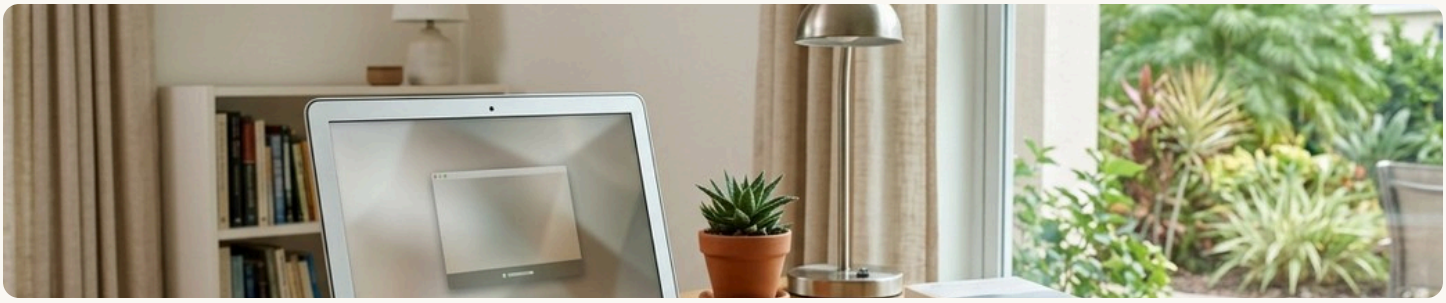


Care in New York and Florida

If you split the year between New York and Florida, your psychiatric care may not have to restart each season. Resilience Psychiatry offers telepsychiatry in both states, so eligible adult patients working with a clinician licensed in both may be able to keep the same clinician and plan when they travel.

The rule

You must be physically in the state where your clinician is licensed at the time of each visit.

Who it suits

Seasonal residents, families in both states and people preparing to move.

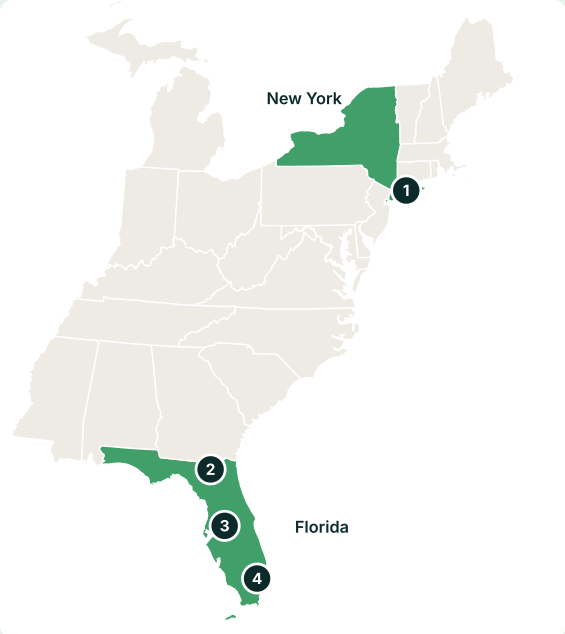
First visit

An initial evaluation usually lasts 60 to 90 minutes.

Languages

Appointments are offered in English and Spanish.

Where care is available



1. **East Setauket, New York**
   In-person visits at 46 NY-25A, Suite 4, plus telepsychiatry for patients located in New York.
2. **North Florida**
   Jacksonville, Tallahassee and other Florida locations.
3. **Central and Gulf Coast**
   Orlando, Tampa, St. Petersburg and Sarasota.
4. **South Florida**
   Miami, Fort Lauderdale, West Palm Beach and Naples.

Telepsychiatry is offered to eligible patients across both highlighted states. Map made with U.S. Census Bureau boundary data. Positions are for orientation.

Before you travel

- [ ] Contact the office before your appointment when you are traveling or your location has changed.
- [ ] Confirm that your clinician is licensed in both states.
- [ ] Ask how prescriptions are handled across state lines and choose a preferred Florida pharmacy.
- [ ] If you take a controlled medication, ask what requirements apply through the year.
- [ ] Ask what happens if there is a crisis between visits.

Two-state continuity

- Continuity across both states may be available for eligible adult patients working with a clinician licensed in both.
- The office confirms provider fit, availability and Florida licensure when you schedule.
- Dr. Ricardo Cáceda and Dr. Jessica Carbajal Cáceda offer telepsychiatry in New York and Florida.

While you are in Florida

- Visits are held on a secure, HIPAA-compliant video platform.
- Prescriptions can be sent to your preferred Florida pharmacy.
- Some controlled prescriptions may need an in-person visit at least once per year in some circumstances, depending on the medication.
- Contact the office if your location changes.

When you return to New York

- Care can continue with video visits in New York or in person in East Setauket.
- With a clinician licensed in both states, you may not need to start over with someone new.

Costs

- The practice is **out-of-network** in both states and provides superbills for possible reimbursement.
- HSA and FSA cards are accepted.
- Telepsychiatry is billed at the same rate as in-person visits.

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

This guide online

Reviewed November 2026. Fees, policies and availability can change, so please confirm details with the office. This guide is general information and does not replace care from a provider.