

Mount Sinai Doctors-Behavioral Health

Meet Our Team



Kimberly Mangla, MD is an Assistant Professor of Psychiatry at the Icahn School of Medicine at Mount Sinai. She is currently the Clinical Director of Women's Mental Health working in collaboration with the Department of Obstetrics and Gynecology. Her clinical interests include Premenstrual Dysphoric Disorder, Postpartum Psychosis, and Menopause. Therapeutic modalities include Cognitive Behavioral Therapy, Dynamic Psychotherapy including Dyadic therapy, and Group Therapy.

Kimberly Mangla, MD



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Jared M. Shiff, PsyD, is an Assistant Professor of Psychiatry at the Mount Sinai Center of Excellence in ADHD, Learning Disabilities, and Related Disorders. He is a licensed clinical psychologist with expertise in the areas of neuropsychology and evidence-based treatment for a variety of neurodevelopmental and psychological disorders in children, adolescents, and adults. Dr. Shiff has extensive clinical and assessment experience working with individuals across the lifespan.

Jared Shiff, PsyD



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Saniya Tabani, PhD, is an Assistant Professor of Psychiatry at the Icahn School of Medicine at Mount Sinai and a licensed clinical psychologist on the Child and Adolescent Complex Care Team in the Faculty Practice at The Mount Sinai Hospital. She specializes in the treatment of children, adolescents, young adults, and families using Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Acceptance and Commitment Therapy (ACT). Dr. Tabani's expertise includes evaluation and evidence-based treatments for anxiety, depression, mood disorders, disruptive behaviors, emotional dysregulation, noncompliance, ADHD, trauma, suicidal and non-suicidal self-injurious behaviors, suicidal ideation, and personality disorders.

Saniya Tabani, PhD



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Renana Nerwen, M.S.Ed., Psy.D. is a pediatric psychologist. Dr. Nerwen has experience working with individuals and families with a wide variety of concerns, including anxiety, depression, behavior problems, ADHD, trauma, and parental mental health. Dr. Nerwen provides individual and family psychotherapy from an integrative orientation, utilizing psychodynamic, cognitive-behavioral, dialectical-behavioral, attachment-focused, and behavior-management treatment interventions. Dr. Nerwen has experience working with children with co-morbid developmental and learning disabilities and is passionate about educational advocacy.

Renana Nerwen, PsyD



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Yonatan Kaplan, MD, is an Assistant Clinical Professor of Psychiatry at the Icahn School of Medicine at Mount Sinai. He sees patients both at the the medical school's Student and Trainee Mental Health Program, and at Mount Sinai's Center of Excellence in ADHD and Related Disorders. His areas of interest include ADHD, OCD, Tics, transitional age and college mental health, global mental health, and nature therapy.

Yonatan Kaplan, MD



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Ronit Grofman Margalit, PhD, is an Assistant Professor of Psychiatry at the Icahn School of Medicine at Mount Sinai and a licensed clinical psychologist at the Child and Adolescent Complex Care Team in the Faculty Practice at Mount Sinai Hospital.

Ronit Grofman Margalit, PhD



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Melissa Eells (she / her) is a licensed clinical social worker specializing in the practice of psychotherapy. Melissa has over a decade of experience working with clients to improve interpersonal relationships, deepen self-knowledge, reduce workplace burnout and address a range of mood, anxiety and trauma-related concerns. Melissa practices with an awareness of structural oppression.

Melissa Eells, LCSW-R



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Vanessa Litoff, PsyD is a clinical psychologist and Assistant Professor of Psychiatry at the Icahn School of Medicine at Mount Sinai Hospital. She specializes in treating adults with generalized anxiety, panic disorder, social anxiety and obsessive-compulsive disorder (OCD). She has experience with a range of OCD subtypes including contamination fears, harm OCD, unwanted sexual/taboo thoughts and relationship OCD. Dr. Litoff integrates exposure therapy, cognitive-behavioral therapy and compassion-focused approaches into her work.

Vanessa Litoff, PsyD



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Nicole Hays, DO is a board-certified psychiatrist and Assistant Professor of Psychiatry at Icahn School of Medicine at Mount Sinai. She works in the outpatient child and adolescent psychiatry clinic and the Center of Excellence in ADHD faculty practice office. She also spends time doing research in early and high-risk psychosis. She attended medical school in Long Island at NYIT-COM followed by adult psychiatry residency in Brooklyn at SUNY Downstate and child and adolescent psychiatry fellowship at Mount Sinai.

Nicole Hays, DO



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Joshua Choi, MD, is an Assistant Professor of Psychiatry at Icahn School of Medicine at Mount Sinai. Dr. Choi specializes in child and adolescent psychiatry.

Joshua Choi, MD

