph: (518) 374-6263

*Insurance(s): Aetna, APA, Beacon Health Options, Beacon Health Strategies, BSNENY, CDPHP, Cigna, Emblem, Empire BCBS, Empire Plan, Fidelis, GHI, Humana, Humana Military, MVP, Optum, POMCO, TriCare, UMR, United Behavioral Health, United Healthcare*

#### **Capital District Psychiatric Center**

738 State St Schenectady

Ph: (518) 374-3403

*Insurance(s): CDPHP, Empire, Aetna, BCBS*

#### **Center for Solutions**

1758 Union Street Niskayuna

Ph: (518) 982-1274 Fax: (518) 982-1277

*Most insurance(s): CDPHP, MVP, UHC*

#### **Capital Counseling Associates**

670 Franklin Street, Schenectady

Main office: (518) 462-6531

Assessments and counseling, late hours available

*Insurance(s): Aetna, CDPHP, MVP, Blueshield Northeastern NY, Empire BSBC, United Healthcare, Fidelis, Empire Plan, Excellus, Medicare, Healthy NY, ValueOptions*

#### **Northern Rivers Family Services (Prev. Parsons)**

1768 Eastern Pkwy Schenectady & Albany

(518) 431-1650 - Behavioral Health Line

#### **Ellis Outpatient Mental Health**

1023 State Street, Schenectady

(518) 243-3300

#### **Schenectady Mental Health Associates**

1411 Union Street, Schenectady

Ph: (518) 374-0295

#### **Bressler Wakesberg Center for Counseling**

113 Saratoga Rd, Schenectady

(518) 708-6519

All ages & call directly for availability/insurance

#### **Chelsea Place Psychological Services**

Dr. Dana Corbett

101 State Street Schenectady

(518) 346-0762

*Insurances: CDPHP, Aetna, BCBS, Empire BCBS*

#### **Eloise Potenza, PhD**

1401 Union Street Schenectady

5010 State Highway 30 Amsterdam

Ph: (518) 425-9060

Most major insurances

#### **Elizabeth Iseman, LCSW**

10284 Duaneburg Road, Delanson

Ph: (518) 657-9061

Patients call to schedule

#### **Steven DiMarzo, LCSW**

Second Nature Counseling, 101 State Street Schenectady

Ph: (518) 952-9290

Patient calls to schedule

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### **Saratoga County**

#### **Common Sense Mental Health**

75 Railroad Place, Saratoga Springs  
Ph: (518) 545-4691

#### **Legacy Behavioral Health**

6 Chelsea Place, Clifton Park  
(518) 535-9175  
Most major insurance(s)

#### **ECS Psychological Services**

210 Church Street, Saratoga  
Ph: (518) 580-0520  
*Insurance: Excellus, NYS Empire, Fidelis, BCBS, BSNENY (NO CDPHP, MVP, Medicaid)*

#### **Saratoga Psychological Associates**

Saratoga, Albany, Latham, Clifton Park locations  
(518) 587-0499  
*Most insurances – call to schedule*

#### **Saratoga Counseling Services**

15 Maple Dell #3, Saratoga  
(518) 581-8699

#### **Psychological Services**

526 Maple Avenue Saratoga & 632 Plank Road  
Center, Suite 209 Clifton Park  
Ph: (518) 587-4161

#### **Integro Counseling Services**

2452 US 9 Suite 302 Ballston Lake  
Ph: (518) 289-5555  
*Insurances: Aetna, Optum, Value Options, MVP, EmpireBCBS, CDPHP, Fidelis & Self Pay*

#### **Bick Wanck MD & Associates**

401 Geyser Rd Saratoga  
Ph: (518) 583-3935  
*Insurance(s): UHC, NYS Empire, CDPHP, MVP, BC, Empire BCBS. Does **not** accept Aetna, Cigna, Fidelis, Medicare & Medicaid*

#### **Capital Counseling Associates**

100 West Ave, Saratoga Springs **and**  
4 Chelsea Place, Suite 102 Clifton Park  
Main office: (518) 462-6531  
Assessments and counseling & late hours  
*Insurance(s): Aetna, CDPHP, MVP, Blueshield Northeastern NY, Empire BSBC, United Healthcare, Fidelis, Empire Plan, Excellus, Medicare, Healthy NY, ValueOptions*

#### **Union Street Counseling Behavioral Health**

5 Hemphill Place, Suite 121 Malta  
Ph: (518) 374-6263  
*\*complete intake form online\**

#### **Karner Psychological**

2280 Western Ave Guilderland  
634 Plank Rd, Suite 206 Clifton Park  
Ph: (518) 456-5056  
Individual and Group Therapy  
*Most insurance(s) accepted, varies by provider – some MVP, Cigna, Fidelis, BSNENY, Aetna*

#### **With Grace Mental Health Counseling**

(Prev. Edwards Mental Health)  
7 Corporate Drive, Clifton Park  
(518) 363-7070  
*Insurances: Beacon, BCBS, CDPHP, Cigna, NYS Empire, Fidelis, MVP, Optum, TriCare, UHC, ValueOptions*  
Patient calls

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### **Melissa McCabe & Associates**

480 Broadway Suite 330 Saratoga Springs  
(518) 490-6429  
Patient calls

### **Pathways Counseling of Saratoga**

15 Maple Dell, Saratoga Springs  
Ph: (518) 313-0004

### **Seavey Mental Health Associates**

3 Hemphill, Malta  
(518) 424-3059  
*Insurances: Aetna, Beacon, Cigna, CDPHP, Fidelis, UHC*

### **Saratoga County Mental Health**

135 South Broadway Saratoga Spring  
Ph: (518) 584-9030

### **Nancy Ness Lewis, LMHC**

58 Clifton Country Road, Clifton Park  
(518) 788-2919  
*Insurances: CDPHP, MVP, Fidelis, ValueOptions/Beacon, Aetna, Out of Network*

### **Anita Giovannucci LMHC**

855 Route 146 Executive Woods, Suite 107  
Clifton Park Ph: (518) 878-5932  
*Insurances: Aetna, CDPHP, UHC, MVP, Humana, ValueOptions, TriCare*

### **Lilianne Dobert, LCSW**

333 Glen Street, 100A Glens Falls  
Ph: (518) 321-7429  
*Insurance(s): Aetna, Beacon, BCBS, BSNENY, Cigna, GHI, Humana, Medicare & Tricare*

### **Carrie Milham, LCSW**

1023 New York 146  
Clifton Park, New York 12065  
(518) 425-9098 or (518) 810-7028

### **Thomas Barkley, PhD**

120 West Avenue Suite 207 Saratoga Springs  
Ph: (518) 584-8051  
Patients call to schedule  
*Insurance(s): 1199SEUI, Anthem, Beacon, BCBS, BSNENY, CDPHP, Fidelis, Humana, Medicare, Tricare*

### **Bressler Wakesberg Center for Counseling, LCSW**

113 Saratoga Road, Glenville  
Ph: (518) 399-0637  
*Insurance(s): Aetna, Beacon, BCBS, CDPHP, Cigna, EmpireBCBS, GHI, MVP, Medicare, Tricare & Wellcare*

### **Roland Graves, LMHC**

1115 Ellsworth Blvd Ballston Spa  
Ph: (518) 289-5106