

CHOOSING A PSYCHIATRIST

11/08

In any year, one in five Americans will suffer from a mental illness. The vast majority of people who have a mental illness will improve or recover if they get the right treatment.

What Is a Psychiatrist? - A psychiatrist is a medical physician who specializes in the diagnosis, treatment, and prevention of mental illnesses, including substance abuse and addiction. Psychiatrists are uniquely qualified to assess both the mental and physical aspects of psychological disturbance. Their medical education has given them a full working knowledge of the many causes for a patient's feelings and symptoms. Armed with this understanding, psychiatrists can make a complete, accurate diagnosis and then recommend or provide treatment.

Some Warning Signs of Mental Illness:

Marked personality change.	Strange ideas or delusions.
Difficulty working on the job or at school.	Excessive fear of people, places or events.
Excessive anxiety.	Marital or family problems.
Prolonged feelings of sadness.	Overwhelming stress or anxiety.
Sexual problems.	Extreme highs and lows.
Insomnia, nightmares, or other sleep disorder.	Recurrent problems in relationships with others.
Alcohol or drug abuse.	Excessive anger, hostility.
Inability to cope with problems of daily activities.	Intrusive or uncontrollable thoughts or behaviors.
Violent behavior.	Suicidal thoughts or temper outbursts.
Marked changes in eating or sleeping patterns.	Sense of hopelessness, despair or depression.
Chronic pain or physical symptoms not responding to medical treatment.	Difficulties with memory, concentration or decision making.

If you notice any one of these symptoms, you should seek a psychiatric evaluation. If you need help right away, you should seek immediate treatment from a hospital emergency room. Also, some psychiatrists will make themselves available to handle emergency cases. If, however, you feel you can take the time to do some research when choosing a psychiatrist, the following suggestions may help.

How Do I Choose A Psychiatrist? - Friends who have had psychiatric treatment may recommend the psychiatrist who helped them. Your physician can give you the names of several psychiatrists or you can call the West Hudson Psychiatric Society at 845-638-6992. It is very important for you or your referring physician to know about the training and qualifications of any person with whom you consult. There is an information pamphlet available from the West Hudson Psychiatric Society about many of the psychiatrists in your area who have a private practice. Select two or three possible psychiatrists and phone for information about appointment availability, location, and cost of the first visit. Then schedule an appointment with one.

What Treatments Do Psychiatrists Use? - Today psychiatrists can select from many effective treatments and will work with you to create an effective program. Psychotherapy is a systematic method of treatment in which you and the psychiatrist meet at regularly scheduled intervals to discuss troubling problems and feelings. Various forms of psychotherapy can help people to change behaviors or thought patterns, explore the effect of past relationships and experiences on present behaviors, or treat troubled relationships. And because psychiatrists are medical doctors, they can also determine whether there is a need for medication to help restore imbalances in body chemistry that are often a large part of mental illnesses. Beware of any psychiatrist or other therapist who espouses one brand of treatment as the only one that works. As with any other physician, ask about the benefits and risks of the treatment program outlined by the psychiatrist.

The Initial Visit - When you visit the psychiatrist, the doctor will ask questions about your background, family, habits, and general health and will ask why you think you need treatment. The psychiatrist will want to know when you last had a complete physical examination, may ask to see your medical records, and may ask your permission to consult with your personal physician. The psychiatrist knows how to interpret laboratory results and other findings of the physical examination. You should feel free to ask questions about fees, appointment flexibility, cancellation policy, and insurance form processing.

When you've found a psychiatrist with whom you are comfortable, you've finished the first part of the treatment process. The second part - working together with your psychiatrist to understand and manage your illness—is about to begin.

For Information About Mental Illness: you can contact the West Hudson Psychiatric Society at 854-638-6992 or the **American Psychiatric Association**, Division of Public Affairs, Dept. HE, 1400 K Street NW, Washington, DC 20005. The APA Website is: <http://www.psych.org>. You can send E-mail to PUBAFRS@psych.org

WHAT YOU SHOULD KNOW ABOUT YOUR MENTAL HEALTH BENEFITS

Ask questions and know your rights.

By the Committee on Managed Care of the American Psychiatric Association – 2001

In today's world of managed care, it is important to know what your mental health plan covers and what you can do if your plan doesn't cover your treatment costs.

Learn All You Can About Your Mental Health Plan

Take the time to read the section on mental health benefits in your insurance plan. This includes all the pieces of paper referred to in your enrollment form, member handbooks, newsletters, and directories. If you do not understand something in the plan, ask your human resources department (usually the employee benefits manager) or call your insurer directly.

If you are dissatisfied with any aspect of your plan's benefits, talk to your employee benefits manager or your union representative to try to improve your mental health benefits.

Here is a checklist for you to use to evaluate your mental health benefits coverage. In the ideal mental health plan **all** of your answers to the following checklist would be **YES**.

- | Yes | No | |
|-------|-------|---|
| _____ | _____ | Are your deductibles, copay amounts, annual limits, and life-time maximums the same for psychiatric disorders as they are for other illnesses, such as diabetes or cancer? If not (and you are insured through your employer's health plan) see your employee benefits manager about getting equal coverage. |
| _____ | _____ | Does your plan cover psychiatric emergencies and will it pay for you to go to the nearest emergency facility? |
| _____ | _____ | Does your plan cover any illnesses you suffered in the past? Many plans require a waiting period for preexisting illnesses. |
| _____ | _____ | Does your plan allow you to see a psychiatrist immediately without seeing a family physician or plan service representative first? If you have trouble getting to see a psychiatrist, contact your employee benefits manager or call your insurance plan. |
| _____ | _____ | Are the brand-name medications you are taking covered? If not, you can appeal. Medications are usually handled by a separate company (called a pharmacy benefit manager) that is a part of your insurance plan. |
| _____ | _____ | Does your plan allow you to choose any psychiatrist you want – even one outside of your health plan's network? (If you go outside the network, you may be required to pay a larger portion of the cost yourself.) |
| _____ | _____ | Does your plan allow you to have as many psychotherapy visits you and your psychiatrist believe are necessary? Even though your plan may reimburse you for, say, 20 psychotherapy sessions a year, managed care companies may decide treatment sessions are not "medically necessary" and not reimburse you for them. |

NOTE: If your treatment includes both medication and psychotherapy, your treatment may include seeing a psychiatrist and another clinician such as a social worker. For example, the psychiatrist would make the diagnosis and prescribe and monitor your medications; the social worker would see you for psychotherapy or talk therapy. Because psychiatrists are medical doctors who can prescribe medications and are also

psychotherapists, they can see you for both your medication visits and psychotherapy sessions. You can request that this be done.

What To Do If Your Insurer Won't Pay for Treatment

- Use your plan's appeal process. If you have questions about the process, call the health plan. Be sure to keep a record of the day you call, the name and title of the person you speak with, and a summary of your conversation.
- If you decide to appeal in writing, be sure to
 - 1) Document the facts that support your case.
 - 2) Keep your letter businesslike.
 - 3) Clearly state why you believe you are correct.
 - 4) Include any supporting documents from your psychiatrist.
 - 5) Save a copy of your letter(s).
- Make sure you know and meet all appeal deadlines.
- If your appeal is denied, find out if you can appeal again (many companies have three or four levels of appeal). Ask your psychiatrist to appeal on your behalf.
- Keep a record of all conversations with your psychiatrist, mental health clinician, and employees of the managed care company about the matter. Include dates, names, titles, phone numbers, and summaries of each conversation.
- Contact your state's external review program – See the table on the last page.
- If all appeals fail, consider talking about your rights with an attorney, your employee benefits manager, your union representative, or your congressperson. You may also wish to contact a professional organization devoted to the needs of the mentally ill, such as the National Alliance for the Mentally Ill in Arlington, Virginia, or the National Mental Health Association in Alexandria, Virginia.

NOTE: If you are denied treatment in a life-threatening situation, request an “expedited appeal” from the managed care company over the telephone or go outside the system and get help immediately!

What If Your Health Plan Changes

- Check your new health plan carefully to see if your mental health benefits are still the same. They often are not. Find out if your current psychiatrist is listed in the new plan's network of physicians.
- If your current psychiatrist is not listed, see if your new health plan will allow you to continue seeing him or her. If not, ask your current psychiatrist to recommend a psychiatrist from the new plan's network.
- Be sure to obtain authorization from your new health plan before seeing any psychiatrist.

Ask Your Psychiatrist About

- All treatments that could be helpful to you, even those not covered by your mental health plan.
 - Any financial arrangements your treating clinicians may have that could have an impact on your treatment plan.
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Where to Register Complaints Regarding Health Insurers

The Greater New York Hospital Association (212-246-7100) has prepared a table of telephone numbers that can be used when pursuing complaints about health insurers. It is reproduced below:

	New York State Insurance Department	New York State Department of Health	New York State Attorney General	US Health Care Financing Administration (HCFA)
<i>For complaints about ...</i>	<i>AHIs and HSCs unless otherwise noted</i>	<i>HMOs and PHSPs</i>	<i>Any insurer</i>	<i>HMOs with Medicare products</i>
Prompt payment of claims and other claims issues	800-358-9260 any insurer		800-771-7755 Press 3	Mail or fax complaints to:
Medical necessity decisions, utilization review agents, appeal process (appeals are complaints by members and providers about medical necessity decisions)	800-342-3736, press 1/8/3 AHIs, HSCs, and their URAs	800-206-8125 HMOs, PHSPs, WC/NFs, and their URAs		HCFA/Health Plans Branch 26 Federal Plaza, Room 3800 New York, NY 10278
Provider contract terms		518-473-4842		Fax: 212-264-2665
Member contract terms	800-342-3736 Press 1/8/3, any insurer			
Grievance process (grievances are all complaints by members except those about medical necessity decisions), disclosure to members	800-342-3736, press 1/8/3	800-206-8125		
Quality of care				800-331-7767 (IPRO)
Insurance fraud	888-372-8369			

AHI=Accident and Health Insurer regulated under Insurance Law Articles 32 and 42
HMO=Health Maintenance Organization certified under Public Health law Article 44
HSC=Medical/dental indemnity or hospital/health services corporation licensed under Insurance Law Article 43
PHSP=Pre-Paid Health Services Plan certified under Public Health Law Article 44
URA=Utilization Review Agent required to register with the Department of Health under Public Health Law Article 49 Or a Utilization Review Agent required to report to the Insurance Department under Insurance Law Article 49
WC/NF=Workers Compensation or No-Fault insurer.

**FOLLOWING IS INFORMATION ABOUT PSYCHIATRISTS LOCATED IN THE
COUNTIES OF ROCKLAND, ORANGE & SULLIVAN WHO HAVE PROVIDED
DETAILS ABOUT THEIR TRAINING, BACKGROUND AND PRACTICE OF
PSYCHIATRY.**

Madhu Ahluwalia, M.D. DOB: 11/17/48 Sex: Female Phone: 362-2115 FAX: 362-2102 Office Address: 11 Medical Park Drive, Suite 106, Pomona, NY 10970 Medical School: Lady Hardinge Medical College, New Delhi, India, 1970 Residency: St. Vincent's Hospital & Medical Center, NY, 1976-1979, Fellowship in Cognitive Therapy from Beck Institute, 1994 - 1997 Board Certification: Psychiatry, 1980; Cognitive Therapy, Beck Institute; Founding Fellow - Academy of Cognitive Therapy Patient Population: adults, geriatric Availability: 8AM-5PM Languages: English, Hindi, Punjabi Special Services: Consultation to NonPsychiatric Physicians and Mental Health Personnel, Hypnosis, Pharmacotherapy, Psychotherapy (Cognitive/Behavioral, Short-term), Substance Abuse, Opioid Detoxification, Outpatient Suboxone Interest Areas: Adjustment Disorders, Impulse Control Disorders, Psychopharmacology, Anxiety/Panic/Phobias, Attention Deficit/Hyperactivity, Self-Esteem, Mood Disorders, Personality Disorders, Post Partum Depression Insurance Accepted: Medicare (assignment accepted).

Charles Astrove, M.D. DOB: 3/30/41 Sex: Male Phone: 627-2848 FAX: 627-6638 Office Address: 20 Old Turnpike Road, Nanuet, NY 10954 Medical School: New York Medical College Residency: Westchester Medical Center, 1070 Board Certification: Eligible Patient Population: adults, adolescents, couples, families Availability: days and evenings by appointment Special Services: Family/Couples Therapy, Psychotherapy (Short-term, Individual, Supportive, Crisis Intervention), Pharmacotherapy Interest Areas: Psychopharmacology, Anxiety/Panic/Phobias, Attention Deficit/Hyperactivity, Mood Disorders, Relational Problems, Personality Disorders Insurance Accepted: Medicare, GHI, US Behavioral Health, NYNEX, Empire Plan (NY State), United Behavioral Health, Value Options.

Nigel Bark, M.D. DOB: 07/03/41 Sex: Male Phone: 359-7553; 212-988-4800 FAX: 718-862-4885 Office Address: 100 Shad Row, Suite D, Piermont, NY 1096855 East 86th Street, NYC, NY 10028 Medical School: Cambridge University, England, 1966 Residency: St. Patrick's Hospital, Dublin Ireland 1973; Fellowship In Psychiatric Epidemiology, Columbia University 1981, MS, 1986 Board Certification: Psychiatry, 1979; Membership of The Royal College of Psychiatrists, London, 1973 Professional Titles: Director, Schizophrenia Research Unit, Bronx Psychiatric Center; Associate Professor of Psychiatry, Albert Einstein College of Medicine Patient Population: adults Availability: evening Special Services: Consultation to NonPsychiatric Physicians & to Mental Health Personnel, Pharmacotherapy, Psychological Testing, Psychotherapy (Individual, Supportive) Interest Areas: Anxiety/Panic/Phobias, Obsessive-Compulsive Disorder, Attention Deficit/Hyperactivity, Psychopharmacology, Mood Disorders, Schizophrenia, Obsessive Compulsive Disorder, Post-Partum Depression

Mona Begum, M.D. Sex: Female Phone: 359-7804 FAX: 398-8089 E-Mail: monabegum@aol.com Office Address: 48 Constitution Drive, Tappan, NY 10983

Medical School: Bangladesh **Residency:** Mount Sinai Hospital Services **Board Certification:** Psychiatry **Patient Population:** adults, geriatric, adolescent **Availability:** **Languages:** English, Bengali, Urdu, Hindi **Special Services:** Consultation to Mental Health Personnell and to NonPsychiatric Physicians, Crisis Intervention, Pharmacotherapy, Psychotherapy (Family/Couples, Individual, Psychoanalysis, Psychodynamic, Short-term, Supportive) **Interest Areas:** Adjustment Disorders, Adolescence, Anxiety/Panic/Phobias, Family/Marital/ Relational Problems, Geriatric Psychiatry, Impulse Control, Mood Disorders, Personality Disorders, Post Partum Depression, Post-Traumatic Stress, Psychoanalysis, Psychopharmacology, Schizophrenia, Self-Esteem, Women's Issues, **Insurance Accepted:** Medicare (assignment accepted), .

Joan Berson, M.D. Sex: Female **Phone:** 634-3600 **FAX:** 634-9416 **Office Address:** 365 South Main Street, New City, NY 10956-3001 **Medical School:** SUNY Health Science Center **Residency:** Adult Psychiatry, Mount Sinai Hospital, NY; Child Psychiatry, Mount Sinai Hospital, NY **Board Certification:** Psychiatry **Professional Titles:** Consultant to Department of Medicine, Nyack Hospital; FAPA **Patient Population:** adults, children, adolescents **Availability:** day **Special Services:** Pharmacotherapy, Psychotherapy (Cognitive, Behavioral, Individual, Psychodynamic, Short-term, Supportive) **Interest Areas:** Adjustment Disorders, Anxiety/Panic/Phobias, Attention Deficit/Hyperactivity, Mood Disorders, Post Partum Depression, Psychopharmacology, Self-Esteem, Women's Issues **Insurance Accepted:** Do not participate in any insurance plans but out of network is OK.

David Peter Birkett, M.D. DOB: 07/26/34 **Sex:** Male **Phone:** 357-8088 **FAX:** 357-8099 **E-Mail:** dpbl@columbia.edu **Office Address:** 2 Copeland Drive, Suffern, NY 10901 **Medical School:** University Of Wales **Residency:** 1961-1967, Brighton UK; Fairfield Hills, Connecticut; Yale & Toronto University **Board Certification:** Psychiatry, 1973; Geriatric Psychiatry, 1991/2000 **Professional Titles:** Attending Psychiatrist, Good Samaritan Hospital; Research Scientist, Columbia University; Director, Columbia/NYS Fellowship Training Program in Geriatric Psychiatry **Patient Population:** general **Availability:** Wednesdays and Saturdays **Special Services:** Alcohol/Substance Abuse, Forensic/Legal Consultation, Independent Medical Ecaminations, Psychotherapy (Psychodynamic), Disability Evaluations, Pharmacotherapy **Interest Areas:** Geriatric Psychiatry, Anxiety/Panic/Phobias, Dementia/Other Cognitive Disorders, Neuropsychiatry, Forensic Psychiatry.

Richard Brand, M.D. DOB: 07/16/45 **Sex:** Male **Phone:** 638-2626 **FAX:** 638-2608 **E-Mail:** rdb@icu.com **Office Address:** 120 North Main Street, New City, NY 10956 **Medical School:** NY Medical College, 1977 **Residency:** NY Medical College, Metropolitan Hospital, 1978; NY Hospital/Cornell University Medical College, 1978-1981 **Professional Titles:** President, Adult & Adolescent Psychiatry Associates, P.C. **Patient Population:** adolescents and adults, couples, families, teen groups **Availability:** by appointment only **Special Services:** Comprehensive evaluation of adolescents and young adults; **Interest Areas:** Interest Areas: Psychopharmacology of complicated or refractory mood disorders (Depression, Bipolar illness, Panic/Anxiety and OCD); Adolescent and young adult development, The diagnosis and treatment of Lyme and other infectious diseases affecting brain function (unusual or intermittent symptoms, headache, fatigue, sleep attention and memory problems); Personality and relationship issues, Development and

therapy of the artistic and creative personality, Adolescent and adult attention deficit disorders. **Insurance Accepted:** No managed care affiliations.

Tovah Feldhammer, M.D. Sex: Female **Phone:** 638-4425212-663-6904 **FAX:** 212-531-4684 **E-Mail:** tfeldhammer@netscape.com **Office Address:** 971 Route 45, Suite 23, Pomona, NY 10970325 Riverside Drive New York NY10025 **Medical School:** Technion - Haifa, Israel, 1978 **Residency:** Mount Sinai Medical Center, NY 1982 **Board Certification:** Psychiatry, 1985 **Professional Titles:** Assistant Clinical Professor in Psychiatry, Columbia University, NYC **Patient Population:** adults, adolescents over 16, geriatrics **Availability:** day, evening **Languages:** English, German, Italian, Hebrew **Special Services:** Psychotherapy (Individual, Psychodynamic, Short-Term, Crisis Intervention), Consultation to Non-Psychiatric Physicians, Pharmacotherapy **Interest Areas:** Psychopharmacology, Mood Disorders, Anxiety Disorders, Adjustment Disorders, Post-Traumatic Stress Disorders, Eating Disorders, Attention Deficit/Hyperactivity Disorder, Self Esteem, Family/Marital/Relational Problems, Women's Issues, Schizophrenia, Somatoform Disorders, Post-Partum Depression.

Dominic Ferro, M.D. DOB: 7/19/63 **Sex:** Male **Phone:** 623-0658 **FAX:** 623-0658 **E-Mail:** drferro@optonline.net **Office Address:** 152 Prospect Street, Nanuet, NY 10954 **Medical School:** Emory University School of Medicine **Residency:** The New York Hospital - Cornell University Medical Center, Westchester Division, 1992-1995 **Board Certification:** Psychiatry, 1996; Forensic Psychiatry, 1998; Diplomate, American Board of Adolescent Psychiatry, 2003 **Professional Titles:** Secretary and President-elect, West Hudson Psychiatric Society **Patient Population:** adults, adolescents, couples, families **Availability:** Evenings, some weekdays **Special Services:** Forensic/Legal consultation, Cognitive/Behavioral Therapy, Independent Medical Examinations, Consultation to Non-Psychiatric Physicians, Psychotherapy, Pharmacotherapy, Induction on Suboxone (buprenorphine) for dependence on opiates and pain medication **Interest Areas:** Adolescent Psychiatry, Anxiety/Panic/Phobias, Borderline Personality Disorder, Forensic Psychiatry, Schizophrenia, Attention Deficit/Hyperactivity, Men's Issues, Divorce/Custody Issues, Mood Disorders, Substance Abuse/Alcoholism, Personality Disorders, Gay/Lesbian Issues **Insurance Accepted:** Workers' Compensation.

James Flax, M.D., M.P.H. DOB: 08/04/48 **Sex:** Male **Phone:** 362-2557 **FAX:** 362-2557 **E-Mail:** DrFlax@AOL.com **Web Address:** **Office Address:** 11 Medical Park Drive, Suite 102, Pomona, NY 10970 **Medical School:** University of Minnesota, 1974 **Residency:** Mary Imogene Bassett Hospital, 1974-1976; Columbia University and New York State Psychiatric Institute, 1976-1977, Robert Wood Johnson Clinical Scholar @ Columbia University, 1977-1979 **Board Certification:** Psychiatry, 1979; Added Qualifications in Geriatric Psychiatry, 2007; Masters of Public Health, 1980, Distinguished Fellow of the American Psychiatric Association **Professional Titles:** Special Lecturer in Psychiatry, Columbia University, NYC; Private Practice Committee Chair, WHPS. **Patient Population:** adults, adolescents over 16, couples, families, geriatric. **Availability:** day, evening **Special Services:** Consultation to non-psychiatric physicians, Organizational Consultation, Pharmacotherapy, Psychotherapy (Behavioral, Cognitive, Crisis Intervention, Family/Couples, Individual, Interpersonal, Psychodynamic, Short-term, Supportive), Sex Therapy **Interest Areas:** Adjustment Disorders, Anxiety/Panic/Phobias, Attention Deficit Disorder in Adults, Dementia/Other Cognitive Disorders, Family/Marital/Relational

Problems, Geriatric Psychiatry, Industrial/Occupational Problems, Medical Illness, Mood Disorders, Neuropsychiatry, Obsessive Compulsive Disorders, Pain Management, Personality Disorders, Post-Traumatic Stress, Psychopharmacology, Sexual Disorders, Somatoform Disorders.

John A. Fogelman, M.D. DOB: 07/19/38 Sex: Male Phone: 354-1141 FAX: 623-1664 E-Mail: johnfogelman@fogelman.net Office Address: Summit Professional Building, 971 Route 45, Pomona, NY 10970 Medical School: SUNY Downstate Medical Center, 1964 Residency: Adult Psychiatry, St. Lukes Hospital, 1972; Child & Adolescent Psychiatry, St. Luke's Hospital, 1974 Board Certification: Psychiatry Professional Titles: Retired Director and Senior Attending, Child & Adolescent Psychiatry, St. Luke's/Roosevelt Hospital, NYC; Retired Child & Adolescent Psychiatrist Patient Population: children, adolescents, adults (no geriatric) Availability: by appointment Languages: English Special Services: Consultation to NonPsychiatric Physicians and Mental Health Personell, Crisis Intervention, Pharmacotherapy, Psychotherapy (Behavioral, Crisis Intervention, Cognitive, Family/Couple, Individual, Interpersonal, Psychodynamic, Short-term, Supportive), Child & Adolescent Evaluation, Consultation & Treatment Interest Areas: Insurance Accepted: Oxford, Aetna, US Behavioral Health, Value Options, GHI Empire Plan, Medicare (assignment accepted).

Ivan Goldberg, M.D. DOB: 4/14/34 Sex: Phone: 212-876-7800 FAX: 212-876-7821 E-Mail: psydoc@psyc.com Web Address: www.psyc.com Office Address: 1507 Route 202, Pomona, NY 10970 Medical School: NYU Residency: NYState Psychiatric Institute, Columbia-Presbyterian Medical Center, 1960-1963 Board Certification: board eligible Professional Titles: Director, NY Psychopharmacologic Institute Patient Population: adolescents, adults Availability: by appointment Special Services: Pharmacotherapy Interest Areas: Attention Deficit/Hyperactivity, Anxiety/Panic/Phobias, Mood Disorders, Post Partum Depression, Psychopharmacology.

Maurice Haberman, M.D. DOB: 8/21/51 Sex: Male Phone: 642-9638 FAX: 362-2102 Office Address: 11 Medical Park Drive, Suite 106, Pomona, NY 10970 Medical School: NY Medical College, 1976 Residency: St Lukes' Hospital, NY, NY 1979 Board Certification: Psychiatry, 1982 Professional Titles: Attending Psychiatrist, Rockland County Department of Mental Health Patient Population: adults Availability: by appointment Languages: English, Hebrew Special Services: Consultation to non Psychiatric Physicians and to Mental Health Personnel, Diagnostic Evaluations, Pharmacotherapy Interest Areas: Anxiety/Panic/Phobias, Attention Deficit/Hyperactivity, Impulse Control, Mood Disorders, Post Partum Depression, Post Traumatic Stress, Psychopharmacology.

Susan Hoerter, D.O. DOB: Sex: Female Phone: 596-4563 Office Address: 11 Medical Park Drive, Suite 106, Pomona, NY 10970 Medical School: New York College Of Osteopathic Medicine Residency: University of Massachusetts, Adult Psychiatry 2002, Child Psychiatry 2004 Board Certification: Psychiatry 2004, board eligible Child Psychiatry Professional Titles: Attending Child Psychiatrist, Rockland County Department of Mental Health Patient Population: children and adolescents Availability: day, evening Special Services: Family Therapy, Cognitive/Behavioral, Psychotherapy, Consultation to Non-Psychiatric Physicians, Pharmacotherapy, Parent Training Interest Areas: Post-Traumatic

Stress, Adjustment Disorders, Adolescence, Psychopharmacology, Anxiety/Panic/Phobias, Attention Deficit/Hyperactivity, Learning Disorders, Autism/Pervasive Developmental Disorders.

Jane Kelman, M.D. DOB: 04/14/50 Sex: Female Phone: 638-2626 FAX: 638-2608 E-Mail: jek@icu.com Office Address: 120 North Main Street, 4th Floor, New City, NY 10956 Medical School: Cornell University Medical College, 1979 Residency: NY Hospital-Westchester/Cornell University Medical College, 1980 PGY I; NY Medical College/Westchester County Medical Center, 1992, PGY II-IV Board Certification: Eligible Professional Titles: Vice President, Adult & Adolescent Psychiatry Associates; Education Committee and Women's Committee Co-chair, West Hudson Psychiatric Society Patient Population: adults, couples Availability: evening, day - by appointment Special Services: Comprehensive evaluation, Consultation to nonpsychiatric physicians and to mental health professionals, Pharmacotherapy, Psychotherapy (Cognitive, Couples, Individual, Interpersonal, Psychodynamic, Short-Term, Supportive) Interest Areas: Adjustment Disorders, Anxiety/Panic/Phobias, Adult Attention Deficit/Hyperactivity, Bipolar Illness, Gay/Lesbian Issues, Lyme related neuropsychiatric disorders, Marital/Relational Problems, Men's Issues, Mood Disorders, Obsessive Compulsive Disorders, Personality Disorders, Post Traumatic Stress, Post Partum Depression, Premenstrual Dysphoric Disorder, Psychopharmacology, Self-Esteem, Sexual Disorders, Sleep Disorders, Winter Depression, Women's Issues.

Lois Kroplick, D.O. DOB: 7/15/56 Sex: Female Phone: 362-4215 FAX: 634-6306 E-Mail: drkroplick@aol.com Office Address: 11 Medical Park Drive, Suite 106, Pomona, NY 10970 Medical School: New York College Of Osteopathic Medicine, 1982 Residency: Long Island Jewish Hillside Hospital, 1987 Board Certification: Psychiatry, 1988 Professional Titles: Distinguished Fellow of the American Psychiatric Association, Co-Chair of the Education Committee and Women's Committee - WHPS (2003-present), Member of Disaster Psychiatry (2001 to present) Patient Population: adult, women, adolescents, college students, families, couples, geriatrics Availability: weekdays, some Saturdays by appointment Special Services: Pharmacotherapy, Psychotherapy (Individual, Behavioral, Short-term, Supportive, Cognitive), Consultation to non-Psychiatric physicians Interest Areas: Anxiety/Panic/Phobia, Attention Deficit/Hyperactivity, Dementia, Depression, Divorce, Eating Disorders, Family/Marital Problems, Geriatric Psychiatry, Medical Illness, Mood Disorders, Personality Disorders, Post Partum Depression, Post Traumatic Stress, Pregnancy, Seasonal Affective Disorders, Self-Esteem, Sleep Disorders.

Scott Lawrence, M.D. DOB: 11/14/52 Sex: Male Phone: 639-9611 FAX: 634- Office Address: 216 Congers Road Bldg 2, Suite E, New City, NY 10956 Medical School: New York Medical College, 1977 Residency: Menninger School of Psychiatry, 1981 Board Certification: Psychiatry, 1989 Patient Population: 18 and older Availability: by appointment Special Services: Alcohol Substance Abuse, Psychotherapy (Short-Term, Intersessional, Psychodynamic, Individual, Supportive), Pharmacotherapy Interest Areas: Adjustment Disorders, Anxiety/Panic, Attention Deficit/Hyperactivity, Dementia, Geriatric Psychiatry, Mood Disorders, Personality Disorders, Psychopharmacology, Schizophrenia, Substance Abuse/Alcoholism Insurance Accepted: AARP, Magnacare, Cigna, Medicare (no assignment), GHI, US Behavioral Health, VBH, Multiplan, Inc, Guardian, HealthNet, Fidelis, Quantum/Indecs, HIP.

John Lucas, M.D. DOB: 01/19/50 Sex: Male Phone: 469-3123 FAX: 469-7491
E-Mail: jlucas@lucasassociates.com **Office Address:** 1696 Route 17M, PO Box 1026,
Goshen, NY 10924 **Medical School:** Pennsylvania State University **Residency:** New
York Hospital/Cornell Medical Center (Westchester Division) **Board Certification:**
Psychiatry; Added Qualification in Forensic Psychiatry; Added Qualification in Addiction
Medicine **Professional Titles:** Clinical Assistant Professor of Psychiatry, Weill Medical
College of Cornell University; Assistant Attending Psychiatrist-New York Presbyterian
Hospital - Westchester Division **Patient Population:** adults, adolescents, children
Availability: Mon-Fri, some evenings **Special Services:** Alcohol/Substance Abuse,
Consultation to nonpsychiatric physicians, Disability Evaluation, Forensic/legal
Consultation, Hypnosis, Independent Medical Examinations, Pharmacotherapy,
Psychological Testing, Psychotherapy (Behavioral, Cognitive, Family/Couples, Individual,
Psychodynamic, Short-Term, Supportive) **Interest Areas:** Adjustment Disorders,
Adolescence, Anxiety/Panic/Phobias, Attention Deficit/Hyperactivity, Autism/Pervasive
Developmental Disorders, Forensic Psychiatry, Family/Marital/Relational Problems,
Impulse Control, Learning Disorders, Medical Illness, Mental Retardation, Mood Disorders,
Post-Traumatic Stress, Sleep Disorders, Substance Abuse/Alcoholism **Insurance
Accepted:** Call for insurance accepted.

Mary Mavromatis, M.D. DOB: 04/21/51 Sex: Female Phone: 358-7219 **Office
Address:** 131 Highmount Avenue, Upper Nyack, NY 10960 **Medical School:** University
of Maryland Medical School, 1977 **Residency:** Albert Einstein College of Medicine, 1981
Board Certification: Psychiatry, 1984 **Professional Titles:** Distinguished Fellow of the
American Psychiatric Association **Patient Population:** adolescents, adults, couples, families
Availability: days and evenings, Monday - Friday; by appointment **Special Services:**
Consultation to nonpsychiatric physicians and to mental health professionals, Crisis
Intervention, Hypnosis, Pharmacotherapy, Psychotherapy (Family/Couples, Individual,
Interpersonal, Psychodynamic, Short-Term, Supportive) **Interest Areas:** Adjustment
Disorders, Adolescence, Anxiety/Panic/Phobias, Autism/Pervasive Developmental
Disorders, Eating Disorders, Family/Marital/Relational Problems, Gay/Lesbian Issues,
Mental Retardation, Neuropsychiatry, Pain Management, Post-Partum Depression, Pre-
menstrual Dysphoric Disorder, Psychoanalysis, Psychopharmacology, Self-Esteem, Women's
Issues.

Carol Paras, M.D. Phone: 735-4700 **Office Address:** , Pearl River, **Medical School:**
Health Sciences Center - Stony Brook, NY **Residency:** Yale University, Intern in Medicine
& Neurology, Adolescent & Adult Psychiatry; Cornell Westchester Division,
Child/Adolescent & Eating Disorders **Board Certification:** Psychiatry, 1983; Adolescent
Psychiatry, 1992; Diplomate of American Board of Forensic Examiners, 1997 **Professional
Titles:** School Psychiatrist, E Ramapo CSD **Patient Population:** 16-60 for treatment, 7-22
for evaluations of school problems **Special Services:** Pharmacotherapy, Psychotherapy
(Psychoanalytic, Couple, Family, Cognitive/Behavioral), Evaluation of School Difficulties in
Students aged 8-22, Second Opinions **Interest Areas:** Adolescent Issues,
Psychopharmacology, School problems **Insurance Accepted:** Aetna (non-HMO), UBH,
United HealthCare MVP, NY State - Value Options, MVP.

David A. Perry, M.D. DOB: 02/07/38 Sex: Male Phone: 534-3411 Office Address: 217 Hudson Street, Cornwall-On-Hudson, NY 12520 Medical School: University of Maryland, 1970 Residency: SUNY, Upstate Medical Center, 1974 Board Certification: Psychiatry, 1976; Certified Group Psychotherapist (C.G.P.), 1994 Patient Population: adults Availability: days, evenings Special Services: Group Psychotherapy (Weekly Men's Group, Weekly Women's Group, Weekly Mixed Gender Group) Individual Psychotherapy (Interpersonal, Psychodynamic, Short-Term, Supportive) Interest Areas: Adjustment Disorders, Anxiety/Panic/Phobias, Dissociative Disorders, Family/Marital/Relational Problems, Men's Issues, Mood Disorders, Post-Traumatic Stress, Self-Esteem, Somatoform Disorders, Women's Issues Insurance Accepted: AARP, Aetna, Blue Cross/Blue Shield, GHI, IBM, Magellan Behavioral Health, Medicare (assignment accepted), Merit Behavioral Care (MBC), UBH, USHC, TriCare, Value Options, Wellcare.

Sadhana Sardana, M.D. Sex: Female Phone: 826-5265 E-Mail: RCCDSXS@OMH.STATE.NY.US Office Address: 17 Squadron Boulevard, Suite 318, New City, NY 10956 Medical School: Lady Hardinge Medical College, Hew Delhi, India Residency: General Psychiatry, 1990; Child & Adolescent Psychiatry, 1996 Board Certification: Psychiatry, 1993, Child & Adolescent Psychiatry, 1996 Professional Titles: Clinical Director & President, Medical Staff, Rockland Children's Psychiatric Center, Assistant Professor of Clinical Psychiatry, Columbia University Patient Population: children, adolescents, adults Availability: evenings Languages: English, Hindi, Punjabi Special Services: Family Couples Therapy, Consultation to Non-Psychiatric Physicians and Mental Health Personnel, Psychotherapy (Short-term, Interpersonal, Psychodynamic, Group, Individual, Supportive, Crisis Intervention, CBT), Pharmacotherapy, Comprehensive Evaluations of Children, Adolescents & Adults Interest Areas: Post-Traumatic Stress, Adjustment Disorders, Impulse Control, Adolescence, Psychopharmacology, Anxiety/Panic/Phobias, Schizophrenia, Attention Deficit/Hyperactivity, Learning Disorders, Self-Esteem, Autism/Pervasive Developmental Disorders, Mood Disorders, Eating Disorders, Family/Marital/Relational Problems, Post Partum Depression.

Michael Schachter, M.D., C.N.S. DOB: 1/15/41 Sex: Male Phone: 368-4700 FAX: 368-4727 E-Mail: office@mbschachter.com Web Address: www.schachtercenter.com Office Address: 2 Executive Boulevard, Suite 202, Suffern, NY 10901 Medical School: Columbia College Of Physicians & Surgeons Residency: Downstate Medical Center, Brooklyn, 1966-1969 Board Certification: Psychiatry, 1971 Professional Titles: Director of Schachter Center for Complementary Medicine, a team of Health Care Practitioners Patient Population: All (Adults, Adolescents, Children) Availability: M-F, 9AM-5PM, 2 Sat/mo, some services available some evenings, only by appointment Special Services: Acupuncture, Couple's Therapy, Alcohol/Substance Abuse, Independent Medical Examinations, Psychotherapy (Short-term, Interpersonal, Psychodynamics, Individual, Supportive, Pharmacotherapy, Nutritional Therapy, Bio-identical Hormone Therapy, Orthomolecular Psychiatry & Medicine, Extensive Laboratory Evaluation (nutritional status, heavy metal toxicity, hormonal status, allergies), Evaluation of the role of adverse effects of medication, Recommendations for oral vitamins and minerals, Vitamins & Minerals by injection, Chelation Therapy, Exercise Program. Interest Areas: AIDS, Adjustment Disorders, Anxiety/Panic/Phobias, Attention Deficit/Hyperactivity, Autism/Pervasive Developmental, Dementia & other Cognitive Disorders, Dissociative Disorders, Eating Disorders, Family/Marital/Relational Problems, Geriatric Psychiatry,

Iatrogenic Illness, Impulse Control, Learning Disorders, Medical Illness, Men's Issues, Mental Retardation, Mood Disorders, Neuropsychiatry, Pain Management, Personality Disorders, Post-partum Depression, Post-Traumatic Stress, Psychopharmacology, Schizophrenia, Self-Esteem, Sexual Disorders, Sleep Disorders, Somatoform Disorders, Substance Abuse/Alcoholism, Women's Issues.

Alan J. Tuckman, M.D. DOB: 04/13/38 Sex: Male Phone: 354-6363 FAX: 634-0222 E-Mail: atuckman3368@yahoo.com Office Address: Summit Professional Building - Suite 210, Pomona, NY 10970 Medical School: University Of Health Sciences, Chicago Medical School, 1963 Residency: Downstate & Brookdale, 1969 Board Certification: Psychiatry, 1973; Forensic Psychiatry, 1981 Professional Titles: Instructor in Psychiatry, Columbia University, P&S; Clinical Assistant Professor, NYU Medical School; Clinical Assistant Professor, New York Medical College; Past President, Treasurer and Membership Committee Chair - WHPS; Distinguished Life Fellow of The American Psychiatric Association; Director, Cancer Support Program, American Cancer Society Patient Population: couples, adults, adolescents, geriatrics Availability: evening, day Special Services: Crisis Intervention, Disability Evaluations, Forensic/Legal Consultation, Independent Medical Examinations, Pharmacotherapy, Psychotherapy (Family/Couples, Individual, Interpersonal, Psychodynamic, Short-Term, Supportive) Interest Areas: Adjustment Disorders, Adolescence, Anxiety/Panic/Phobias, Divorce/Custody Issues, Family/Marital/Relational Problems, Forensics, Industrial/Occupational Psychiatry, Medical Illness, Mood Disorders, Post Partum Depression, Post-Traumatic Stress, Psychopharmacology, Criminal & Civil Law Issues; Cancer Counselling.

Denny Walters, M.D. DOB: 2/5/34 Sex: Male Phone: 623-5005 Office Address: 36 College Avenue, Nanuet, NY 10954 Medical School: University Of Pittsburgh Board Certification: Psychiatry Patient Population: 18 and older Availability: by appointment Special Services: Pharmacotherapy Interest Areas: Post-Traumatic Stress, Psychopharmacology, Anxiety/Panic/Phobias, Schizophrenia, Attention Deficit/Hyperactivity, Mood Disorders, Substance Abuse/Alcoholism, Post Partum Depression Insurance Accepted: Oxford, AARP, Blue Cross/Blue Shield, Medicare (assignment accepted), GHI, HIP, Empire Plan, Value Options.

Nyack Consultation Center, Phone: 358-1677 Office Address: 18 Church Street, Nyack, NY 10960 Board Certification: 3 full-time psychiatrists, two of whom are board certified Patient Population: Over 18 except primary substance abuse and mental retardation, with emphasis on treatment of major psychiatric disorders, such as schizophrenia, bipolar disorder, etc. Availability: Mon-Fri, 8AM to 5PM Special Services: Medication Monitoring, Individual and Group Therapies and a Drop In Center Insurance Accepted: All insurance that will cover a state operated center are acceptable, including Medicaid and Medicare.

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