

BEHAVIORAL HEALTH RESOURCES

<p>ADOLESCENT CHILD AND ADULT PSYCHIATRY</p> <p>501 Gateway Dr. Suite 101 Clayton, NC, 27520</p> <p>Phone Number:919-783-8377 Fax: 919-324-3404</p> <p>Hours:Monday-Friday 10:00am-6:00pm</p>	<p>SERVICES:</p> <ul style="list-style-type: none"> ● Psychological Testing ● Diagnostic Evaluation Testing ● Psychoeducational Testing ● Early Entry Kindergarten Testing ● Immigration Evaluations ● Adoption Evaluations ● Bariatric and Spinal cord Evaluations ● Psychotherapy and Counseling ● Specialize in the following: ADHD, Anxiety Disorder, Mood Disorder, Trauma, Autism Spectrum and Intellectual Disability, Oppositional Defiant Disorder, Tourette's Disorder, First Episode Psychosis <p>INSURANCE:</p> <ul style="list-style-type: none"> ● AETNA, BCBS, BRIGHT HEALTH, CIGNA, CONTIGO, MEDCOST, TRICARE ● MEDICAID for patients 17 and under WITH REFERRAL ● MEDICARE for patients 69 and under WITH REFERRAL ● DOES NOT ACCEPT MEDICAID FOR THERAPY OR PSYCHOLOGICAL EVALUATIONS <p>AGE GROUP:</p> <ul style="list-style-type: none"> ● 6 through 69
<p>CAROLINA OUTREACH</p> <p>831 Brightleaf Blvd. Smithfield,NC,27577</p> <p>Phone Number: 919-300-4315 Fax: 919-783-8377</p> <p>Hours:Monday-Friday 8:00 am-5:00 pm.</p> <p>Walk-In Assessment Clinic hours are on Tuesdays, 9 a.m. to noon.</p> <p>Substance Use Disorder Walk-In Assessment Clinic is on Tuesdays.</p> <p>Medication Management Walk-In is available by appointment only</p>	<p>CHILDREN SERVICES:</p> <ul style="list-style-type: none"> ● Comprehensive Clinical Assessment ● Outpatient Therapy ● Psychiatric Evaluation and Medication Management ● Intensive In-Home Services <p>ADULT SERVICES:</p> <ul style="list-style-type: none"> ● Comprehensive Clinical Assessment ● Outpatient & Group Therapy ● Psychiatric Evaluation and Medication Management ● Assertive Community Treatment team ● Substance Use Disorder treatment ● DWI Services <p>INSURANCE:</p> <ul style="list-style-type: none"> ● BCBS PPO, ALL 5 MEDICAID PHP'S (Amerihealth, Carolina Complete, Healthy Blue, United Healthcare Medicaid, Wellcare) <p>AGE GROUP: ALL</p> <p>NOTE* Carolina Outreach Behavioral Urgent Care located at 2670 Durham Chapel Hill Blvd. Durham,27707, is willing to write bridge prescriptions for Johnston, Wake and Cumberland County residents with Medicaid or IPRS funding. Their phone number is 919-251-9009.</p>

<p>CARTER CLINIC</p> <p>19 Noble St. Smithfield NC, 27577</p> <p>Phone Number:919-938-9842 Fax:919-938-9843</p> <p>Hours: Monday and Wednesday-Friday 8:00pm-5:00pm Tuesday 8:00am- 6:40pm</p>	<p>SERVICES:</p> <ul style="list-style-type: none"> ● Individual, Couples, and/or Family Therapy ● Psychiatric Assessments ● Chronic Mental Illness Treatment ● Medication Management ● Opiate Dependence Treatment with Buprenorphine ● Referrals for Psychological testing ● Treatment includes:Depression, Bipolar Disorder, ADHD, Opiate Dependence, Alcohol/drug abuse, Anxiety disorder, PTSD, Marital Conflict, Autism Spectrum Disorder, Schizophrenia, Childhood Behavioral Problems <p>INSURANCE:</p> <ul style="list-style-type: none"> ● MEDICARE, ALL 5 MEDICAID PHP'S(Amerihealth, Carolina Complete, Healthy Blue, United Healthcare Medicaid, Wellcare) BCBS, TRICARE, CIGNA <p>AGE GROUP:</p> <ul style="list-style-type: none"> ● 5 and up
<p>HOPE SERVICES</p> <p>1329 North Brightleaf Blvd. Building D Smithfield NC 27577</p> <p>Phone Number; (919) 714-7500 Fax:919-714-7513</p> <p>Hours:9:00am-5:00pm After hours appointments available</p> <p>SPANISH SPEAKING THERAPIST (not taking patients at the moment 3/9/22)</p>	<p>SERVICES:</p> <ul style="list-style-type: none"> ● Comprehensive Clinical Assessments ● These services include individual, family therapy and group therapy. (, Attachment Biobehavioral Catch Up “ABC”, Motivational Interviewing, Cognitive Behavioral Therapy “CBT”, Play Therapy, ART Therapy, Trauma Focused CBT, Dialectical Behavioral Therapy, Parent Child Interactive Therapy,Child Parent Psychotherapy) ● Psychiatric Evaluations and Medication Management, Intensive At-Home Treatment, ● Outpatient Plus,Therapy Groups(Structure Psychotherapy for Adolescents Responding to Chronic Stress,Dialectical Behavioral Therapy ● Lighthouse Program: Autism Spectrum and Intellectual Disabilities for 18 and younger, IQ less than 70 <p>INSURANCE:</p> <ul style="list-style-type: none"> ● ALL 5 MEDICAID(Amerihealth, Carolina Complete, Healthy Blue, United Healthcare Medicaid, Wellcare), BCBS, CIGNA, AETNA, HEALTH CHOICE, IPRS, SELF PAY <p>AGES: 6 MONTHS- UP</p>

<p>INTO THE LIGHT COUNSELING</p> <p>312 South 3rd St. Smithfield, NC, 27577</p> <p>Phone Number: 919-271-0135</p> <p>Hours : Monday- Friday 8:00am-3:00pm</p>	<p>SERVICES:</p> <ul style="list-style-type: none"> ● Outpatient Therapy <p>INSURANCE:</p> <ul style="list-style-type: none"> ● MEDICARE, CIGNA, UHC, BCBS, MAGELLAN, AETNA, SLIDING FEE SCALE SELF PAY ● DOES NOT TAKE MEDICAID <p>AGE GROUP:</p> <ul style="list-style-type: none"> ● 10 AND UP
<p>JOHNSTON COUNSELING SERVICES</p> <p>212 Bridge St. Smithfield NC 27577</p> <p>Clayton Office Location: 401 E Main St, Clayton, NC 27520</p> <p>Phone Number:919-938-0921 Fax: 919-938-1117</p> <p>Spanish Speaking Assessments now available</p>	<p>SERVICES:</p> <ul style="list-style-type: none"> ● Provides primarily substance use/abuse treatment for adults ● DWI Assessments, Individual and group substance abuse treatment ● ADETS(Alcohol Drug Education Traffic School) <p>INSURANCE:</p> <ul style="list-style-type: none"> ● SELF PAY ONLY, DOES NOT ACCEPT INSURANCE <p>AGE GROUP: ADULTS</p>
<p>JOHNSTON PUBLIC HEALTH-BEHAVIORAL HEALTH</p> <p>521 North Brightleaf Blvd. Smithfield, NC, 27577</p> <p>Phone Number: 919-989-5500 Fax:919-989-5596</p> <p>Hours: Monday-Thursday 7:30am-5:00pm Friday 8:00am-5:00pm</p> <p>Walk In Hours:Monday- Friday 8:00am-5:00pm</p> <p>PROVIDES INTERPRETER SERVICES</p>	<p>SERVICES:</p> <ul style="list-style-type: none"> ● Psychiatric evaluation, re-evaluation and medication management. ● Patient Assistance Program and medication Injection. ● Walk- In Crisis- immediate face to face assistance to patients with mental health or substance use crisis. Mon-Fri. 8am-5pm. ● Comprehensive Clinical Assessment (CCA), Individual and Group Therapy <p>INSURANCE:</p> <ul style="list-style-type: none"> ● MEDICARE, MEDICAID, all 5 MEDICAID PHP's (Amerihealth, Carolina Complete, Healthy Blue, United Healthcare Medicaid, Wellcare) BCBS, AETNA,CIGNA, UHC, TRICARE,HUMANA <p>AGE GROUP:</p> <ul style="list-style-type: none"> ● 5 and up for Walk in Crisis, all other services 18 and up

<p>LIVING WELL BEHAVIORAL HEALTH INC</p> <p>502 McKnight Dr. Suite 202 Knightdale,NC, 27545</p> <p>Phone Number: 919-803-2111 Fax:919-803-3083 Hours: Monday-Thursday 9:00am-5:00pm</p>	<p>SERVICES:</p> <ul style="list-style-type: none"> Provides Medication Management, Substance Use/Abuse Treatment <p>INSURANCE:</p> <ul style="list-style-type: none"> HEALTHY BLUE MEDICAID,ALLIANCE MEDICAID, BCBS UHC, UMR,TRICARE,CIGNA <p>AGE GROUP:</p> <ul style="list-style-type: none"> 5 AND UP
<p>MINDPATH HEALTH</p> <p>2076 NC Highway 42 West Suite 220 Clayton, NC, 27520</p> <p>Phone Number:919-550-3323 Fax: 919-550-3379</p> <p>Hours: Monday- Thursday 9:00am-6:00pm Friday 9:00am-3:00pm</p>	<p>SERVICES:</p> <ul style="list-style-type: none"> Psychiatric Evaluation Medication management Therapy and Counseling Conditions Treated: ADHD,Anger Management, Anxiety, Bipolar, Cognitive Disorder, Dementia, Depression, Developmental Disabilities, Dissociative Disorder, Gabling, Grief, LGBTQ+Affermative Therapy, OCD, PTSD, Personality Disorders, Postpartum Depression, Schizophrenia, Substance Use <p>INSURANCE:</p> <ul style="list-style-type: none"> MEDICARE, ALL 5 MEDICAID PHP'S(Amerihealth, Carolina Complete, Healthy Blue, United Healthcare Medicaid, Wellcare) HEALTHCHOICE, BCBS, UHC, TRICARE, CIGNA, MEDCOST <p>AGE GROUP:</p> <ul style="list-style-type: none"> 4 AND UP
<p>ONE-EIGHTY COUNSELING</p> <p>8325 Hwy 70 Business Suite A-2 Clayton, NC 27520</p> <p>Phone Number: 919-550-4910 Fax:919-550-6870 Hours: Monday- Thursday 9:00am-5:00pm Friday 9:00am-4:00pm</p> <p>69 Shipwash Drive Garner, NC 27529</p> <p>Phone Number: 919-772-1990 Fax:919-772-1978 Hours:Monday- Thursday 9:00am-5:00pm Friday 9:00am-4:00pm</p> <p>CARY/MORRISVILLE LOCATION HAS SPANISH SPEAKING THERAPIST</p>	<p>SERVICES:</p> <ul style="list-style-type: none"> Sex Therapy, Faith Based Therapy, Cognitive Behavior Therapy, Marriage and Family Therapy, Substance Abuse Counseling, Trauma Therapy Individual and Family Counseling, Marriage Counseling, Couples Counseling, Parenting Support and Training, CO-Parenting Support, Group Therapy, Yoga Therapy, Comprehensive Psychological Evaluations, ADD/ADHD Testing Play Therapy (ages 4-12) Full Psychoeducational Evaluation, Educational Evaluation,Psychological Evaluation, Early Entry to Kindergarten Evaluation (ages 4-18) <p>INSURANCE:</p> <ul style="list-style-type: none"> AETNA, BEHAVIORAL HEALTH SYSTEMS, BCBS, CIGNA, CORESOURCE, CIGNA, MEDCOST, MERITAIN, TRIWEST,OPTUM, UHC, UMR <p>AGE GROUP:</p> <ul style="list-style-type: none"> 4 AND UP

<p>PATHWAYS TO LIFE</p> <p>1420 A. South Pollock Street Selma, NC, 27576</p> <p>Phone Number: 919-351-0428 Fax: 919- 351-0814</p> <p>Hours: Monday-Friday 8:00am-5:00pm</p> <p>PROVIDES INTERPRETER SERVICES SPANISH SPEAKING CLINICIAN</p>	<p>SERVICES:</p> <ul style="list-style-type: none"> ● Child and Youth Services, Intensive In-Home Services, Outpatient Therapy, Multisystemic Therapy ● Medication management, Clinical Comprehensive Assessment, ● Adult Services, Community Support Team ● Individual and Group Therapy ● Substance Abuse Assessment, Intensive Outpatient Program, Comprehensive Outpatient Therapy <p>INSURANCE</p> <ul style="list-style-type: none"> ● IPRS, MEDICARE, ALL 5 MEDICAID PHP'S (Amerihealth, Carolina Complete, Healthy Blue, United Healthcare Medicaid, Wellcare) BCBS <p>AGE GROUP:</p> <ul style="list-style-type: none"> ● 5 AND UP
<p>PRIDE IN NC</p> <p>1319 N. Brightleaf Blvd. Suite F, Smithfield, NC, 27577</p> <p>Phone Number: 919-934-1312 Fax: 919- 934-1080 Crisis Phone Number: 984-789-8676</p> <p>Hours: Monday-Friday 9:00am-5:00pm</p> <p>PROVIDES INTERPRETER SERVICES TWO SPANISH SPEAKING THERAPISTS</p>	<p>SERVICES:</p> <ul style="list-style-type: none"> ● Outpatient Treatment ● Comprehensive Clinical Assessment ● Residential Treatment ● Intensive In Home ● Day Treatment ● B3 Individual Respite ● Psychiatric Care ● Psychosocial Rehabilitation ● Community Support Team, ● B3 Individual Support Service ● B3 Peer Support Services ● Psychiatric Care <p>INSURANCE:</p> <ul style="list-style-type: none"> ● IPRS, MEDICARE, NC HEALTHCHOICE, ALL 5 MEDICAID PHP'S (Amerihealth, Carolina Complete, Healthy Blue, United Healthcare Medicaid, Wellcare) BCBS, MEDCOST, NO INSURANCE <p>AGE GROUP:</p> <ul style="list-style-type: none"> ● 5 AND UP

<p>RESTORATION FAMILY SERVICES</p> <p>714 Wilkins Street Smithfield, NC, 27577</p> <p>Phone Number: 919-938-9502 FAX: 919-938-9702</p> <p>Hours: Monday- Friday 8:30am-5:00pm</p> <p>PROVIDES INTERPRETER SERVICES SPANISH SPEAKING CLINICIAN</p>	<p>SERVICES:</p> <ul style="list-style-type: none"> Behavioral Health Integration Services, Comprehensive Clinical Assessment, Substance Use Intensive Outpatient Services Individual and Group Therapy <p>INSURANCE:</p> <ul style="list-style-type: none"> IPRS, MEDICARE, NC HEALTHCHOICE, ALL 5 MEDICAID PHP'S (Amerihealth, Carolina Complete, Healthy Blue, United Healthcare Medicaid, Wellcare) BCBS, AETNA, UHC, TRICARE, VA, AMBETTER, BRIGHTHEALTH, CIGNA, MEDCOST, MULTIPLAN <p>AGE GROUP: ALL</p>
<p>UPWARD CHANGE HEALTH SERVICES LLC</p> <p>210 Peedin Rd. Smithfield, NC 27577</p> <p>Phone Number: 919-300-1559 Fax: 919.300.1804 After-Hours Crisis: 1.800.430.5967</p> <p>Hours: Monday- Friday 9:00am-5:00pm Saturday 9:00am-5:00pm by appointment</p>	<p>SERVICES:</p> <ul style="list-style-type: none"> Comprehensive Clinical Assessment Peer Support Services(B3)(Alliance) Community Support Team Outpatient Therapy Intensive In Home Medication Management Individual Support(B3) (Sandhills) <p>INSURANCE:</p> <ul style="list-style-type: none"> ALL 5 MEDICAID PHP'S(Amerihealth, Carolina Complete, Healthy Blue, United Healthcare Medicaid, Wellcare) BCBS, CIGNA, AETNA, UHC <p>DOES NOTE TAKE IPRS OR MEDICARE</p> <p>AGE GROUP:</p> <ul style="list-style-type: none"> 6 AND UP
<p>URGENT CARE- MONARCH BEHAVIORAL HEALTH</p> <p>319 Chapanoke Rd. Suite 120 Raleigh, NC, 27603 Phone Number:919-703-2845</p> <p>1001 Navajo Dr Suite 100 Raleigh NC 27609 Phone Number:919-856-4703 Fax:919-856-3795 (for Johnston County patients)</p> <p>CAN ARRANGE INTERPRETER SERVICES</p>	<p>SERVICES:</p> <ul style="list-style-type: none"> Anyone experiencing a mental health or substance use crisis. <p>INSURANCE:</p> <ul style="list-style-type: none"> ALL 5 MEDICAID(Amerihealth, Carolina Complete, Healthy Blue, United Healthcare Medicaid, Wellcare) MEDICARE, BCBS, MEDCOST, TRILLIUM, EASTPOINT, UHC, SELF-PAY, IPRS <p>AGE GROUP:</p> <ul style="list-style-type: none"> 5 AND UP

<p>WILSON PRIVATE PRACTICE(PSYCHOLOGICAL MOBILE SERVICE)</p> <p>2401 Wooten Blvd. Suite K Wilson, NC, 27893</p> <p>Phone Number:252-291-0735 Fax: 252-291-2890 Hours:9:00AM-6:00PM</p> <p>FRONT DESK SPEAKS SPANISH BUT NOT ABLE TO INTERPRET FOR PROVIDERS</p>	<p>SERVICES:</p> <ul style="list-style-type: none"> • Psychological Testing: Diagnostic assessment(Autism, ADHD,Depression, Bipolar, Anxiety, OCD,PTSD,Schizophrenia, Delusional Disorder)Intelligence Test, Achievement tests, Psychoeducational Testing, Personality assessments, Neuropsychological testing, Occupational testing • Autism and Asperger's,IQ and Developmental • Child & Adolescent Services: Testing & Evaluations,Individual Therapy & Groups,Parent Counseling & Behavior Management,Substance Abuse & Addictions • Adults & Seniors: testing, groups, counseling, therapy, Cognitive Behavioral Treatment, Weight Loss counseling • Mental Fitness <p>INSURANCE:</p> <ul style="list-style-type: none"> • MEDICARE, ALL 5 MEDICAID PHP'S(Amerihealth, Carolina Complete, Healthy Blue, United Healthcare Medicaid, Wellcare) BCBS, SANDHILLS MEDICAID, FRIDAY HEALTH <p>AGE GROUP:</p> <ul style="list-style-type: none"> • TESTING FOR 3 AND UP • THERAPY 2 AND UP
<p>YOUTURN COUNSELING</p> <p>826 Timber Dr, Garner, NC 27529</p> <p>Phone Number: 919-585-2282</p> <p>Hours: Monday-Thursday 9:00am-5:00pm</p> <p>Appointment Hours Monday- Friday 9:00am- 8:00pm Saturday 9:00am-2:00pm Sunday 9:00am-4:00pm</p> <p>ONE SPANISH SPEAKING CLINICIAN</p>	<p>SERVICES:</p> <ul style="list-style-type: none"> • Treatment includes: Depression/ Mood,Anxiety,ADHD,Behavioral Issues,Grief/ Loss,OCD,Parenting Issues,Relationship Issues,Addiction,Gender Issues,Stage of life Issues,Self Harm Behaviors,Divorce Issues • Individual Counseling, Play Therapy, Substance Abuse Treatment, Parental Counseling <p>INSURANCE:</p> <ul style="list-style-type: none"> • BCBS, AETNA, MEDCOST, CIGNA, OPTUM UNITED BEHAVIORAL HEALTH, SELF PAY • DOES NOT ACCEPT MEDICAID OR MEDICARE <p>AGES:</p> <ul style="list-style-type: none"> • 5 AND UP

OTHER RESOURCES

RHA (SERVICES FOR DEAF AND HARD OF HEARING)

2527 E Lyon Station Rd. Creedmoor NC, 27522

1-800-848-0180 – RHA Call Center

919-518-9293 – Direct Access for all people, including Video Phone for Deaf & Hard of Hearing

- RHA Behavioral Health's DHH Program services include comprehensive clinical assessment, case coordination and consultation, mental health and substance abuse counseling and therapy, peer support and outreach, as well as education and referral services
- online video NA meeting for the deaf has been launched
- Residential Services in NC
- Day and Employment Support
- Alternative Family Living
- Community Alternative Program for Disabled Children and Adults
- Anson Children Center- Daycare Program

JCI/UNITY HOUSE

112 Richardson Street Selma, NC 27576

Phone: 919.965.6892

- Psychosocial Rehabilitation (PSR)
- Individual Placement and Supported Employment (IPS)
- Peer Support Services (PSS)
- Community-Based Support Services

EASTER SEALS -UCP

5171 Glenwood Avenue Suite 211 Raleigh, NC 27612-3266

Phone: (919)783-8898

Fax:919-782-5486

150 Pine State St. Lillington, NC 27546

Phone: 910-814-2425

- Provides services so that children, adults and families living with disabilities, behavioral health challenges and autism can live, learn, work and play in their communities.
- Home and community-based support
- Services Provided: Assertive Community Treatment, Foster Care, Individual and Community Services (ICS), Residential Services (Group Homes, Individual Apartments), Transition to Employment (TTE), Autism and ABA Services, CARES, Children Outpatient Services/Medication Management, EMPOWER afterschool program, Intensive In-Home Services, Mobile Crisis, NC Start, Mutli-Systemic Therapy (12-17 yrs old), School Based Services, Wraparound Program. Individual Placement and Support,

HARBOR HOUSE(DOMESTIC VIOLENCE AND SEXUAL ASSAULT AGENCY)

Phone Number: (919) 938-3566 Crisis Line: (919) 631-5478

Fax:919-938-4515

- Sexual Assault and Rape Crisis Program
- Domestic Violence/Crisis Intervention
- 24 Hour Emergency Shelter
- Court Advocacy
- Families In Transition Program (FIT)

DURHAM VA HEALTH CARE SYSTEM

508 Fulton St, Durham, NC 27705 PHONE NUMBER 919-286-0411

- Primary Care Teams, Mental Health Clinic (Psychiatry, Outpatient Therapy, Case Management, Peer Support, Psychological Assessments)
- Treatment for PTSD, Depression, Grief, Anger, Addiction, Bipolar, schizophrenia, OCD, Marriage/Relationship Problems, Aggressive or Self harming Behaviors
- Virtual or In-person
- MAY qualify without enrolling in VA Healthcare
- Covers Johnston, Wake and Pitt Counties
- Individual and Group Therapy
- Suicide Prevention Care Coordinators/Case Managers, Gun Safety Locks
- Veterans Crisis Line - 800-273-8255 option 1
 - Free, Private help anytime 24/7

HOUSE OF HOPE

408 Covered Bridge Road Clayton, NC 27520, Phone Number:919-550-8181.

Hours: Monday- Thursday 8:30pm-3:30pm

- Christian Therapeutic school, home, and counseling center for girls and their families
- Non residential individual and family counseling service
- Addresses: Sexual Abuse,Physical Abuse,Emotional Abuse,Divorce,Loss of a parent,Trauma,Anger,Self Esteem,Cutting and self-injury,Depression,Anxiety,and other diagnosis
- EMDR
- NO referral needed
- Out of network with BCBS and Tricare
- Individual Session: \$125.00
- Marital/Family Joint Session: \$150.00
- Dual Session: \$200.00
- Individual pricing for RESIDENTIAL PROGRAM based on income
- sponsorships/ scholarships available
- Residential program for GIRLS AGES 12-17, Individual sessions for ages 4 and up

SPECIFIC TREATMENT

EATING DISORDERS

CAROLINA HOUSE

Phone Number: 844-243-5695

Fax:877-275-7813

Carolina House Homestead

176 Lassiter Homestead Rd Durham NC 27713

Carolina House Estate

7200 NC-751 Durham NC 27713

Carolina House Raleigh 1340 Sunday Dr. Suite 105 Raleigh NC 27607

- Treatment for Anorexia, Bulimia, Binge-Eating Disorder, Body Dysmorphic Disorder, Orthorexia, Co-Occurring Disorders
- Residential treatment: Individuals receive 24/7 support to help them achieve stabilization before entering a lower level of care.
- Partial hospitalization program (PHP): Individuals can receive the highest level of outpatient care in our PHP, with several hours of therapy each day, multiple days a week.
- Intensive outpatient program (IOP): Individuals who participate in our IOP receive fewer hours of therapy each week than in our PHP while preparing to transition out of treatment.
- 17 Years and older
- Insurance: Aetna, Blue Cross Blue Shield, Cigna, ComPsych, Health Management Network, Humana, Managed Health Network, MHNNet, Multiplan, Optima, United Behavioral Health, ValueOptions

VERITAS COLLABORATIVE

CHILD ADOLESCENT

4024 Stirrup Creek Drive, Durham, NC 27703

Phone Number:919-908-9730

Fax:844-385-4628

ADULT

615 Douglas St Suite 500 Durham NC 27705

919-767-0202

- Inpatient Treatment, Residential Treatment, Day Treatment, Outpatient Treatment
- Treatment for Anorexia, Bulimia, Binge-Eating Disorder, Avoidant/Restrictive Food Intake Disorder, Co-Occurring Disorder, Other Specified Feeding/Eating Disorder
- Comprehensive, multidisciplinary treatment teams
- Therapy informed by a unique blend of approaches that include Dialectical Behavior Therapy, Cognitive Behavior Therapy, and Family-Based Treatment
- Age-appropriate developmental, academic, and professional support
- Eating disorder-specific psychiatric, medical, and nutritional rehabilitation
- Robust family and multifamily programming
- Culinary & nutritional programming led by passionate gourmet chefs and registered dietitians
- Expressive art and movement therapy
- Off-site restaurant and therapeutic outings

FAITH BASED

LORA S WILLIAMS - LCSW

PO BOX 1775 CLAYTON NC 27520 PHONE NUMBER 919-343-0609

- Specializes in Mood Disorders, Life Transitions, Spirituality
- Christian Counseling, Cognitive Behavioral (CBT), Family/Marital, Family Systems, Interpersonal
- Cost per Session \$100-\$135
- Pay By: American Express, Cash, Check, Discover, Health Savings Account, Mastercard, Visa

- Accepted Insurance Plans: Aetna,Anthem,BlueCross and BlueShield,Empire BlueCross BlueShield,MedCost,Medicare,MultiPlan,PHCS Network,TRICARE, Out of Network
- 6-65 years old

TRAUMA

LAWRENCE ELLSWORTH - LCSW

ONE EIGHTY COUNSELING 130 COMMERCE DR SUITE 111 GARNER NC 27529

PHONE NUMBER 919-772-1990

- Specializes in Trauma/PTSD, Sexual Abuse, Sexual Addiction
- Cost per session \$110
- Pay by Cash , Check, Mastercard, Visa
- Accepted Insurance Plans: BCBS, Medicaid, Out of Network

RENEE ADAMS - MS, LCMHCS, LCAS, CCS

LIVING BEYOND IT COUNSELING & CONSULTATION SERVICES

201 S BRIGHTLEAF BLVD SUITE 6 SMITHFIELD NC 27577

PHONE NUMBER:919-623-8343

- Specializes in Trauma/PTSD, Coping Skills, Addiction
- Cost Per Session \$100-\$175
- Payby: ACH Bank transfer, American Express, Cash, Check, Discover, Health Savings Account, Mastercard, Paypal, Visa, Wire
- Accepted Insurance Plans: Aetna, Blue Cross Blue Shield, CHAMPVA,Cigna and Evernorth,Health Choice,Humana,Optum,Stated Paid Services for the Uninsured Low Income,Alliance,UMR,UnitedHealthcare UHC | UBH,Out of Network
- Preeteen, Teen, Adults, Elders 65+

GRIEF AND LOSS

PAM KURAS - MSW, LCSW, GC-C

JOHNSTON INTEGRATIVE COUNSELING PLLC

58 OLD ROBERTS RD BENSON NC 27504 PHONE NUMBER 919-912-5736

- Specializes in Grief, Loss
- Attachment-Based Therapy, Cognitive Behavioral, Integrative, Mindfulness-Bases, Solution Focused Based, Trauma Focused
- Cost Per Session \$120-\$150 Sliding Scale
- Pay By: Cash, Check, Health Savings Account, Mastercard, Visa
- Accepted Insurance Plans: out of network
- Adults and Elders 65+

MARRIAGE AND FAMILY THERAPY

CHRISTOPHER KETCHMAN - PSYCHOLOGIST,PSYD

Haymount Institute for Psychological Services

806 Hay Street Fayetteville, NC 28305 PHONE NUMBER 910-719-3087

- Specializes in Life Coaching, Testing/Evaluation, Medication Management
- Cost per session \$80-\$250
- Pay by :Cash, Check, Discover, Health Savings Account, Mastercard, Visa
- Accepted Insurance Plans:Aetna,American Behavioral,Anthem,BHS | Behavioral Health Systems,Beacon Health Options,Blue Cross Blue Shield,BlueCross and BlueShield,Carolina Behavioral Health Alliance, Ceridian,Cigna and Evernorth,ComPsych,Coventry,First Health,Health Choice,Health

Net, Humana, LifeWorks | Morneau Shepell, MHN | Health Net, Magellan, MedCost, Medicaid, Medicare, Military OneSource, MultiPlan, Optum, TRICARE, The Alliance, UMR, UnitedHealthcare UHC | UBH Out of Network

CHILDREN UNDER 5

LAKIA WASHINGTON - Licensed Professional Counselor, MA, LCMHC CLAYTON NC 27527 PHONE NUMBER 919-364-6766

- Specializes in Behavioral issues, Depression, Bipolar Disorder
- Cost per Session \$65 an hour
- Private Pay no Insurance
- Toddler, Children, Preteen, Teen, Adults, Elders 65+
- Types of therapy: Christian Counseling, Coaching, Cognitive Behavioral (CBT), Emotionally Focused, Family / Marital, Humanistic, Intervention, Mindfulness-Based (MBCT), Motivational Interviewing, Multicultural, Person-Centered, Play Therapy, Positive Psychology, Reality Therapy, Solution Focused Brief (SFBT), Strength-Based, Trauma Focused

SPANISH SPEAKING

MARITA MALM MORGAN - Licensed Professional Counselor, LCMHC 1350 Sunday Drive Suite 101 Raleigh, NC 27607-PHONE NUMBER 833-701-3111 (ask for Raleigh location)

- Bilingual Psychotherapist (ENGLISH/SPANISH)
- Specializes in Trauma/PTSD, Depression, Anxiety
- Types of Therapy: Cognitive Behavioral (CBT), Dialectical (DBT), EMDR, Motivational Interviewing, Psychotherapy Talk, Trauma Focused
- Telehealth and in-person visits
- Adult and Elders 65+
- Accepted Insurance: Some BCBS (varies by plan), UHC, Medcost, Cigna, Medicare

YANET CERDA - Licensed Clinical Mental Health Counselor, MS, LPC, LCAS-A Lifestyle Consultant Services

**8376 Six Forks Road Suite 101 Raleigh, NC 27615
PHONE NUMBER 919-800-0881 OR 919-341-1234 OR 919-900-7576**

- Specializes in Addiction, Sexual Abuse, Child
- Cost per Session \$80-\$150
- Accepts Medicaid (all 5 plans)
- Children(6-10), Preteen, Teen, Adults, Elders 65+
- Fernandez Community Center :7 and up

JULIO STEVENS VILLACIS - Licensed Clinical Mental Health Counselor, LCMHC, NCC Thriveworks Counseling

3000 Highwoods Boulevard Suite 1000 Raleigh, NC 27604- PHONE NUMBER 984-201-7864

- Bilingual(ENGLISH/SPANISH) Licensed Mental Health Counselor
- Specializes in Depression, Anxiety, Trauma/PTSD
- Types of Therapy: Cognitive Behavioral (CBT), Play Therapy, Solution Focused Brief (SFBT)
- Cost per Session \$99
- Accepted Insurance Plan: Beacon, BCBS, Multiplan, UHC
- Childrens (6-10), Preteen, Teen, Adults, Elders 65+

EL FUTURO

**2020 Chapel Hill Rd. Suite 23 Durham, NC 27707
PHONE NUMBER 919-688-7101**

Fax:919-688-7102

- **All Clinical Staff Members are bilingual in Spanish and English**
- Walk in Clinic Tuesday, Wednesday, Thursday 9am-12pm

- Services include: Comprehensive Mental Health Evaluations, Individual Therapy, Group Therapy, Family Therapy, Psychiatric Treatment, DWI Assessment and Treatment, Substance Abuse Evaluation and Treatment
- Types of Therapy: Cognitive Behavioral Therapy (CBT), Trauma-Focused Cognitive Behavioral, Cognitive Processing, Motivational Interviewing, Eye Movement Desensitization and Reprocessing (EMDR), Structured Psychotherapy for Adolescents Responding to Chronic Stress, Trauma-Sensitive Yoga, Parenting Skills, DWI Services
- Accepts Medicaid, Health Choice or Medicare, ALSO individuals without insurance
- 6 years and older

OTHER

**HALT (DOMESTIC VIOLENCE OFFENDER TREATMENT)
919-989-7278**

**JOHNSTON MEDICAL ASSOCIATES - NEUROLOGY (JAMES MCDONALD MD)
507 N BRIGHTLEAF BLVD. SUITE 100 SMITHFIELD NC 27577 - 919-934-3022**

**TASC (SUBSTANCE ABUSE PROGRAM FOR INDIVIDUALS INVOLVED IN THE CRIMINAL JUSTICE
SYSTEM)
919-938-0634**

**THE ENHANCEMENT CENTER (PSYCHOSOCIAL REHABILITATION)
437 Moore Street Clayton, NC 27528 - 919-359-8168 OR 919-250-3628**