

# Student and Trainee Mental Health Program

## Meet Our Social Workers



Mika Gratch is a Licensed Clinical Social Worker in New York State and a Clinician at the Student and Trainee Mental Health Program at the Icahn School of Medicine at Mount Sinai. Mika earned her Master's Degree in Social Work from New York University and has been practicing in the field for over 15 years. She has worked in various practice areas and settings, including inpatient psychiatry with adults and older adults, adolescent mental health, school-based and residential-based treatment, and independent adoption. She utilizes an integrative psychodynamic and cognitive-behavioral therapy model, coupled with a relational, holistic and supportive approach. She works regularly with clients dealing with depression, anxiety, learning and relationship difficulties, family building, multicultural identity, and other concerns.

**Mika Gratch, LCSW**



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Victoria Hartman is a licensed clinical social worker and therapist at the Student and Trainee Mental Health Program at the Icahn School of Medicine at Mount Sinai. She earned her Master's Degree in Social Work from New York University and joined the Mount Sinai Health System in 2014. With extensive experience in both inpatient and outpatient settings, Victoria has worked with adults, children, adolescents, and families. She adopts a holistic and integrative evidence-based approach to therapy, specializing in medical students, graduate students, and training physicians. Victoria's expertise includes depression, anxiety, ADHD, trauma, grief and bereavement, chronic illness, and perinatal mental health.

**Victoria Hartman, LCSW**

