Outpatient mental health services that are accessible, affordable and confidential.

St. Peter’s Health Care Services, a comprehensive, integrated system of care, is the Capital Region’s largest provider of health care services.

St. Peter’s Hospital is proud to be designated a national Magnet® Hospital for consistent excellence in nursing services. St. Peter’s has also been ranked among an elite group of hospitals nationwide as a Distinguished Hospital for Patient Safety®, Top 100 Cardiovascular Hospital, Top 100 Stroke Hospital and Top 100 Hospital for overall clinical services.

St. Peter’s continues to set the pace for health care innovations. We are 5,000 professionals who know that technology is critical to treatment, but compassion is the key to healing.
What Services Are Available?
Psychotherapy services include counseling for:

- Depression
- Anxiety
- Coping with life transitions
- Coping with chronic illness/disability
- Stress management
- Preparation for/coping with bariatric (obesity) surgery/treatments
- Grief and loss

Patients receiving psychotherapy services may also have access to a psychiatrist for psychiatric evaluations, medication evaluation and medication management.

What Are the Admission Criteria?
To utilize the services provided by St. Peter’s Outpatient Behavioral Health Services, patients must be:

- An adult, 18 years of age or older
- Actively seeking psychotherapy (psychiatric treatment is not provided independent of therapy)
- Able to participate safely in an outpatient treatment program
- A patient of St. Peter’s system of care

What is the Process to Receive Counseling?
Contact the Case Management Department at 525-1304 and request Behavioral Health Services for counseling. You will be asked to complete a telephone screening to determine your eligibility.

How Do I Pay for My Treatment?
St. Peter’s maintains provider relations with most major insurance plans. In addition, charity care and a sliding fee scale are available for those who are uninsured/underinsured and who meet eligibility criteria.

Our Staff

**Psychiatry:**
Gregory Lavigne, MD
Angelo Potenciano, MD

**Psychotherapy:**
Kimberly Michelini, LCSW-R
Kristine Weidner, LCSW-R

Talk With Someone Who Can Help

Everyone experiences difficult emotions at some point in their lives such as sadness, anxiety, loneliness, anger, fear, or a sense of being overwhelmed. These feelings are normal and common, especially when accompanied by challenges in life such as: relationship struggles, loss, changing health, decreased independence, stress, or unexpected change.

Many people, at various times in their lives, also experience difficulty managing these challenges and emotions on their own. This may interfere with work, relationships, health or future goals.

We can help. Our Licensed Clinical Social Workers are experienced in helping individuals understand their emotions and overcome their unique challenges in order to restore balance and a sense of well being in their lives.

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