

FROM CONNECTION TO COLLABORATION: How Two Bronxville Neighbors Are Championing Mental Health

By Renuka Rao Bijoor

Photography provided by The Counseling Center



The Counseling Center 24-25 Board at our Gala:

From the left: Jack Randall, Entela Hana, Caroline Demetri, Rosie Amodio, Josh Rucci, Chris Fahy, Kate Milliken Vaughey, Tiffany Tinson, Ellen Kreger, Denise Kaloudis-Ryan, Paul Shoemaker

Photo by Terrence Forrest/MyMemoryBooth Photography

When Rosie Amodio was first asked to join the board of The Counseling Center in Bronxville, she hesitated. “I’m more of a worker bee than a board member,” she admits. “But the mission intrigued me—raising funds to subsidize mental health counseling—so I took the meeting.”

It was at the Bronxville Field Club when she met Board co-chair Kate Milliken Vaughey for the first time. Rosie had already been in Bronxville for over five years and had never heard Kate’s name. But in true Bronxville fashion, connections quickly emerged: children in the same grade, a shared love of tennis and, most importantly, a mutual commitment to mental health.

Twelve months later, that chance meeting has grown into both a strong friendship and a productive collaboration—one that’s helping to push The Counseling Center’s mission forward.

For those of you unfamiliar, The Counseling Center has been in existence since 1971. At its core, the Center is a group of licensed professional counselors providing mental health support in Bronxville and throughout Westchester County and we’re a non-profit. Ten therapists offer a wide range of mental health services to support individuals, couples and families, addressing issues such as addiction, aging, school challenges, depression, divorce, life transitions and trauma. The offices are inside the Reformed Church of Bronxville. While there has been confusion over this, the two are not directly affiliated. The location does provide a convenient, close location—and when seeking help, removing barriers like long travel

distances, matter. The biggest differentiator is TCC provides fee subsidies to those who couldn’t otherwise afford counseling. This is at the core of the board’s efforts.

“As I learned more about The Counseling Center, one aspect struck me as just amazing—a bespoke matching process,” says Rosie. “In my experience, finding the right person to work with on mental health can be so tough! And often a barrier to therapy.” When new clients reach out, they’re connected directly to Clinical Director Jennifer Klein, Psy.D for a complimentary consultation. From there, they’re matched to a therapist, each with different specialties who can best meet needs and personality. “A friend once called me, worried about her daughter’s anxiety,” Kate recalls. “Within two days, she was sitting with our child psychologist, Dr. Kathy Cosgrove. That immediacy is invaluable.”

Through getting to know each other, Rosie and Kate learned of their shared belief in individual therapy often over lunch at the Bronxville Diner. Kate navigated childhood challenges, being single in her 30s, and receiving an MS diagnosis. Rosie has struggled with autoimmune disease since childhood; growing up as the child of immigrants, counseling wasn’t an option. “My parent’s counseling consisted of telling me to just deal,” explains Rosie. Adds Kate: “My therapist is still in my life,” she says. “We have periodic check-ins. I almost always feel better afterward, even if I go in reluctant to talk.”

It is no secret that these days, anxiety is pervasive. In a 2024 poll by the American Psychiatric Association, 43% of U.S. adults reported feeling more anxious than the previous year—up from 37% in 2023 and 32% in 2022. “When I look around at friends and our children, the pace of life feels unsustainable,” Rosie says. “We all need moments to pause and check in. Recognizing you’re not okay at that moment allows you to adjust your plans—and your life—accordingly.”

Even today, a stigma and/or ignorance remains around therapy, and this is what Kate, Rosie, and the rest of the volunteer board are working hard to change. Seeking help can still be seen as a weakness, but there is progress in the Bronxville community. “Over the past five years the Bronxville School has incorporated wellness and belonging into the Bronxville Promise. Our kids have assemblies about stress management, and the PTA’s BeWell Committee offers programming geared towards older kids and their parents,” Kate says. “These initiatives let kids know that hard moments happen and there are tools to get through them.”



The Feelings Wheel, a therapeutic tool, displayed at the Gala.
Photo by Terrence Forrest/MyMemoryBooth Photography.

There has been positive momentum and generosity from the community. The Center hosted a sold-out, record breaking gala last April that would not have been possible with all the hands-on work of the board, and amazing friends like Laura Martin and Andres Angelani, who donated their Windham Mountain ski chalet to the auction. Or Terrence Forrest of My Memory Booth Photography, a local creator who captured the party (and the therapists) in memorable photos for the love of the organization. Or Gina Lander, an accomplished makeup artist who jumped at the chance to do makeup for the team of therapists for their photo shoot. Even this cover would not have been possible if Bronxville's own Christine Courtney, a recreational photographer, when not the President of The Leadership Program, had not taken time off work to take these photos.

A lot of what Kate and Rosie have learned about self-reflection, communication, and empathy has helped their friendship grow. "Kate and I don't always agree, but we try to find a common ground—despite the fact that we're both strong women," Rosie says. Kate chimes in, "Rosie is a crazy do-er and a perfectionist. It's not always easy to get her to take the critical path and let some things go. We talk things through."

Meanwhile, Kate loves big ideas and sometimes, making those visions doable with time, budget, and resources is a challenge. "I try my best to be open to all Kate's ideas and collaborate to get us where we're both happy—and I'm not up all night figuring out how to execute," says Rosie with a smile. Kate and Rosie went head-to-head over a big idea for the Gala. It involved a therapeutic tool known as a "Feelings Wheel."

Kate was intent on showing it, even though according to Rosie, it didn't fit the theme. After some "spirited" debate, Rosie found a way to get a huge poster of it printed and the duo worked into the gala theme. "We didn't have a fight!" says Kate. "Rosie was thoughtful enough to keep the poster and to present me as a gift after the gala for my wall."

Both Kate and Rosie are optimistic about The Counseling Center's future. "Our diverse staff are experienced and compassionate. They commit a percentage of their time to subsidized care. They're driven by the value of all their work," Rosie says. And while the Center serves Bronxville, its reach is growing. "We're getting our name out to neighboring towns—and it's working." The team is also excited to be building out its social media platforms..

What began as a casual meeting on a sunny afternoon has turned into a shared mission to make mental health care more talked about and accessible—proof that the right connection can fuel positive change for important organizations--and for each other.

For more information or to support, please visit CounselingCenter.org.

MEET THE THERAPISTS

Whether you're seeking individual therapy, couples counseling, or support through a life transition, our team is here to help. With skill, heart, and commitment to meeting you where you are.

With over 34 years of experience, Virgil Roberson, M.DIV. L.P. NCPsychA, leads the mission of The Counseling Center. He specializes in helping clients navigate challenges such as addiction, abandonment, anxiety, obsessions and infidelity. With insight, care, and a deep commitment to healing.

Jennifer Klein, Psy.D has 20 years of experience and serves as the Clinical Director at The Counseling Center, where she thoughtfully matches referrals with the therapist best suited to each client's unique needs. In addition to her leadership



At the Gala, TCC intern and Bronxvillian, Kara Dimon and her husband CJ Tolkein
Photo by Terrence Forrest/MyMemoryBooth Photography.



From Left: Christine Courtney, Kate and Rosie in an outtake from the cover shoot.

role, Jenn also sees clients individually offering support for a wide range of concerns including divorce, marital problems, neurodiversity, LGBTQ+ issues, depression, anxiety disorders, and other medical or behavioral conditions.

Kathy Cosgrove, Ph.D, a licensed psychologist with over 20 years of clinical experience. Kathy specializes in working with adolescents facing trauma and eating disorders, and also provides expert care for individuals dealing with depression, anxiety, and challenges related to interpersonal effectiveness.

Next, meet Alexis De Braganca, LCSW-R, a licensed clinical social worker with 18 years of experience. Alexis specializes in treating mood disorders, addictions, relationship issues, and parenting challenges. Her compassionate, client-centered

approach helps individuals and families navigate life's complexities with resilience and clarity.

Kara Dimon, LHMC-L, holds a Master of Education in Mental Health Counseling and is currently an intern at The Counseling Center. She works with adults and families navigating anxiety, depression, life transitions, parenting challenges, relationship dynamics, and workplace stress. Kara brings warmth, insight, and a thoughtful approach to her clinical work.

Lynn Evansohn, LCSW, is a Licensed Clinical Social Worker who works with young adults through all stages of life. She specializes in personal development, life transitions, and relationship challenges, offering supportive and insightful guidance tailored to each individual's journey.

Jennifer Jordan, L.M.F.T, is a Licensed Marriage and Family Therapist, who works with individuals, couples, and families. She supports clients through life stages and transitions, and addresses a range of concerns including anxiety, conflict, trauma, loss, and parenting issues. Jennifer brings a warm, collaborative approach to helping people strengthen relationships and navigate change.

Janice Moore, LCSW, is a Licensed Clinical Social Worker with 20 years of experience working with college students and adults across all stages of life. She specializes in anxiety, depression, relationship issues, and adjustment disorders, offering compassionate and grounded support to help clients navigate life's challenges.

Dr. Natalie Redcross, PhD, MFT-LP, is a Licensed Associate Marriage and Family Therapist., who works with adults facing a range of challenges. Her areas of focus include developing healthy coping strategies, navigating racial trauma, managing anxiety, improving family dynamics, overcoming career obstacles, and addressing communication barriers. Dr. Redcross brings a thoughtful and socially conscious effort to her work.

“ O give thanks to the
Lord, for he is good,
for his steadfast love
endures forever.”

PSALM 107:1

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Dr. Richard Shoup, D. Min, who holds a Doctor of Ministry, is a psychotherapist who works with individuals at various stages of life. He supports clients through career changes and life transitions, and offers marriage counseling for couples seeking deeper understanding and greater intimacy. Dr. Shoup brings a reflective and supportive presence to his work, helping clients explore meaning and connection in their lives.



From The Counseling Center to the Tennis Court,
Kate and Rosie make a great team.



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Your Friends and Neighbors

Here are some issues facing some of our residents today, which were gathered through an anonymous survey run in April 2025. Strategies are provided by Executive Director Virgil Roberson.

GETTING THROUGH DIVORCE

We realistically can never know if someone will be in our life for a moment, a chapter or a lifetime and to reframe how they can see the process as healing and an opportunity eventually.

You need to allow all the feelings and thoughts to surface—no matter how messy because you might otherwise set up for a repeat in the next relationship. Find where you can be comforted by what you do for yourself or via letting family and friends be their holding environment as they go through this arduous process. Of course, with kids involved, no matter what age, work to take responsibility for their feelings and do all you can to NOT vent and include their offspring into what they need to handle first this themselves.

ANXIETY

It is important to reframe the anxious feelings and thoughts to allow for all to be accepted rather than fighting against them, which usually is futile and creates more stress.

Life will always feel demanding UNLESS we calm ourselves first and are clear with ourselves what our threshold of tolerance can be. If we become more worried about our aging parents, for example, then how we healthy find ways to breathe, center ourselves so we do not run with “awfulizing” what is next. This “catastrophizing” with any situation is our way of exerting “control” where we feel out of control. We think we are inoculating ourselves against being blindsided for the worst-case scenario, but we are making ourselves more anxious. Accepting what we can and cannot control is the most essential piece of handling overwhelming anxiety.

MAPPING A SECOND ACT

It's normal to wonder what will happen next! Transitions can cause trepidation. Aldous Huxley said: “The secret to genius is to carry the spirit of the child throughout your life.” Using this framework can help. Be mindful of the fun of creating a map—like a treasure hunt.

HOW DO YOU START FRESH?

1. Embrace humility
2. Scan your beliefs to check if they are holding you back (are they making you more anxious?)
3. Pay attention. During your lifetime, were you ever told you would be a great such or such? Maybe now is the time to explore it. Aim high and expand curiosity.