

**WAYNE COUNTY  
COUNSELING PROVIDERS**



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NAME AND PRACTICE	ADDRESS(ES)	CONTACT	HOURS	SERVICES OFFERED / SPECIALIZATION / AGES SEEN AGES SEEN	INSURANCE ACCEPTED	FEES/RATE	SLIDING SCALE?	IN PERSON SERVICES?	TELEHEALTH SERVICES?	ACCEPTING NEW CLIENTS?
Agape Counseling Associates	21 Willow Pond Way, Suite 103 Penfield, NY 14526	(585) 385-6030 info@agaperoc.org	By appointment: multiple clinicians available	Anxiety Christian Counseling Depression	Contact for provider specific information	contact for specific fees	No	Yes	No	No
Alanna Meritt	98 North Avenue, Webster, NY 14580	Via Psychology Today profile	By appointment	Mood Disorders Stress and Anxiety	N/A	\$80.00	Yes	Yes	Yes	Yes
Allison D. Paul	73 Main Street, Macedon, NY	(315) 277-6872 x 2	By appointment	Adult and Child Codependency Center Addiction Adoption Behavioral Issues Relationship Issues	Aetna Cigna and Evernorth Excellus BCBS Oscar Health Oxford United Healthcare	Unknown	Yes	Yes	Yes	Yes
Allison L. Giordano, M.D	140 Allens Creek Road, Suite 200 Rochester, NY 14618	(585) 445-8789	Monday-Friday 10:30-6pm	Anxiety Child and Adolescent Psychiatry Medication Management OCD Treatment Psychosis	Aetna Excellus BCBS	Contact for specific fees	No	Yes	Yes	Yes
Amanda Abbott	Pittsford, NY	Via Psychology Today profile	By appointment	Anxiety PTSD Relationship Issues Trauma	Aetna Cigna and Evernorth Horizon Blue Cross Blue Shield	\$100 for individuals \$140 for Couples	Yes	Yes	Yes	Yes
Ann Lemoniis	Williamson NY	Via Psychology Today profile	By appointment	Anxiety Codependency Coping Skills	Aetna Anthem Blue Cross Blue Shield Carelton Behavioral Health Cigna and Evernorth Empire BCBS Government Employees Health Association Highmark Meritan Health Optum United Medical Resources United Healthcare	Unknown	Yes	No	Yes	Yes
Ashley Cara	807 Ridge Road Suite 203, Webster, NY 14580	Via Psychology Today profile	By appointment	Anxiety Depression Life Transitions	Aetna Excellus BCBS MVP Healthcare	\$85.00	No	Yes	Yes	Yes

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Edited February 12, 2025

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Augusta B. Ngeri-Soluade	Lyons, NY	Via Psychology Today profile	By appointment	ADHD Anxiety Depression	Aetna Anthem Blue Cross Carelton Behavioral Health Cigna and Evernorth Empire BCBS Government Employees Health Association Highmark Maritain Health Optum Oscar Health Oxford United Healthcare	\$80.00	Yes	No	Yes	Yes
Beacon Mental Health Counseling Services	19 W Main St, Macedon, NY 14502	Annette Lee, PhD, LMHC, CST beaconcounselingsvcs@ gmail.com (585) 299-1010  Emily Palmer, MHC emily@beaconcounselingsvcs@ gmail.com (585) 326-3980  Kaylen Furr, MHC kaylen@ beaconcounselingsvcs.com  Madelyn Smith, MHC madelyn@ beaconcounselingsvcs.com (585) 466-2448	By appointment; Varies By Clinician	Anxiety Depression/Mood Disorders Gender Affirming Care Group Therapy based on availability Neurodiversity Affirming Therapy Relational Issues Sex Therapy	N/A	Rates vary by Clinician: \$70 and up Per session	No	Yes	Yes	Yes
Brian F. Chaffee	6 North Main Street Suite 150, Fairport, NY 14450	Via Psychology Today profile	By appointment	Coping Skills Life Coaching Relationship Issues Teens/Adults	Aetna Excellus BCBS Carelton Behavioral Health Health Now Monroe Plan MVP	Contact for fees	Yes	Yes	No	Yes

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Brian Philip Decker	Ontario, NY	<a href="https://care.headway.co/providers/brian-decker?utm_source=pem&amp;utm_medium=direct_link&amp;utm_campaign=110729">https://care.headway.co/providers/brian-decker?utm_source=pem&amp;utm_medium=direct_link&amp;utm_campaign=110729</a>	By appointment	Anxiety Depression PTSD Trauma	Aetna Cigna and Evernorth Excellus Blue Cross Blue Shield Quest Behavioral Health	\$150 Individual \$200 Couple	No	Yes	Yes	Yes
Brigitta Lalone	3800 Railroad Ave PO Box 538, Williamson, NY 14589	<a href="http://www.lalonecounselingservices.com/">http://www.lalonecounselingservices.com/</a>	By appointment	Anxiety Depression Mood Disorders	Aetna Excellus Blue Cross Blue Shield Carelton Behavioral Health Cigna and Evernorth Fidelis Lifetime Benefit Solutions MVP Health Care	Unknown	Yes	Yes	Yes	Yes
Bryan R. Harrison, PhD	610 Pittsford-Victor Road, Pittsford, NY 14534	<a href="mailto:cathy@bryanharrisonphd.com">cathy@bryanharrisonphd.com</a>	By appointment	Assessment and Diagnosis for children and families	Aetna Excellus BCBS	contact for specific fees	No	Yes	No	Yes
Cara Conrow Counseling, LCSW	300 Cross Keys office Park Suite 390, Fairport, NY 14450	<a href="http://caraconrowcounseling.com/">http://caraconrowcounseling.com/</a>	By appointment	Anxiety Eating Disorders Life Transitions Teens and Adults	Aetna Cigna Excellus BCBS	\$135.00	No	Yes	Yes	Yes
Cassandra Zocco	Pittsford, NY	Via Psychology Today profile	By appointment	Anxiety Coping Skills Depression Family Conflict Grief Relationship Issues	Aetna Anthem (previously Empire BCBS) Excellus Blue Cross Blue Shield Carelton Behavioral Health Cigna and Evernorth Government Employees Health Association Highmark Meritan Health Oscar Health Oxford United Healthcare	unknown	No	No	Yes	Yes
Chantel Lockwood	12044 East Main Street, Wolcott, NY 14590  128 Grant Avenue Auburn NY 13021	<a href="http://www.yourconsciouslifecoach.com/">http://www.yourconsciouslifecoach.com/</a>	By appointment	Anxiety Life Transitions PTSD Trauma	Aetna MVP Health Care Optum Oscar Health Oxford United Healthcare	\$125.00	Yes	Yes	Yes	Yes

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Christina Keim, LMHC, NCC, CCMHC	7663 East Port Bay Rd, Wolcott, NY 14590	<a href="http://www.portbaycounselingandwellness.com/">http://www.portbaycounselingandwellness.com/</a>	By appointment	Mood Disorders PTSD Trauma	Aetna Carelon Behavioral Health Cigna and Evernorth Excelsus BlueCross BlueShield Fidelis Health Net Lifetime/EBS-RMSCO MVP Health Care Optum Oxford TRICARE United Medical Resources (UMR) UnitedHealthcare UHC   UBH	unknown	Yes	No	Yes	Yes
Christopher F. Pollack	2511 Browncroft Blvd, Suite 103, Rochester, NY 14625	Via Psychology Today profile	By appointment	Anxiety ADHD Oppositional Defiance	Aetna Excelsus BCBS Cigna United Healthcare	contact for specific fees	Yes	Yes	Yes	Yes
Cindy Edmondson, LMHC	Telehealth only	Complete intake form at: <a href="https://lightvisioncounseling.com/">https://lightvisioncounseling.com/</a>  Contact via Psychology Today profile	By appointment	Adults 18+ Anxiety Grief Counseling OCD	Aetna Oscar Health Optum Oxford United Healthcare	Private pay \$120 per session	Yes	No	Yes	Yes
Cognition Co. Therapy	132 Allens Creek Road, Suite 205, Rochester, NY 14618	<a href="mailto:hello@cognitionco.org">hello@cognitionco.org</a>  (585)-204-2173	By appointment	Fertility LGBTQ+ Teens and Adults Trauma	Aetna Cigna Oscar Health Oxford United Healthcare United Healthcare Community Plan United Behavioral Health	\$125 individual	No	Yes	Yes	Yes
Coughlin Counseling	2509 Browncroft BLVD, Suite 226, Rochester, NY 14525	(585)-315-6674 <a href="mailto:nancy@coughlincounseling.com">nancy@coughlincounseling.com</a>	By appointment	Women's Issues	Contact for provider specific information	\$150.00	No	Yes	Yes	Yes

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Dawn Weidner, LCSW, CASAC	6362 Dean Pkwy, Suite B, Ontario, NY 14519-8970	<a href="https://www.inspiration-outreach.com/">https://www.inspiration-outreach.com/</a> (585)-880-9785	By appointment	Adults Addictions Anxiety Depression Grief/Loss LGBTQ+	Cigna and Evernorth Excelsus Blue Cross Blue Shield Medicare MVP United Healthcare	\$100 per session	Yes	Yes	Yes	Yes
Donna Marie Selner	1025 Brixton Drive, Macedon, NY 14502	Via Psychology Today profile	By appointment	Child Anxiety and Behavioral Issues	Aetna Cigna and Evernorth Excelsus BCBS	Contact for fees	No	Yes	No	Yes
Douglas A. Raynor, PhD	919 Winton Rd South, Suite 106 Rochester, NY 14618	(585)-257-0366	By appointment	Anxiety Depression Mental Disorders Physical Illness	Aetna Excelsus BCBS	contact for specific fees	No	Yes	Yes	Yes
Douglas Hurlbut	1794 Penfield Road, Penfield, NY 14526	Via Psychology Today profile	By appointment	Anxiety Depression Dual Diagnosis	Aetna Excelsus BCBS Medicare Oscar Health Oxford United Healthcare	\$135.00	No	Yes	Yes	Yes
Ellie Mental Health	3019 Monroe Ave, Suite 200R, Rochester, NY 14618	(585)-572-7017	Mon-Fri: 8AM to 8PM Sat: 8AM to 2PM	ADHD Couples therapy Grief Family Therapy Play Therapy	Aetna Cigna and Evernorth Excelsus BCBS MVP Optum Oscar Oxford United Healthcare	Contact for specific fees	No	Yes	Yes	Yes
Fairport Psychiatric Associates	1387 Fairport Road, Building 600, Suite 660 Fairport, NY 14450	(585)-388-8020	Varies by clinician	Psychiatric Evaluations and Treatment	Excelsus BCBS Aetna MVP Univera Medicare	contact for specific fees	No	Yes	No	Yes

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Finger Lakes Community Health	6341 Ridge Road, Sodus, NY 14551 513 W Union St. Newark, NY 14513	(315) 531-9102	Sodus: Monday: 8am-4:30pm Tuesday: 8am-7pm (Dec-May) 8am-9pm (June-Nov) Wednesday: 8am-4pm Thursday: 8am-8pm (Dec-May) 8am-9pm (June-Nov) Friday: 8am-4pm Newark: Monday: CLOSED Tuesday: 8am-4:30pm Wednesday: 9am-8pm (Dec-Apr) 9am-9pm (May-Nov) Thursday: 8am-4:30pm Friday: 8am-5pm	Child & Adolescent Individual Family Marriage & Couples	Most Major Insurances Accepted	Rates Vary	Yes	Yes	Yes	Yes
Flashpoint Counseling	4122 Main Street Williamson, NY 14589	flashpointcounseling@gmail.com	By appointment: Varies By clinician	Child & Adolescent Individual Family Marriage & Couples	N/A	Children \$75 Adults \$100 Couples \$140 Families \$150	Yes	Yes	Yes	Yes
Gayle H. Alesi	2130 5 Mile Line Road Penfield, NY 14526	Via Psychology Today profile	By appointment; weekday evening hours available	Anxiety Depression Life Transitions	Aetna Excellus BCBS Cigna and Evernorth Medicare	Contact for fees	Yes	Yes	Yes	Yes
Groundwork Counseling	100 Linden Oaks Dr. STE 101 Rochester, NY, 14625	(585)-204-7790	By appointment: Varies by clinician	Child/Adolescent Couples Individual Family First Responders Therapy for Therapists	MVP Excellus Blue Cross Blue Shield	Rates Vary	Yes	Yes	Yes	Yes
Hope and Help Counseling	73 Main Street Macedon, NY 14502 32 Jeanette Street Geneva, NY 14456	(315)-879-3289 johnetherapy@gmail.com	By appointment	Driver Impairment Assessments Individual Counseling Group Counseling	N/A	Range from \$35-100	Yes	Yes	No	Yes

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Jason S. McKinney, LCSW	Penfield, NY	(585)-460-1484	By appointment	Anxiety Depression Trauma	Contact for provider specific information	\$60-125	No	No	Yes	Yes
Jennifer L. Smithling	Fairport, NY 14450	Via Psychology Today profile	By appointment	Addiction Anxiety Depression Relationship issues Trauma	Aetna Cigna Excellus BCBS Government employee health association MVP Optum Oscar Health Oxford United Healthcare	Individual \$100 Couple \$120	Yes	No	Yes	Yes
Jennifer Steffenhagen	919 South Winton Road, Rochester, NY 14618	<a href="https://reflectionsounselingny.weebly.com/">https://reflectionsounselingny.weebly.com/</a>	By appointment	Anger Management Depression Group Therapy/ Individual Therapy Mood Swings Trauma/Abuse	Aetna Excellus BCBS Fidelis MVP Independent Health United Healthcare	Unknown	Yes	Yes	Yes	Yes
Jessica Cary	Victor, NY 14564	Via Psychology Today profile	By appointment	Anxiety Domestic Abuse PTSD Trauma	Cigna and Evernorth Excellus BCBS Oscar Health Oxford United Healthcare	\$75.00	No	Yes	Yes	Yes
John Brewer	95 Allens Creek Road Building 1, Suite 107B Rochester, NY 14618	Via Psychology Today profile	By appointment	CBT DBT Adults	Aetna Cigna and Evernorth Excellus BCBS Meritain Health Oscar Health Optum Oxford United Medical Resources United Healthcare	\$130.00	No	Yes	Yes	Yes

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Katherine Wheeler	106 High St. Suite B. Newark, NY 14513	Via Psychology Today profile	By appointment	Adoption Children and Families Coping Skills Parenting Trauma	Aetna Anthem Excelsus Blue Cross Blue Shield Medicaid Medicare MVP Health Care Optum Oscar Health United Healthcare	\$125 per session	Yes	Yes	Yes	Yes
Katy Foley	Pultneyville, NY 14538	Via Psychology Today profile	By appointment	Addiction Anxiety Life Coaching	N/A	\$100 for individuals and couples	Yes	Yes	Yes	Yes
Kelly C. Belmontes	Lyons, NY	<a href="https://www.therapyportal.com/p/kellycbelmontes/">https://www.therapyportal.com/p/kellycbelmontes/</a>	By appointment	Borderline Personality Disorder Mood Disorders Substance Use	Aetna Anthem Excelsus Blue Cross Blue Shield Cigna and Evernorth MagnaCare Oscar Health Oxford United Healthcare	\$100 Individuals \$150 Couples	Yes	Yes	Yes	Yes
Kim T. Nghiem, PSYD	1790 Penfield Road, Second floor, Suite 1 Penfield, NY 14526	Meet Monarch Profile	By appointment	Clinical Supervision Complex Trauma Ketamine Assisted Therapy PTSD	AARP Aetna Cigna Kaiser Permanente Excelsus BCBS	\$250-350	No	Yes	Yes	Yes
Laurie A. Lash, PhD	625 Panorama Trail, Building 2, Suite 170 Rochester, NY 14625	llashphd@gmail.com (585)-218-0515	By appointment	Adolescents Women's Health Young Adult Mental Health	Aetna Cigna Child Health Plus Excelsus BCBS MVP	contact for specific fees	No	Yes	Yes	Yes
Linda Casira	1387 Fairport Rd Building 600, Suite 630 Fairport, NY 14450	Via Psychology Today profile	By appointment	Behavioral Issues Coping Skills Relationship Issues Spanish Speaking Teens/Adults	Aetna Cigna and Evernorth Excelsus BCBS MagnaCare MVP Optum Tricare United Healthcare	\$125 individual \$175 couples	No	Yes	Yes	Yes

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Linden Oaks Therapy Offices	100 Linden Oaks, Suite 200 Rochester, NY 14625	(585)-586-1600	Office Hours: Monday – Friday 9:00 am to 4:00 pm Day and evening hours are available, as well as Saturday hours, dependent on clinician	Child/Adolescent Couples Family Individual	Most Major Insurances Accepted	Rates Vary	Yes	Yes	Yes	Yes
Live Well Webster	807 Ridge Road Suite 203 Webster, NY 14580	karyn@webstermentalhealth.com (585) 484-7172	By appointment, multiple clinicians available	CBT Couples Families and Children Supportive Therapy	Contact for provider specific information	Contact for specific services.	Yes	Yes	Yes	Yes
Love Joy Peace Counseling	58 William St Suite 1 Lyons, NY 14489	http://www.lovejoypeacecounseling.com/	Tuesday-Thursday, 9am-7pm	Addiction Marital and Premarital issues PTSD Trauma	Aetna Cigna and Evernorth Oscar Health Oxford Quest Behavioral Health United Healthcare	\$120 per session	No	Yes	Yes	Yes
Maggie Morrissey	Palmyra, NY	Via Psychology Today profile	By appointment, available evenings	Relationship Issues Self-Esteem Women's Issues	N/A	\$100 for individuals \$130 for Couples	Yes	Yes	Yes	Yes
Magyar Psychiatric Services	70 Linden Oaks, 3rd Floor, #25 Rochester NY 14625	Info@magyarpsychservices.com (585)-797-8802	By appointment	Assessment and therapy for children with autism and other neurodevelopmental disorders	Contact for provider specific information	contact for specific fees	No	Yes	No	Yes
Marjorie A. Smith, LCSW	Rochester, NY 14610	Via Psychology Today profile	By appointment	End of Life Elders 65+ Grief Life Transitions	Aetna Cigna and Evernorth Excellus BCBS Oxford	\$150.00	No	Yes	Yes	Yes
Mary F. Maida	Rochester, NY 14623	Via Psychology Today profile	By appointment	Adults Anxiety Depression Life Transitions	Aetna Excellus BCBS Medicaid Medicare MVP NY Essential Plans (excellus)	contact for specific fees	No	No	Yes	Yes

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Meaningful Life Psychological Services, PLLC	625 Panorama Trail, Suite 1120 Rochester, NY 14625	contact@mlpsroc.com (585)-557-2389	By appointment; Varies By Clinician	Anxiety Depression Group therapy OCD	Contact for provider specific information	contact for provider specific information	Yes	Yes	No	Yes
Melissa Bailey	Palmyra, NY	Via Psychology Today profile	By appointment	Anxiety Parenting Life Transitions	Aetna Oscar Health Optum United Healthcare	\$150 Individual \$200 Couple	No	No	Yes	Yes
Melissa Reighn	Farmington, NY	<a href="https://care.headway.co/providers/melissa-reighn?utm_source=pem&amp;utm_medium=direct_link&amp;utm_campaign=93781">https://care.headway.co/providers/melissa-reighn?utm_source=pem&amp;utm_medium=direct_link&amp;utm_campaign=93781</a>	By appointment	Domestic Violence Mood Disorders Relationship Issues	Aetna Cigna and Evernorth	\$100.00	No	No	Yes	Yes
MindFit Mental Health	349 W. Commercial St. Suite 2195 East Rochester, NY 14445	(585) 203-1869 mindfitmentalhealth@gmail.com	Monday-Saturday appointment options	Individual therapy, groups, assessments, technology assisted therapy, Children's Therapy	Most Major Insurances Accepted	Fees Vary	Yes	Yes	Yes	Yes
Nannette Ryan	Rochester, NY	Via Psychology Today profile	By appointment	Depression Mood Disorders Personality Disorders	Aetna All Savers Avmed Excelsus BCBS Cigna and Evernorth Golden Rule United Healthcare Medicare Medicaid MVP Optum Oscar Health Oxford Health Surest Tricare United Healthcare	\$140 individual \$160 Couples	Yes	No	Yes	Yes
Nicki Ditch	807 Ridge Road, Suites 200 and 201 Webster, NY 14580	Via Psychology Today profile	By appointment	Anger Management Borderline PTSD Trauma	N/A	\$130.00	Yes	Yes	No	Yes

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Nicole L. Cromer	70 Linden oaks Rochester, NY 14625	Psychology Today Profile <a href="https://www.avalon-psych.com/">https://www.avalon-psych.com/</a>	By appointment	Life Transitions Self-Esteem	N/A	\$200.00	No	Yes	Yes	Yes
North East Counseling & Consulting	401 Penbrooke Building 2 Suite K Penfield, NY 14526	(585)-377-6470	By appointment; multiple clinicians available	Anxiety Clinical Supervision Loss Play Therapy Parenting Support	Contact for provider specific information	Contact for provider specific information	No	Yes	Yes	Yes
Ontario Counseling Center	6301 Furnace Road Ontario, NY 14519	Karla.Weidman@yahoo.com (585)-509-0333  Annatag111@gmail.com (585)-233-7431  clinementalhealth@gmail.com (315)-522-0953	Karla Weidman, LCAT, CASAC, PMH-C Sunday, Monday, Wednesday 9-5  Anna Tagliatela, LCSW Monday, Wednesday 10-6  Breana Cline, LMHC Monday, Tuesday, Wednesday, 5:30-7:30 Friday, Saturday 9-3	Art Therapy, Substance Use, EMDR, Teens and Adults  Cognitive Behavioral Therapy, Children through adults. Individual, group, family, couples counseling  EMDR, Trauma Focused CBT, DBT, Eating Disorders	Cigna  Excellus Blue Cross Blue Shield  Most Major Insurances	Fees Vary	Yes	Yes	Yes	Yes
Paula M. Eichner, PSY. D. Psychology PLLC	1000 Pittsford-Victor Road, Pittsford, NY 14534	Paula.Eichnerpsy@gmail.com	Monday-Thursday 12-5	ADHD Behavioral Concerns Children Families Trauma	Excellus BCBS	Range from \$85-200	No	Yes	Yes	Yes
Payal Shah	7700 Pittsford-Palmyra Road Fairport, NY 14450	Via Psychology Today profile	By appointment	Adults Anxiety Eating Disorders LGBTQ+ Trauma	Aetna	\$175.00	No	Yes	Yes	Yes
Peg Haust-Arliss	Clyde, NY 14433	<a href="https://www.peghaust.com/">https://www.peghaust.com/</a>	Tuesday and Wednesday, 8am-4pm	Anxiety Life Transitions Self Esteem	Aetna Excellus Blue Cross Blue Shield	\$135 for individuals	No	No	Yes	Yes
Penfield Psychiatry	481 Penbrooke Drive Suite 6, Penfield, NY 14526	(585)-388-6000  info@penfieldpsych.com	Office Hours: 8am-4pm By appointment	Cognitive Testing, Medication Management, TMS	Major Insurances Accepted; certain services not billable, contact for specific questions	Fees Vary by service	No	Yes	Yes	Yes

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Pittsford Therapy	31 N Main St. Pittsford, NY 14534  625 Panorama Trail, Building 3, Suite 210. Rochester, NY 14625	(585)-364-2545	By appointment; multiple clinicians available	Adult and Childhood trauma Anger management Coping skills Domestic abuse and violence Family Therapy LGBTQ+ Substance Use	Contact for provider specific information	contact for specific fees	No	Yes	Yes	Yes
Rachel Sidebotham	Marion, NY	<a href="http://www.mwrachel.com/">http://www.mwrachel.com/</a>	By appointment	Anxiety Life Transitions PTSD Trauma	N/A	\$120 per session	No	No	Yes	Yes
Rebecca Vandermark	Ontario, NY	Via Psychology Today profile	By appointment	Addiction ADHD Family Conflicts Stress	N/A	\$100 for individuals	No	Yes	No	Yes
Renew Hope and Healing	Henrietta: 755 Jefferson Rd. Suite 4A Rochester, NY 14623  Victor: 6539 Anthony Drive Suite A Victor, NY 14564  Pittsford Child and Family: 90 Office Park Way Pittsford, NY 14534  Penfield: 441 Penbrooke Drive Suite 1 Penfield, NY 14526	(585) 398-8835	By appointment; Varies By clinician	Child & Adolescent Individual Family Marriage & Couples	Aetna Blue Choice Option Excellus Blue Cross Blue Shield Child Health Plus Federal Blue Cross Blue Shield Fidelis Care of New York MVP United Health Care / Optum Medicaid Managed Care Plan	Rates Vary By Clinician; \$100-150 Per session	Yes	Yes	Yes	Yes
Roc City Mental Health Counseling	140 Allens Creek Road, Suite 120 Rochester, NY 14618	(585)-673-0042  <a href="mailto:info@roccitycounseling.com">info@roccitycounseling.com</a>	By appointment; multiple clinicians available	Individual couples therapy	Contact for provider specific information	Contact for provider specific information	No	Yes	Yes	Yes

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Rochester Psychological and Assessment Testing	100 Linden Oaks, Suite 200 Rochester, NY 14625	(585)-586-1600	Office Hours: Monday – Friday 9:00 am to 4:00 pm Day and evening hours are available, as well as Saturday hours, dependent on clinician	Psychological testing ages 5 and older	Insurance Not Accepted. Super Bill will be provided upon service completion for potential to submit to insurance for reimbursement	Fees Vary	No	Yes	Yes	Yes
Rory P. Houghtalen, MD	135 Sully's Trail, Suite 11 Pittsford, NY 14534	(585)-381-1558	Monday-Friday: 9-5. After hours by exception	Anxiety ADHD Depression Psychotic Disorders	Contact for specific information	Contact for specific fees	No	Yes	Yes	Yes
Sandra Estimable	Palmyra, NY	Via Psychology Today profile	By appointment	Anxiety Codependency Depression	Aetna Anthem (previously Empire BCBS) Excelsus Blue Cross Blue Shield Carelton Behavioral Health Cigna and Evernorth Government Employees Health Association Highmark Meritan Health Optum Oscar Health Oxford United Medical Resources United Healthcare	Unknown	Yes	No	Yes	Yes
Scott Wright, PhD	Pittsford, NY 14534	(716)-727-5765	By appointment	Anxiety College Mental Health Depression Grief Mood Disorders	Aetna Excelsus BCBS	\$190.00	No	Yes	No	Yes
Serenity Life Counseling	98 North Avenue, Webster, NY 14580	<a href="https://serenitylifecounselingservices.com/">https://serenitylifecounselingservices.com/</a>	By appointment	CBT DBT Families and Children	Contact for more information	Unknown	Yes	Yes	Yes	Yes
Samantha Eklund	Palmyra, NY	Via Psychology Today profile	By appointment	Children Dual Diagnosis Families Parenting	N/A	\$100 per session	Yes	Yes	Yes	Yes

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Stacey Tinker Welch	250 Fayette Street, Palmyra, NY 14522	Via Psychology Today profile	By appointment	Coping Skills Mood Disorders	Aetna Blue Choice Option Excelsus Blue Cross Blue Shield Medicaid Medicare Optum United Healthcare	\$125 per session	No	Yes	Yes	Yes
Stephan P. Michener, LCSW	2130 5 Mile Line Road, Penfield, NY 14526	(585)-217-2934	By appointment	Anxiety Coping Skills Depression	Aetna Excelsus BCBS United Healthcare MVP	\$110.00	No	Yes	No	Yes
Thomas E. Whitt	Canandaigua, NY	Via Psychology Today profile	By appointment, day and evening times available	Anger Management Childhood Anxiety Marital and Premarital Issues Relationship Issues	N/A	\$150 Individual \$170 Couples	No	Yes	Yes	Yes
Tina Zapetis	493 South Main Street, 3 Canandaigua, NY 14424	<a href="https://care.headway.com/providers/tina-zapetis-2?utm_source=pem&amp;utm_medium=direct_link&amp;utm_campaign=99608">https://care.headway.com/providers/tina-zapetis-2?utm_source=pem&amp;utm_medium=direct_link&amp;utm_campaign=99608</a>	By appointment	Grief Anxiety Trauma PTSD	N/A	\$125 Individual	No	Yes	Yes	Yes
Tonya Marie Finn	226 West Avenue, Newark NY 14513	Via Psychology Today profile	By appointment	Children Families Play-Therapy	Aetna Cigna and Evernorth Excelsus Blue Cross Blue Shield MVP Health Care	\$95 Individuals	Yes	Yes	Yes	Yes
Tree of Hope Counseling	2300 East Ave Rochester, NY 14610	(585)-500-9420 treeofhopecounselingrochester@gmail.com	By appointment; multiple clinicians available	ADHD Children Families Teens Trainings and Group Counseling	Dependent on clinician	Dependent on clinician	No	Yes	Yes	Yes
Upstate of Mind Therapy Services	21 Willow Pond Way, Suite 201 Penfield, NY 14526		By appointment	Addiction Anxiety Divorce Grief	Aetna Cigna Excelsus BCBS United Healthcare	Contact for specific fees	No	Yes	Yes	Yes

**WAYNE COUNTY RURAL HEALTH NETWORK**

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Vikki L. O'Connor	Sodus, NY	Visit Psychology Today profile	By appointment	Anxiety Depression Relationship Issues	Aetna Excellus Blue Cross Blue Shield Cigna and Evernorth Fidelis Medicare MVP Health Care	\$135 for individual \$150 couple	Yes	Yes	Yes	Yes
<b>COMMUNITY AGENCIES</b>										
Catholic Charities	Multiple Locations / Remote Services	(585)-262-7000 <a href="https://ww2.fcscharities.org/services/mental-health-clinic/">https://ww2.fcscharities.org/services/mental-health-clinic/</a>	Tues & Wed 8:30 AM - 11:00 AM	Mental Health Counseling Psychotherapy & Psychiatric Evaluations Medication Management Substance Use Services Gambling Treatment Individual & group treatment (in-person & virtual)	Contact for more information		No	No	No	No
Clifton Springs Hospital	2 Coulter Rd, Clifton Springs, NY 14432	Main Line (315)-462-1050 24/7 Emergency Line (315)-462-1080 <a href="https://www.rochesterregional.org/locations/behavioral-health/clifton-springs#f-pl_locationcategory=Behavioral%20Health">https://www.rochesterregional.org/locations/behavioral-health/clifton-springs#f-pl_locationcategory=Behavioral%20Health</a>	Varies by Service	Inpatient Psychiatric Care Outpatient Clinic Comprehensive Psychiatric Emergency Program (CPEP)	Contact for more information		No	No	No	No
FLACRA	FLACRA Mental Health Services 339 East Ave. Suite 303 Rochester, NY 14604  Penn Yan Mental Health Clinic 1 Keuka Business Park, 2462 Rte. 54A Penn Yan, NY 14527 (315)-536-7751	Geneva One Stop Wellness 116 Lewis Street Geneva, NY 14456 (315)-781-0771  Teller Square 28 E Main St Clifton Springs, NY 14432 (315)-462-9466	Varies by location  Teller Square is a 24 hour facility  24/7 Crisis Line (833)-435-2272	Crisis Response- COTI Inpatient Detox Inpatient Residential Mental Health Outpatient Treatment CCBHC Clinical Services Housing & Vocational Community Services	Contact for more information		No	No	No	No

**WAYNE COUNTY RURAL HEALTH NETWORK**

6692 Middle Road, Suite 2200, Sodus, NY 14551 | Ph: (315) 483-3200 | Email: [ruralhealthnetwork@rochesterregional.org](mailto:ruralhealthnetwork@rochesterregional.org) | Visit us online at [waynecountyruralhealth.com](http://waynecountyruralhealth.com)

Edited February 12, 2025

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Helio Health	Multiple Locations- Based in Syracuse	(315)-471-1564		Crisis Center Inpatient Detox Inpatient Rehabilitation Outpatient Treatment Opioid Treatment Program Impaired Driver Evaluation	Contact for more information		No	No	No	No
Lakeview Health Services	Main Location 609 West Washington St Geneva, NY 14456	Phone: (315)-789-0550 Fax: (315)-789-0555		Care Management Children and Youth Care Management Community Support Services Ontario and Yates Recovery Centers Residential Supportive Housing	Contact for more information		No	No	No	No
Mobile Integration Team	Provides Service in Wayne County	(585)-241-1276  <a href="https://omh.ny.gov/omhweb/transformation/docs/rochester-mit.pdf">https://omh.ny.gov/omhweb/transformation/docs/rochester-mit.pdf</a>		Brief Therapeutic Support Skill Building Crisis Assessment & Intervention Consultation and Information Peer Support Groups and Skills Training Family & Caregiver Support Behavioral Support & Consultation In-Home and Community Based Respite			No	No	No	No
Newark-Wayne Community Hospital	1200 Driving Park Ave, Newark, NY 14513	(315)-332-2290	24/7	Emergency Room	Contact for more information		No	No	No	No



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Planned Parenthood (Brighton Health Center)	2235 S. Clinton Ave. Rochester, NY 14618	(866)-600-6886 <a href="https://www.plannedparenthood.org/health-center/new-york/rochester/14605/rochester-health-center-3332-91040/mental-health">https://www.plannedparenthood.org/health-center/new-york/rochester/14605/rochester-health-center-3332-91040/mental-health</a>	Monday: 8am-7pm Tuesday through Thursday: 8:30am-7pm Friday: 8:30am-5pm Saturday: 9am-1pm	Support & Referrals for: Anxiety Depression Substance Use Unhealthy Relationships	Contact for more information		No	No	No	No
Rochester Regional Behavioral Health	Multiple Locations	(585)-922-9900 <a href="https://www.rochesterregional.org/services/behavioral-health">https://www.rochesterregional.org/services/behavioral-health</a>	Varies by location	Adult Mental Health Chemical Dependency Emergency & Crisis Emergency Psychiatric Services Health Home Care Management Jail Diversion Personalized Recovery Oriented Services Youth & Family	Contact for more information		No	No	No	No
Unity Chemical Dependency	1565 Long Pond Rd. Rochester, NY 14626	(585)-723-7723 <a href="https://www.rochesterregional.org/services/chemical-dependency">https://www.rochesterregional.org/services/chemical-dependency</a>	Monday	Integrated Medication-Assisted Treatment (iMAT) Inpatient Rehabilitation & Detoxification LGBTQ+ Program Outpatient Detoxification Outpatient Services	Contact for more information		No	No	No	No

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Wayne Behavioral Health Network	1519 Nye Road Lyons, NY 14489	Phone: (315)-946-5722 Fax: (315)-946-5726	Clinic Office Hours Mon-Fri 8am-4pm  Open Access Center Office Hours: Mon-Fri 7am-4pm Sat 8am-4pm Sun 8am-1pm after hours call 911 or 211	Care Management (SPOA) Comprehensive Assessment & Evaluation Integrated Treatment Medication-Assisted Therapy Narcan Training Open Access Center/ Crisis Services Opioid Treatment Clinic Psychological Testing Psychotherapy School-Based Clinics Self-Help & Peer Services Substance Abuse Services/Group Therapy	Contact for more information		No	No	No	No