

## Ithaca-Based Mental Health Clinic Partners with Binghamton University to Increase Mental Health Care Access



**(Ithaca, NY)** — The MindWell Center, a mental health clinic which provides evidence-based mental health care to the Tompkins County community and surrounding region, has announced its launch in Ithaca. MindWell was established by Ithaca natives and clinical psychologists, Dr. Sarah Markowitz and Dr. Aaron Rakow.

The MindWell Center supports the mental health needs of children, youth, families, and adults across the lifespan. MindWell exclusively provides modern mental health treatments that are evidence-based and are typically time limited and present-focused. MindWell provides convenient care options both at its clinic on Ithaca's South Hill as well as to clients throughout New York via its secure and convenient video therapy platform. MindWell's team of licensed clinical psychologists and social workers are experts in Cognitive Behavioral Therapy (CBT) and bring extensive expertise in treating anxiety, depression, sleep & insomnia, obsessive compulsive disorder (OCD), posttraumatic stress disorder (PTSD), attention deficit/hyperactivity disorder (ADHD), and behavior challenges, among other areas.

As a part of its launch, MindWell has forged two training partnerships with Binghamton University and the University at Albany to create unique field-based training opportunities for doctoral students in evidence-based mental health care.

### Supporting Quotes:

- Dr. Thomas P. Harding, faculty member at Binghamton University and Director of the Psychological Clinic at Binghamton has stated, “Partnering with the MindWell Center supports new quality local educational opportunities designed to train the next generation of mental health providers in evidence-based care to better meet the needs of our community and region.”
- “We are very excited to be supporting the mental health needs of Tompkins County residents as well as those from the surrounding region,” noted Aaron Rakow, Executive Director and Co-founder of MindWell. “Ithaca is fortunate to have a very strong mental health treatment community comprised of many exceptional providers. However, we also realized that despite this, there remains a significant need for evidence-based mental health care to help close the gap and increase access to care for all members of our community. We look forward to doing our part to meet the needs of the region.”

To schedule a free phone screen, visit [www.mindwellcenter.com/getstarted](http://www.mindwellcenter.com/getstarted) or email MindWell's Care Coordination Team at [support@mindwellcenter.com](mailto:support@mindwellcenter.com).