

Lake County Behavioral Health Resource Guide



Mental Health Professionals Substance Abuse Treatment

Presented By:



Lake County's Substance Abuse and Violence Prevention
Community Coalition

February 2016
Second Edition



Every known practice in Lake County 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 abuse and violence prevention for the youth and families of Lake County. The purpose of the guide is to connect Lake County citizens with quality local counseling centers and practitioners who can offer help during difficult times.

Mental health disorders are real, common and treatable. It is estimated that approximately 1 in 5 American adults (nearly 44 million people) and 13-20% of children living in the United States will experience 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.

Adults	Adolescents & Young Adults	Younger Children & Pre-Adolescents
<ul style="list-style-type: none"> • Confused thinking • Prolonged depression (sadness or irritability) • Feelings of extreme highs and lows • Excessive fears, worries and anxieties • Social withdrawal • Dramatic changes in eating or sleeping habits • Strong feelings of anger • Delusions or hallucinations • Growing inability to cope with daily problems and activities • Suicidal thoughts • Denial of obvious problems • Numerous unexplained physical ailments • Substance abuse 	<ul style="list-style-type: none"> • Substance abuse • Inability to cope with problems and daily activities • Changes in sleeping and/or eating habits • Excessive complaints of physical ailments • Defiance of authority, truancy, theft, and/or vandalism • Intense fear of weight gain • Prolonged negative mood, often accompanied by poor appetite or thoughts of death • Frequent outbursts of anger 	<ul style="list-style-type: none"> • Changes in school performance • Poor grades despite strong efforts • Excessive worry or anxiety (i.e. refusing to go to bed or school) • Hyperactivity • Persistent nightmares • Persistent disobedience or aggression • Frequent temper tantrums

Source: National Institute of Mental Health, www.mentalhealthamerica.net

Facts about Clinical Depression:

Clinical depression is very treatable, with more than 80% of those who seek treatment showing improvement. The most commonly used treatments are antidepressant medication, psychotherapy or a combination of the two. 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.

Depression in Teens

In the United States, 9.1% of 12- to 17-year-olds (an estimated 2.2 million youths) in 2012 had at least one major depressive episode within the year prior to being surveyed. The rate of major depressive episodes among U.S. youths in 2012 was about three times higher among females (13.7%) than among males (4.7%).

Depression can be difficult to diagnose in teens because adults may expect teens to act moody. Also, adolescents do not always understand or express their feelings very well. When adolescents are depressed, they have a tough time believing that their outlook can improve. But professional treatment can have a dramatic impact on their lives. It can put them back on track and bring them hope for the future.

Source: www.mentalhealthamerica.net

Depression in Women

Contrary to popular belief, clinical depression is not a “normal part of being a woman” nor is it a “female weakness.” Depressive illnesses are serious medical illnesses that affect more than 19 million American adults age 18 and over each year. Depression is a *treatable* medical illness that can occur in any woman, at any time, and for various reasons regardless of age, race or income.

Many factors in women may contribute to depression, such as developmental, reproductive, hormonal, genetic and other biological differences (e.g. premenstrual syndrome, childbirth, infertility and menopause). Approximately 10%-15% of all new mothers get postpartum depression, which most frequently occurs within the first year after the birth of a child.



Research shows a strong relationship between eating disorders (anorexia and bulimia nervosa) and depression in women. About 90-95% of cases of anorexia occur in young

females. Reported rates of bulimia nervosa vary from one to three out of 100 people.

Source: National Institute of Mental Health, www.mentalhealthamerica.net

Depression in Men

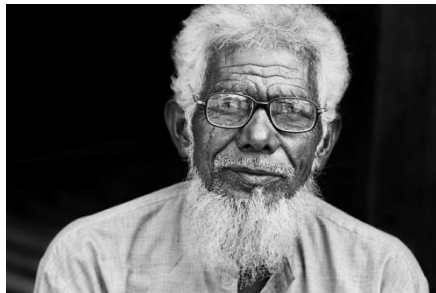
Both men and women get depression. But men can experience it differently than women. Men may be more likely to feel very tired and irritable, and lose interest in their work, family, or hobbies. They may be more likely to have difficulty sleeping than women who have depression. And although women with depression are more likely to attempt suicide, men are more likely to die by suicide.

Many men do not recognize, acknowledge, or seek help for their depression. They may be reluctant to talk about how they are feeling. But depression is a real and treatable illness. It can affect any man at any age. With the right treatment, most men with depression can get better and gain back their interest in work, family, and hobbies.

Depression in Older Adults

While depression is not a normal part of the aging process, there is a strong likelihood of it occurring when other physical health conditions are present. Unfortunately, symptoms of depression are often overlooked and untreated when they coincide with other medical illnesses or life events that commonly occur as people age.

More than 2 million of the 34 million Americans age 65 and older suffer from some form of depression. Symptoms of clinical depression can be triggered by other chronic illnesses common in later life, such as Alzheimer's disease, Parkinson's disease, heart disease, cancer and arthritis.



More than 55% of older persons treated for mental health services received care from primary care physicians. Less than 3% aged 65 and older received treatment from mental health professionals.

Fortunately, clinical depression is a very treatable illness. More than 80% of all people with depression can be successfully treated with medication, psychotherapy or a combination of both.

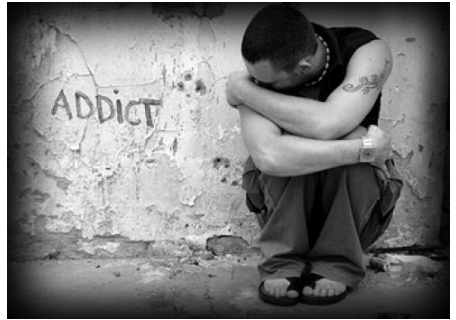
Source: National Institute of Mental Health, www.mentalhealthamerica.net

Substance Abuse

Signs and Symptoms of Drug Use

There are many signs, both physical and behavioral, that indicate drug use. Each drug has its own unique manifestations but there are some general indications that a person is using drugs:

- Sudden change in behavior
- Mood swings: irritable and grumpy and then suddenly happy and bright
- Withdrawal from family members
- Careless about personal grooming
- Loss of interest in hobbies, sports, and other favorite activities
- Changed sleeping pattern; up at night and sleeps during the day
- Red or glassy eyes
- Constant sniffles or runny nose



Signs of Alcohol or Substance Abuse in Teens

Although the following signs may indicate a problem with alcohol or other drugs, some also reflect normal growing pains. Experts believe that a drinking problem is more likely if you notice several of these signs at the same time, if they occur suddenly, or if some of them are extreme in nature.

- Mood changes: flare-ups of temper, irritability, and defensiveness
- School problems: poor attendance, low grades, and/or recent disciplinary action
- Rebellion against family rules
- Friend changes: switching friends and a reluctance to let you get to know the new friends
- A “nothing matters” attitude: sloppy appearance, a lack of involvement in former interests, and general low energy
- Alcohol presence: finding it in your child’s room or backpack or smelling alcohol on his or her breath
- Physical or mental problems: memory lapses, poor concentration, bloodshot eyes, lack of coordination, or slurred speech

Source: National Institute of Mental Health, www.mentalhealthamerica.net

Amanda Adgate The Center for Drug Free Living		COUNSELING
4400 North Hwy 19A, Suite 10 Mount Dora, FL 32757		Ages Served: Children, Teens, Adults
Phone: 321-246-1284	Languages: English	Hours of Operation: Tues – Thurs 9-5pm and by appointment
Payment Options: MEDICAID (X) SELF PAY (X) PRIVATE INSURANCE (X)		
		Non Profit? NO
Program Focus: Centaur		
Services: Provides Mental Health Counseling for those infected or affected by HIV/AIDS.		

Adult Counseling & Psychotherapy of Lake County, LLC		COUNSELING
510 County Road 466, Suite 207 Lady Lake, FL 32159		Ages Served: Adults, Teens
Phone: 352-742-5665	Languages: English	Hours of Operation: Call for Hours
Fax: 352-343-8801	www.adultcounseling.org	
Payment Options: MEDICARE (X) SELF PAY (X) PRIVATE INSURANCE (X)		Non Profit? NO
Insurance Accepted: Aetna, Blue Cross/Blue Shield, Tricare, AvMed, Florida Blue, UHC, Cigna, Various EAP, Humana		
Program Focus: Counseling		
Services: Provides the very best in quality counseling for those looking to sustain good mental health and those looking to find lasting recovery from substance abuse and other addictions. Treatment is effective and tailored to meet your goals. Offers individual, group & couples counseling, court approved and DUI treatment, urine testing and life coaching.		

Danielle Archer, EdD, LHMC Agape Court & Counseling Services		COUNSELING
P. O. Box 2186 Minneola, FL 34755		Ages Served: Children, Teens Adults
Phone: 352-638-6437	Languages: English	Hours of Operation: Mon - Fri 8:30-5:30pm
Fax: 352-394-1168		
www.agapesvcs.com		
Payment Options: SELF PAY (X) PRIVATE INSURANCE (X)		
Insurance Accepted: ESI- Employee Assistance Group, Compsych		Non Profit? N/A
Program Focus: Counseling		
Services: Co-parenting/Parenting, Reunification, divorce, military/first responders, crisis counseling/PTSD, Trauma, Abuse, Bereavement, anger management, alcohol & drug awareness, men's batterer's intervention, women's trauma recovery & empowerment, women's domestic violence education.		

Michelle Asencio, MS, LMHC HBA Center for Mental Health		COUNSELING
244 East Highland Avenue Clermont, FL 34711		Ages Served: Adults, Teens
Phone: 352-459-2909	Languages: English, Spanish	Hours of Operation: Mon - Thur 8:30-5:30; Fri 8:30- 12:30 pm
Payment Options: SELF PAY (X)		
		Non Profit? NO
Program Focus: Counseling		
Services: We provide counseling to individuals (Adolescents & Adults), couples and marriages who present symptoms of a variety of mental health disorders/issues, including depression, anxiety, marriage/couples, conflict, self-esteem and LGBT issues among others. We also provide pre-marital counseling.		

Sandi Burchfield, MS, IMT-1129
H.O.P.E. Counseling Center at Hope
International Church

COUNSELING

13806 CR 33
 Groveland, FL 34736

Ages Served:
 Children, Teens, Adults

Phone: 352-536-4158 **Languages:** English
Fax: 352-386-6096

Hours of Operation:
 Call for Hours

www.hopercounselingofclermont.com

Payment Options:
 SELF PAY (X)

Non Profit? YES

Program Focus: Provide support & guidance for individuals, couples, & families to experience a life of fulfillment and purpose in a healthy way

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.

Kimberly Capstraw, LMFT, MS

COUNSELING

115 East 4th Avenue
 Mount Dora, FL 32757

Ages Served:
 Children, Teens, Adults

Phone: 407-227-9245 **Languages:** English
Fax: 352-735-1551

Hours of Operation:
 Mon - Fri 9-2 pm
 Mon, Tues, Thurs Only
 6-8pm

www.counselingmountdora.com

Payment Options:
 SELF PAY (X)
 PRIVATE INSURANCE (X)

Insurance Accepted: Cigna, Aetna, Armed, MHNNet, Value Options

Non Profit? NO

Program Focus: Counseling

Services: Marriage/relationship counseling, Adolescent counseling, Child counseling (age 5 & up), individual counseling.

Marla Castrilli, MS Trinity Escape Counseling & Coaching Services	Counseling & Substance Abuse
235 Citrus Tower Blvd., Suite 107 Clermont, FL 34711	Ages Served: Adults, Teens
Phone: 352-404-8921 Languages: English Fax: 352-404-8922	Hours of Operation: Tues & Wed noon to 9pm
www.trinityescape.com	Non Profit? NO

Program Focus: Counseling

Services: Addictions, Depression, Anger Management, Loss & Grief, Parenting, Family Conflict, Marriage & couples, Self Esteem, and Bullying.

Central Florida Psychology	COUNSELING
609 West Montrose Street Clermont, FL 34711	Ages Served: N/A
Phone: 352-636-1355 Fax: 352-394-9997	Hours of Operation: Mon-Thurs 9-4pm, Friday by appointment
www.centralfloridapsychology.com	
Payment Options: MEDICARE (X)	
Insurance Accepted: Blue Cross/Blue Shield	Non Profit? NO

Program Focus: Counseling

Central Florida Psychology	COUNSELING
1114 West Dixie Avenue Leesburg, FL 34748	Ages Served: N/A
Phone: 352-365-2243	Hours of Operation: Mon-Thurs 9-4pm, Friday by appointment
www.centralfloridapsychology.com	
Payment Options: MEDICARE (X)	
Insurance Accepted: Blue Cross/Blue Shield	Non Profit? NO

Program Focus: Counseling

Jenny Clarke, MA, RYT The Art of Healing		COUNSELING
230 Mohawk Road Clermont, FL 34711		Ages Served: Adults
Phone: 407-504-8197	Languages: English	Hours of Operation: Call for Hours
Payment Options: SELF PAY (X)		
		Non Profit? NO
Program Focus: Mind/Body Wellness		
Services: Life Coaching, Yoga, Expressive Arts Therapy, Women's Group Workshops.		

Cornerstone Hospice & Palliative Care		COUNSELING
2445 Lane Park Road Tavares, FL 32778		Ages Served: Children, Teens, Adults
Phone: 352-343-1341; 888-728-6234	Languages: English	Hours of Operation: Call for Hours
Fax: 352-343-2618		
www.cshospice.org		
Insurance Accepted: FREE SERVICES PROVIDED		
		Non Profit? YES
Program Focus: Grief Counseling and Bereavement Care		
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.		

Brandon M. Crotty, LMHC, CAP, PA

3115 Citrus Tower Boulevard, Suite C
Clermont, FL 34711

Phone: 321-231-0329; **Languages:** English
Fax: 352-394-6097

Payment Options:
MEDICAID (X)
SELF PAY (X)
PRIVATE INSURANCE (X)

Insurance Accepted: BCBS; Cigna Behavioral;
ComPsyc; Sunshine State; WellCare; Ceridian;
AVMed; Staywell; Beacon

Counseling & Substance Abuse

Ages Served:
Children, Teens, Adults

Hours of Operation:
Mon and Wed 8-7pm,
Tues and Thurs 8-5pm
Fri 8-2pm

Non Profit? NO

Program Focus: Substance Abuse, Adolescent/Teen Behavioral Concerns, Marital and Family Therapy

Services: Drug/Alcohol Evaluation and Treatment, Mental Health Evaluation, Marital and Family Therapy, Parenting Coordination, On-Site Drug Testing, Child Adjustment and Attachment Disorder, Anger Management Counsel.

Dr. Barry Daly 2-Strive, LLC

800 South Eustis Street, Suite G
Eustis, FL 32726

Phone: 321-436-8445 **Languages:** English

www.2-strive.com

Payment Options:
MEDICAID (X)
SELF PAY (X)
PRIVATE INSURANCE (X)

Insurance Accepted: Wellcare Medicare, Aetna,
Cigna, Magellan Complete Care, Amerigroup,
Staywell, Value Options, Psych Care

Counseling & Substance Abuse

Ages Served:
Children, Teens, Adults

Hours of Operation:
Call for Hours

Non Profit? NO

Program Focus: Behavioral Health Services

Services: Individual, Group, and Family Therapies; Behavioral Analysis Services; Couple Therapy; Anger Management Group; Substance Abuse Groups; Parenting Classes; Mentoring.

Isaac B. Deas, MEd, EdD, LMHC Deas Consulting		COUNSELING
385 West Alfred Street, Suite 385 Tavares, FL 32778		Ages Served: Children, Teens, Adults
Phone: 352-406-1264	Languages: English	Hours of Operation: Call for Hours
www.deasconsulting.com		
Payment Options: MEDICAID (X) SELF PAY (X) PRIVATE INSURANCE (X)		
Insurance Accepted: Medicare (MD), EAP		Non Profit? NO
Program Focus: Mental Health and Other Counseling Issues		
Services: Mental Health Christain Counseling: Anger/Conflict Resolution, Substance abuse, marital/pre-marital counseling, mental health issues (i.e. anxiety, stress, depression), family/individual counseling. Motivational speaking, group facilitator, workshop facilitator, (various topics), Domestic Violence. Must have a willingness to improve your quality of life. 12 step/Christian Counseling program.		

Nathalie Donny, MA, LMHC, CCSOTS Upper Room Counseling Center		COUNSELING
3420 US Hwy 441 Fruitland Park, FL 34731		Ages Served: Children, Teens, Adults
Phone: 352-435-4631	Languages: English, French	Hours of Operation: Tues 8-7pm, Wed. 9-6pm, Thurs 9-8pm, Fri 9-5pm
Payment Options: SELF PAY (X)		
		Non Profit? YES
Program Focus: Mental Health		
Services: Mental health, certified trauma and sex offender therapist, anger management, Life coaching.		

Jeanine D'Onofrio Advanced Behavioral Health Center		COUNSELING
2057 Home Again Road Apopka, FL 32712		Ages Served: Children, Teens, Adults
Phone: 352-742-8300	Languages: English	Hours of Operation: Mon 8-5pm, Wed 8-6pm, Fri 8-5pm
Fax: 352-742-8305		
Payment Options: MEDICARE (X) MEDICAID (X) SELF PAY (X) PRIVATE INSURANCE (X)		
Insurance Accepted: Blue Cross/Blue Shield, Cigna, UBH, and others		Non Profit? NO
Program Focus: Facilitate Positive Change		
Services: Psychotherapy for Individuals, Couples & Family.		

Family Services and Resource Center, Inc.		Counseling & Substance Abuse
1542 Kingsley Avenue, Suite 136 Orange Park, FL		Ages Served: Children, Teens, Adults
Phone: 904-214-3222	Languages: English	Hours of Operation: Day, Evening, Weekends
www.fsrcenter.com		
Payment Options: MEDICARE (X) PRIVATE INSURANCE (X)		Non Profit? NO
Program Focus: Coaching, counseling and mediation services		
Services: Conducting treatment through face to face appointments, over the telephone or through web-based methods: child and adolescent therapy; individual consultation and coaching; marriage counseling; family therapy; substance abuse recovery coaching; sober escort and companion services; substance abuse family recovery coaching; divorce mediation; and social investigations for family court.		

**GFC Family and Crisis Counseling
Upper Room Counseling Center**

Dr. Joseph Wm., Nussbaumer, Jr., Ph.D., c/ psy
 Mr. Michael J. Trainor, MA -- LMHC, CAP
 Ms. Edie Jeffries, MCC -- LCCT
 Mr. Feliciano Felix Ramirez, MS -- LCMFT
 Dr. Max High, D.Th -- LCMFT
 Rev. Kevin M. Drinka, BMin -- LPC

**Counseling &
Substance Abuse**

611 South Main Avenue
Groveland, FL 34736

Ages Served:
 Children, Teens, Adults

Phone: 352-429-5600 **Languages:**
Fax: 352-429-1206 English, Spanish

Hours of Operation:
 Call for Appointment

Payment Options:
 SELF PAY ()
 PRIVATE INSURANCE ()

Non Profit? NO

Services: Addictive and compulsive behavior counseling, anger management, anxiety, depression and stress management counseling, batterers intervention, child custody evaluations, drug and alcohol abuse counseling, suicide prevention counseling, parenting skills classes, PTSD.

Pamela Hand, LCSW, CAP Reflections Recovery	COUNSELING
4400 Highway 19A, Suite 6 Mount Dora, FL 32757	Ages Served:
Phone: 352-308-8281 Languages: English Fax: 352-602-4310 www.reflectionsofrecovery.com	Hours of Operation: Mon - Thurs 9-9pm, Sat 9-2pm
Payment Options: SELF PAY (X) PRIVATE INSURANCE (X)	Non Profit? NO
<p>Program Focus: Substance Abuse & Mental Health Counseling</p> <p>Services: Offers a full spectrum of substance abuse and mental health integrative wellness services. 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.</p>	

Christine Harris, MSW, LCSW Creative Therapy Associates, LLC	COUNSELING
836 West Montrose Street, Suite 6 Clermont, FL 34711	Ages Served: Children, Teens, Adults
Phone: 407-399-8855 Languages: English Fax: 321-248-0120 www.creativetherapyflorida.com	Hours of Operation: Mon 10-6pm, Tues & Wed (Orlando Office), Thur & Fri 10-6pm
Payment Options: MEDICARE (X) SELF PAY (X) PRIVATE INSURANCE (X)	Non Profit? NO
<p>Insurance Accepted: BlueCross/BlueShield, United Healthcare, Cigna, Tricare, Value Options, Aetna, Most Employee Assistance Program (EAP)</p> <p>Program Focus: Family Counseling, Couples Therapy, Individual Counseling</p> <p>Services: EMDR, Co-parenting Counseling, Parent Education for Children, Adolescents & Teens, Pre-marital Counseling.</p>	

Suzanne Howard, LCSW
Central Florida Counseling & Psychological Services, Inc.

COUNSELING

214 East Washington Street, Suite A
 Minneola, FL 34715

Ages Served:
 Adults

Phone: 352-365-6506 **Languages:** English
Fax: 352-365-6596

Hours of Operation:
 Tues 2-5pm,
 Thurs 12 -5pm,
 Fri 12-5pm

www.counseling-health.com

Payment Options:
 MEDICARE (X)
 MEDICAID (X)
 SELF PAY (X)
 PRIVATE INSURANCE (X)

Insurance Accepted: All major carriers

Non Profit? NO

Program Focus: Cognitive Behavioral & Solution Focused

Ashlea Johnson, LCSW
Summit Mental Health Services

COUNSELING

200 East Highland Ave, Suite 3B
 Clermont, FL 34711

Ages Served:
 Children, Teens, Adults

Phone: 352-638-6639 **Languages:**
Fax: 352-354-9103 English, Spanish

Hours of Operation:
 Mon-Thurs 9-5pm

www.summitmentalhealthservices.com

Payment Options:
 SELF PAY (X)

Insurance Accepted: Florida Blue, Health Choice,
 Cigna, Tricare

Non Profit? NO

Program Focus: Private Mental Health Therapy Practice

Services: Individual, Family and Group Counseling.



Free Training Available!

Mental Health First Aid helps you assist someone experiencing a mental health related crisis. Learn risk factors and warning signs and where to turn for help. For more information or to schedule a class contact Jenenne Valentino-Bottaro 352-636-5466 or jenenne@befreelake.org

Karen Judd Central Florida Counseling & Psychological Services, Inc.		Counseling & Substance Abuse
214 East Washington Street, Suite A Minneola, FL 34715		Ages Served: N/A
Phone: 352-365-6506 Languages: English Fax: 352-365-6596	Hours of Operation: Tues 9-1pm, Wed 9-6pm, Thurs 9-6pm	
www.counseling-health.com		
Payment Options: MEDICARE (X) MEDICAID (X) SELF PAY (X) PRIVATE INSURANCE (X)		
Insurance Accepted: All major carriers		Non Profit? N/A
Program Focus: Cognitive Behavior Therapy, Substance Abuse		

David Karpf, PhD Central Florida Counseling & Psychological Services, Inc.		Counseling & Substance Abuse
214 East Washington Street, Suite A Minneola, FL 34715		Ages Served: Adults, Teens
Phone: 352-365-6506 Languages: English Fax: 352-365-6596	Hours of Operation: N/A	
www.counseling-health.com		
Payment Options: MEDICARE (X) SELF PAY (X) PRIVATE INSURANCE (X)		Non Profit? NO
Services: Psychological Counseling with individuals, couples and families to help clients cope with issues such as anxiety, depression, grief, and psychological trauma. As a certified addiction professional, I also provide treatment for chemically dependent individuals.		

LIFESTREAM BEHAVIORAL CENTER

SUBSTANCE ABUSE PROGRAMS

2018 Tally Road
Leesburg, FL 34748
www.lsbcc.net

Non Profit? Yes
Languages: English

Insurance Accepted: Please Call for More Information

Family Intervention Resource Services Team

Provides support and linkage to services for families when substance abuse 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).

Phone: 352-315-7402

Ages Served: All

Hours:
Mon-Fri 8:30-5:00pm

Family Behavioral Therapy Team

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

Phone: 352-315-7413

Ages Served:
Parents of children aged 3-10

Hours:
Call for Hours

Turnabout

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.

Phone: 352-315-7400

Ages Served: Varied

Hours:
Call for Hours

Intensive Outpatient Program Adult

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

Phone: 352-315-7401

Ages Served: Adults

Hours:
Mon-Fri 8:30-5:00pm

<p>Strong United Resilient Families (SURF) Prevention Project</p> <p>Program for parents and children in high risk families. Prevention program offers parenting, children’s life and family skills training courses in group sessions including informal family practice time and group leader coaching.</p>	<p>Phone: 352-315-7821</p> <p>Ages Served: Teens, Children</p> <p>Hours: Call for Hours</p>
<p>Community Action Team (CAT)</p> <p>An integrated service delivery approach that utilizes a team of professionals to comprehensively address the needs of a young person and their family. Designed as an alternative to out-of-home placement for youth with serious behavioral health issues.</p>	<p>Phone: 352-636-1045</p> <p>Ages Served: Ages 11-21</p> <p>Hours: Mon-Fri 8:30-5:00pm</p>
<p>Youth and Family Recovery Program</p> <p>Provides service to youth who are abusing 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.</p>	<p>Phone: 352-315-3923</p> <p>Ages Served: Teens, Children</p> <p>Hours: Call for Hours</p>

Prescription Lock Boxes

Be Free Lake provided depository safes in law enforcement offices in Lake County as part of a continuous “take back” program in order for Lake County residents to safely dispose of unwanted medications.



LIFESTREAM BEHAVIORAL CENTER	COUNSELING
Insurance Accepted: Call for More Information Hours: Mon-Fri 8:30-5:00	Non Profit? Yes Languages: English
Crossroads II Adult 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. 2018 Tally Road 201 Magnolia Avenue Leesburg, FL 34748 Eustis, FL 32726 Phone: 352-315-7400 Phone: 352-357-1550	Ages Served: Adults
Children’s Clinical On-Site Services Counseling services are provided for children in the school or at home for those who are referred for intensive therapy. 1217 Hufstetler Street 2020 Tally Road Eustis, FL 32726 Leesburg, FL 34748 Phone: 352-483-1652 Phone: 352-315-7816	Ages Served: School Aged Children
Outpatient Centers Individual and group counseling. Also provides medication management by a psychiatrist if needed. South Lake Community Mental Outpatient Center Health 2140 N Wickham Drive Outpatient Center Clermont, FL 34711 215 North Third Street Phone: 352-394-5922 Leesburg, FL 34749 Phone: 352-315-7900 Sumter Outpatient Eustis Outpatient 119 North Market Center Bushnell, FL 33513 201 Magnolia Avenue Phone: 352-793-4126 Eustis, FL 32726 Phone: 352-357-1550	Ages Served: 4 and Up
Colony Counseling & Enrichment Center Individual and group counseling. Also provides medication management by a psychiatrist if needed. 340 Heald Way, Suite 208 The Villages, FL 32162 Phone: 352-259-5762	Ages Served: Adults

LIFESTREAM BEHAVIORAL CENTER	INPATIENT/RESIDENTIAL MENTAL HEALTH
Insurance Accepted: Please Call for More Information Hours: 24/7	Non Profit? Yes Languages: English
Psychiatric Hospital Provides children and adult crisis stabilization units, and adult detoxification unit, adult psychiatric care and geriatric unit.	Ages Served: Children, Teens, Adults 2020 Tally Road Leesburg, FL 34748 Phone: 352-315-7800
Our Turning Point Ranch 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.	Ages Served: Teens P.O. Box 491000 Leesburg, FL 34749 Phone: 352-315-7800
Phoenix House South 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.	Ages Served: Adults P.O. Box 491000 Leesburg, FL 34749 Phone: 352-315-7800
Geriatric Residential Treatment Services 12 Bed residential facility serving primarily seniors who are severely and persistently mentally ill. Programs offer rehabilitative services, wellness and recovery planning in a supportive environment.	Ages Served: Adults 2018 Tally Road Leesburg, FL 34748 Phone: 352-315-7460
Adult Choice 16 Bed substance abuse residential Level 2 facility for adults with substance 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.	Ages Served: Adults 2018 Tally Road Leesburg, FL 34748 Phone: 352-315-7470

Sandra Moenssens, MS, LMHC, LMFT
Counseling for Your Success

COUNSELING

244 East Highland Avenue
 Clermont, FL 34711

Ages Served:
 Children, Teens, Adults

Phone: 321-230-0740 **Languages:** English
Fax: 352-577-8972

Hours of Operation:
 Mon-Thurs 9-5pm,
 Fri 9-2pm

www.counselingforyoursuccess.com

Payment Options:
 SELF PAY (X)
 PRIVATE INSURANCE (X)

Insurance Accepted: Cigna, Tricare

Non Profit? NO

Program Focus: Relationship Issues, Anxiety, Family Conflict

Services: Behavioral Issues, Depression, Anxiety, Mood Disorders, OCD, Emotional Disturbances, Bipolar.

Adil A. Mohammed, MD
Harmony United Psychiatric Care

Counseling & Substance Abuse

1218 West Dixie Avenue, Suite A
 Leesburg, FL 34748

Ages Served:
 Children, Teens

Phone: 352-431-3940 **Languages:** English
Fax: 352-431-3173

Hours of Operation:
 Mon-Thurs 8-5pm,
 Sat 10-2pm

www.harmonyunitedhc.com

Payment Options:
 MEDICARE (X)
 SELF PAY (X)
 PRIVATE INSURANCE (X)

Insurance Accepted: Blue Cross/Blue Shield, Wellcare, GBA Railroad, Aetna, First Health, Tricare South, Cigna, Coventry, Humana

Non Profit? NO

Program Focus: Psychiatric care

Services: Depression, Bipolar disorder, PTSD, Substance abuse, Anxiety disorder, ADHD, Memory problems, Suicidal thoughts and tendencies, Emotional problems, and more.

Susan Mulvaney, BS, MS		COUNSELING
Milestone Counseling		
200 East Washington Street Minneola, FL 34715		Ages Served: Children, Teens, Adults
Phone: 352-348-8858	Languages: English	Hours of Operation: Mon-Thurs 8-5pm, Fri 8-2pm, Sat 8-1pm, Sun by appointment
Fax: 352-414-4876		
www.milestone-counseling.com		
Payment Options: SELF PAY (X) PRIVATE INSURANCE (X)		
Insurance Accepted: Wellcare, Staywell, CMS Ped-I-Care Title XXI, Single Care Agreements		Non Profit? YES
Program Focus: Trans Focus, Trans Sensitive		
Services: Children & Family, Trans & Crisis, Testing & Assessment, Parenting, Individual Therapy, Relationship Counseling, Christian Counseling.		

Cher Myers, LCSW, MSW		COUNSELING
S.A.D.L.E.S.		
41025 Thomas Boat Landing Umatilla, FL 32784		Ages Served: Children, Teens, Adults
Phone: 352-669-1012	Languages: English	Hours of Operation: Mon-Wed 9:30-5:30pm, Fri 9:30- noon, Sat 9:30- noon (Closed every 3rd Sat)
Fax: 352-669-5554		
Payment Options: SELF PAY (X)		
Insurance Accepted: Contract with private agency		Non Profit? YES
Program Focus: Equine Assisted Therapy		
Services: Provides individual, family, or group therapy for children and adults. Works with children as young as 3 years old. Offers experiential education, outreach, mentoring and team building for children & teens, with a focus on empathy, patience, communication, confidence & self-control. An adventure based counseling center. It uses horses in its' programs due to their unique ability to provide immediate feedback and insight on your condition (both physically and mentally). Provides the following programs: Divorce Intervention for Children, Family Mediation, Parenting Coordination, Guardian Ad Lidem, Anger & Stress Management, Summer Camps, Corporate Team Building, Women's Empowerment & Veteran's Therapy.		

Joseph W. Nussbaumer, Jr., PhD GFC Counseling		Counseling & Substance Abuse
611 South Main Avenue Groveland, FL 34736		Ages Served: Children, Teens, Adults
Phone: 352-429-5600 Fax: 352-429-1206	Languages: English, Spanish	Hours of Operation: Tues-Fri 10-5pm
www.gfccounseling.com		
Payment Options: SELF PAY (X) PRIVATE INSURANCE (X)		
Insurance Accepted: Cigna, Aetna		Non Profit? YES
Program Focus: Faith-based organization recognized by the courts, Dept of Corrections, and Veterans Administration		
Services: DUI/Substance Abuse Counseling, Sex Offender Therapy, Personal Counseling, Batterers Intervention Program, Mental Health Evaluations, Parenting Skills Classes, Shoplifting Program, Marriage & Family Counseling.		

Jasmine Parker, MA Art Therapy Services		COUNSELING
Vitruvian Health Center 353 Plaza Drive Eustis, FL 32726		Ages Served: Children, Teens, Adults
Phone: 321-837-9784	Languages: English	Hours of Operation: Mon-Fri by appointment, Sat 9-6pm, Sun 9-6pm
Jasmineparker.wix.com/arttherapyservices		
Payment Options: MEDICAID (X) SELF PAY (X)		
Insurance Accepted: Wellcare, Staywell, Molina		Non Profit? NO
Program Focus: Improve Self Esteem, Foster Self Awareness, Promote Overall Sense of Health and Well Being		
Services: Individual, Couples, Family and Group Art Therapy, Individual Mental Health Counseling, Workshop and Training; Leadership training, Communication & Teambuilding, Adolescent and Adults Art Therapy Workshops.		

Grace Pena, PsyD, LMHC Lake Psychoeducational Center		COUNSELING
600 North Hwy 27, Suite #1 Minneola, FL 34715		Ages Served: Children, Teens, Adults
Phone: 407-209-7492 Fax: 352-241-8372	Languages: English, Spanish	Hours of Operation: Mon-Tues 1-6:30pm, Wed 9-6:30pm, Thurs 9-6:30pm
www.drgracepena.com		
Payment Options: MEDICAID (X) SELF PAY (X) PRIVATE INSURANCE (X)		
Insurance Accepted: United, Cigna, Magellan, Staywell, Amerigroup, Humana, Aetna, Tricare, Wellcare & others		Non Profit? NO
<p>Program Focus: Counseling & Psychological services for emotional well-being</p> <p>Services: Psychotherapy and family counseling to children, teens and adults for emotional development and behavioral related issues.</p>		

Chrisann Reid, LCSW Central Florida Counseling & Psychological Services, Inc.		COUNSELING
214 East Washington Street, Suite A Minneola, FL 34715		Ages Served: Adults, Teens
Phone: 352-365-6506 Fax: 352-365-6596	Languages: English	Hours of Operation: Mon-Thurs 9-5pm
www.counseling-health.com		
Payment Options: MEDICARE (X) MEDICAID (X) SELF PAY (X) PRIVATE INSURANCE (X)		
Insurance Accepted: Blue Cross/Blue Shield of Florida, Aetna, Cigna, United Healthcare		Non Profit? NO
<p>Program Focus: Counseling and Psychotherapy</p> <p>Services: Psychotherapy to individuals, couples, families and children to address a wide range of emotional and/or behavioral issues, including depression, anxiety, loss, grief, stress and life transitions.</p>		

Geron Rogers, Mdiv, MS, LMHC Milestone Counseling	COUNSELING
200 East Washington Street Minneola, FL 34715	Ages Served: Children, Teens, Adults
Phone: 352-348-8858 Languages: English Fax: 352-414-4876	Hours of Operation: Mon-Thurs 8-5pm, Fri 8-2pm, Sat 8-1pm, Sun by appointment
www.milestone-counseling.com	Non Profit? YES
Payment Options: SELF PAY (X) PRIVATE INSURANCE (X)	
Insurance Accepted: Wellcare, Staywell, CMS Ped-I-Care Title XXI, Single Care Agreements	
Program Focus: Trans Focus, Trans Sensitive Services: Children & Family, Trans & Crisis, Testing & Assessment, Parenting & Individual Therapy, Relationship Counseling, Christian Counseling.	

Valerie Rogers, MS, LMHC Milestone Counseling	COUNSELING
200 East Washington Street Minneola, FL 34715	Ages Served: Children, Teens, Adults
Phone: 352-348-8858 Languages: English Fax: 352-414-4876	Hours of Operation: Mon-Thurs 8-5pm, Fri 8-2pm, Sat 8-1pm, Sun by appointment
www.milestone-counseling.com	Non Profit? YES
Payment Options: SELF PAY (X) PRIVATE INSURANCE (X)	
Insurance Accepted: Wellcare, Staywell, CMS Ped-I-Care Title XXI, Single Care Agreements	
Program Focus: Trans Focus, Trans Sensitive Services: Children & Family, Trans & Crisis, Testing & Assessment, Parenting & Individual Therapy, Relationship Counseling, Christian Counseling.	

**Maxine Ruddock, PhD
Comprehensive Psychological &
Assessment Services**

**Counseling &
Substance Abuse**

2511 Dora Avenue
Tavares, FL 32778

Ages Served:
Children, Teens, Adults

Phone: 352-508-5399 **Languages:** English
800-361-1153
Fax: 917-677-7121

Hours of Operation:
Mon-Fri 8-6pm

www.CPASCounseling.com

Payment Options:
MEDICARE (X)
MEDICAID (X)
SELF PAY (X)
PRIVATE INSURANCE (X)

Insurance Accepted: AARP; Aetna; Blue Cross/Blue Shield , Beech Street; Cenpatico; Cigna; Compsych; Humana; Magellan; Medicaid; Medicare; MH Net; Multiplan; New Directions; Psychcare; Sunshine State; Tricare; United Behavioral Healthcare; Value Options; Wellcare

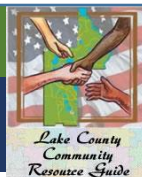
Non Profit? NO

Program Focus: Mental Health and Substance Abuse

Services: Individual, Couples, and Family Counseling, Christian Counseling, Grief and Loss, Parenting and Family Issues, Marital and Relationship Issues, Addiction and Recovery, Comprehensive Behavioral Health Assessments, Targeted Case Management, Psychological Evaluations, Stress Management, Crisis Counseling, Life Skills Coaching, Domestic Violence Victims, Women's Empowerment Group

The Lake County Community Resource Guide

**www.LCCRG.org
(352) 483-2800**



The guide is an on-line database of available programs and agencies in Lake County representing 77 categories of issues with thousands of resources on over 800 pages of materials updated daily.

The Basic Needs Guide is an abbreviated guide, approximately 34 pages, with sections updated monthly.

Each resource represents a “piece of the puzzle” helping the people of Lake County solve problems and reach their full potential.

Available in English and Spanish.

**Helen E. Schuster, LCSW
Central Florida Counseling &
Psychological Services, Inc.**

COUNSELING

214 East Washington Street, Suite A
Minneola, FL 34715

Ages Served:
Adults, Teens

Phone: 352-365-6506 **Languages:** English
Fax: 352-365-6596

Hours of Operation:
Tues 9-6pm,
Thurs 10-6pm,
Fri 10-6pm

www.counseling-health.com

Payment Options:
MEDICARE (X)
MEDICAID (X)
SELF PAY (X)
PRIVATE INSURANCE (X)

Insurance Accepted: All carriers

Non Profit? NO

Program Focus: Cognitive Behavioral & Mindfulness

**Karen D. Stange, MA, LMHC, LMFT,
NCC**

**Counseling &
Substance Abuse**

Magnolia Place
100 South 11th Street, Suite 100
Leesburg, FL 34748

Ages Served:
Adults

Phone: 407-694-0501 **Languages:** English

Hours of Operation:
Part time:
Tues, Wed, Thurs
5-7pm

Payment Options:
SELF PAY (X)

Non Profit? NO

Program Focus: Individuals and Couples

Services: Individuals & Couples.

**Jenenne R. Valentino-Bottaro, MA,
MHC, PhD Candidate
Vai'Datha**

**Counseling &
Substance Abuse**

Lady Lake, FL 32159

Ages Served:
Children, Teens,
Adults, Elderly

Phone: 352-636-5466 **Languages:** English

Hours of Operation:
Call for Hours

www.voidathahealingpaths.com

Payment Options:
SELF PAY (X)

Non Profit? NO

Program Focus: Vai'Datha's Integrative Arts program focuses on wellbeing through expressive arts

Services: Drum facilitation, dance programs, equine mindfulness programs, self-awareness retreats. Programs are specifically 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.



Be Free Lake Publishes Community Resource Guides!

1. Quality of Life Report: A Snapshot of Lake County = an annual needs assessment.
2. Lake County Behavioral Health Resource Guide = a guide to behavioral health resources in Lake County. Printed copies available by order.
3. Lake County Community Resource Guide = updated and published monthly in English and Spanish.
4. Basic Needs Guide = a short version of the LCCRG and is printable.
5. Lake County Disability Resource Guide = focused on resources for the disabled.

View and Download at www.befreelake.org

**Steve Van Gelder, DrAD, LMHC, CAP,
ICADC
Adult Counseling & Psychotherapy of
Lake County, LLC**

**Counseling &
Substance Abuse**

131 West Main Street
Tavares, FL 32778

Ages Served:
Adults

Phone: 352-742-5665 **Languages:** English
Fax: 352-343-8801

Hours of Operation:
Mon-Fri 10-5pm

www.adultcounseling.org

Payment Options:
MEDICARE (X)
SELF PAY (X)
PRIVATE INSURANCE (X)

Insurance Accepted: Aetna, BlueCross/Blue Shield,
Tricare, AVMed, Florida Blue, United Healthcare,
Cigna, Humana, Various EAP

Non Profit? NO

Program Focus: Counseling

Services: Provides the very best in quality counseling for those looking to sustain good mental health and lasting recovery from substance abuse and other addictions. Treatment is effective and tailored to meet your goals. Offers individual, group & couples counseling, court approved and DUI treatment, urine testing and life coaching.

**Patrick J. Ward, PhD
Counseling & Development Center**

**Counseling &
Substance Abuse**

101 East Maud Street
Tavares, FL 32778

Ages Served:
Children, Teens, Adults

Phone: 352-253-9348 **Languages:** English
Fax: 352-253-9351

Hours of Operation:
N/A

www.counselinganddevelopment.com

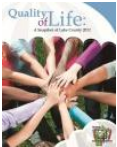
Payment Options:
MEDICARE (X)
SELF PAY (X)
PRIVATE INSURANCE (X)

Insurance Accepted: Most

Non Profit? NO

Program Focus: Counseling and Substance Abuse

<p>Rachel Williams, LCSW Well Being Center</p>	<p>COUNSELING</p>
<p>1175 Lucerne Drive Mount Dora, FL 32757</p>	<p>Ages Served: Adults</p>
<p>Phone: 352-223-8148 Languages: English Fax: 352-385-0128</p>	<p>Hours of Operation: Tues & Wed 10-7pm, Thurs 9-5pm</p>
<p>Payment Options: MEDICARE (X) SELF PAY (X) PRIVATE INSURANCE (X)</p>	
<p>Insurance Accepted: United Healthcare, Aetna, Value Optimal, Cigna, Option Health, United Behavioral Health, BlueCross/BlueShield, MH Net, Tricare, AARP</p>	<p>Non Profit? NO</p>
<p>Program Focus: Trauma, PTSD, Couples Counseling Services: Treatment for Depression & Anxiety, Life Transition.</p>	



Join the Revolution...Be Free Lake!

We invite you to explore our website at www.befreelake.org
To be included in the 2016 Behavioral Resource Guide,
or to request additional copies, contact
Debi MacIntyre at debi@befreelake.org or 352-408-2009.

Be Free Lake is a 501c3, tax exempt organization.
Donations supporting Be Free Lake's work in Lake County are tax deductible.