



REFERRAL RESOURCES

Updated August 2014

1. Acceptance and Recovery, LLC

307 S. Loudoun Street, Suite 100, Winchester, Virginia 22601

540-545-4004

Anne Taylor Remley, LCSW, NCACII, CSAC

Mental health assessments, Substance abuse assessments, Individual therapy for substance abuse and mental health issues, Intensive Outpatient Substance Abuse treatment for Adolescents, Adult outpatient substance abuse treatment, group and individual therapy for co-dependency, group and individual therapy for parenting and family therapy, Substance abuse education classes

Self-Pay, Anthem and Optima Health

2. Amherst Psychological and Educational Center

540-665-1970

17 W. Pall Mall Street, Winchester, VA 22601

Gwen Hoopes, Ed.S., NCSP – Licensed School Psychologist – Virginia Board of Psychology License

Psychological Assessments, Educational Evaluations, Special Education Independent Evaluations, Individual Therapy, and Parent Training. Specializing in ADHD, Autism Spectrum Disorders, and Anxiety Disorders. Orientation: Cognitive Behavior Therapy. (Children birth to 23 years old).

We file all major insurances; we are providers for Anthem, Blue Cross, CareFirst Blue Cross and Blue Shield, and Aetna

3. Beall House Professional Offices

540-662-0991

123 Amherst Street, Winchester, Va. 22601

Lee, Don D. M.D. – Psychiatrist

540-662-0991

Children and Adolescents; substance abuse counseling

No Insurance/Patient files independently – must pay for counseling at time of service

Trefzger, Elizabeth C. M.D., PLLC, Psychiatrist

540-662-0992

Children and Adolescents; substance abuse counseling

No Insurance

Scully, Melissa Evans – Licensed Professional Counselor

540-662-2803

Children and Adolescents; Individual, Marriage and Family therapy; substance abuse counseling

Anthem, Optima United Healthcare

4. Behavioral Resources

540-667-1389

134 West Piccadilly Street, Winchester, VA 22601

fax 540-667-1394

Goode, Carol – Licensed Professional Counselor

Adolescents and Adults; Couples counseling

Anthem, Optima Health, Cigna, Informed

Lewis, John, Psy.D.

Licensed Clinical Psychologist, Neuropsychologist, Adults

Anthem, Optima Health, & Medicare

Behavioral Resources (CONTINUED):

Mayfield, Martin R., Ed.D. – Licensed School Psychologist
Children and Adolescents; Psychological Assessments; Family Therapy; Cognitive-behavioral therapy; specializing in ADHD and developmental disabilities

Anthem & Value Options

Mayfield, Mimi F., Ed.S., LPC. – Licensed Professional Counselor
Adolescents and Adults; Couples counseling

Anthem, Optima Health, Cigna, Informed

Midock, Randall, Ph.D. – Licensed School Psychologist
Individuals (Preschool thru College age) and family counseling services for youth

Morrison, Rebecca G., Ph.D.
Adolescents and Adults; Couples counseling

Nowell, Carrie, Psy.D.
Adolescents and Adults; Couples counseling

Anthem, Optima Health, Informed, & Value Options

5. Blue Ridge Counseling Center, PLC 540-662-7555
335 Westside Station, Winchester, VA 22601 fax 540-662-9105

Johnston, Brenda, RN, CS, NP-C – Registered Nurse Practitioner – NOT TAKING NEW PATIENTS
Individual counseling (ages 14 years+); general psychiatry; medication management

Tricare (military), Optima, & Medicare

Lizer, Bob, M.D., - Psychiatrist
Individual counseling (ages 18 years+); medication management

Tricare (military), Medicare, Optima

O'Leary, Carol, RN, CS, NP-C – Registered Nurse Practitioner
Individual counseling (Adults only); general psychiatry; medication management

Tricare (military), Medicare, Optima

Shaughnessy, Jim – LCSW, Certified Addictions Counselor
Individual and substance abuse counseling; (ages 12 years+)

Anthem, Tricare (military), Optima

Shifflett, Maneika – Nurse Practitioner, MSN, PMHNP – BC
Patients (ages 16 years+)

Tricare, Medicare, and Optima

6. Bridging the Gaps, Inc. (www.bridgingthegaps.com) 540-535-1111
423 W. Cork Street, Winchester, VA 22601 fax 540-450-1205
Provides treatment for substance use disorders by integrating traditional modalities of psycho-social-spiritual treatment with complementary approaches oriented towards physiological healing and well-being. Combines treatment approaches that incorporate healing of the whole person, mind, body, and spirit

Pam Reeman, Clinical Director

Sue Dennis, Admissions Coordinator

Out-of-Network Insurance Accepted

7. Cassidy, Deedee – Nationally Certified Addictions Counselor 540-869-2785
520 Old Kitchen Road, White Post, VA 22663
Adolescents & Adults; Addictions counseling; anxiety, depression, family issues, grief/loss, certified bio-energetics therapist

Self-Pay, No Insurance

8. Cheema, Rauf, MD 540-667-1226

1812 W. Plaza Dr., Winchester, VA 22601
Specializes in depressive disorders

9. **CLEAN, Inc.** (www.cleaninc.org)
129 Youth Development Court, Winchester, VA 22602

540-722-3589
fax 540-722-9155

Stewart, Leslie – Executive Director
Nelson, Tara – Counselor/Educator
Costello, Tina – Office Manager

Substance Abuse Assessments - \$125 NOT Program - \$75
Alcohol & Drug Education (for ages 12-17 years) - \$75
Anger Management/Violence Prevention Course (for ages 12-17 years) - \$75
Individual Anger Management/Violence Prevention - \$15 per session

No insurance, Self-Pay, Sliding Fee determined by Executive Director

10. **Cochran, Deirdre** – Licensed Clinical Social Worker
122 Peyton Street, Winchester, VA 22601

540-327-9834

Works with children of all ages and their families. Specialties; grief, parenting, divorce and separation, family issues, and immigration

Sliding Fee Scale, Self-Pay

11. **Counseling Associates, PC.** (www.counselingassociateshome.com)
108 W. Clifford Street, Winchester, VA 22601

540-665-1848

Armstrong, Stephen, Ed.D. – Licensed Professional Counselor, LMFT
Families, adolescent boys, individual adults

Byrd, Geoff, M.S. - Licensed Professional Counselor
Couples and individual adults

Byrd, Joyce, M.Ed., CCMHC - Licensed Professional Counselor
Individual adults, couples, older adolescents

Gorman, Maureen – Licensed Professional Counselor
Children, adolescents, adults and families

DeZarn, Lorraine, Ed.S. – Counselor in Residence
Children, adolescents and individual adults

Simonetti, Ellen, M.A. – Counselor in Residence
Couples, individual adults and adolescents

Gross, Ruth Brill, Ph.D. – Licensed Clinical Psychologist
Individuals, Adolescents, Parent/Adolescents, Veterans and Families

Demorest, Eric, M.A. – Counselor in Residence
Children, adolescents and individual adults

Some Insurance (dependent upon therapist), Intake: \$135, Therapy: \$100/hour,
Adjusted rates for Counselors in Residence

12. **Crossroads Counseling Center** (www.crossroadsvirginia.com)
174 Costello Drive, Winchester, VA 22602

540-662-7007
fax 540-662-1311

James Bowman – Program Administrator – Mental Health Supports, Re-entry life skills coaching, adult and teen anger management, transitional independent living skills, theft prevention, therapeutic mentoring.

Bill Gomke – Clinical Administrator – Intensive In-home, parent mentoring, therapeutic day treatment, early intervention, substance abuse

Crossroads Counseling (CONTINUED):

Morgan Sutton – LPC, LMHP – Outpatient therapy, substance abuse evaluations & screenings, psychological testing

Whitney Hudson – Program Coordinator – MHSS

Shari Yoder – LCSW – Program Coordinator – OP, IHH, EI, S/A

Tiffany Markwood – LCSW – Program Coordinator - TDT

Anger Management Program, Substance Abuse Evaluation, Assessment, and Education, Intensive In-Home Services
Therapeutic Day Treatment Services, Mental Health Skill-Building Services and Parenting Educating Group.

- 13. DeCanio, Chris** Ph.D. – Licensed Clinical Psychologist 540-722-9472
1445 Senseny Road, Winchester, VA 22602 fax 540-722-9473
Children, adolescents and adults; Assessments for ADHD and LD; Marriage Counseling

Anthem, Optima, TriCare, Community Health, Cigna, Value Options

- 14. Family Preservation Services** 540-535-0043
3363 Shawnee Dr., Suite 1, Winchester, VA 22602 fax 540-535-0011

Alexia Rosen, Regional Director

Tania M. Silva, Regional Coordinator

Intensive In-Home Services (Medicaid funded) ---- Therapeutic Day Treatment (Medicaid funded)
Mental Health Support Services (Medicaid funded) ---- Behavioral Treatment Services (Medicaid funded)
Mentoring (FAPT & DSS funded) ---- Parent Education ----- VRP (Virtual Residential Program) (combined funding)

- 15. Firdous, Shabana**, MD 540-667-1226
1812 W. Plaza Dr., Winchester, VA 22601
Diagnose and treat various types of mental illnesses, such as depression, eating disorders, anxiety and
bipolar disorders.

Unicare, Medicare, and Cigna

- 16. Generations Counseling Center, LLC** 540-931-1776
5364 Main Street, Stephens City, VA 22655 fax 540-868-9064

Donna Steffey - Licensed Clinical Social Worker

*Adolescents, adults; depression, anxiety, anger management, stress reduction, problem-solving, effective parenting,
marriage counseling.*

Anthem, Value Options, United Healthcare, Optima

- 17. Intensive Supervision & Counseling Services** 540-636-0068
505 South Royal Avenue, Suite A, Front Royal, VA 22630 fax 540-635-4006

Rousseau, Chris – Director, ISCS – intensivesupervision.com - *Intensive In-Home Services*

*Home-Based services; intensive in-home services, transitional services program, therapeutic mentoring services,
mental health support services, therapeutic day treatment services, (school-based services), mental health
counseling, substance abuse assessments and treatment, group counseling services*

- 18. Lighthouse Counseling, P.C.** 540-665-9585
123 Amherst Street, Winchester, VA 22601 fax 540-665-9584

Fred Sabia, M.S.-Licensed Professional Counselor

*Older adolescents (16 years+), adults; Marriage/family counseling, sex addiction counseling, faith-based
counseling, depression, anxiety, grief, trauma. Certified Life Coach.*

Intake: \$190, Therapy: \$130/hour (for service only), No insurances, sliding scale fee on a limited basis

- 19. Lutheran Family Services** 540-450-2782
225 E. Pall Mall Street, Winchester, VA 22601 fax 540-450-2783

Cassie Phipps, Director of Community Based Programs

Nina Marino, Director of Foster Care and Adoption

Therapeutic Day Treatment (Medicaid funded) ---- Intensive In-Home Services (Medicaid and FAPT funded)

Essential Pieces Program – *free social group and support program for Autistic children and their families* ----
Behavioral Therapy Services (Medicaid and FAPT funded) for birth to 21 years diagnosed with Autism Spectrum Disorder, Down Syndrome, rare genetic disorders --- Therapeutic Foster Care and Adoption Services

- 20. National Counseling Group** 540-450-2734
600 Pegasus Court, Suite 100, Winchester, VA 22602 fax 540-450-2735

Paul Scardino, Director – Licensed Clinical Social Worker
Children and adolescents; individual and family counseling

Beth Garner – Licensed Clinical Social Worker
Children and adolescents; individual and family counseling

Char French – NCACII, CSAC, CCS
Substance abuse education and treatment

Holly Markley – Licensed Professional Counselor
Children, adolescents, individual and family counseling, substance abuse education and treatment

Gail Ketola – Licensed Clinical Social Worker
Children, adolescents, individual and family counseling

Home and Community Based Counseling, Mental Health Skill Building Services, Outpatient Therapy, Therapeutic Mentoring, Therapeutic Day Treatment, Anger Management, Adolescent and Family Substance Abuse Group, and Drug Screens.

Medicaid, Sliding Scale fee

- 21. New Lifestyles, Inc.** 540-722-4521
230 W. Boscawen St., Winchester, VA 22601

Adults; depression, learning disabilities, personality disorders, and ADHD. Residential program for adults with mood disorders, anxiety disorders, executive functioning and learning disabilities, substance and process addictions and personality disorders.

Kenneth L. Cuave, Psy.D.

Janice Furst, Ph.D.

Self-Pay

- 22. Northwestern Community Services, (VA. Dept. of MR, MH, and SA) (Winchester Clinic – Adults)**
158 Front Royal Pike, Suite 200, Winchester, VA 22602 (ph 667-8888 – fax 667-5663)
Administration - 209 West Criser Road, Suite 100, Front Royal, VA 22630 (ph 540-636-2931 - fax 540-636-2933)

Frederick Co. Therapeutic Day Treatment Program

158 Front Royal Pike, Suite 201, Winchester, VA 22602 (ph 665-3104 – fax 665-9448)

Children, adolescents, and adults; Family and individual counseling; intake, assessment, and referrals for placement in state programs and facilities for mental health, and mental retardation; crisis control—for suicidal and homicidal clients

Medicaid, Sliding Scale fee

- 23. Paule-Carres, Glenn, PhD** - Licensed Psychologist 540-667-0461
124 Amherst St., Winchester, VA 22601
Adolescents and adults; individual therapy, couples and family counseling, substance abuse counseling

Anthem, Community Health, Value Option, PHCS, Sliding Fee Scale

- 24. Psychotherapy Associates** (pawtherapy@comcast.net) 540-722-0750
125 S. Cameron St. Winchester, VA 22601 fax 540-722-0751

Mena Abrams – Licensed Clinical Social Worker

Children, adolescents and adults; child abuse, foster care, depression, anxiety, divorce, family therapy, grief/loss, Parenting, play therapy, relationships, trauma, PTSD, women's issues

Anthem, Community Health (Optima), Medicare, Value Options, Wellpoint, Sliding Fee Scale

John Crandell, PhD

Adults (only); alcohol/drug abuse, anxiety, couples therapy, dissociative conditions, depression, divorce, eating disorders, family therapy, gay and lesbian issues, men's issues, trauma, PTSD, sexual issues

Community Health (Optima), Medicare, Sliding Fee Scale

Carmela Crawford – Licensed Professional Counselor – Registered Play Therapist

Children, adolescents, adults; adoption, anxiety, attachment issues, child abuse, custody issues, depression, divorce, family therapy, grief-loss, parenting, play therapy, relationships, trauma, PTSD, women's issues, couples therapy

Community Health (Optima), Sliding Fee Scale

Psychotherapy Associates (CONTINUED):

Kimberly Davis – Licensed Professional Counselor

Eating disorders, trauma, grief and loss addiction. LGTBQ, gender identity, and non-traditional families.

Anthem, Community Health, Optima, Cigna, Sliding Fee Scale

Helen Robinson – Licensed Clinical Social Worker

Adolescents and adults; alcohol/drug abuse, anxiety, Christian/spiritual counseling, couples therapy, depression, divorce, eating disorders, gay and lesbian issues, grief/loss, parenting, trauma, PTSD, women's issues

Cigna, Community Health (Optima), Medicare, Sliding Fee Scale

Morgan Naar Sutton – Licensed Professional Counselor

Children (over age 12), adolescents, adults; individual, marriage and family counseling; OCD, anxiety, depression, dysthymia, phobias, PTSD, blended and step-family issues, adults molested as children, self-esteem issues, gay/lesbian issues, eating disorders

Anthem, CIGNA Behavioral Health, Community Behavioral Health, Optima, Self-Pay, Value Options (in-process)

25. Reflections Counseling Services (www.reflectionscounseling.wpweb.com)

540-722-2537

147 Creekside Lane (Creekside Village), Winchester, VA 22601

Individuals, Couples, Families, Organizations, Adults, Adolescents, and Children

Susan Gum Catlett – Ph.D., LPC, NCC, ACS, BCPC

Licensed Professional Counselor with Christian Counseling focus for individuals, couples and families.

Areas of specialty include anxiety; depression, and grief, life skills coaching, supervision and consultation services.

Debbie Potter – Resident in Counseling

Works with couples, marriage counseling, family relationships, individual counseling services for adolescents and adults. Life changes/transitions, anxiety and depression

Lacey Marut – LPC

Areas of interest include; family to include working with children and teenagers as well as adults and couples.

Life changes, anxiety and depression.

Sliding Scale Fee Available for Residents

26. Selove Professional Counseling – Shellie Selove – MS, LPC, LMFT, CST

540-868-9000

5364 Main Street, Stephens City, VA 22655

fax 540-868-9064

Adolescents and adults; anxiety, depression, grief/loss, parenting, family counseling, couples work, sexual issues, Asperser's Support Group, high functioning Autism, Bipolar, gender identity and sexual orientation

Self-Pay

27. Shenandoah Valley Child Development Clinic – www.jmucdc.org

540-568-6687

601 University Blvd, MSC 9011, Harrisonburg, VA 22807

Comprehensive interdisciplinary evaluations for children and adolescents that can include psychological, educational, medical, and social components

Ginger Griffin, Ed. S, NCSP – Clinical Director

Medicaid, Sliding Fee Scale with proof of income

- 28. Smoot, Susan** – LC MHC, Master Addictions Counselor, Certified Trauma Therapist 540-662-3455
 307 S. Loudoun Street, Suite 201, Winchester, VA 22601
Adolescents and Adults; individual, relationship, and family counseling; addictions, trauma, depression, anxiety, phobias, PTSD, parenting, grief and loss ---- Substance abuse evaluations and treatment
Accepts several different insurances – call to check (www.ssmoot.com)
- 29. Thompson, Jane Ann** – LCSW, CADC 540-533-8952
 2971 Valley Avenue, Suite 207, Winchester, VA 22601
Individual and family therapy, Adolescents, women’s issues, LGBT issues, substance abuse, and couples counseling
We accept insurances, please call to verify
- 30. Valley Behavioral Health at Shenandoah Memorial Hospital** 540-459-1262
 755 S. Main Street, Suite 102, Woodstock, VA 22664
Thomas Cardwell, MD - Psychiatrist
Donna van Horn, LCSW - Licensed Clinical Social Worker
Charlene Rozich, NP - Nurse Practitioner
Adolescents (ages 14 years+), adults, and geriatrics; outpatient treatment for individual, family, couples; medication management, anxiety and depression management, grief counseling, assessment and treatment of emotional trauma, substance abuse, parenting, ADHD, art therapy, anger management
We accept insurances, please call to verify
- 31. Welch, Dawn** – Licensed Clinical Social Worker 540-868-9400
 5364 Main Street, Stephens City, VA 22655
Children, adolescents and adults; anxiety, ADD/ADHD, ODD, Asperger’s, grief/ loss, trauma, child abuse (physical, emotional, sexual), family counseling
Anthem, Optima, and Value Options
- 32. Winchester Addiction Services** (www.wasva.org) 540-450-2206
 3042 Valley Avenue, Suite 110, Winchester, VA 22601
John Lindsey, LCSW, CSAC Addiction Specialist
Carol Harkrader, M.D.
Youth and Adults; Alcoholism, Illegal Drug Use, Prescription Drug Abuse, Food Dependency, Gambling, Extramarital Affairs, Internet Pornography
Anthem BC/BS, Aetna, Optima, Value Options, Sliding Fee Scale, Payment Plan Options, Medicare, and United Healthcare
- 33. Winchester Community Mental Health** 540-535-1112
 24 Ricketts Drive, Winchester, VA 22601 fax 540-535-1155
 Dr. Elizabeth Trefzger, MD
 Dr. Antonio Garcia, MD
 Dr. Charles Whitney, MD
 Mary Zirkle, Clinical Director, LPC
 Lauren Howerdd, LCSW
 Janice Fristad, LCSW
 Robert Nickens, LPC
 George Swift, LPC
 Pat Allenson, LPC
 Hillary Brooks, LCSW
 Erika Whetzel, APRN, BC, Psychiatric Nurse Practitioner

Adolescents, children, and adults, anxiety, depression, stress and anger management, various issues affecting students as well as special populations. Couples counseling, medication management, substance abuse, Partial Hospitalization (PHP) and intensive Outpatient ((IOP). Medicaid and private insurance

OTHER RESOURCES

Al-Anon/ALATEEN: (800) 344-2666

Support group for friends and family of alcoholics.

Alcoholics Anonymous: (540) 667-0322 or (800) 835-6130

Support group for adolescents and adults who are seeking recovery from alcoholism.

Angel Food Ministries:

Winchester – Impact Christian Center (540) 545-8588

Winchester – First Christian Church (540) 662-1334

Stephens City – Abundant Life Church (540) 869-7442

Provides food relief (boxes of food) to families who are struggling financially.

Blue Ridge Hospice, Inc., Bereavement Department (540) 536-5210 or (800) 238-5678 www.blueridgehospice.org

333 West Cork Street, Winchester, VA 22601

Provides free counseling/groups/support and educational workshops to individuals, children and organizations.

Resources information/lending library materials available

C-CAP (Congregational Community Action Project): (540) 662-4318

112 S. Kent Street, Winchester, VA 22601

Provides emergency assistance to families when other welfare programs cannot meet their needs – offers financial assistance to help with rent, utilities, fuel, transportation, prescriptions, and other basic needs.

Child Advocacy Network-Child Assault Prevention Project: (540) 678-0297

125 Youth Development Court, Winchester, VA 22601

Dental Clinic of Northern Shenandoah Valley, Inc.: (540) 536-1684

301 N. Cameron Street, Winchester, VA 22601

Children with FAMIS and FAMIS Plus are eligible for *Smiles for Children* program services.

Free Medical Clinic of Northern Shenandoah Valley, Inc: (540) 536-1680

301 N. Cameron Street, Suite 100, Winchester, VA 22604

Free medical services for qualified individuals. Must be uninsured.

Goodwill Industries: (540) 723-6864

443 Millwood Avenue, Winchester, VA 22601

Lord Fairfax Area Food Bank: (540) 665-0770

1802 Roberts Street, Winchester, VA 22604

Narcotics Anonymous: (800) 777-1515

Support group for adolescents and adults who are seeking recovery from substance abuse/dependence.

Salvation Army: (540) 662-4777 (shelter: 540-450-1555)

300 Fort Collier Road, Winchester, VA 22603

Assists with basic needs of emergency shelter, food, clothing, rent, utilities, counseling, and housing aid.

Shelter for Abused Women: (540) 667-6466 (hotline)

Winchester Family Health Center: (540) 722-2369

525 Amherst Street, Suite 525, Winchester, VA 22601

Provides medical services on a sliding fee scale; Spanish speaking health care professionals

*****This list is not meant to be complete and all-inclusive. This is only a partial listing of professionals and services in our community who may be of use to our students and their families. Please consult the yellow pages of the phonebook and the Concern Hotline Sourcebook for additional references.*****