

Choosing a Psychiatrist: A Checklist

The right fit matters. Use these questions when you compare psychiatric practices, including ours. Bring this page to a first call or visit and make notes as you go.

Specialization

Experience with your concern, such as mood disorders or ADHD.

Access

Office location, telepsychiatry and how often follow-ups are scheduled.

Payment

Insurance accepted, or superbills for out-of-network reimbursement.

Language and fit

Bilingual services and culturally informed care.

Questions to ask any practice

	QUESTION	YOUR NOTES
☐	Does the clinician have experience with my concern?	
☐	Do you offer in-person visits, telepsychiatry, or both?	
☐	How often are follow-up visits scheduled?	
☐	Do you accept my insurance, or provide superbills?	
☐	Are services available in my preferred language?	
☐	How are treatment decisions made together?	
☐	How do you coordinate with my other providers?	

How Resilience Psychiatry answers

- **Who we see:** children, teens and adults.
- **Visits:** in person in East Setauket, and telepsychiatry for eligible patients in New York and Florida.
- **Payment:** out-of-network, with superbills provided. HSA and FSA cards are accepted.
- **Languages:** English and Spanish.
- **Second opinions:** offered for challenging cases.

Our psychiatrists

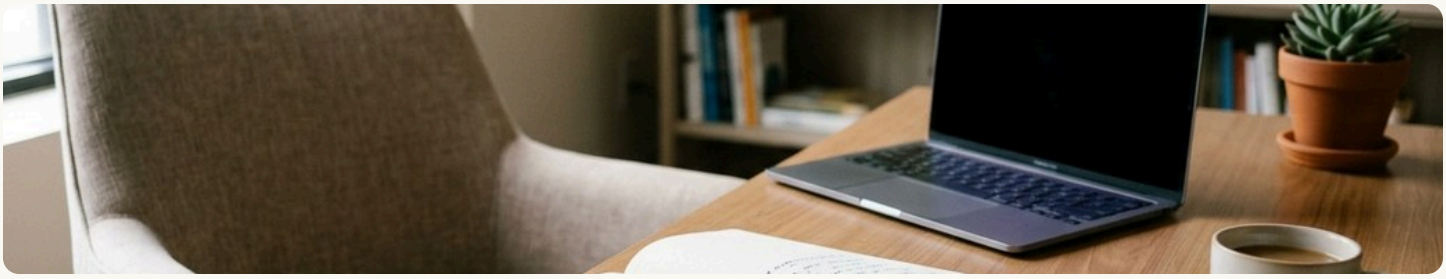
- **Dr. Jessica Carbajal Cáceda, MD.** Board-Certified Child and Adolescent Psychiatrist. Children, teens and adults.
- **Dr. Ricardo Cáceda, MD, PhD.** Board-Certified Psychiatrist and Neuroscientist. Adults.
- **Dr. Rachel Spector, MD.** Board-Eligible Psychiatrist. Ages 15 and older.
- Licensed psychotherapists are also part of the team. See resilience-psychiatry.com/our-providers.

Services

- Adult psychiatric evaluations and child psychiatry.
- Autism diagnostic evaluations, including the ADOS-2.
- Medication management and psychotherapy.
- Telepsychiatry in New York and Florida.

What a first appointment covers

- A thorough history and a mental status exam.
- A review of current medications and medical history.
- Collaborative goal setting.
- Bring a current medication list and a brief symptom timeline.



Need urgent help? Resilience Psychiatry is not an emergency service. If you are in crisis, call or text 988. In an emergency, call 911.

More guides from Resilience Psychiatry

Your first visit · Using out-of-network benefits · Preparing for a telepsychiatry visit · Care in New York and Florida · Preparing for an autism evaluation · Choosing a psychiatrist

Book online through Zocdoc · **Call** (631) 371-4844 · **Visit** 46 NY-25A, Suite 4, East Setauket, NY 11733

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