

***BROUGHT TO YOU BY:***

The Ulster County Eating Disorders Coalition

***FUNDED BY***

**Ulster County Legislature  
Ulster County Health Department**

***SUPPORTING AGENCIES:***

Mental Health Association in Ulster County Inc.  
Ulster County Mental Health Department  
Hudson Valley Foundation for Youth Health  
Ulster County Health Department  
Comprehensive Care Center for Eating Disorders of Northeastern NY  
YWCA of Ulster County  
Institute for Family Health  
Jewish Family Services  
Northeast Center for Special Care  
Resource Center for Accessible Living  
The Kingston Hospital  
Four Winds Katonah  
Ulster-Greene ARC  
Ulster County BOCES

# Ulster County Eating Disorder Resource Guide



**PROMOTING HEALTHY BODIES & HEALTHY MINDS**

For more information about the Ulster County Eating Disorder Coalition  
Call (845)339-9090 ext 109

or

Visit [www.eatingdisordersny.com](http://www.eatingdisordersny.com)

## **Ulster County Eating Disorders Coalition**

The Eating Disorders Coalition was started in 2007 in response to the lack of adequate services available to individuals who are coping with an eating disorder. The main objectives of the coalition are to create a network of eating disorder knowledgeable providers, create appropriate support groups and advocate rights.

### **Mission**

The Ulster County Eating Disorders Coalition is dedicated to the prevention and treatment of eating disorders and disordered eating. The coalition serves as a support network and resource for clients, families, clinicians, educators and the general public.

## **VISIT OUR WEBSITE**

[www.eatingdisordersny.com](http://www.eatingdisordersny.com)

The professionals and resources listed in this directory self-identify as having expertise and/or experience working with individuals and families around eating disorder issues. The Coalition does not guarantee expertise and is not responsible for services received. If you have any feedback about these services please visit our website at [www.eatingdisordersny.com](http://www.eatingdisordersny.com) and post them on the blog or call (845)339-9090 x115.

A resource guide for information relating to eating disorders for Ulster County, NY and surrounding areas.

## Therapists

Marjorie E. Berman, LCSW-R  
133 Tinker Street  
Woodstock, NY 12498  
(845) 679-1260  
Works with adults with eating disorders and with families who have a teen/young adult/family member with an eating disorder.

Amy Blumberg, ACSW  
21 Fairmont Avenue  
Poughkeepsie, NY 12603  
845-452-2550  
Treatment for full range of eating disorders

Dianna Chillo, LCSWR  
Affiliate of Dr. Michelle Winchester Vega and Associates  
339 Blooming Grove Turnpike  
New Windsor, NY 12553  
(845) 562-9816  
Works with adolescents and adults with Eating Disorders

Cindy Dern CSW  
15 Pine Grove St..  
Woodstock, NY  
(845) 679 8184

Susan Giannico, LCSW-R  
61 East Main Street  
Washingtonville, NY 10992  
(845) 496-4919  
Provides individual counseling, psychotherapy and family therapy for the treatment of eating disorders.

Ruth Hirsh LMFT  
44 Main St  
Kingston, NY 12401  
(845) 246-8601  
Couples, overeating, bingeing, stress reduction.

Robin James LCSW-R  
Mid-Hudson Family Health Institute  
3 Family Practice Dr.  
(845) 338-8844

Susan Karl, LCSW  
Works with adults who have bulimia and compulsive overeating.  
Located in Stone Ridge  
(845) 687-7552

Linda Kawer  
3457 Main St.  
Stone Ridge NY 12484  
(845) 687-4854

Jill Malden, RD, LMSW  
#1 Water Street  
New Paltz, NY 12561  
(845) 489-4732  
jillmaiden@earthlink.net  
Specializing in Nutrition & Eating Disorders 19+ years experience.

Linda Mandano, LCSW-R  
Kingston, New York  
845-802-0071 In practice for 25 years, specializing in treating women, adolescents, families.

Beth Marks, LCSW-R BCD,  
617 Twin Arch Road  
Rock Tavern, NY 12575  
(845) 427-9049

Carol Papini CSW-R  
162 Aaron Ct  
Kingston, NY 12401  
(845)339-1766

Susan Piowaty, LSW-R  
127 Springtown Road  
New Paltz, NY 12561  
845-256-1515

Stephanne Pleshette LCSW  
Office in Woodstock by appointment  
Phone: 845-679-7633  
Susan Piowaty LSW-R  
127 Springtown Rd  
New Paltz, NY 12561  
(845) 256-1515  
Eating Disorders

Yvonne Poley, LMHC  
Rehab Programs, Inc..  
103 Inwood Avenue  
Poughkeepsie, NY 12601-1387  
845-452-1913 X124  
Eating disorder specialist. Ages 18 and above.

Andrea Raphael-Paskey, LCSW-R  
Catskill Family Institute  
112 North Front St..  
Kingston, NY 12401  
(845) 338-5450  
Facilitates ED groups and does individual Psychotherapy.

Sil Reynolds, RN  
3457 Main St..  
Stone Ridge, NY 12484  
(845) 687-4208

Rebecca Rooney, PhD.  
1997 Rte. 17M  
Goshen, NY 10924  
845-294-8442

Meg F. Schneider, MA LCSW  
8 Garden Street  
Rhinebeck, NY 12572  
845-876-8808  
megswebpage@aol.com  
Works with adolescents who have Eating Disordered Behaviors.

Sandy Sklar CSW-R  
58 E. Market St.  
Rhinebeck, NY 12572  
(845) 876-1176

Mauri Waldman, LCSW-R, BCD,  
CASAC  
155 Main Street  
Goshen, NY 10924  
845-294-7408  
Treatment for individuals with eating disorders, compulsive overeating and addictions,  
age 16 and above.

Nikki Weisman  
Mid-Hudson Family Health Institute  
3 Family Practice Dr.  
Kingston NY 12401  
(845) 338-2562

## Nutritionists

Virginia Cambalirk RD  
Vassar Brothers Medical Center  
(845) 437-3026

Elizabeth Grimaldi, MSRD  
6 Oak Lane  
Campbell Hall, NY 10916  
(845) 496-9487  
Nutritional counseling for eating disorders and weight loss maintenance.

Vickie Koenig MS, RD  
63 Hurley Ave Kingston, NY 12401  
(845) 255-2398

Janet Kovler, MS, RD, CDN, CDE  
15 Catherine Court  
Chester, NY 10918  
(845) 774-1465  
Nutritional counseling for adolescent aged individuals and above with eating disorders.

## **Nutritionists cont...**

Jill Malden, RD, LMSW  
#1 Water Street  
New Paltz, NY 12561  
(845) 489-4732  
jillmalden@earthlink.net

Specializing in Nutrition & Eating Disorders 19+ years experience.

Laurie Mozain MS, RD, CDN  
Kingston Hospital  
396 Broadway Kingston NY  
(845)334-2712  
Nutition therapy, body image groups.

Aradhna Pal, MS, RD, CDC  
111 Maltese Drive  
Middletown NY 10940  
845-342-4774  
Nutritional counseling for eating disorders. Most private insurance and HMOs accepted. No Medicaid.

Patrica Ricks RD  
Northeast Center for Special Care  
Kingston, NY 12402  
(845)336-3500 x3162

Tina Ross, DC, RD  
30 Hatfield Lane - Suite 101  
Goshen, NY 10924  
(845) 294-2733  
Chiropractor and Dietician

Holly Shelowitz CNC  
Nourishing Wisdom  
New Paltz, NY  
(845) 687-9666  
Email:info@nourishingwisdom.com  
www.nourishingwisdom.com

Ilyse Simon, RD  
Nutrition Therapist  
Specializing in Eating Disorders,  
Stress Eating, and Whole Foods  
318 Wall Street, Suite 3A  
Kingston, NY  
(845) 331-6381

Mela Stevens CNC  
Nourishing Wisdom  
New Paltz, NY  
(845) 687-9666  
Email:info@nourishingwisdom.com  
www.nourishingwisdom.com

## **Psychiatrists/Psychiatric Nurse**

Stanley Giudici, M.D., M.A.R.  
Board Certified Internal Medicine  
Middletown Medical, P.C.  
111 Maltese Drive  
Middletown, NY 10940  
(845) 342-4774

Ron Goldman, MD  
185 Main Street  
Kingston, NY 12401  
845-340-0640

Richard Hahn, MD  
14 West St.  
Warwick, NY 10990  
845-988-9300  
Psychiatric evaluations. Sees patients with bulimia and binge eating disorders. Medicaid not accepted.

Meryl Kramer Harrison, RNP  
Maverick Family Counseling  
404 Zena Road  
Woodstock, NY 12498  
845-679-8650

Brian Parks, MD  
465 Broadway  
Kingston, NY 12401  
845-340-0244

Carlos Valle, MD  
Hudson Valley Psychiatric  
Associates, LLC  
185 Green Street, Suite 2  
Kingston, NY 12401  
845-339-3738

## **Physicians**

Dr. Cheryl Colbert  
Internal Medicine  
52 Main Street  
Kingston, NY 12401  
(845) 338-1700

Children's & Women's Physician of  
Westchester Division of Adolescent  
Medicine  
Wallace Jenkins, M.D., Gilburto Valez,  
M.D., & Marcia Nackenson, M.D.  
Mungen Pavilion  
Room 618  
99 Grasslands Road  
Valhalla, NY 10595  
(914) 593-8899  
Specializing in adolescent medicine:  
eating disorder medical management  
for patients ages 12-22. Referral  
for psychotherapy and nutritional  
counseling. Medicaid and uninsured  
patients referred to Adolescent  
Medicine Clinic @WCMC for  
treatment. Sliding scale available for  
uninsured.

Crystal Run Health Care  
Internal Medicine Physicians  
300 Crystal Run Road  
Middletown, NY 10940  
(845) 703-6999

Medical management of complications  
of eating disorders. Part of multi-  
specialty group.  
Accepts most HMO's and private  
insurance.

Francis Imbarrato, M.D.  
Melissa Beck, P.A. & Staff  
1200 Rt.208, Suite15  
Monroe, NY 10950  
Phone: 845-783-6266  
pkwonmd@frontiernet.net

Levi H. Lehw, M.D.  
Health Medical Associates  
825 Rt. 211 East  
Middletown, NY 10941  
Phone: 845-692-8338  
Fax: 845-692-6177  
Medical and nutritional management  
for overweight adult patients is  
primary focus, but does see patients  
with other eating disorders as well.  
Accepts various HMO's and private  
insurance. NO MEDICAID.

Dr. Richard Moscovitz MD  
Orthopedic Surgery  
373 Broadway Kingston 12401  
(845) 338-8546

Dr. Michael Steckman MD  
Gastroenterologist  
26 Pearl St.. Kingston 12401  
(845) 331-8222

Tri-State Bariatric  
Dr.. Peter H. Kwon, M.D., F.A.C.S.,  
Bariatric Surgical Program Director  
15 Jersey Avenue  
Port Jervis, NY 12771  
(845)858-8780

## **New York Inpatient/Outpatient ED Centers**

Avalon Eating Disorder Center  
346 Harris Hill Road  
Williamsville, NY 14221  
Phone toll-free 1-866-814-0999  
Local (716) 839-0999  
Fax (716) 839-2058  
email: info@avalon-centers.com

C.C.C.E.D  
Comprehensive Care  
Center for Eating Disorders of  
Northeastern New York  
Albany Medical College  
47 New Scotland Avenue  
MC 57 Albany, NY 12207  
1-888-747-4727

Center for Treatment of Eating Disorders  
570 West Mount Pleasant Ave. Suite 108, Livingston, NJ 07039  
Phone 973-740-0234  
Fax 973-740-0702

Eating Disorders Recovery Center of Western New York  
Box 690, 601 Elmwood Ave  
Rochester, NY 14642  
(585) 275-1521

Four Winds Hospital  
Katonah, NY (Westchester)  
(914) 763-8151 or 800-528-6624  
Saratoga Springs, NY  
888-747-4727  
Accepts individuals with eating disorders

Healing Connection, Inc..  
1461 A First Ave., Suite 303  
New York, NY 10021  
(212) 585-3450  
A non-profit 501(c)(3) tax-exempt organization that strives to save lives through education, prevention, intervention, advocacy and future financial assistance for people suffering from Anorexia and Bulimia.

Integrated Health Solutions  
1073 Main St., Ste. 202A  
Fishkill, NY 12524  
(845) 896.2238  
[www.integratedhealthsolutions.org](http://www.integratedhealthsolutions.org)  
A coordinated outpatient assessment and treatment program for eating disorders

John T Mather Eating Disorder Partial Hospitalization Program  
208 Route 112  
Port Jefferson Station, NY 11776  
(631) 473-3877 x27

National Center for Overcoming Overeating  
P.O. Box 1257 Old Chelsea Station  
New York, NY 10133-0920  
(212) 875-0442  
Women's Campaign to End Body Hatred and Dieting

NYSPI Eating Disorders Research Unit at Columbia University  
1051 Riverside Dr., Unit 98  
New York, NY 10036  
(212) 536-5316  
Treatment/research center, free treatment for those who qualify.

Renfrew Center of NY  
11 East 36<sup>th</sup> Street  
2<sup>nd</sup> Floor New York, NY 10016  
1-800-RENFREW  
Fax: (212) 686-1865

St. Mary's Eating Disorder Partial Hospitalization Program  
89 Genesee Street  
Rochester, NY 14611  
(585) 368-3709

Ulster County Mental Health Dept  
239 Golden Hill Lane  
Kingston, NY 12401  
(845) 340-4000

## Websites

[www.edtreatmentcenters.com](http://www.edtreatmentcenters.com)- Info & resource site

[www.eatingdisordersny.com](http://www.eatingdisordersny.com)- Ulster County Eating Disorders Coalition Site

[www.gurze.com](http://www.gurze.com)- Books, resources on eating disorders

[www.something-fishy.org](http://www.something-fishy.org)- Info & resource site

National Eating Disorders Association  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

[www.mirror-mirror.org/eatdis.htm](http://www.mirror-mirror.org/eatdis.htm)- Resource site

[www.edreferral.com](http://www.edreferral.com)- Referral & info site

[www.anred.com](http://www.anred.com)- Info site on Anorexia and Bulimia

[www.eating-disorder.com](http://www.eating-disorder.com)- Info and referral site

[www.eatingdisorderonline.com](http://www.eatingdisorderonline.com)- referral and info site

Academy for Eating Disorders  
[www.aedweb.org](http://www.aedweb.org)- research, articles

Alliance for Eating Disorder Awareness  
[www.eatingdisorderinfo.org](http://www.eatingdisorderinfo.org)

Multi-Service Eating Disorder Association  
[www.medainc.org](http://www.medainc.org)

National Association of Anorexia Nervosa and Associated Disorders  
[www.anad.org](http://www.anad.org)

[www.eatingdisorderhope.com](http://www.eatingdisorderhope.com)- Resource site

[www.eatingdisorderscoalition.org](http://www.eatingdisorderscoalition.org)- Advocacy and policy

Eating Disorders Anonymous- 12-step program  
[www.eatingdisordersanonymous.org](http://www.eatingdisordersanonymous.org)

[www.eatingdisordersblogs.com](http://www.eatingdisordersblogs.com)- Support and recovery blog

## Support Groups

Mental Health Association in Ulster County, Inc..  
(845) 339-9090 x115  
[www.wellnessrecovery.org](http://www.wellnessrecovery.org)  
Support groups for a range of individuals with disordered eating

Ulster County Mental Health Department  
(845) 340-4000  
Body image groups

Overeaters Anonymous —12-step recovery program for compulsive overeaters. Meets daily at various times, places in mid-Hudson. Call OA hot line, 657-6603, or go to [www.midhudsonoa.org](http://www.midhudsonoa.org).