LAKE AND SUMTER COUNTIES

Behavioral Health Resource Guide

Mental Health and Substance Misuse Treatment Professionals

Presented By:

Lake County Substance Misuse and Violence Prevention Community Coalition.

Spring, 2019
Fifth Edition
Every known practice in Lake and Sumter counties was invited to be represented in this book free of charge. Only the practices that had responded to the invitation, by time of printing, are included in this publication.

This guide is brought to you by BE FREE LAKE, a community coalition focused on substance misuse and violence prevention for the youth and families of Lake County. The purpose of the guide is to connect Lake and Sumter citizens with quality local counseling centers and practitioners who can offer help during difficult times.

Mental health disorders are real, common and treatable. In the United States during 2019, it is estimated that approximately 18.07% American adults (over 44 million adults) and 12.63% of children (over 9 million children) are experiencing a diagnosable mental health disorder in a given year.

The following are signs that your loved one may want to speak to a medical or mental health professional:

<table>
<thead>
<tr>
<th>SIGN</th>
<th>ADULTS, YOUNG ADULTS AND ADOLESCENTS</th>
<th>OLDER CHILDREN AND PRE-ADOLESCENTS</th>
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<td>Confused thinking</td>
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<td>Prolonged depression (sadness or irritability)</td>
<td>Inability to cope with problems and daily activities</td>
<td>Poor grades despite strong efforts</td>
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<td>Feelings of extreme highs and lows</td>
<td>Changes in sleeping and/or eating habits</td>
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<td>Excessive worry or anxiety (i.e. refusing to go to bed or school)</td>
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<td>Intense fear</td>
<td>Persistent nightmares</td>
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<td>Strong feelings of anger</td>
<td>Prolonged negative mood, often accompanied by poor appetite or thoughts of death</td>
<td>Persistent disobedience or aggression</td>
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<td>Strange thoughts (delusions)</td>
<td>Frequent outbursts of anger</td>
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<td>Seeing or hearing things that aren’t there (hallucinations)</td>
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<td>Growing inability to cope with daily problems and activities</td>
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<td>Suicidal thoughts</td>
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<td>Denial of obvious problems</td>
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<td>Numerous unexplained physical ailments</td>
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<td>Substance use</td>
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Facts about Depression

- Major depression is one of the most common mental illnesses, affecting 6.7% (more than 16 million) of American adults each year.
- Depression causes people to lose pleasure from daily life, can complicate other medical conditions, and can even be serious enough to lead to suicide.
- Depression can occur to anyone, at any age, and to people of any race or ethnic group.
- Depression is never a "normal" part of life, no matter what your age, gender or health situation.

While the majority of individuals with depression have a full remission of the disorder with effective treatment, only about a third (35.3%) of those suffering from severe depression seek treatment from a mental health professional. Too many people resist treatment because they believe depression isn't serious, that they can treat it themselves or that it is a personal weakness rather than a serious medical illness.

What Are the Causes of Clinical Depression?

Many things can contribute to clinical depression. For some people, a number of factors seem to be involved, while for others a single factor can cause the illness. Oftentimes, people become depressed for no apparent reason.

**Biological** - People with depression may have too little or too much of certain brain chemicals, called "neurotransmitters." Changes in these brain chemicals may cause or contribute to depression.

**Cognitive** - People with negative thinking patterns and low self-esteem are more likely to develop clinical depression.

**Gender** - More women experience depression than men. While the reasons for this are still unclear, they may include the hormonal changes women go through during menstruation, pregnancy, childbirth and menopause. Other reasons may include the stress caused by the multiple responsibilities that women have.

**Co-occurrence** - Depression is more likely to occur along with certain illnesses, such as heart disease, cancer, Parkinson's disease, diabetes, Alzheimer's disease, Multiple Sclerosis and hormonal disorders.

**Medications** - Side effects of some medications can bring about depression.
Genetic - A family history of depression increases the risk for developing the illness. Some studies also suggest that a combination of genes and environmental factors work together to increase risk for depression.

Situational - Difficult life events, including divorce, financial problems or the death of a loved one can contribute to depression.

What Are the Treatments for Depression?
Depression is very treatable, with the overwhelming majority of those who seek treatment showing improvement. The most commonly used treatments are antidepressant medication, psychotherapy or a combination of the two.

Many people diagnosed with mental illness achieve strength and recovery through participating in individual or group treatment. There are many different treatment options available. There is no treatment that works for everyone – individuals can chose the treatment, or combination of treatments, that works best.

Peer Support – Peer Support refers to receiving help from individuals who have suffered from similar experiences.

Support Group – A support group is a group meeting where members guide each other towards the shared goal of recovery. Support groups are often comprised of nonprofessionals, but peers that have suffered from similar experiences.

Psychotherapy – Psychotherapy is the therapeutic treatment of mental illness provided by a trained mental health professional. Psychotherapy explores thoughts, feelings, and behaviors, and seeks to improve an individual’s well-being. Psychotherapy paired with medication is the most effective way to promote recovery. Examples include: Cognitive Behavioral Therapy, Exposure Therapy, Dialectical Behavior Therapy, etc.
**Medication** – Medication does not outright cure mental illness. However, it may help with the management of symptoms. Medication paired with psychotherapy is the most effective way to promote recovery.

**Case Management** – Case management coordinates services for an individual with the help of a case manager. A case manager can help assess, plan, and implement a number of strategies to facilitate recovery.

**Complementary & Alternative Medicine** – Complementary & Alternative Medicine, or CAM, refers to treatment and practices that are not typically associated with standard care. CAM may be used in place of or addition to standard health practices.

**Self Help Plan** – A self-help plan is a unique health plan where an individual addresses his or her condition by implementing strategies that promote wellness. Self-help plans may involve addressing wellness, recovery, triggers or warning signs.

**Hospitalization** – In a minority of cases, hospitalization may be necessary so that an individual can be closely monitored, accurately diagnosed or have medications adjusted when his or her mental illness temporarily worsens.

The choice of treatment depends on the pattern, severity, persistence of depressive symptoms and the history of the illness. As with many illnesses, early treatment is more effective and helps prevent the likelihood of serious recurrences. Depression must be treated by a physician or qualified mental health professional.

*Source: www.mentalhealthamerica.net/depression-support-and-advocacy*

**Substance Use Disorder**

Substance Use Disorder is defined as occurring when the recurrent use of alcohol and/or drugs causes clinically and functionally significant impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home.

**Prevalence of Opioid Misuse and Opioid Use Disorder**

Based on data from SAMHSA's *National Survey on Drug Use and Health*, in 2017, 11.1 million people aged 12 and older had misused prescription pain relievers in the past year. Repeated use of opioids greatly increases the risk of developing an opioid use disorder. In 2017, about 1.7 million people aged 12 and older had a prescription pain reliever use disorder in the past year. In 2017, 953,000 people received treatment for the misuse of opioid pain relievers.6Heroin use is also a concern. In 2017, about 886,000 people aged 12 or older reported having used heroin in the past year.
During that same time period, about 652,000 people aged 12 or older were estimated to have a heroin use disorder.

Effective identification, intervention, and integration of prevention, treatment, and recovery services across health care systems is key to addressing substance misuse and its consequences, and it represents the most promising way to improve access to and quality of treatment.

Prevention

Substance misuse can put individual users and others around them at risk of harm, whether or not they have a disorder. Also, early initiation of substance use, substance misuse, and substance use disorders are associated with a variety of negative consequences, including deteriorating relationships, poor school performance, loss of employment, diminished mental health, and increases in sickness and death (e.g., motor vehicle crashes, poisoning, violence, or accidents).

Evidence-based interventions to prevent substance use, misuse, and addiction, target risk factors and enhance protective factors. For example, effective school-based strategies that combine substance use prevention and health education curricula, link students to youth friendly mental and behavioral health providers in the community, and increase protective factors such as parent engagement and school connectedness can prevent the initiation of drug use.


Therapy

People with mental health conditions often find psychotherapy—or "talk therapy"—very helpful. The type and length of your therapy will depend on your personal situation and insurance, and your therapy may be part of an overall treatment plan that includes medication or other treatment options.

Talking with a therapist or counselor can help you deal with thoughts, behaviors, symptoms, stresses, goals, past experiences and other areas that can promote your recovery. Of course, talking with a therapist about personal issues can be tough, but it can help you come to grips with problems in your life. It can also offer an emotional release and a sense of really being heard, understood and supported.
Therapy can help you to:

- feel stronger in the face of challenges
- change behaviors that hold you back
- look at ways of thinking that affect how you feel
- heal pains from the past
- build relationship skills
- figure out your goals
- strengthen your self-confidence
- cope with symptoms
- handle strong emotions like fear, grief or anger
- enhance your problem solving skills

**What to Expect**

Depending on your situation, therapy can be fairly short or longer-term. Often, people see their therapists once a week for 50 minutes. Your first session will be different from future visits. The initial visit is more of a "getting to know you" session and will help your therapist get an idea of how to proceed with your treatment.

You have a right to feel safe and respected in therapy. If you're concerned, you can ask about confidentiality. Usually, though, it's understood that a therapist respects your privacy; and that group members do too, if you're meeting in a group. Therapy should address your needs, goals, concerns and desires. If you're going to be talking to someone about your most personal thoughts, you want to feel comfortable.

You can think about what traits might make you feel more comfortable with a therapist. For example, would you prefer to see:

- a man or woman
- someone older or younger
- someone from your cultural background
- someone with a style that's more formal or friendly

**Getting the Most Out of Therapy**

Therapy likely will work best if there is a partnership between you and the therapist. Don’t just sit there! Take an active part in your sessions.

You can strengthen your therapy in many ways.

- **Tell your provider your goals for treatment.** Think about whether there are certain behaviors or issues you care about most.
- **Keep an open mind.** Be willing to consider new ways of behaving and thinking that might improve the quality of your life. We all resist change, so don't be surprised if you are tempted to quit right before some real changes happen.
• **If you think you're not making progress**, you should tell your provider. A good therapist will want to work with you so you can get the most out of your sessions. After discussing your concerns, if you're still not comfortable, you might consider meeting with another therapist for advice and possibly switching.

• **Be open and honest.** Your therapist can't really help you if you don't share the whole picture. Don't say you're fine if you're not.

• **Take your therapy home.** You might consider keeping a journal or other ways to focus on what you've been discussing in therapy. Think about ways to use ideas from therapy in your daily life.

*Source: National Institute of Mental Health, www.mentalhealthamerica.net and Facing Addiction in America: The Surgeon General’s Spotlight on Opioids*
2-STRIVE, LLC
Dr. Barry Daley, EdD, LMHC, MAC, BCBA-D, CAP

800 South Eustis Street, Suite G & H
Eustis, FL 32726

www.2-strive.com

Payment Options:
☑ Self Pay
☑ Medicaid
☑ Private Insurance

Services: Individual, Group, & Family Therapies, Behavioral Analysis Services, Court Mediation, Couple Therapy, Anger Management Group, Substance Abuse Groups, Parenting Classes, Mentoring

ADVANCED BEHAVIORAL HEALTH CENTER
Jenine D’Onofrio, MA, PhD (aba)

1799 Salk Avenue
Tavares, FL 32778

Payment Options:
☑ Self Pay
☑ Medicaid
☑ Medicare
☑ Private Insurance

Services: Psychotherapy for Individuals, Couples & Family

AGAPE COURT & COUNSELING SERVICES
Danielle Archer, EdD, LMHC

1635 E Hwy 50 #200A
Clermont, FL 34711

www.agapesvcs.com

Payment Options:
☑ Self Pay
☑ Private Insurance

Services: Co-parenting/Parenting, Reunification, Divorce, Military/First Responders, Crisis Counseling, PTSD, Trauma, Abuse, Bereavement, Anger Management, Women’s Trauma Recovery & Empowerment, Women’s Domestic Violence Education
Kimberly Capstraw, LMFT, MS

245 South Highland Street, Suite 2
Mount Dora, FL 32757

www.counselingmtdora.com

Payment Options:
✓ Self Pay
✓ Private Insurance

Services: Marriage/Relationship Counseling, Adolescent Counseling, Child Counseling (Age 5 & Up), Individual Counseling, Family Conflict

MENTAL HEALTH COUNSELING

Ages Served:
Children, Teens, Adults

Phone: 407-915-3442

Languages: English

“Got Drugs? Pitch Your Pills”

Proper disposal prevents abuse, protects the environment and reduces risk of accidental poisoning. Dispose your unused or unwanted medications today.

For more information about proper drug disposal and discover the Pitch Your Pills Campaign, please visit our website at www.befreelake.org
CENTRAL FLORIDA COUNSELING & PSYCHOLOGICAL SERVICES, INC.
Scott Berg, LCSW
Suzannne Howard, LCSW
Karen Judd, PhD, LCSW
Chrisann Reid, LCSW
Carmen A. Reyes, LCSW
Wendy Roberts, MSW
Helen E. Schuster, LCSW

1514 West Main Street
Leesburg, FL 34748

270 Campbell Avenue
The Villages, FL 32162

www.counseling-health.com

Payment Options:
☑ Self Pay
☑ Medicaid
☑ Medicare
☑ Private Insurance

Services: Scott Berg: Cognitive Behavioral Therapy, Alcohol/Chemical Dependency, Anger Management/Impulse Disorders, Anxiety/Panic/Phobia Disorders, Attention Deficit Hyperactivity Disorder (ADHD), Dissociative Identity Disorders, Adolescent Psychosocial Issues, Gay/Lesbian/Bisexual/Gender Dysphoria, Grief/Bereavement, Marital/Separation/Divorce, Obsessive Compulsive Disorder, Physical/Sexual/Verbal/Emotional Abuse, Post-Traumatic Stress Disorder, Schizophrenia, Depressive Disorders
Suzanne Howard: Cognitive Behavioral Therapy
Karen Judd: Cognitive Behavioral Therapy
Chrissann Reid: Psychotherapy To Individuals, Couples, Families & Children To Address A Wide Range Of Emotional And/Or Behavioral Issues Including Depression, Anxiety, Loss, Grief & Life Transitions
Carmen A. Reyes: Individual, Couples & Family Therapy, Substance Misuse Disorders & Recovery, Women’s Trauma & Self-Esteem Groups, Depression, Anxiety, Trauma, Grief & Loss, Life Challenges
Helen E. Schuster: Cognitive Behavioral Therapy

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:
Children, Teens, Adults

Phone: 352-365-6506

Languages: English & Spanish
CENTRAL FLORIDA PSYCHOLOGY (A.K.A. CENTRAL FLORIDA PSYCHOLOGICAL CONSULTANTS)

609 West Montrose Street
Clermont, FL 34711

1114 West Dixie Avenue
Leesburg, FL 34748

1050 Old Camp Road
The Villages, FL 32162

www.centralfloridapsychology.com

Payment Options:
☑ Self Pay
☑ Medicare
☑ Private Insurance

Services: Marriage, Family Psychiatry, Mental Health Clinics, Children, Physicians, Surgeons Counseling

CHILDREN’S HOME SOCIETY

1300 S. Duncan Drive
Tavares, FL 32778

www.chsfl.org

Payment Options:
☑ Self Pay
☑ Medicaid

| **CLINICAL PSYCHOTHERAPY & COACHING SERVICES, LLC**  
Barbara Westrich, LCSW |
|---|
| 607 Hwy 466  
Lady Lake, FL 32159 |
| **SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING** |
| **Ages Served:**  
Adults |
| **Phone:** 352-325-4913 |
| **Languages:** English |
| **Payment Options:**  
☑️ Self Pay  
☑️ Medicare  
☑️ Private Insurance |
| **Services:** Obesity, Anxiety, Co-dependency, Depression, Divorce, Grief, Pre-marital & Marital Counseling, Trauma/PTSD, Men’s Issues, Relationship Issues |

| **COLONY COUNSELING & ENRICHMENT CENTER**  
*(LIFESTREAM BEHAVIORAL CENTER)*  
Dr. David Dada, MD, Psychiatrist |
|---|
| 340 Heald Way, Suite 208  
The Villages, FL 32163 |
| [www.lsbc.net](http://www.lsbc.net) |
| **SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING** |
| **Ages Served:**  
Adults |
| **Phone:** 352-259-5762 |
| **Languages:** English & Spanish |
| **Payment Options:**  
☑️ Self Pay  
☑️ Medicaid  
☑️ Medicare  
☑️ Private Insurance |
| **Services:** Anxiety, Phobia, Schizophreniform & Schizoaffective Disorder, ADD, Autism, Bipolar Disorder, Schizophrenia & Schizoaffective Disorder, Phobia, Independent Opioid & Cocaine Abuse |
COMPREHENSIVE PSYCHOLOGICAL & ASSESSMENT SERVICES
Dr. Maxine Ruddock, PhD

2511 Dora Avenue
Tavares, FL 32778

www.cpascounseling.com

Payment Options:
☑ Self Pay
☑ Medicaid
☑ Medicare
☑ Private Insurance


CORNERSTONE HOSPICE & PALLIATIVE CARE

2445 Lane Park Road
Tavares, FL 32778

www.cshospice.org

Payment Options:

Services: Bereavement services provide a variety of programs available to anyone experiencing grief, even if no relative or friend was in the hospice program. Provides counselors specially trained in grief counseling. Support groups are available and provide a gentle and healing way to share grief with others who also have lost loved ones. All support groups are facilitated by a bereavement counselor.
COUNSELING & DEVELOPMENT CENTER
Dr. Patrick J. Ward, PhD

101 East Maud Street
Tavares, FL 32778

www.counselinganddevelopment.com

Payment Options:
☑ Self Pay
☑ Medicare
☑ Private Insurance

Services: Anxiety, Depression, PTSD, Conflict, Eating Disorders, EMDR, Family Therapy, Lesbian/Gay Grief Counseling, ADHD

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:
Children, Teens, Adults

Phone: 352-641-0230

Languages: English

COUNSELING FOR YOUR SUCCESS
Sandra Moenssens, MS, LMHC, LMFT

17307 Pagonia Rd, Suite 100
Clermont, FL 34711

www.counselingforyoursuccess.com

Payment Options:
☑ Self Pay
☑ Medicaid
☑ Medicare
☑ Private Insurance

Services: Behavioral Issues, Depression, Anxiety, Mood Disorders, OCD, Emotional Disturbances, Bipolar Disorder, EMDR and Post-Traumatic Stress Disorder

MENTAL HEALTH COUNSELING

Ages Served:
Children, Teens, Adults

Phone: 321-234-0521

Languages: English
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<tr>
<th>Creative Therapy Associates, LLC</th>
<th>Mental Health Counseling</th>
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<tr>
<td>Christine Harris, MSW, LCSW</td>
<td>Ages Served:</td>
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<td>Children, Teens, Adults</td>
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<tr>
<td>200 East Highland Avenue, Suite 3</td>
<td>Phone:</td>
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<tr>
<td>2 Clermont, FL 34711</td>
<td>407-395-4330</td>
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<td><a href="http://www.creativetherapyflorida.com">www.creativetherapyflorida.com</a></td>
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<td>EMDR, Co-parenting Counseling, Divorce, Self-Esteem, PTSD, Grief, Parent Education for Children, Adolescents, &amp; Teens, Pre-marital Counseling, ADD, ADHD, Asperger’s</td>
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<tr>
<th>Brandon M. Crotty, LMHC, CAP, PA</th>
<th>Substance Misuse &amp; Mental Health Counseling</th>
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<tr>
<td>3115 Citrus Tower Boulevard, Suite C</td>
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<td>Drug/Alcohol Evaluation &amp; Treatment, Mental Health Evaluation, Marital &amp; Family Counseling, Parenting Coordination, On-site Drug Testing, Child Adjustment &amp; Attachment Disorder, Anger Management Counseling</td>
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DEAS CONSULTING
Dr. Isaac B. Deas, II, Med, EdD, LMHC

385 Alfred Street
Tavares, FL 32778

www.deasconsulting.com

Payment Options:
☑️ Self Pay
☑️ Medicaid
☑️ Private Insurance

Services: Mental Health Christian Counseling, Anger/Conflict Resolution, Substance Misuse, Marital/Pre-marital Counseling, Mental Health Issues (Anxiety, Stress, Depression), Family/Individual Counseling, Motivational Speaking, Group Facilitator, Workshop Facilitator (Various Topics), Domestic Violence

Be Free Lake Quality of Life Report

This report serves as Lake County’s needs assessment findings on current alcohol and other drug use trends and issues, as well mental health statistics. Conducting a comprehensive needs assessment provides the opportunity for community groups, parents, schools, law enforcement, and other entities working to provide prevention and treatment services to examine what substance use and mental health issues are currently affecting the community to determine thoughtful strategies to positively affect those issues. To request a copy of Be Free Lake’s Quality of Life Report, please contact Delrita Meisner, Executive Director at 352-383-2099.
GFC FAMILY AND CRISIS COUNSELING
Rev. Kevin M. Drinka, BMin, LPC, CSAC
Dr. Max High, DTh, LCMFT
Dr. Joseph Wm. Nussbaumer, Jr, PhD
Dr. Michael J. Trainor, MA, LMHC, CAP
Jennifer Dinsmer, MA-LCCT

627 South Main Avenue
Groveland, FL 34736

319 West Seminole Avenue (Satellite Office)
Bushnell, FL 33153

www.gfccounseling.com

Payment Options:
☑ Self Pay
☑ Medicaid
☑ Private Insurance

Services: Addictive & Compulsive Behavior Counseling, Anger Management, Anxiety, Depression & Stress Management Counseling, Batterer's Intervention, Child Custody Evaluation, Drug & Alcohol Misuse Counseling, Suicide Prevention Counseling, Parenting Skills Classes, PTSD, Postpartum Depression & Anxiety, Personal & Spiritual Counseling

Dr. Joseph Wm. Nussbaumer: DUI/Substance Misuse Counseling, Sex Offender Therapy, Personal Counseling, Batterer’s Intervention Program, Mental Health Evaluations, Parenting Skills Classes, Shoplifting Program, Marriage & Family Counseling

Bushnell (Satellite Office): Substance Misuse Treatment, Anger Management, Batterer’s Intervention Program, PTSD, Postpartum Depression & Anxiety, Mental Health Evaluation, Parenting Classes, Shoplifting Course

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:
Children, Teens, Adults

Phone: 352-429-5600

Languages: English & Spanish
**FAMILY LIFE COUNSELING CENTER**  
Sandi Burchfield, MS, IMT-1129  
1250 Oakley Seaver Drive  
Clermont, FL 34781  
1502 Donnelly Street  
Mount Dora, FL 34757  

**Payment Options:**  
☑️ Self Pay  

**Services:** Teens & Children (Including Infant Mental Health), Anxiety (Including PTSD), Autistic Spectrum Disorder, Childhood Trauma, Co-parenting, Divorce, Depression, Domestic Violence, Gender & Identity, Grief/Loss, HIV/AIDS Support, Infertility, Marriage & Pre-marital, Mood Disorders, Sexual Addictions, Spirituality

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**MENTAL HEALTH COUNSELING**

**Ages Served:**  
Children, Teens, Adults  
**Phone:** 352-354-1817  
**Languages:** English

---

**Dr. J. P. Gold, PhD**  
1515 South Hwy 441, Suite 300  
Summerfield, FL 34491  

**Payment Options:**  
☑️ Self Pay  
☑️ Medicare  
☑️ Private Insurance  

**Services:** Calming Techniques, Hypnosis, Pain Management, Memory Skill Building, Anxiety, Depression, Life Counseling

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**FUN WITHOUT DRUGS AND ALCOHOL**

*Friday Night Done Right* is a successful campaign in Lake County to ensure our youth have the opportunity to thrive and help create a strong community presence. This program demonstrates to young people that they can socialize and have a great time **without drugs, alcohol or tobacco**. It empowers teens by promoting positive alternatives for them to make better choices about how they can spend their evenings out. While we focus this program on a Friday Night, middle school and high school kids who want to spend time with friends can attend a planned ‘fun’ event without harmful substances at other times as well. Because of school, community, and local Law Enforcement promotions, “Friday Night Done Right” is becoming a common mantra for teens in Lake County. This initiative is another way that the BE FREE LAKE can offer and support activities that are fun and educational while "growing our kids." If you are interested in having us help you provide one of these events to your group, please contact **Delrita Meisner, Executive Director at 352-383-2099**.
<table>
<thead>
<tr>
<th><strong>HARMONY UNITED PSYCHIATRIC CARE</strong></th>
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<tr>
<td><strong>Dr. Adil A. Mohammed, MD</strong></td>
</tr>
<tr>
<td>1218 West Dixie Avenue, Suite A</td>
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<tr>
<td>Leesburg, FL 34748</td>
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<td>305 Skyline Drive, Suite 1</td>
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<td>Lady Lake, FL 32159</td>
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<td><a href="http://www.harmonyunitedhc.com">www.harmonyunitedhc.com</a></td>
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<td><strong>Dr. Nick Vagston, MD</strong></td>
</tr>
<tr>
<td>33057 Professional Drive, Suite 102</td>
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<tr>
<td>Leesburg, FL 34788</td>
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<tr>
<td><strong>Payment Options:</strong></td>
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<tr>
<td>☑ Self Pay</td>
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<tr>
<td>☑ Medicaid</td>
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<td>☑ Medicare</td>
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<td>☑ Private Insurance</td>
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<tr>
<td><strong>Services:</strong></td>
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<tr>
<td>Anxiety, Bipolar Disorder, Non-</td>
</tr>
<tr>
<td>Dependent Drug &amp; Alcohol Misuse,</td>
</tr>
<tr>
<td>Phobia, Psychiatric Diseases</td>
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</tbody>
</table>
LAKE PSYCHOEDUCATIONAL CENTER
Dr. Grace Pena, PsyD, LMHC

600 North Hwy 27, Suite 1
Minneola, FL 34715

Payment Options:
☑ Self Pay
☑ Medicaid
☑ Private Insurance

Services: Psychotherapy & Family Counseling To Children, Teens & Adults For Emotional Development & Behavioral Related Issues

Mental Health Counseling

Ages Served:
Children, Teens, Adults
Phone: 407-209-7492
Languages: English & Spanish

LIFE AND HOPE COUNSELING CENTER
Tatiana Cayce, MS, LMFT
Nadine Bridges, MS, LMHC
Terri Harper, MA, LMHC
Brandi Lefler, MA, LMHC
Rachael Golub, MSW, LCSW

4400 North Hwy 19A, Suite 5
Mount Dora, FL 32757

www.lifeandhopecounseling.com

Payment Options:
☑ Self Pay
☑ Medicaid
☑ Private Insurance

Services: ADHD, Autism, Anxiety, Bipolar Disorder, Bullying, Conduct Disorder Of Childhood, Depression, Disabilities, Divorce Recovery, Family Conflict, Grief Counseling, Marital & Relationship Counseling, Oppositional Defiant Disorder, Parenting, Porn Addiction, PTSD & Trauma

Mental Health Counseling

Ages Served:
Children, Teens, Adults
Phone: 352-357-1955
Languages: English & Spanish
LIFESTREAM BEHAVIORAL CENTER:
ADULT CHOICE

2018 Tally Road
Leesburg, FL 34748

www.lsbc.net

Payment Options:
☑ Self Pay
☑ Medicaid
☑ Medicare
☑ Private Insurance - Call for Information

Services: 16 bed substance abuse residential level 2 facility for adults with substance misuse and/or co-occurring mental health disorders. In addition to clinical services, emphasis is placed on services that address the client’s vocational needs, social functioning, and need for stable housing upon discharge. Other services provided include educational groups, occupational and recreational activities.

LIFESTREAM BEHAVIORAL CENTER:
CHILDREN’S CLINICAL ON-SITE SERVICES

2020 Tally Road
Leesburg, FL 34748

www.lsbc.net

Payment Options:
☑ Self Pay
☑ Medicaid
☑ Medicare
☑ Private Insurance - Call for Information

Services: Counseling Services are provided for children in the school or at home for those who are referred for intensive therapy.
LIFESTREAM BEHAVIORAL CENTER:
CHILDREN’S CLINICAL ON-SITE SERVICES

201 East Magnolia Avenue
Eustis, FL 32726

www.lsbc.net

Payment Options:
☑️ Self Pay
☑️ Medicaid
☑️ Medicare
☑️ Private Insurance - Call for Information

Services: Counseling Services are provided for children in the school or at home for those who are referred for intensive therapy.

Deterra Bags/ Prescription Drug Campaign

These bags dissolve unwanted medications, and Be Free Lake provides them FREE to 55+ communities to help with the proper disposal of unwanted medications.
LIFESTREAM BEHAVIORAL CENTER: COMMUNITY ACTION TEAM (CAT)

2018 Tally Road
Leesburg, FL 34748

www.lsbc.net

Payment Options:
☑ Self Pay
☑ Medicaid
☑ Medicare
☑ Private Insurance - Call for Information

Services: An integrated service delivery approach that utilizes a team of professionals to comprehensively address the needs of young people and their family. Designed as an alternative to out-of-home placement for youth with serious behavioral health issues.

---

SUBSTANCE MISUSE PROGRAMS

Ages Served:
Children, 11 - 21

Phone: 352-315-7800

Languages: English

---

LIFESTREAM BEHAVIORAL CENTER: COMMUNITY MENTAL HEALTH OUTPATIENT CENTER

215 North 3rd Street
Leesburg, FL 34748

www.lsbc.net

Payment Options:
☑ Self Pay
☑ Medicaid
☑ Medicare
☑ Private Insurance - Call for Information

Services: Individual and group counseling. Also provides medication management by a psychiatrist if needed.

---

COUNSELING

Ages Served:
4 & Up

Phone: 352-315-7900

Languages: English
LIFESTREAM BEHAVIORAL CENTER:
CROSSROADS II ADULT - OUTPATIENT

2018 Tally Road
Leesburg, FL 34748

www.lsbc.net

Payment Options:
☑ Self Pay
☑ Medicaid
☑ Medicare
☑ Private Insurance - Call for Information

Services: Individual, family and group counseling and educational services. Treatment goals, objectives and services are aimed at eliminating alcohol or other drug use and improving functioning areas.

---

LIFESTREAM BEHAVIORAL CENTER:
CROSSROADS II ADULT

201 Magnolia Avenue
Eustis, FL 32726

www.lsbc.net

Payment Options:
☑ Self Pay
☑ Medicaid
☑ Medicare
☑ Private Insurance - Call for Information

Services: Individual, family and group counseling and educational services. Treatment goals, objectives and services are aimed at eliminating alcohol or other drug use and improving functioning areas.

---

Be Free Lake
Your Community Drug Free Coalition Promoting Health & Wellness
LIFESTREAM BEHAVIORAL CENTER: EUSTIS OUTPATIENT CENTER

201 Magnolia Avenue
Eustis, FL 32726

www.lsbc.net

Payment Options:
☑ Self Pay
☑ Medicaid
☑ Medicare
☑ Private Insurance - Call for Information

Services: Individual and group counseling. Also provides medication management by a psychiatrist if needed.

COUNSELING

Ages Served: 4 & Up
Phone: 352-357-1550
Languages: English

LIFESTREAM BEHAVIORAL CENTER: FAMILY BEHAVIORAL THERAPY TEAM

2018 Tally Road
Leesburg, FL 34748

www.lsbc.net

Payment Options:
☑ Self Pay
☑ Medicaid
☑ Medicare
☑ Private Insurance - Call for Information

Services: In-home substance misuse treatment programs targeting: alcohol and drug abuse, behavior programs, mood disorders, family dysfunction, unemployment or underemployment, inadequate communication skills, anger management and poor school performance.

SUBSTANCE MISUSE PROGRAMS

Ages Served: Parents of Children Ages 3 - 10
Phone: 352-315-7413
Languages: English
LIFESTREAM BEHAVIORAL CENTER: FAMILY INTERVENTION RESOURCE SERVICES TEAM (FIRST)

2018 Tally Road
Leesburg, FL 34748

www.lsbc.net

Payment Options:
☑️ Self Pay
☑️ Medicaid
☑️ Medicare
☑️ Private Insurance - Call for Information

Services: Provides support and linkage to services for families when substance misuse or mental health problems threaten the stability of the home. The FIRST program provides case management and referral for treatment, housing benefits and Temporary Assistance for Needy Families (TANF).

SUBSTANCE MISUSE PROGRAMS

Ages Served:
All

Phone: 352-315-7800

Languages: English

LIFESTREAM BEHAVIORAL CENTER: GERIATRIC RESIDENTIAL TREATMENT SERVICES

2018 Tally Road
Leesburg, FL 34748

www.lsbc.net

Payment Options:
☑️ Self Pay
☑️ Medicaid
☑️ Medicare
☑️ Private Insurance - Call for Information

Services: 12-bed residential facility serving primarily seniors who are severely and persistently mentally ill. Programs offer rehabilitive services, wellness and recovery planning and activities in a supportive environment.

INPATIENT/RESIDENTIAL MENTAL HEALTH

Ages Served:
Adults

Phone: 352-315-7460

Languages: English
LIFESTREAM BEHAVIORAL CENTER: INTENSIVE OUTPATIENT PROGRAM ADULT

2018 Tally Road
Leesburg, FL 34748

www.lsbc.net

Payment Options:
✔ Self Pay
✔ Medicaid
✔ Medicare
✔ Private Insurance - Call for Information

Services: Provides level of care between inpatient and traditional outpatient treatment. Those served receive a recovery based, rehab treatment program found in a 28 day program, except the participants that live at home and continue management of their life without the interruption of living inpatient.

LIFESTREAM BEHAVIORAL CENTER: OUR TURNING POINT RANCH - UMATILLA

P.O. Box 491000
Leesburg, FL 34748

www.lsbc.net

Payment Options:
✔ Self Pay
✔ Medicaid
✔ Medicare
✔ Private Insurance - Call for Information

Services: A therapeutic group home for girls who exhibit emotional and behavioral challenges that can be served in a group home treatment setting. The goal is successful re-integration into the community.

No One's House is a parent-to-parent campaign that works to reduce the amount of parents in a community who are providing teens with alcohol and/or allowing teens to drink in their homes. By pledging, you agree that you will not provide teens alcohol and will not willingly allow teens to drink alcohol at your home.
LIFESTREAM BEHAVIORAL CENTER: PHOENIX HOUSE SOUTH

P.O. Box 491000
Leesburg, FL 34748

www.lsbc.net

Payment Options:
☑ Self Pay
☑ Medicaid
☑ Medicare
☑ Private Insurance - Call for Information

Services: 12 bed residential facility for adults with mental illness designed to increase their level of functioning by providing training and skills in the areas of residential and independent living.

INPATIENT/RESIDENTIAL MENTAL HEALTH

Ages Served:
Adults

Phone: 352-315-7500

Languages: English

LIFESTREAM BEHAVIORAL CENTER: PSYCHIATRIC HOSPITAL

2020 Tally Road
Leesburg, FL 34748

www.lsbc.net

Payment Options:
☑ Self Pay
☑ Medicaid
☑ Medicare
☑ Private Insurance - Call for Information

Services: Provides children and adult crisis stabilization units, adult detoxification unit, adult psychiatric care and geriatric unit.

KNOW THE LAW

A Program for Youth, Parents, and Community

This FREE one-hour presentation is hosted by BE FREE LAKE and a member of our local law enforcement. Learn about the differences between misdemeanors and felonies, crimes against people and property, and the consequences for violating the law.

For more information and to schedule this interactive class session for your community, please contact Be Free Lake at 352-383-2099.
LIFESTREAM BEHAVIORAL CENTER: 
SOUTH LAKE OUTPATIENT CENTER

2140 North Wickham Drive
Clermont, FL 34711

www.lsbc.net

Payment Options:
☑️ Self Pay
☑️ Medicaid
☑️ Medicare
☑️ Private Insurance - Call for Information

Services: Individual and group counseling. Also provides medication management by a psychiatrist if needed.

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COUNSELING

Ages Served: 4 & Up
Phone: 352-394-5922
Languages: English

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LIFESTREAM BEHAVIORAL CENTER: 
STRONG UNITED RESILIENT FAMILIES 
(SURF) PREVENTION PROJECT

2018 Tally Road
Leesburg, FL 34748

www.lsbc.net

Payment Options:
☑️ Self Pay
☑️ Medicaid
☑️ Medicare
☑️ Private Insurance - Call for Information

Services: Prevention program for parents and children in high risk families offers parenting skills, children’s life skills, and family skills training courses taught together in fourteen 2 hour group sessions.
**LIFESTREAM BEHAVIORAL CENTER: SUMTER OUTPATIENT CENTER**

119 North Market Street  
Bushnell, FL 33513

www.lsbc.net

**Payment Options:**  
- ☑ Self Pay  
- ☑ Medicaid  
- ☑ Medicare  
- ☑ Private Insurance - Call for Information

**Services:** Individual and group counseling. Also provides medication management by a psychiatrist if needed.

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**LIFESTREAM BEHAVIORAL CENTER: TURNABOUT**

2018 Tally Road  
Leesburg, FL 34748

www.lsbc.net

**Payment Options:**  
- ☑ Self Pay  
- ☑ Medicaid  
- ☑ Medicare  
- ☑ Private Insurance - Call for Information

**Services:** Individual treatment allows teenagers to explore psychological factors that may be contributing to drinking and drug use. Family therapy is also recommended to help families break down common defenses to facilitate discussion and share solutions.
LIFESTREAM BEHAVIORAL CENTER: YOUTH AND FAMILY RECOVERY PROGRAM

2018 Tally Road
Leesburg, FL 34748

www.lsbc.net

Payment Options:
☑ Self Pay
☑ Medicaid
☑ Medicare
☑ Private Insurance - Call for Information

Services: Provides services to youth who are misusing substances who would be appropriate for outpatient care. Treatment involves individual sessions and family/caregiver sessions. Program goal is to connect youth with positive activities and reinforce healthy interests and peer groups.

LUTHERAN COUNSELING SERVICES

1050 Boyd Drive
Mount Dora, FL 32757

www.lcsfl.org

Payment Options:
☑ Self Pay
☑ Private Insurance

Services: Anxiety, Anger Management, Grief & Loss, Marital & Relationship Issues, Depression, Child & Family Issues, Crisis/Trauma Recovery, Personal Growth, Spiritual/Pastoral Care Issues, Group Therapy Sessions
MID FLORIDA COMMUNITY COUNSELING AT CHILDREN’S HOME SOCIETY
Nancy Avalone, LMHC

1300 South Duncan Drive
Tavares, FL 32778

www.chsfl.org

Payment Options:
☑ Self Pay
☑ Medicaid

Services: Assessments, Individual & Family Counseling, In-home/In-school Services Offered As Well As In-office

MILESTONE COUNSELING
Natalie Lewis, MA, LMHC
Geron Rogers, Mdiv, MS, LMHC
Valerie Rogers, MS, LMHC
Cynthia Wanberg, M.Ed, LMHC, NCC, RPT-S

205 Hatteras Avenue
Clermont, FL 34711

www.milestone-counseling.com

Payment Options:
☑ Self Pay
☑ Medicaid
☑ Private Insurance

Services: Children & Family, Transition & Crisis, Testing & Assessment, Parenting & Individual Therapy, Relationship Counseling, Christian Counseling
Irma S. Nyack, BSN, RN, MSN, MBA
658 West Ave, Unit B
Clermont, FL 34711

Ages Served:
Children 5 - 17

Phone: 407-484-2303

Languages: English

Payment Options:
☑ Self Pay
☑ Medicare

Services: A Private Nurse Practitioner providing Respite Care services for children with Prader Willi Syndrome, approved by Agency for Persons with Disabilities.

Susan Petrie, MS, LMHC
10760 SE 95th Terrace
Belleview, FL 34420

Ages Served:
Teens, Adults

Phone: 352-587-5543

Languages: English

Payment Options:
☑ Self Pay
☑ Medicaid
☑ Medicare
☑ Private Insurance

Services: ADHD, Anxiety, Depression, Divorce, Domestic Abuse, Sexual Abuse, Mood Disorders, Trauma/PTSD, Anger Management, Self Harm, Suicide, Women’s Issues

Mental Health First Aid Certification Training

Be Free Lake provides Mental Health First Aid certification training, an 8-hour public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews appropriate supports. Participants learn how to offer initial help in a mental health crisis and connect people to the appropriate professional, peer, social and self-help care.

If you are interested in taking this training to become Mental Health First Aid certified, or for more information, visit http://BeFreeLake.org, or call 352 - 383- 2099.
REFLECTIONS OF RECOVERY
Pamela Hand, LCSW, CAP

4820 Hwy 19A #2
Mount Dora, FL 32757

www.reflectionsofrecovery.com

Payment Options:
☑️ Self Pay
☑️ Private Insurance

Services: Offers a full spectrum of substance abuse and mental health integrative wellness service. Small caseloads promote therapeutic connections, with the use of individual therapy, primary group therapy, motivational groups, process groups, psycho-social education groups, mindfulness and meditation, one-on-one therapy, psychiatric follow-up and medication management. Provides a partial hospitalization program, intensive outpatient program.

S.A.D.L.E.S.
Cher Myers, LCSW, MSW

41025 Thomas Boat Landing
Umatilla, FL 32784

Payment Options:
☑️ Self Pay
☑️ Private Insurance

Services: Provides individual, family, or group therapy for children (as young as 3 years old) and adults. Programs offer experiential education, outreach, mentoring and team building for children and teens, with a focus on empathy, patience, communication, confidence and self-control. An adventure based counseling center which uses horses in its programs due to their unique ability to provide immediate feedback and insight on your condition (both physically and mentally). Programs include divorce intervention for children, family mediation, parenting coordination, guardian ad litem, anger and stress management, summer camps, corporate team building, women's empowerment and veteran's therapy.

Monitor Your Meds Campaign

A public awareness campaign designed to educate the public on the dangers of prescription drug misuse and the importance of securing and disposing of medications.
<table>
<thead>
<tr>
<th><strong>SOUTHEAST INTEGRATED MEDICAL</strong></th>
<th><strong>MENTAL HEALTH COUNSELING</strong></th>
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<tbody>
<tr>
<td>Dr. Joyce Smolarski, MD, Psychiatrist</td>
<td>Ages Served: Adults</td>
</tr>
<tr>
<td>929 North US Hwy 441, Suite 104</td>
<td>Phone: 352-753-6887</td>
</tr>
<tr>
<td>Lady Lake, FL 32159</td>
<td>Languages: English</td>
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<tr>
<td><strong>Services:</strong> Anxiety, ADHD, Bipolar Disorder, OCD, Panic Disorder, Personality Disorder, PTSD, Psychiatric Diseases, Situational Depression</td>
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<td><strong>Payment Options:</strong></td>
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<thead>
<tr>
<th><strong>Karen D. Strange, MA, LMHC, LMFT, NCC</strong></th>
<th><strong>SUBSTANCE MISUSE &amp; MENTAL HEALTH COUNSELING</strong></th>
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<tbody>
<tr>
<td>Magnolia Place - 100 South 11th Street, Suite 100</td>
<td>Ages Served: Adults</td>
</tr>
<tr>
<td>Leesburg, FL 34748</td>
<td>Phone: 407-749-0153</td>
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<tr>
<td><strong>Services:</strong> Addiction, Adoption, Anxiety, Alcohol, OCD, Drug Use, Eating Disorder, Grief, PTSD, Self-Esteem, Women's Issues</td>
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<tr>
<th><strong>SUMMIT MENTAL HEALTH SERVICES</strong></th>
<th><strong>MENTAL HEALTH COUNSELING</strong></th>
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</thead>
<tbody>
<tr>
<td>Ashlea Johnson, LCSW</td>
<td>Ages Served: Children, Teens, Adults</td>
</tr>
<tr>
<td>214 East Washington Street #A</td>
<td>Phone: 352-638-6639</td>
</tr>
<tr>
<td>Minneola, FL 34715</td>
<td>Languages: English</td>
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<tr>
<td><a href="http://www.summitmentalhealthservices.com">www.summitmentalhealthservices.com</a></td>
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</tr>
<tr>
<td><strong>Services:</strong> Individual, Family &amp; Marriage Counseling, Self-Esteem, Depression, Anxiety, OCD, PTSD, Parenting, Aspergers, Children, Career, Grief</td>
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</tbody>
</table>
THE ART OF HEALING
Jenny Clarke, MA, RYT

230 Mohawk Road
Clermont, FL 34715

Payment Options:
☑ Self Pay

Services: Life Coaching, Yoga, Expressive Arts Therapy, Women’s Group Workshops

MENTAL HEALTH COUNSELING
Ages Served:
Adults
Phone: 407-504-8197
Languages: English

TRINITY ESCAPE COUNSELING & COACHING SERVICES
Marla Castrilli, MS
Mike Castrilli, LMHC

240 Mohawk Road
Clermont, FL 34715

www.trinityescape.com

Payment Options:
☑ Self Pay

Services: Addictions, Depression, Anger Management, Loss & Grief, Parenting, Family Conflict, Marriage & Couples, Self-Esteem, Bullying

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING
Ages Served:
Teens, Adults
Phone: 352-404-8921
Languages: English

U.S. DEPARTMENT OF VETERAN’S AFFAIRS OUTPATIENT CLINIC
Dr. Mark Poff, DO, Psychiatrist

8900 SE 165th Mulberry Lane
The Villages, FL 32162

Payment Options:
☑ Self Pay
☑ Medicare
☑ Private Insurance

Services: ADD, ADHD, Depression, Bipolar Disorder, Insomnia, Schizophrenia, Anxiety, Schizoaffective Disorder, PTSD, OCD, Trauma

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING
Ages Served:
Adults
Phone: 352-674-5000
Languages: English & Spanish
VAI’DATHA
Dr. Jenenne R. Valentino-Bottaro

Lady Lake, FL 32159

www.viadathahealingpaths.com

Payment Options:
☑ Self Pay

Services: Programs include drum facilitation, dance programs, equine mindfulness programs and self-awareness retreats which are designed to meet the needs of various populations that include Parkinson's Disease, Alzheimer's, dementia, movement limitations, substance abuse and child/family relationship building. Drum and dance programs are provided at schools, mental health facilities, offices and health practitioner settings.

Dr. Thomas Valente, Psychiatrist

404 Webster Street
Leesburg, FL 34747

2020 Tally Road
Leesburg, FL 34748

www.lsbc.net

Payment Options:
☑ Self Pay
☑ Medicaid
☑ Medicare
☑ Private Insurance

Services: Drug & Alcohol Dependence, Mental Disorders, Anxiety, Amphetamine & Other Psychostimulant Dependence, Psychological Pharmacology, ADHD, Autism, Bipolar Disorder, Conversion Disorder, Mood Disorders, PTSD, Schizophrenia & Schizoaffective Disorder, Phobia, Independent Opioid & Cocaine Abuse
VILLAGES COUNSELING CENTER  
Debra Brown, LCSW  
416 Teaque Trail  
Lady Lake, FL 32159  
www.villagescounselingcenter.com  

Payment Options:  
☑️ Self Pay  
☑️ Medicare  
☑️ Private Insurance  

Services: LGBTQ, Depression, Anxiety, Life Transitions, Grief, Substance Misuse

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VILLAGES COUNSELING CENTER  
Patricia Goodrich, LCSW  
416 Teaque Trail  
Lady Lake, FL 32159  
www.villagescounselingcenter.com  

Payment Options:  
☑️ Self Pay  
☑️ Medicare  
☑️ Private Insurance  

Services: Depression, Anxiety, Grief, Marriage Counseling, Trauma, Hypnosis, EMDR

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VILLAGES COUNSELING CENTER  
Grace Ireland, LCSW  
416 Teaque Trail  
Lady Lake, FL 32159  
www.villagescounselingcenter.com  

Payment Options:  
☑️ Self Pay  
☑️ Medicare  
☑️ Private Insurance  

Services: Anger Management, Coping Skills, Behavioral Issues, Divorce, Family Conflict, Grief, Life Coaching, Pre-marital & Marital, Peer Relationships, Insomnia, Self-esteem, Woman’s Issues
<table>
<thead>
<tr>
<th>VILLAGES COUNSELING CENTER</th>
<th>SUBSTANCE MISUSE &amp; MENTAL HEALTH COUNSELING</th>
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<tbody>
<tr>
<td>Dawn Kokernak, LCSW</td>
<td>Ages Served: Children, Teens, Adults</td>
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<tr>
<td>416 Teaque Trail</td>
<td>Phone: 352-350-5552</td>
</tr>
<tr>
<td>Lady Lake, FL 32159</td>
<td>Languages: English</td>
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<tr>
<td><a href="http://www.villagescounselingcenter.com">www.villagescounselingcenter.com</a></td>
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**Payment Options:**
- ☑ Self Pay
- ☑ Medicare
- ☑ Private Insurance

**Services:** Anxiety, Grief, Retirement Issues, Trauma & Life Transitions, ADD, Grief & Bereavement, Spiritual Counseling, Mind Body Therapy

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<td>Dr. Brad Palermo, PsyD</td>
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<td><a href="http://www.villagescounselingcenter.com">www.villagescounselingcenter.com</a></td>
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**Payment Options:**
- ☑ Self Pay
- ☑ Medicare
- ☑ Private Insurance

**Services:** Relationship Issues, Anxiety, Depression, Addictions, Grief, Family Conflict, Life Coaching, Marital & Pre-marital, OCD, Co-dependency, Coping Skills, Self-esteem, Alzheimer's, Bipolar Depression, Drug & Alcohol Abuse, Trauma/PTSD
Alcohol abuse can have a devastating effect on the public, business and employees. Serving responsibly produces safer roads and neighborhoods, and a more profitable business.

**The Responsible Vendor Training (RVT) class** teaches employees, managers and owners of establishments that sell alcohol how to keep it out of the hands of minors and not sell alcohol to obviously intoxicated persons. By participating in the class, alcohol vendors will be equipped with the knowledge needed to avoid arrest, fines and jail time for alcohol violations. Additionally, businesses are eligible for a 10% discount on their insurance.

The intention of this training is to:

1. Eliminate the sale and service of alcoholic beverages to underage patrons.
2. Reduce alcohol related injuries and deaths.
3. Encourage prudent serving practices.
4. Promote professionalism and responsibility of staff.

*Florida Statute 561.702*
TO REGISTER A CLASS:

Contact:
Be Free Lake
Phone Number: 352-383-2099
Email: Delrita@BeFreeLake.org
Website: http://BeFreeLake.org

Just as CPR helps you assist an individual having a heart attack – even if you have no clinical training – Mental Health First Aid helps you assist someone experiencing a mental health related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

Taught by two certified instructors, Mental Health First Aid teaches about recovery and resiliency – the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well.

Learn how to apply the Mental Health First Aid action plan in a variety of situations, including when someone is experiencing panic attacks, suicidal behaviors, acute psychosis or reaction to trauma. The opportunity to practice – through role plays, scenarios, and activities – makes it easier to apply these skills in a real-life situation. The 8 Hour Course Includes: Workbook, Certificate of Certification. The cost is free for Adult Mental Health First Aid in Lake and Sumter Counties or for Youth Mental Health First Aid in the counties making up Circuit 5.

What You Learn:

- Signs of addictions and mental illnesses
- Impact of mental and substance use disorders
- 5-step action plan to assess a situation and help
- Local resources and where to turn for help

You’re Not Alone is our social norming and youth mental health awareness training program. It is designed to educate our youth in understanding that the words, “Mental Health” are not bad words and it is ok to ask for help. The focus of the campaign is to reduce the stigma on mental illness and provide suicide preventative measures by encouraging youth to reach out to talk to someone when experiencing feelings of sadness or stress. The program can be taught to the youth in a one 2-hour setting or broken down into a six-week course taught within classrooms, agencies or in community settings. Combined with Mental Health First Aid training for the community and You’re Not Alone for the youth, the suicide preventive measures taught can assist the youth to reach out to not only help themselves but to help their peers and have the adults trained to assist the youth asking for help. By reaching the youth and the adults, the community together can reduce the stigma of mental illness and work towards suicide prevention.
JOIN THE REVOLUTION... BE FREE LAKE!

We invite you to explore our website at www.befreelake.org
To be included in the next edition of the Behavioral Resource Guide,
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Be Free Lake at 352-383-2099.

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