

## **Ariana Metalia**

Ariana Metalia is a NYS Licensed Mental Health Counselor with 5+ years of experience working in a variety of roles at Northwell Health facilities including Zucker Hillside Hospital and Cohen Children's Medical Center. She graduated from Iona College in 2016 with a bachelor's degree in psychology and certification for substance use counseling, followed by her graduate degree from SUNY Old Westbury in 2016 for mental health counseling. Prior to her experience at Northwell, she completed internships at St. Joseph's Medical Center outpatient substance use center, while working towards her CASAC certification during her undergraduate years.

She currently works at Cohen Children's Behavioral Health Urgent Care, conducting clinical assessments and referral services to children and adolescents in crisis situations. Additionally, she opened her own private practice this year providing weekly psychotherapy via telehealth, runs an Instagram page @therapywithariana, and is co-founder of the group Albanian American Cohesive Community @AlbanianAmericanCohesion which advocates for building healthy relationships & progress in the Albanian community. With all of these efforts including her social media presence, she hopes to break the stigma of shame surrounding mental health amongst Albanians. She is a social butterfly and a people-person who is very excited to meet and assist others in the field of psychology.