

Psychiatry Referral List 2025-2026

*Monsour Counseling and Psychological Services (MCAPS) is not endorsing these psychiatrists, but only providing a list of resources for students and the Claremont Colleges community. It is the responsibility of the student to ensure that providers take their insurance.

Local Group Practices:

Mental Wellness Partners

820 N. Mountain Ave., Suite 215

Upland, CA 91786

Phone: (909) 920-5150

Website: www.mentalwellnesspartners.com

Email: mentalwellnesspartners@gmail.com

Heather Kurera, D.O.

Email: hkurera@mentalwellnesspartners.com

Accepted Insurances: Aetna, Blue Cross Blue Shield, Blue Shield, Cigna, Evernorth, HealthNet/MHN, Magellan, MediCare, TriCare, Optum, United Behavioral

Percival "John" Baldrias, PMHNP-BC

Email: jbaldrias@mentalwellnesspartners.com

Accepted Insurances: Aetna, Blue Cross Blue Shield, Blue Shield, Cigna, Evernorth, HealthNet/MHN, Magellan, MediCare, TriCare, Optum, United Behavioral

Rachel Balbas-Go, NP

Email: assistant@mentalwellnesspartners.com or assistant2@mentalwellnesspartners.com

Accepted Insurances: Aetna, Blue Cross Blue Shield, Cigna, Evernorth, HealthNet/MHN, Magellan, Optum, United Behavioral

Anh Tran, D.O

Email: assistant@mentalwellnesspartners.com or assistant2@mentalwellnesspartners.com

Accepted Insurances: Aetna, Blue Cross Blue Shield, Blue Shield, Cigna, Evernorth, HealthNet/MHN, Magellan, MediCare, TriCare, Optum, United Behavioral

Daniel Morales, NP

Email: assistant@mentalwellnesspartners.com or assistant2@mentalwellnesspartners.com

Accepted Insurances: Aetna, Beacon Health Options, Blue Cross Blue Shield, Blue Shield, Carelon, Cigna, Evernorth, HealthNet/MHN, Magellan, MediCare, TriCare, Optum, United Behavioral

Nicole Williams, M.D.

Email: assistant@mentalwellnesspartners.com or assistant2@mentalwellnesspartners.com

Accepted Insurances: Aetna, Beacon Health Options, Blue Cross Blue Shield, Blue Shield, Carelon, Cigna, Evernorth, HealthNet/MHN, Magellan, MediCare, TriCare, Optum, United Behavioral

Yaifeh Chafeh, NP

Email: assistant@mentalwellnesspartners.com or assistant2@mentalwellnesspartners.com

Accepted Insurances: Aetna, Beacon Health Options, Blue Cross Blue Shield, Carelon, Cigna, Evernorth, HealthNet/MHN, Magellan, MediCare, Optum, United Behavioral



Mountain View Behavioral Health

585 N. Mountain Ave., Suite B
Upland, CA 91786
Phone: (909) 931-3388
Website: www.mountainviewbh.com

Soe-Moe Kyaw, M.D.

Accepted Insurances: Aetna, Anthem Blue Cross, Blue Shield, Cigna, First Health, HealthNet, Magellan, Medi-Care, MHN, Optum, TriCare, others through medical groups
Additional Languages: Burmese

Hla Hla Yee, M.D.

Accepted Insurances: Aetna, Anthem Blue Cross, Blue Shield, Cigna, HealthNet, Magellan, Medi-Care, MHN, Optum, others through medical groups
Additional Languages: Burmese

Iman Hanna, M.D.

Accepted Insurances: Aetna, Anthem Blue Cross, Blue Shield, Cigna, HealthNet, Magellan, Medi-Care, MHN, Optum, others through medical groups

Metzli Counseling Services

220 S. Indian Hill Blvd., Suite K
Claremont, CA 91711
Phone: (909) 303-5551 or (626) 214-5362
Website: www.metzlicounselingservices.com

Miguel Ortega, PMHNP

Accepted Insurances: None
Specialties: ADHD, Anxiety, Depression, Mood Disorders, Post-Traumatic Stress Disorder

Health Service Alliance

13193 Central Ave., Suite 200
Chino, CA 91710
Phone: (909) 902-9111
Website: hsa.care/our-services/behavioral-health

Joan Nicole Green, NP

Accepted Insurances: Aetna, Blue Cross, Blue Shield, Inland Empire Health Plan (IEHP), Medi-Cal (San Bernardino), MediCare, Optum, Prime Health Insurance, Regal, United Behavioral Health
Languages: English, Tagalog

Martha Boochie, NP

Accepted Insurances: Aetna, Blue Cross, Blue Shield, Cigna, Inland Empire Health Plan (IEHP), Medi-Cal (San Bernardino), MediCare, Optum, Prime Health Insurance, Regal, United Behavioral Health
Languages: English, Spanish



Health Service Alliance

5050 San Bernardino St.
Montclair, CA 91763
Phone: (909) 281-5800
Website: hsa.care/our-services/behavioral-health

Sunday Adeyeye, NP

Accepted Insurances: Aetna, Blue Cross, Cigna, HealthNet/MHN, IEHP, MediCare, Optum, United Behavioral Health
Offers: Walk-In Clinic or Same-Day Telehealth Sessions (9AM-5PM), non-emergencies only

Restore Psychiatry & Wellness

3200 E. Guasti Rd., Suite 100
Ontario, CA 91761
Phone: (626) 714-8739
Website: restorepsychwellness.com
Email: info@restorepsychiatrywellness.com
Offers In-Person & Telehealth Services

Marianna Chavez, PMHNP-BC

Accepted Insurances: Aetna, Blue Cross, Blue Cross Blue Shield of MA, Cigna, GEHA, Kaiser, Optum, Oscar Health, Oxford, TriCare West, United Behavioral Health, United HealthOne
Specialties: ADHD, anxiety, bipolar disorder, depression, obsessive compulsive disorder, trauma

Deante Markey, PMHNP-BC

Accepted Insurances: Aetna, Blue Cross, Blue Cross Blue Shield of MA, Cigna, GEHA, Kaiser, Optum, Oscar Health, Oxford, TriCare West, United Behavioral Health, United HealthOne
Specialties: ADHD, anxiety, depression, grief, trauma

Frost Mental Health

Phone: (626) 600-8543
Website: <https://frostmentalhealth.com>
Email: office@frostmentalhealth.com
Offers Telehealth Services

Melissa Frost, NP (13697)

Accepted Insurances: CA - None (Cash only); FL – Aetna, Optum (others pending)
Specialties: ADHD, Anxiety, Bipolar, Depression, Obsessive Comp, PTSD, Sleep disorder, Social phobia; Neurotransmitter and Hormone Testing, Genetic testing
Offers Telehealth Services

Lisa Johnson, PMHNP-BC

Accepted Insurances: None (Cash only)
Specialties: ADHD, anxiety, bipolar disorder, depression, eating disorders, schizophrenia
Offers Telehealth Services

Justin Key, MD (A161051)

Insurances Accepted: Aetna, Carelon, Cigna, Medicare, out-of-network
Specialties/Areas of Interest: psychiatric medication management
Languages: English

Stephanie Sabra, MD MPH (A159605)

Insurances Accepted: Aetna, Carelon, Cigna, Medicare, out-of-network
Specialties/Areas of Interest: psychiatric medication management, child and adolescent psychiatry
Languages: English

Tashalee Brown, MD PhD (A182620)

Insurances Accepted: out-of-network
Specialties/Areas of Interest: psychiatric medication management, child and adolescent psychiatry, LGBTQ+ mental health
Languages: English

Wenqi Feng, MD (A158053)

Insurances Accepted: Aetna, Carelon, Cigna, Medicare, out-of-network
Specialties/Areas of Interest: psychiatric medication management, women's mental health, peripartum mental health
Languages: English, Mandarin

Sensible Care

505 N. Tustin Ave., Suite 150
Santa Ana, CA 92705
Phone: (800) 801-9833

Website: <https://www.sensiblecare.com/>

Email: contact@sensiblecare.com

Offers Telehealth Services

Paul Chung, M.D. (A92851)

Accepted Insurances: Aetna, Anthem Blue Cross, Cigna, Humana, Optum, United Behavioral Healthcare, Tri-Care West
Specialties: ADHD, Addiction Psychiatry, Anti-Psychotic Injectables, Anxiety and Panic Disorders, Bipolar, Chemical Dependency, Christian Counseling, Compulsive Gambling, Depressive Disorders, Grief/Bereavement, Obsessive Compulsive Disorder (OCD), Phobia, Post-Partum Depression, Post-Traumatic Stress Disorder, Psychotic Disorders, Schizophrenia/Schizoaffective Disorder, Sleeping Disorders, Somatoform Disorders, Suboxone
Languages: Korean
Additional Licensure: Texas (Tri-Care East, Tri-Care West), Virginia (Tri-Care East)

Nadia Barati, M.D.

Accepted Insurances: Aetna, Anthem Blue Cross, Cigna, Humana, Optum, United Behavioral Health, Tri-Care West
Specialties: Anxiety and Panic Disorders, Bipolar, Depressive Disorders, Obsessive Compulsive Disorder (OCD), Post-Traumatic Stress Disorder, Psychotic Disorders, Schizophrenia/Schizoaffective Disorder, Somatoform Disorders, Women's Issues
Languages: Farsi

Gabrielle Lewis, N.P. (NP95013910)

Accepted Insurances: Aetna, Anthem Blue Cross, Cigna, Humana, Optum, United Behavioral Healthcare, Tri-Care West

Specialties: ADHD, Anger Management, Anti-Psychotic Injectables, Anxiety and Panic Disorders, Bipolar, Depressive Disorders, Grief/Bereavement, Obsessive Compulsive Disorder (OCD), Phobia, Post-Traumatic Stress Disorder, Psychotic Disorders, Schizophrenia/Schizoaffective Disorder, Women's Issues

Amanda Pham, M.D.

Accepted Insurances: Aetna, Anthem Blue Cross, Cigna, Humana, Optum, United Behavioral Health, Tri-Care West

Specialties: Abuse (Physical, Sexual, etc.), ADHD, Anxiety and Panic Disorders, Autism Spectrum Disorder, Bipolar, Child Abuse, Child Psychiatry, Cultural/Ethnic Issues, Depressive Disorders, Obsessive Compulsive Disorder (OCD), Parenting Issues, Personality Disorders, Post-Partum Depression, Post-Traumatic Stress Disorder, Prenatal Issues, Psychotic Disorders, Schizophrenia/Schizoaffective Disorder, Sleeping Disorders

Shiwei "Thomas" Zhou, M.D.

Accepted Insurances: Aetna, Anthem Blue Cross, Cigna, Humana, Optum, United Behavioral Health, Tri-Care West

Specialties: Abuse (Physical, Sexual, etc.), ADHD, Adolescent Psychiatry, Anger Management, Anxiety and Panic Disorders, Autism Spectrum Disorder, Behavior Modification, Bipolar, Child Psychiatry, Cognitive Behavioral Therapy, Depressive Disorders, Grief/Bereavement, Life Management Counseling, Medication Management, Mood Disorders, Obsessive Compulsive Disorder (OCD), Parenting Issues, Personality Disorders, Post-Traumatic Stress Disorder, Psychotic Disorders, Schizophrenia/Schizoaffective Disorder, Sleeping Disorders, Somatoform Disorders, Stress Management

Keith Brar, N.P.

Accepted Insurance: Aetna, Anthem Blue Cross, Cigna, Optum, United Behavioral Health

Specialties: ADHD, Anxiety and Panic Disorders, Bipolar, Borderline Personality Disorder, Child Psychiatry, Cognitive Behavioral Therapy, Depressive Disorders, Life Management Counseling, Occupational Issues, Parenting Issues, Personality Disorders, Post-Partum Depression, Post-Traumatic Stress Disorder, Schizophrenia/Schizoaffective Disorder, Sleeping Disorders, Stress Management

Languages: Punjabi

Additional Licensure: Florida (Tri-Care East), Virginia (Tri-Care East)

Cassandra Silver, N.P. (NP95012192)

Accepted Insurances: Aetna, Anthem Blue Cross, Cigna, Humana, Optum, United Behavioral Healthcare, Tri-Care West

Specialties: Abuse (Physical, Sexual, etc.), ADHD, Addiction Psychiatry, Adolescent Psychiatry, Anger Management, Anti-Psychotic Injectables, Anxiety and Panic Disorders, Bipolar, Brief Solution Focused, Chemical Dependency, Cognitive Behavioral Therapy, Crisis Intervention, Depressive Disorders, Dissociative Disorder, Eating Disorders, Grief/Bereavement, Medication Management, Mood Disorders, Obsessive Compulsive Disorder (OCD), Personality Disorders, Post-Partum Depression, Post-Traumatic Stress Disorder, Psychotic Disorders, Rape Issues, Schizophrenia/Schizoaffective Disorder, Somatoform Disorders, Stress Management, Women's Issues

Michael Ogata, M.D.

Accepted Insurances: Aetna, Anthem Blue Cross, Cigna, Humana, Optum, United Behavioral Health, Tri-Care West

Specialties: Abuse (Physical, Sexual, etc.), ADHD, Anger Management, Anti-Psychotic Injectables, Anxiety and Panic Disorders, Autism Spectrum Disorder, Behavior Modification, Bipolar, Borderline

Personality Disorder, Child Abuse, Cognitive Behavioral Therapy, Cultural/Ethnic Issues, Depressive Disorders, Developmental Disabilities, Dissociative Disorder, Divorce/Blended Family Issues, Domestic Violence, Eating Disorders, End of Life Issues, Gay-Lesbian Issues, Gender Identity, Grief/Bereavement, Health-Disabilities, HIV/AIDS Related Issues, Obsessive Compulsive Disorder (OCD), Personality Disorders, Post-Partum Depression, Post-Traumatic Stress Disorder, Psychotic Disorders, Schizophrenia/Schizoaffective Disorder, Sexual Dysfunction, Self Harm, Sleeping Disorders, Somatoform Disorders, Stress Management, Women's Issues

Shou Want, N.P.

Accepted Insurances: Aetna, Anthem Blue Cross, Cigna, Humana, Optum, United Behavioral Health, Tri-Care West

Specialties: ADHD, Anxiety and Panic Disorders, Bipolar, Depressive Disorders, Medication Management, Mood Disorders, Post-Traumatic Stress Disorder, Psychotic Disorders, Schizophrenia/Schizoaffective Disorder, Stress Management

Languages: Mandarin Chinese

Steven Allen, M.D.

Accepted Insurances: Aetna, Anthem Blue Cross, Cigna, Humana, Optum, United Behavioral Health

Specialties: Abuse (Physical, Sexual, etc.), ADHD, Addiction Psychiatry, Anger Management, Anti-Psychotic Injectables, Anxiety and Panic Disorders, Bipolar, Chemical Dependency, Co morbidity, Cognitive Behavioral Therapy, Compulsive Gambling, Crisis Intervention, Cultural/Ethnic Issues, Depressive Disorders, Detoxification, Dissociative Disorder, Divorce/Blended Family Issues, Eating Disorders, Family Therapy, Forensic, Geriatric Psychiatry, Grief/Bereavement, Group Therapy, Marriage and Family Therapy, Medication Management, Mood Disorders, Obsessive Compulsive Disorder (OCD), Occupational Issues, Personality Disorders, Phobia, Post-Partum Depression, Post-Traumatic Stress Disorder, Psychotic Disorders, Rape Issues, Schizophrenia/Schizoaffective Disorder, Somatoform Disorders, Stress Management, Suboxone, Substance Abuse Professional

Viktoriya Golovatscka, N.P.

Accepted Insurances: Aetna, Anthem Blue Cross, Cigna, Humana, Optum, United Behavioral Health, Tri-Care West

Specialties: Abuse (Physical, Sexual, etc.), ADHD, Anti-Psychotic Injectables, Anxiety and Panic Disorders, Bipolar, Chemical Dependency, Co morbidity, Depressive Disorders, Gay-Lesbian Issues, Gender Identity, Grief/Bereavement, Mood Disorders, Obsessive Compulsive Disorder (OCD), Phobia, Post-Partum Depression, Post-Traumatic Stress Disorder, Psychotic Disorders, Schizophrenia/Schizoaffective Disorder, Substance Abuse, Women's Issues

Languages: Russian

Yelaina Yoon, N.P.

Accepted Insurances: Aetna, Anthem Blue Cross, Cigna, Humana, Optum, United Behavioral Health, Tri-Care West

Specialties: ADHD, Anxiety and Panic Disorders, Bipolar, Depressive Disorders, Grief/Bereavement, Obsessive Compulsive Disorder (OCD), Phobia, Post-Partum Depression, Post-Traumatic Stress Disorder, Psychotic Disorders, Schizophrenia/Schizoaffective Disorder, Sleeping Disorders

Languages: Korean

Individual Psychiatrists:

Stephanie Adler, PMHNP-BC (95029072)

250 W. 1st St., Suite 312

Claremont, CA 91711

Phone: (909) 667-2419

Website: <https://www.mentalwellnessnp.com/home>

Email: stephanieadler@mentalwellnessnp.com

Accepted Insurances: Aetna, Blue Cross, Blue Cross Blue Shield of Massachusetts, Cigna,

Magellan, Oxford (Optum), Quest Behavioral Health, United HealthCare (Optum)

[Washington: Aetna, Carelon Behavioral Health, Cigna, Oscar (Optum), Oxford (Optum), Regence

Blue Shield of Washington, United HealthCare (Optum)]

Specialties: Medication management and brief psychotherapy

Offers Telehealth Services

Miguel Ortega, DNP, BFA, APRN, PMHNP-BC (95018947)

220 S. Indian Hill Blvd., Suite D

Claremont, CA 91711

Phone: (818) 918-0548

Website: N/A

Email: miguel@animopsychiatry.com

Accepted Insurances: Aetna, Cigna, Carelon Behavioral Health, Optum, Oscar Health, Providence

Health Plan, United Behavioral Health, UHC Student Resources

Specialties: ADHD, anxiety, depression, grief, men's issues, PTSD

Offers In-Person & Telehealth Services

Fees: \$350 (Intake, 80-minutes), \$150 (Follow Ups, 15-minutes), \$175 (Follow Ups, 30-minutes)

Sachin Relia, M.D. (A119785)

Inland Psychiatry and Sleep

10737 Laurel St., Suite 245

Rancho Cucamonga, CA 91730

Phone: (909) 257-8809

Website: <https://www.inlandpsychiatryandsleep.com/>

Email: info@inlandpsychiatryandsleep.com

Accepted Insurances: Aetna, Blue Cross, Blue Shield, Cigna, Inland Empire Health Plan (IEHP)

Magellan, United Behavioral Health

Specialties: adjustment issues, anxiety disorders, autism, mood disorders, sleep & psychiatric disorders

Offers Telehealth Services

Nhlanhla Moyo, PMHNP-BC

2000 L St., Suite 150

Sacramento, CA 95811

Phone: (916) 512-3063

Website: <https://betterdayspsychiatricnursing.com/>

Email: moyo@betterdayspsychiatricnursing.com

Accepted Insurances: Aetna, Blue Cross, Cigna, HealthNet/MHN, Humana, Medi-Cal, MultiPlan, Sutter Health Plus, United Behavioral Healthcare

Specialties: ADHD, anxiety, bipolar disorder, depression, mood disorders, PTSD; sees children, adolescents, & adults

Offers Telehealth Services

Vanessa Velez, M.D. (A179221)

[Telehealth Only]

Phone: (949) 873-4577

Website: www.vanessavelezmd.com

Email: drvelez@vanessavelezmd.com

Accepted Insurances: None

Specialties: Medication management and therapy for Anxiety, Depression, Trauma. Approach involves looking at the whole person (i.e. lifestyle, nutrition, movement, mindfulness)

Fees: \$525 (Intake Appointment, 90-minutes), \$375 (Follow-Ups, 50-minutes), \$275 (Follow-Ups, 25-minutes)

Low Cost Services:

Tri City Mental Health

2008 N. Garey Ave.

Pomona, CA 91767

Phone: 909-623-9500

Website: <http://www.tricitymhs.org/>

Accepted Insurances: Medi-Cal

Living Success Center

1560 Brookhollow, Suite 216

or

2753 Jefferson St., Suite 202

Santa Ana, CA 92705

Carlsbad, CA 92008

Phone: (949) 645-4723

Website: <https://www.livingsuccesscenter.org/>

Email: contact@livingsuccesscenter.org

Accepted Insurances: Aetna, Blue Shield, CalVCP, Cigna, Kaiser PPO