

## REFERRALS: LOCAL COUNSELING SERVICE PROVIDERS

1. **Catholic Charities:** 67 East Pearl Street Wellsville, NY 585-593-2015

2. **Counseling Center: Wellsville** 585- 593-6300

\* *excellent* 3. **Dr. Laura DeMarco,** Psychologist 1-607- 382-1292 7 Elm St. Andover NY

4. **ACASA:** (Allegany Council on Alcoholism and Substance Abuse): 593-1920 Free drug prevention and anger management services (assessments and educational counseling at school site or in Wellsville Office)

5. **Alfred/Almond Children & Family Services** 1-607-871-2229 (Graduate student/therapists/psychologists) 6 Sayles St Alfred, NY

6. **Alfred Counseling Associates** 1-607-587-8390 (numerous therapists) Offices located in Alfred, Belmont, Dansville, Wayland, and Wellsville. Their phone number is 607-587-8390. They have flexible hours during the week, and they are able to work with most insurance providers. They are also willing to work with most clients regardless of their financial situation. There are multiple counselors who focus on addressing issues such as: depression, anxiety, grief, post-traumatic stress, abuse, life transitions, stress, and eating disorders. They also have a Psychiatric Nurse Practitioner in Alfred to assist with medication management.

\* 7. **Cattaraugus County Olean Counseling Center** 1 Leo Moss Drive Olean County Building Olean, NY 716-373-8040

*Has a Psychiatrist on staff  
for evals & med management where as  
Allegany County does not.*

8. **Dr. Craig Zuckerman,** Psychologist 1-716-372-3550

\* Best for full psych evals

9. **Dr. Santa Maria:** 716-690-2560445 Tremont St # 331 North Tonawanda, NY 14120

10. **Justin Towers Trauma Systems Therapy Coordinator:**

Allegany Rehabilitation Associates, Inc. 4220 Bolivar Road Wellsville, NY 14895  
Phone: 585.593.6300 ext. 247 Fax: 585.593.7071 [jtowers@araservices.com](mailto:jtowers@araservices.com)

11. **Child and Adolescent Treatment Services** Buffalo, NY 716-835-4011

12. **Kim Peckham**, Nurse Practitioner of Psychiatry and **Tara Storms** 1-716-372-9344

13. **Lindy White:** Allegany County SPOA Coordinator: 585-593-1991

14. **Youth for Christ Ralph Eastlak, Director** Wellsville 593-5472 (family counseling, specialty of working with survivors of sexual abuse, substance abuse)-no charge

\* 15. **Sam Cali**, Therapist Wellsville on Tuesdays 593-5472 and Alfred 1-607-587-8390

16. **Kim Conroy-** 716-373-2796 2656 W State St Olean

\* 17. **Milestones Psych Services:** 15 Pleasant St. Hornell NY 607-324- 9240  
Wellsville office 3460 Riverside Drive Wellsville, NY 585-593-1859

\* 18. **Tom Stevens:** 716-373-1666 2636 W. State St Olean, NY

**19. Jim Hunter** – 585-808-9895 5669 West Shore Road Cuba, NY

**20. 24-Hour Crisis Hotline** :( 888) 448-3367

**21. Mary Plonka:** Located at 112 South Clinton St. Olean, NY 14760. Her phone number is 716-373-6735. She is a Licensed Master Social Worker and a Credentialed Alcohol and Substance Abuse Counselor. Mary is a fee for service provider and does not accept insurance or Medicaid at this time.

**22. Dr. Sean Siebert:** Located at 515 Pine St. Jamestown, NY. His phone number is 716-664-7501, and his office hours are Monday through Friday from 8:00am to 5:00pm. He is a Clinical Psychologist, and accepts several insurance plans. Please inquire about this at the time of initial contact.

**23. Rehabilitation Today Services:** Located at 784 Main St. Olean, NY 14760. Their phone number is 716-372-3550, they accept various insurance and Managed Care plans. Their office offers psychiatric evaluations and counseling for diagnoses such as PTSD (post-traumatic stress disorder), ADD (attention deficit disorder), mental health and behavioral problems in children, adolescents, adults and families.

**24. Child and Family Services Center of Alfred University:** Located at 6 Sayles St. Alfred, NY 14802. Their phone number is 607-871-2229. They are open Monday-Thursday from 1:00pm to 7:00pm. The fee is a sliding scale fee, and they will not turn families away because of an inability to pay. This group of counselors work with children and adolescents ages 3 years old through the age of 21. The counselors specialize in working with individuals who have mood or anxiety problems, relationship issues, and stress management.

**25. John Sobraske:** Located at 11 S. Goodman St. Rochester, NY 14607. His phone number is 585-271-1360. John is a LMHC who specializes in adoption and attachment counseling.

**26. UPC- Universal Primary Care- Behavioral Health Clinical Services**

UPC's Behavioral Health program provides clinical services to children, adolescents, and adults. The clinic offers assessment and psychosocial treatment services on an outpatient basis. Crisis situations

requiring hospitalization or acute psychiatric evaluation for placement or safety concerns are handled through the client's local hospital's emergency services. **To schedule an appointment, at any of our four locations, call (716) 375-7500!**

#### **BEHAVIORAL HEALTH LOCATIONS**

**UPC Olean**  
135 N. Union St.  
Olean, NY 14760

**UPC Cuba**  
132 W. Main St.  
Cuba, N.Y. 14727

**UPC Houghton**  
9864 Luckey Drive  
Houghton, N.Y. 14744

**UPC Salamanca**  
445 Broad Street  
Salamanca, N.Y. 14779

## **OTHER LOCAL RESOURCES**

### **Parenting Education:**

**Healthy Families:** Located at 234 N. Union St. Olean, NY 14760. Their phone number is 716-372-5987. Healthy Families Allegany / Cattaraugus are voluntary home visiting programs for expectant and new parents that promote parent/child interaction, self-sufficiency and encourage families to access community resources. Families can enter the program prenatally and up until the baby reaches the age of three months. There are four levels of home visit intensity provided until the child reaches the age of five, or attends preschool or Head Start.

<http://www.parenteducationprogram.org/>

**Finger Lakes Parent Network:** Located at 25 W. Steuben St. Bath, NY 14810. This agency services Allegany County. Their phone number is 607-776-2164, or you can call them toll free at 800-934-4244. FLPN provides family and family support services to families in need. They are able to also provide