

CCP Integrated Behavioral Health Community Counseling Resources

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

CCP Integrated Behavioral Health Community Counseling Resources

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 (Mediblue), Aetna,
Beacon, Blue Cross, Blue Shield, BCBS, CDPHP,
Cigna, ComPysch 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

CCP Integrated Behavioral Health Community Counseling Resources

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

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 5th Ave Suite 101 Troy
Ph: (518) 333-7131
Patients call to schedule
Insurance(s): Fidelis

Rensselaer County Mental Health

1600 7th 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 Wieczorek, LMHC

East Greenbush NY
(518) 319-1085
Insurance(s): CDPHP

CCP Integrated Behavioral Health Community Counseling Resources

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 Duanseburg 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

CCP Integrated Behavioral Health Community Counseling Resources

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

CCP Integrated Behavioral Health Community Counseling Resources

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

Lianne 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