

Community Mental Health Services/Resources for Adults

Monongalia County Schools

The following persons or agencies have opted to participate in a reference of mental health care resources for our local area. Monongalia County Schools is not endorsing or recommending these individuals or agencies. If you know of some resources that might like to be included in this list, they should contact Angela Hayes, Coordinator of Student Psychological Services, at 304-291-9210, Extension 1517.

<p>Amanda Lewis, LPC, NCC 7000 Coombs Farm Dr. Suite 202 Morgantown, WV 26508 Telephone: 304-413-5002 Email: contact@amandalewislpc.com Website: http://www.amandalewislpc.com Hours: Mon-Fri by appointment, including evening</p>	<p>Description of Services: Works with clients struggling with various anxiety disorders, depression, social adjustment concerns, family changes, substance use concerns within the family, grief and loss. Utilizes an eclectic treatment approach with a primary focus on cognitive behavioral strategies. Telehealth appointments are offered using a HIPAA compliant platform. Insurance: PEIA, Blue Cross Blue Shield, UPMC, The Health Plan, Optum, and self-pay</p>
<p>Apex Counseling 160 Fayette Street, Suite 206, Morgantown, WV 26505 Telephone: 304-381-3659 Website: www.apexcounseling.org Hours: By appointment with the individual counselor</p>	<p>Description of Services: Psychotherapy services for individuals, couples, and groups focusing on brief counseling interventions and clear goals.</p> <p>Jonathan Pishner, MA, LPC, NCC, CT Trauma, anxiety, anger management, behavioral addiction, couples. Ages 13 and up</p> <p>Laura Walls, MA, LPC, NCC Trauma, anxiety, depression, abusive relationships, split homes and divorcing parents, school and home based behavioral issues, parent coaching. Ages 3-40</p> <p>Courtney Zemerick, MA, LPC, NCC Specializes in grief, substance addiction, anxiety and depression, and adults with conduct issues. Ages 18 and older.</p> <p>Emily Reel, MA, LPC, NCC, ALPS Substance use, anxiety, depression, adjustment issues. Ages 18 and up</p> <p>Insurance: In-Network with the Blue Cross family of insurances and PEIA. Most other insurances accepted Out-of-Network Additional Comments: Two trained trauma therapists on staff: Jonathan and Laura; Two children's counselors working with various ages:</p>

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	Jonathan, Laura. All counselors can work with parents; One couples therapist on staff: Jonathan.
<p>APO Counseling LLC 1553 Stewartstown Road Morgantown, WV Telephone: 304-284-8438 Website: Apocounseling.com</p>	<p>Description of Services: Stress, depression, grief, anxiety, trauma with individuals, couples, and families. Target Population: Children, adolescents, and adults. Insurance: Accepts most insurance providers excluding Medicaid</p>
<p>David M. Davis, MA, LPC, NCC Harmony Roots 1005 White Willow Way Morgantown, WV 26505 Telephone: 304-460-5123 ext. 1 Website: http://www.grwhealth.com Email: David.Davis.LPC@gmail.com</p>	<p>Description of Services: Works with children and adults who present with a wide range of different mental health concerns. He specializes in the treatment of Obsessive-Compulsive Disorder (OCD) and other anxiety disorders. Utilizes Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Motivational Interviewing, and Mindfulness techniques, among other evidence-based approaches. Targeted Population: Ages 5 and up</p>
<p>Fremouw-Sigley-Baker Psychological Associates Diane T. Woodrum, Ed.D 1224-B Pineview Drive Morgantown, WV 26505 Telephone: 304-598-2300 Hours of Operation: 8:00 to 4:00</p>	<p>Description of Services: Complete range of psychological services including individual, family, and group therapy, social skills, ADHD, anxiety, behavioral difficulties, and trauma Assessment/Evaluation Types: Educational and psychological evaluations, including ADHD, learning disabilities. Targeted Population: Ages 3-21 Insurance: Medicaid and most insurances</p>
<p>Harmony Roots 1005 White Willow Way Morgantown, WV 26505 Telephone: 304-460-5123 Website: GRWHealth.com Email: info@grwhealth.com Hours of Operation: Monday –Thursday: 8am – 6:30pm; Friday: 8am-4:30 pm. Saturday visits are provider specific.</p>	<p>Description of Services: Board certified psychiatrists and licensed therapists providing general psychiatry including medication management and therapy. Treatment for targeted for individuals with conditions including depression, anxiety, bipolar disorder, schizophrenia, ADHD, substance abuse, and body image. We are also qualified to assess and provide documentation for an Emotional Support Animal. Telehealth services available. Targeted Population: Adolescents and Adults Insurance: Accepts most insurances, but we ask that you please check your benefits for coverage as our services may be covered as a specialty. Additional Comments: Not all providers are available on Saturdays, so please let the team know when you call so that they can connect you with the correct provider.</p>

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<p>Holistic Therapy Center</p> <p>Jamie Downs, LICSW, MSW, AADC, CCJP Advanced Alcohol and Drug Counselor Certified Criminal Justice Professional EMDR Therapist</p> <p>1286 Suncrest Town Center Drive, Morgantown, WV 26505 Telephone: 304-680-7003 Website: http://www.holistictherapyctr.com Email: info@holistictherapyctr.com Hours of Operation: Monday-Friday by appointment</p>	<p>Description of Services: Psychotherapy services for presenting concerns including: anxiety, depression, trauma, grief/loss, self-esteem, family issues, school issues, panic, addiction, anger management, and stress management. Telehealth services are available. Assessments/Evaluations: Biopsychological diagnostic evaluations, drug and alcohol assessments Insurance/Fee Information: Highmark, Blue Cross/Blue Shield, PEIA, Health Plan, United, Aetna, and private pay. Additional comments: Also utilizes addiction counseling, cognitive behavioral therapy, and mindfulness based therapy.</p>
<p>Integrative Counseling Solutions</p> <p>Michelle Lewis, MSW, LICSW 713 Green Bag Rd Morgantown, WV 26508 Telephone: 304- 685-4773 Website: www.icswv.com Email: michelle@icswv.com Hours of Operation: Monday-Friday 8:00-4:00</p>	<p>Description of Services: Mental health counseling with a specialty in trauma processing and grief counseling, including infertility, first responders, and military. Trained in Eye movement desensitization and reprocessing (EMDR). Offers adult telehealth services. Insurance Information: Most major insurances accepted</p>
<p>Intensive Trauma Resolution</p> <p>Telephone: 800-755-6105</p> <p>Hours of Operation: By appointment- please call</p> <p>Email: info@helpfortrauma.com</p> <p>Website: www.traumatherapy.us</p> <p>* Instinctual Trauma Response™ is what happened to you, ITR™ is how to resolve it. We connect individuals with ITR certified specialists around the county virtually or live depending on location.</p>	<p>Description of Services: Treatment of trauma-related disorders using an intensive format. ITR™; intensive trauma resolution; 2-4 hours a day for a minimum 20 hours within a few weeks.</p> <p>Targeted Population: Children/youth/adults, who have survived a traumatic experience and have adverse life issues caused by it.</p> <p>Insurance Information: Self-Pay upfront. Insurance may offer reimbursement to the client under: "Out of Network Direct Reimbursement for routine outpatient (90837) or intensive outpatient work." This depends on the policy and sometimes if a primary care physician prescribed intensive outpatient work. ITR accepts self-pay to reserve the time upfront. We cannot guarantee reimbursement. Some funds are</p>

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	<p>available through religious, private or public funds like VOCA (Victims of Crime Act).</p>
<p>Libera, Inc.</p> <p>Karen Haring (Executive Dir.) Jessica Haring (Counselor) P. O. Box 1147 Dellslow, WV 26531 Telephone: 304-460-5018 (For scheduling appointments) Telephone: 304-319-0970 (For other information) E-mail: liberawv@gmail.com Website Address: www.liberawv.com</p>	<p>Description of Services: Libera, Inc. is a registered 501©(3) whose mission is to create an environment where women and teens in WV are empowered to live in freedom. Listen to stories and help them to take steps toward emotional, intellectual, relational, spiritual, physical and financial freedom. Provide vital connections through groups, individual counseling, mentoring, resources, workshops, and volunteer opportunities to help women find their identities, voices, strengths, purpose, and their freedom.</p> <p>Assessment: Through individual counseling and art therapy techniques</p> <p>Targeted Population: Women & teens</p> <p>Insurance: \$40 for those can afford the costs for individual counseling. Does offer pro bono services for those who cannot pay.</p> <p>Comments: Groups meet once a week for 6 weeks and are held in all counties over north central WV. Telehealth counseling available.</p>
<p>Mountaineer Psychological Services</p> <p>Jessica Myers, PhD (Owner & Licensed Psychologist)</p> <p>4000 Coombs Farm Drive Bldg D, Unit 102 Morgantown, WV 26508</p> <p>Telephone: 304-241-1766 Fax: 304-381-2648 Email: office@mountaineerpsyc.com Website: http://mountaineerpsyc.com/ Hours of Operation: Mon-Fri 8:00-5:30 Evening hours by appointment, no weekend appointments</p>	<p>Description of Services: Psychological/behavioral health evaluation and treatment. We have licensed psychologists and several counselors. We also provide couples, family, and group counseling, and consultations.</p> <p>Assessment/Evaluations: Diagnostic evaluations, identification of issues with behavioral problems, truancy, substance abuse, ADHD, mood and anxiety, child abuse and neglect, trauma</p> <p>Targeted Population: Children, adolescents, and adults</p> <p>Additional Comments: A reasonable waitlist. Accept court-ordered referrals. In-person and telehealth options available.</p> <p>Insurance: accepts most insurances, generally tries to check during the referral process.</p>

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<p>Natural Resilience 2000 Coombs Farm Rd. Morgantown, WV 26508 Telephone: 304-381-2211</p> <p>1277 Suncrest Towne Center Morgantown, WV 26508 Telephone: 304-241-5100 Hours of Operation: Monday-Friday 8:30-5:00 Website: http://www.naturalresilience.org/</p>	<p>Description of Services: Integrative counseling incorporates evidence based complementary and alternative therapies with conventional treatments in the interest of providing holistic and comprehensive care. Provides integrative services resulting in creative, individualized treatment plans to address various emotional issues, daily stressors, and life goals.</p> <p>Targeted Population: Resilient Kids-children/adolescents. Natural Resilience- adults.</p> <p>Insurance: Aetna, Blue Cross/Blue Shield, PEIA, TRICARE, MHnet, Humana, webtpa, Coventry, and The Health Plan. If your insurance is not listed here, we will inquire about becoming a provider.</p>
<p>Neuropsychology Group of WV PLLC 9000 Coombs Farm Dr., Suite 202 Morgantown, WV 26508 Telephone: 304-554-0504 Fax: 304-554-0505 Email: referrals@ngwv.net Office Hours: Monday-Friday 8:00-5:00</p>	<p>Description of Services: Our team of neuropsychologists have specialty training to design effective assessments for a wide array of conditions which are known to have an impact upon brain functioning. Assessments will provide valuable information which can be used to maximize a person's daily functioning. Specialty areas include ADHD, Pediatric Neuropsychology, Traumatic Brain Injury, Concussions, Memory Disorders, Neurologic Disorder including Epilepsy, Psychiatric Disorders, Learning Disorders, and general medical conditions.</p> <p>Targeted Population: Services for all ages 4 and up.</p> <p>Insurance: Accepts most insurance.</p>

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<p>Sonder</p> <p>Valerie Stansberry, MS, LPC, CRC Terry Chapman, MSW, LICSW</p> <p>709 Beechurst Seneca Center, Suite 14 B Morgantown, WV 26505 Telephone: 304-291-9491 Hours of Operation: 9:00 am to 6:00 pm Tuesday through Friday; Closed Mondays; Times may vary by appointment.</p>	<p>Description of Services: Individual and family therapy for adolescents and adults, general psychiatric conditions (e.g., depressive disorders, anxiety, trauma and stressor related disorders, etc.). Specialized focus on eating disorders with a multidisciplinary treatment approach that includes the pediatrician and nutritionist who specializes in eating disorders. Telehealth counseling available.</p> <p>Insurance: We accept Blue Cross Blue Shield, PEIA, Aetna, Health Plan, and out-of-network policies. The fee for services will depend on the insurance contracted rate. Generally, prefer not to do out of network policies.</p>
<p>Theresa Williams, L.P.C 425 Industrial Ave. Suite 204 Morgantown, WV 26505 Telephone: 304-216-1160 Hours of Operation: Weekday/Evenings/some weekend hours</p>	<p>Description of Services: Counseling services related to school/general adjustment issues. Offers play therapy, EMDR therapies, parenting support, anxiety, depression, and grief counseling. Telehealth counseling available.</p> <p>Targeted Population: Children, Teens, and Adults Insurance: Most medical insurances accepted (Blue Cross Blue Shield, Health plan, Aetna, 4 Most, Chips, PEIA, etc.), cannot accept medical card.</p>
<p>United Summit Center 6 Hospital Plaza Clarksburg, WV 26301 Telephone: 304-623-5661 24 Crisis Line: 1-800-786-6480 Fax: 304-623-2989 Hours: M-F 8:30-5:00. evenings by appointment</p>	<p>Description of Services: Psychological/ Psychiatric Services.</p> <p>Additional Comments: ***USC is providing a free support group to teachers and school personnel. This is an offering for all school service personnel across the state. The support group will be held via zoom every Tuesday at 4 pm and facilitated by a Licensed Professional Counselor.</p> <p>No sign up required, but please contact Kim Vivanco (case manager) to receive the Zoom link- 304-623-5661 ext.1415; kimberly.vivanco@wvumedicine.org</p>
<p>Valley Health Care System</p> <p>Crisis Line: 1-800-232-0020 (24/7) Suicide Prevention Hotline: 1-800-273-8255</p>	<p>Description of Services: <i>Mental Health Services:</i> Psychological testing and therapy, psychiatric evaluation, medication management, care coordination, supported housing,</p>

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<p>Morgantown Office: 304-296-1731 Marion County Office: 304-366-7174 Preston County Office: 304-329-1059 Taylor County Office: 304-265-3947 WEBSITE: www.valleyhealthcare.org</p>	<p>clubhouse program, homeless outreach program, Valley Assertive Community Treatment Program, prevention of suicide, Crisis Stabilization Plan. <i>Intellectual and Developmental Disabilities:</i> Waiver Community Support, service coordination, family support program, site-based day habilitation program, residential for developmental disabilities. <i>Chemical Dependency Services:</i> counseling for substance abuse/addiction and recovery, counseling for children of alcoholics/addicts, consultation and screening, DUI services, intensive adult outpatient program, intensive adolescent outpatient program, Alpha Chemical Dependency Treatment Unity (ACT Unit), New Beginnings Extended Care Program for women, and CHRRP House (sober living facility). Targeted Populations: Children, Adolescents, Adults Insurance: Take most insurances, including Medicaid and Medicare. Additional Comments: Currently providing both tele-health and some limited in person therapy and medical services. On-site social distanced tele-health services also available for clients without broadband service.</p>
<p>Wellspring Family Services 827 Fairmont Road, Suite 201, Morgantown, WV 26501 Telephone: 304-292-1716 Emergency Telephone: 800-280-2229 Fax: 304-292-1766 Hours of Operation: 8:30-5:00 (M-F) Evening hours by appointment Website: https://www.crittentonwv.org/wellspring Email: info@crittentonservices.com</p>	<p>Description of Services: Outpatient/In-Home Behavioral Treatment agency; services include comprehensive assessments, individual and family therapy, focus on trauma specific services, supportive counseling, behavior modification, targeted case management, and court reports. Telehealth counseling is available. Targeted Populations: Ages 4 through adults Insurance: WV Medical card, some private insurances, and self-pay.</p>
<p>Whole Brain Solutions, LLC 121 Simpson St. Morgantown, WV 26501 Miranda Riffle, MA, NCC, EMDR.T</p>	<p>Description of Services: Trauma and neuroscience informed psychotherapy services, including a diverse and eclectic approach to client issues and concerns. Specializing in play therapy, creative expression therapy, EMDR, talk therapy, trauma-informed yoga</p>

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<p>Provisioned Licensed Counselor E-mail: mirandariffle20@gmail.com</p> <p>Sydney Menigoz, MA, NCC Provisioned Licensed Counselor E-mail: sydney@wholebrainsolutionswv.com</p> <p>Website: www.whole-brainsolutionswv.com Hours of Operation: 9am-7pm (Monday Through Friday)</p>	<p>and reiki, Whole Brain Solution offers an array of therapeutic services to help clients of various ages deal with trauma, mood disorders, substance use, addiction, anxiety, depression, or behavioral issues. Targeted Population: Children and adolescents 5-18 years, parents of adolescents, young adults Insurance: Accepts PEIA, Aetna, The Health plan, Blue Cross Blue Shield, Highmark, Tricare, or cash pay. Sliding scale available. Comments: Telehealth counseling is available. Initial consults via telehealth services</p>
<p>WM Counseling 50 Clay Street, Suite 3 Morgantown, WV 26501</p> <p>Esther Ervin, LPC Ashleigh Mills, LPC Beth Stafford Licensed Psychologist Telephone: 304-381-4831 Website: www.wmcounseling.net</p>	<p>Description of Services: Therapeutic approaches include humanistic, reality, psychodynamic, CBT; *Specific training in current trauma models of Trauma-Focused CBT, and CPT. Telehealth counseling is available. Targeted Populations: LGBTQ issues, change of life stressors, depression, and anxiety Insurance: Accepts PEIA, Blue Cross Blue Shield, The Health Plan, UMR, UHC, Optum Network, Aetna, Beacon, Value Options, Stratose, Benefits Assistance, Tricare, Compsych, out of network* (*depends on carrier benefit; also offers private pay and sliding scale options)</p>
<p>Women in Balance 3000 Coombs Farm Rd, Suite 102 Morgantown WV 26508</p> <p>Jennifer L. Walker, M.Ed., LPC Owner & Counselor</p> <p>Telephone: 304-241-1097 Websites: http://www.womeninbalancelc.net/ Hours of operation: Monday-Thursday: 8 am- 8 pm Friday- 9 am- 3 pm Saturday appointments available as needed</p>	<p>Description of Services: Team specializes in a variety of mental health concerns including: trauma; EDMR; eating disorders; LGBTQ; ADHD; anger; physical & sexual abuse; grief & loss; anxiety; depression & mood disorder; adjustment issues</p> <p>Family Counseling: Parent-Child Interaction Therapy (PCIT), parenting support, including behavior management and effective discipline, co-parenting, adjusting to blended families, consistent expectations between households, communication skills</p> <p>Insurance: Accepts Blue Cross Blue Shield (All Plans), PEIA, Aetna, Tricare, The Health Plan CHIP of WV, Magellan, Cigna, UPMC (Commercial, Value, Value Select, and UPMC for Kids), United Behavioral Health Cash Pay and Sliding Scale</p>

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