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Comprehensive Directory of Mental Health Services 2010: A tool for collaboration in providing services

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Comprehensive Directory of Mental Health Services 2010: A Tool for
Collaboration in Providing Services

Glennys H. Shouey

A research project submitted to the Graduate Faculty of

JAMES MADISON UNIVERSITY

In

Partial Fulfillment of the Requirements

for the degree of

Educational Specialist

Department of Graduate Psychology

May 2011

Acknowledgements

My heartfelt thanks goes out to everyone who has in any way contributed to the successful publication of the 2010 Mental Health Directory. This has truly been a collaborative effort that has included not only people from the JMU community, but many people from the broader local community.

First, I want to give a very special thanks to Lennie Echterling and to Lisa Ellison for walking with me every step of the way and offering very practical help. Lennie brought with him the history of all the editions that were published previously and, with that history, excellent suggestions for ways to continue to improve the directory. Lisa's management skills and high level of productivity helped the project move forward steadily and in an organized fashion.

There were many other people and organizations on the JMU campus, as well as in the broader mental health community, that provided information and suggestions that have been incorporated into the 2010 edition of the directory. Page 3 of the Mental Health Directory (see Appendix D) lists many of those names and organizations. I am indebted to each and every one of them, as well as to many people whose names are not mentioned. You know who you are.

By completing this project, I have had the opportunity to learn to know our mental health community in a way that I had not experienced before, and I am gratified by what I have learned. Together, we bring much energy and many skills to the people that we serve. I am so grateful to be a part of this caring group of professionals.

Finally, to my fellow graduate students and to my professors: you have taught me so much. I am truly blessed by what each of you has brought to my life. Thank you.

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Abstract

The purpose of this project was to update the 2007 edition of the Comprehensive Directory of Mental Health Services and to expand the geographical areas covered. The directory was first published in 1990 and, with regular updating, has continued to provide helping professionals with resources for making referrals and for working in a collaborative framework to meet the mental health needs of our communities. All information included in the 2007 edition was verified and updated and new listings were added. The directory is available in printed form and online at <http://www.psyc.jmu.edu/counseling/servicesdirectory.html>.

Comprehensive Directory of Mental Health Services 2010: A Tool for
Collaboration in Providing Services

My Aunt Ina has passed. However, she left on her bed something that spoke volumes about her life. Aunt Ina was someone who attracted attention because she walked with heavy braces on her legs as a result of polio, which she contracted at the age of 2 in 1916. I see her in my mind's eye, walking awkwardly with her hand on Aunt Nancy's arm or with her hand reaching out to grasp pieces of furniture as she passed by. The one memory that I do not have of Aunt Ina is ever hearing her complain about her lot in life. As a result of her positive approach to life, a large family of siblings, nieces, and nephews, and many friends, loved and admired my Aunt Ina. What she left on her bed was the collaborative effort of many of those family members and friends to show that love and respect. It was a quilt made of 56 embroidered squares. Many hands joined to create that beautiful masterpiece to honor Aunt Ina on her 64th birthday.

There is a Scottish proverb which says, "Many hands make light work. Because it is but little to every one." By working together, many can achieve that which one person cannot achieve alone. It is my hope that my Ed. S. project, the updating of the 2007 Comprehensive Directory of Mental Health Services, will support and enhance the way mental health professionals work together in creating collaborative alliances to meet the needs of our diverse community.

The Collaborative Process

The collaborative process in the mental health field takes place in many contexts and situations. These include, but are not limited to, interactions between client and

therapist; between universities, local schools, and communities; between therapists and community agencies and organizations; and between therapists and their colleagues.

Bruce Kuehl (1995), a graduate professor in the Marriage and Family Therapy program at the University of Wisconsin-Stout, advocated a collaborative relationship between the therapist and client. In an article for the *Journal of Marital and Family Therapy*, Kuehl (1995) said of using a solution-oriented genogram, “Constructing a genogram...demonstrates respect for client self-authority and a willingness by the therapist to work collaboratively” (p. 239). He compared therapy to rock climbing and suggested that clients will sometimes show us alternative ways to climb those mountains (Kuehl, 1995). “Clients have taught us how to help them reach their goals and sometimes they have taught us it will take something other than our usual procedures to get there” (Kuehl, 1995, p. 239). By remaining open to building and operating within a collaborative relationship with their clients, therapists create opportunities to learn from their clients how best to reach the client’s goals.

Another advocate of collaboration in the therapist/client relationship is Karl Tomm, a Canadian psychiatrist, family counselor, and professor of psychiatry at the University of Calgary. Strong, Sutherland, Couture, Godard, and Hope (2008), in a journal article about Tomm’s collaborative approaches, said of Tomm, “For Tomm, counseling is shaped by counselors’ ways of talking and relating to clients and their goals. But his ethical intent is to collaborate – inviting clients’ resourceful ways of talking that draw on their preferences and resourcefulness” (p. 183).

Collaboration is sometimes between only a few people, as when it is between a client and a therapist, but it also happens on a much broader scale such as when mental

health professionals reach out to communities in times of crisis. Lennis Echterling, Professor of Counseling at James Madison University, has worked collaboratively in many communities across the country and around the world in times of crisis. When introducing their Outstanding Faculty Awards, the State Council of Higher Education for Virginia wrote of Dr. Echterling, “He has provided crisis and disaster intervention services in the US, including Mississippi and Texas after Hurricanes Katrina and Rita, and other countries, including India after the 2004 tsunami” (SCHEV, 2010). They also noted that Dr. Echterling worked as a volunteer following the 9/11 attacks. In these instances, the collaborative process was an integral part of the healing process.

We do not need to, nor should we, wait until disaster strikes to begin collaborative efforts in our communities. Echterling, Presbury, and McKee (2005), Professors of Counseling at James Madison University, advocate developing and refining disaster plans that offers disaster preparedness, crisis intervention, community education, outreach, consultation, support, and follow-up interventions long before disaster strikes. “These are components of a successful plan designed to promote a *collective* resolution” (p. 223). (Italics are mine.)

As a university campus in a vibrant and diverse community, JMU has many opportunities to create collaborative exchanges. Kellett and Goldstein (1999), in a journal article outlining the benefits and barriers of collaboration, stated, “Collaboration is important if we are to create a campus culture that values and rewards community partnerships that address significant societal issues” (p. 35).

Another example of this type of community collaboration is what is happening for our children between schools and community mental health care providers and agencies.

According to Brown, Dahlbeck, and Sparkman-Barnes (2008), “Expanded school mental health programs are a growing movement in the United States, which represents partnerships between schools and community health agencies” (p. 332). In the conclusion to their study of how school counselors react to and experience these partnerships, they stated, “Schools are in need of myriad services in order to address the emotional, behavioral, and social needs of their student body, and the collaborative partnerships of schools and mental health agencies appear to be a step in the right direction” (p. 335).

These are but a few examples of how the collaborative process can support mental health endeavors across a spectrum of alliances and activities. The continued updating and publication of the mental health directory is a collaborative effort that enhances further collaboration as we partner with our clients and community schools, agencies, and organizations to address mental health issues.

History of the Mental Health Directory

Beginning with the first edition of the mental health directory, the effort has been a collaborative one. The first mental health directory was published in 1990 by the Mental Health Association of Harrisonburg-Rockingham County. Following the dissolution of the Mental Health Association in 1996, the James Madison University Counseling Program stepped in to keep up this important endeavor and completed the first update in 2000. Tara Jensen, a counseling graduate student, coordinated the project which was cosponsored by the JMU Human Development Center (Laver, 2005).

The 2002, 2003, and 2005 updates and revisions were cosponsored by the JMU Counseling Program and the Office on Children and Youth. In addition to the

Counseling Program and the Department of Graduate Psychology, the 2007 updating project was supported by the Office on Youth and Children, the Central Shenandoah Valley Youth Suicide Prevention Initiative, and the Central Valley Counselors Association (Laver, 2005).

The 2010 edition again reflects the collaborative efforts of many people and organizations, including the JMU Counseling Program, Department of Graduate Psychology, Institute for Innovation in Health and Human Services, Office on Children and Youth, Central Shenandoah Valley Youth Suicide Prevention Initiative, Central Valley Counselors Association, and Smart Beginnings Shenandoah Valley. The names of individuals who contributed to this latest edition of the directory are too numerous to list, but their efforts, which are highlighted more specifically in the following section of this paper, proved the Scottish proverb, “Many hands make light work.”

Updating the Directory: A Collaborative Process

Creating this update of the directory has truly been a collaborative process. Page 3 of the directory (see Appendix D) lists some of those persons and agencies that participated in the process, but it is by no means an exhaustive list. The many listings in the directory represent help from numerous people who provided us with accurate and current information.

One of the first steps in beginning this project was to contact all those persons, agencies, and organizations that were listed in the 2007 edition of the directory for updated information. Letters were written (see Appendix A) and mailed, asking for any necessary changes to the 2007 directory information (see Appendix B). Also, in the spirit of collaboration, letter recipients were asked to provide names and telephone numbers for

persons, agencies, or organizations that they knew were not listed in previous editions of the directory so that letters could be sent to those persons, as well (see Appendix C). The generous sharing of information from those previously listed means that the 2010 directory is now even more comprehensive.

In addition to those contacts suggested by current listings, we added to the list of new contacts by inviting information through word-of-mouth, checking telephone book listings, and expanding our circle of helpers. We reached out to many colleagues on the JMU campus and to agencies and organizations throughout the geographical areas covered by the directory. Hundreds of emails, as well as many telephone calls, represent an elaborate network of collaborative efforts to create a directory that is as inclusive as possible.

One of the goals in updating the directory was to find ways to build on all that has been done before to increase its ease-of-use and accuracy. Our collaboration with Faith Miles from Virginia 2-1-1 proved to be especially helpful in making such an improvement to the Support/Self-Help Groups section. At a meeting at the Harrisonburg League of Therapists, where representatives from JMU and other agencies were exploring ways to collaborate better to meet needs in our community, someone mentioned Virginia 2-1-1. That comment led to a contact with Faith. She provided a spreadsheet of self-help groups that helped us expand our listings, and she also suggested that we provide website and telephone contact information for group meeting times and places rather than listing that specific information because it is subject to frequent change. Faith also helped to edit the section before the directory went to the printers.

This collaborative effort reached across numerous contacts and agencies, and has provided us with a significant improvement to the directory.

Over the years, the geographical area covered by the directory information has been increasing with each update. The 2010 edition is no exception. With help from a number of Jane Hubbell's social work students, the directory now includes providers and agencies located in Page and Shenandoah Counties.

A project of this magnitude takes money to bring to completion. Again, a collaborative effort brought together enough funds to print over 400 copies of the directory for distribution. Those who have given gifts are listed on page 3 of the directory (see Appendix D).

Distribution of those 400 printed copies of the directory is another example of the collaborative process. Lisa Ellison oversaw the distribution process with the intent of getting copies distributed as widely as possible and into the hands of those who will benefit most from having printed copies. Jane Wiggins from the Campus Suicide Prevention Center of Virginia, Jane Hubbell from the Institute for Innovations in Health and Human Services, and Stacy Jackson from Smart Beginnings Shenandoah Valley helped to get copies into doctors' offices and into our schools in Rockingham, Augusta, Page, and Shenandoah Counties. Copies were also distributed through the Central Valley Counselors Association with guidance from Sandy Hite.

The directory is also available on the JMU website due to our collaboration with CISAT Creative Services. As we were working with the printing company on final edits, CISAT Creative Services made the necessary changes to the website so that it remained up-to-date with last minute corrections. We will continue to collaborate with CISAT

Creative Services to keep the website directory current. This, in effect, becomes a collaboration with those persons who will do the next update and edit of the directory.

Format of the Directory

This is the 7th update of the mental health directory and, over the years, efforts have been made to improve the user friendliness of the directory. As with those previous updates, we have made changes that we felt would benefit the user.

One of those changes was to go to a smaller print font. Due to the expanded geographical areas included in the 2010 edition, the size of the document increased. The use of the smaller font not only keeps the booklet at about the same number of pages as the 2007 edition, but also helps control printing costs. We also streamlined the entry format to take up less space and standardized all entries, as much as possible.

The second major change concerned the overall organization of the directory material. Previously, Bath, Highland, Rockbridge County, and Lexington City information was in a separate section of the directory. For ease of use, we have incorporated those listings in with the other listings.

Due to the emergency quality of the suicide and hotline information, those sections have been moved closer to the beginning of the directory, ahead of the Mental Health Care Providers section. Also, the resources in the Basic Needs/Crisis/Non-Profit Service Providers and Support/Self-Help Groups sections have been categorized by type of need to make it easier to locate the best resource. A similar format has also been used for the Helpful Websites and Suggested Readings sections.

Many more listings now contain both email and website addresses than before due to the expanded use of these methods of communication. We have also established a database with these addresses to make it simpler to update information as it changes.

Over the years, the directory has been a work-in-progress. With every updated edition, improvements have been made in the layout and the content of the directory. We believe we have carried forth that tradition with the 2010 edition.

Suggestions for Future Updates

This project has been a learning experience. Therefore, in the spirit of collaboration, we would like to pass on some suggestions that we believe will be helpful to those who will do future updates.

We found that one of the greatest challenges was finding the most efficient way to obtain information from current listings. Although we did most of our initial contacts by letters through the mail, we found that we had to do a great deal of follow-up via emails and the telephone. We collected and recorded email addresses and suggest that, as much as possible, those addresses be used for future updates. This method also reduces costs and the time between inquiries and responses.

We believe that a welcoming letter remains the best avenue for connecting with people and organizations that are not yet listed in the directory. Due to the way we found new listings, we did not have access to many of their email addresses. We were also concerned that our unsolicited emails would not receive a response. By sending a standardized letter, we provided consistent guidelines for entry into the directory and sample entries to help them create their own listings.

This endeavor was a large project and it was helpful to break it down into manageable pieces. The various sections of the directory provided a natural way to do this. As one section was completed, we moved on to another section.

As with the directory itself, we also found it helpful to establish a completion date and then to break down the time allowed in increments. By setting deadlines along the way, we were able to monitor our progress and to make adjustments, as necessary. In developing a timeline, we were also mindful of seasonal interruptions, such as holidays and school breaks.

Another successful strategy is to approach the counseling community, including students and professors, for help. Many generously provided us with resources for the various sections of the directory as well as suggestions for layout and organization. Others helped with verification of information and Jason Kacmarski formatted and converted the directory file to a PDF file.

Finally, do not hesitate to add sections to the directory or to expand the geographical areas covered by the directory. The needs of our communities will continue to change and evolve and the updating process provides an excellent opportunity to bring those changes to the attention of our mental health professionals.

Conclusion

It is our hope that this 2010 edition of the Comprehensive Directory of Mental Health Services will continue to support the collaborative efforts of the mental health providers in our communities. Each of us individually will not be able to meet all of the needs that confront us each day, but by reaching out to each other, we can expand our abilities to meet our clients' needs.

Kellet and Goldstein (1999) said of collaboration, “Genuine collaboration is reflected in shared goals and new ways of working” (p. 35). As we work together toward the goal of helping people live more satisfying and whole lives, we can explore new ways of working that will enhance outcomes for our clients. The Comprehensive Directory of Mental Health Services serves as an important tool as we work together to meet the needs of our communities.

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Appendix A: Sample Letter to Current Directory Listings

DATE: October 15, 2009

RE: 2010 *COMPREHENSIVE DIRECTORY OF MENTAL HEALTH SERVICES* UPDATE

To Whom It May Concern:

We are updating the *Comprehensive Directory of Mental Health Services*, 2007 edition. This is a very exciting process for us. For years, this directory has been a valuable source of information about vital services for those in need in our communities. We would like to verify your current directory information and make any needed updates. Our plan is to continue to make improvements to the directory and we are asking for your help.

WHAT WE NEED FROM YOU:

- We have attached a copy of your 2007 directory listing. Please review it and make any necessary updates. We will list name, address, telephone number(s), website and email addresses, fees, office hours, and services. The description of your services is limited to 100 words. If no changes are needed, please check the appropriate box on the attached form and mail or email it to the address below.
- Please include your email address on the following page and indicate if you want it published in the directory. In the future we hope to do much of our updating via email.
- We are considering adding an additional section to the directory that would direct people to professionals with special training and expertise in particular areas. Please complete the section on the attached form, if applicable.
- Are you aware of therapists, agencies, or organizations that are missing from the 2007 directory? If so, please provide us with names and phone numbers on the attached form.
- Please list any books or websites you recommend that have been helpful to your clients. We will consider adding them to our current list of resources.

We need financial assistance to continue the publication of the directory. We provide your information in this directory at no charge and distribute the directory free of charge to hundreds of referring professionals. In some of our service areas this directory is the only comprehensive list of mental health services available for those in need. Those making gifts of \$50.00 or more will be acknowledged by name in the updated directory. Checks should be made payable to James Madison University. **THANK YOU!**

We appreciate your support in this endeavor!

Sincerely,

Lennis Echterling,, Ph.D
Department of Graduate Psychology
James Madison University

Appendix B: Sample Service Provider Update Form

Service Provider Update Form

PLEASE NOTE: We need a response from everyone. If you have no changes, please check the box below and return this form to the address below or email Lisa Ellison at ellis2la@jmu.edu. If you have changes, make those on the attached directory page and mail, or email changes to Lisa. Please remember to include an email address for future directory updates.

PRACTITIONER NAME: _____ **NO CHANGES REQUIRED**

Please make the changes to my information as indicated on the attached page.

Email Address: _____ Publish in directory : **Yes No**

OPTIONAL: If you or anyone in your agency has special training or expertise in any of the following areas, please so indicate with a check mark.

Issues	Issues Continued	Modalities	Populations
<input type="checkbox"/> Sexual Abuse	<input type="checkbox"/> Crisis and Trauma	<input type="checkbox"/> Individual Therapy	<input type="checkbox"/> Children
<input type="checkbox"/> Grief and Loss	<input type="checkbox"/> Eating Disorders	<input type="checkbox"/> Couple and Family Therapy	<input type="checkbox"/> Adolescents
<input type="checkbox"/> Suicide	<input type="checkbox"/> Bipolar Disorder	<input type="checkbox"/> Group Therapy	<input type="checkbox"/> Adults
<input type="checkbox"/> Substance Abuse	<input type="checkbox"/> Schizophrenia	<input type="checkbox"/> In-home Therapy	<input type="checkbox"/> Aging Adults
<input type="checkbox"/> Anxiety/PTSD	<input type="checkbox"/> ADHD/Childhood Onset Bipolar Disorder	<input type="checkbox"/> Art Therapy	<input type="checkbox"/> Men
<input type="checkbox"/> Depression	<input type="checkbox"/> Medical – Chronic/Terminal Illness	<input type="checkbox"/> Play Therapy	<input type="checkbox"/> Women
<input type="checkbox"/> Domestic Violence/Abuse	<input type="checkbox"/> Pain Management	<input type="checkbox"/> Spiritually Focused Therapy	<input type="checkbox"/> GLBT
<input type="checkbox"/> Personal Growth	<input type="checkbox"/> Stress/Anger Management		<input type="checkbox"/> Persons with physical/mental disabilities
<input type="checkbox"/> Intellectual Disabilities	<input type="checkbox"/> Autism		
<input type="checkbox"/> Other Psychiatric Disorders			

OPTIONAL: Additional Practitioner/Agency Listings

Name:

Phone number:

_____	_____
_____	_____
_____	_____

OPTIONAL: Books or websites you regularly recommend to clients _____

Thank you for helping us make the directory more comprehensive!

Appendix C: Sample Letter to Potential (New) Directory Listings

Department of Graduate Psychology
 MSC 7401
 James Madison University
 Harrisonburg, VA 22801

Date: October 15, 2009

RE: 2010 *COMPREHENSIVE DIRECTORY OF MENTAL HEALTH SERVICES* UPDATE

To Whom It May Concern:

We are updating the *Comprehensive Directory of Mental Health Services*, 2007 edition, and are inviting you to put your listing in the 2010 edition of the directory. For years, this directory has been a valuable source of information about vital mental health services for those in need in our communities.

WHAT WE NEED FROM YOU:

- We have attached a form for you to complete as well as a copy of two sample listings, one for a mental health provider and one for a community agency. We will list name, address, telephone number(s), website and email addresses, fees, office hours, and services. The description of your services is limited to 100 words. If you are part of a group or community agency, you may also include a second listing with only your name. Please mail the completed form to Lisa Ellison at MSC 7401, JMU, Harrisonburg, VA 22801 or email the information to Lisa at ellis2la@jmu.edu. If you have questions, you may call Lisa at . . .
- Please include your email address on the form and indicate if you want it published in the directory. In the future, we hope to do much of our updating of the directory via email.
- We are considering adding an additional section to the directory that would direct people to professionals with special training and expertise in particular areas. Please complete this section on the form, if applicable.
- Please list any books or websites you recommend that have been helpful to your clients. We will consider adding them to our current list of resources.

We need financial assistance to continue the publication of the directory. We provide your information in this directory at no charge and distribute the directory free of charge to referring professionals. In some of our service areas, this directory is the only comprehensive list of mental health services available for those in need. Those making gifts of \$50.00 or more will be acknowledged by name in the updated directory. Checks should be made payable to James Madison University. THANK YOU!

We appreciate your support in this endeavor!

Sincerely,

Lennis Echterling, Ph.D.
 Department of Graduate Psychology
 James Madison University

Appendix D: Mental Health Directory
Comprehensive Directory of Mental Health Services

Comprehensive Directory of Mental Health Services

Listings for the cities of Harrisonburg, Lexington, Staunton, and
Waynesboro and the counties of Augusta, Bath, Highland, Page,
Rockbridge, Rockingham, and Shenandoah



2010

*Developed by the
JMU Counseling Program, Department of Graduate Psychology, Institute for
Innovation in Health and Human Services, Office on Children and Youth, Central
Shenandoah Valley Youth Suicide Prevention Initiative, Central Valley Counselors
Association, and Smart Beginnings Shenandoah Valley*

Made possible by the generosity of those listed on page 3

2010 Comprehensive Mental Health Directory

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Appreciation

We wish to thank all of the dedicated and talented individuals who gave their time and energy to this project. A special thanks to Glennys Shouey, and Lisa Ellison, for their tireless efforts to reach many of our mental healthcare providers. They received additional input, information, and support from the following people: Ashley Gerding, Courtney Boyd, Jason Kacmarski, Jennifer Behm, Jennifer Hatter, Jorli Swingen, Madeline Dupre, Megan Hovanic, Samantha Jennings, Sandy Hite, Shannon Regi, and Susan Frangos. Lennie Echterling, Jane Hubbell, and Jane Wiggins offered leadership and constant support. We would like to extend a special thanks to Faith Miles from 2-1-1 VIRGINIA Northwest Region for her extensive information and editing suggestions.

We are also grateful for the generosity of those who helped to make this directory a reality and helped it to reach beyond Harrisonburg and Rockingham County: **Anne Martin, Children's Services of Virginia Inc., Commonwealth Psychological Services PLC, Harriet Cobb, Joan Eberly, Joann Henderson, John R. Eagle, Judith Weaver, Lennis Echterling, Mental Health America of Augusta, Newman and Associates PC, and Smart Beginnings Shenandoah Valley.**

Finally, we are grateful to the members of the **JMU Counseling Program, Department of Graduate Psychology, Office on Children and Youth, Campus Suicide Prevention Center of Virginia, Central Shenandoah Valley Youth Suicide Prevention Initiative, Central Valley Counselors Association, Institute for Innovations in Health and Human Services, and Harrisonburg League of Therapists** for their support in developing this 2010 edition.

This directory is updated approximately every two years. It is part of an ongoing project that is available for download from the internet at: <http://www.psyc.jmu.edu/counseling/servicesdirectory.html>. If you have any questions about the content of the directory, please contact Lennis Echterling at (540) 568-6522 (echterlg@jmu.edu)

For up to date online information from 2-1-1 VIRGINIA

For further information about specialized mental health care providers or other services across the commonwealth that are not listed in the directory, please contact 2-1-1 VIRGINIA. 2-1-1 VIRGINIA is a free, confidential resource for individuals that links them to the most appropriate services for their needs. 2-1-1 gathers facts on health and human services and provides this information to individuals, families, agencies, and organizations.

2-1-1 VIRGINIA – Northwest Region
Family Resource & Referral Center
1600 N Coalter St, Suite 11
Staunton, Virginia 24401
Local: 540-245-5899 or Dial: 2-1-1
Fax: 540-885-2185
Web Site: www.211virginia.org



2-1-1 VIRGINIA Northwest Region

Using This Directory

The 2010 edition of the *Directory of Mental Health Services* is the biggest yet because we have more local resources than ever before, including listings for Page and Shenandoah counties. As our community has grown, the number and variety of services available have increased dramatically. While the growth is exciting, referring someone for mental health services has become more complicated. It is our hope that this directory will make the task of providing referrals simpler for you.

A Useful Tool

The intention of this directory is to serve as a useful tool to find out what mental health services are available in the cities of Harrisonburg, Lexington, Staunton, and Waynesboro, and the counties of Augusta, Bath, Highland, Page, Rockbridge, Rockingham, and Shenandoah. If you are involved in education, health provision, human resources, social services, a religious affiliation, or **any** position where you are in close contact with others, you regularly meet people who need help. That person may need a support group, a professional helper, a treatment program, or a public agency. Using this directory, you can help that person to get the assistance he or she needs.

Directory Organization

The directory is organized into ten different sections:

White Pages – Introductory and supplementary information.

Yellow Pages – Quick Reference Telephone Directory

Blue Pages – Suicide Prevention Information

Pink Pages – Listing of hotlines and other services

Green Pages – Mental Health Care Providers

Peach Pages – Basic Needs/Crisis/Non-Profit Service Providers

Gray Pages – Support/Self-Help Groups

Purple Pages – Schools, School Counselors, and College Counseling Services

Tan Pages – Helpful Websites

Ivory Pages – Suggested Readings

A Few Tips

Here are a few suggestions to help make this directory a more useful tool:

- Become familiar with the directory before you need it.
- Keep it close by and always in its place. If you are sharing this directory with others, have a policy on where it is kept. Better yet, have extra copies on hand. You can download additional copies of the directory from the following website: <http://www.psyc.jmu.edu/counseling/servicesdirectory.html>.
- Keep the directory current by adding updated information. It is likely that there will be many additional services that become available before the next edition is published.
- Pages 6 and 7 are designed to be a handout for the person who needs help, so you may want to have plenty of copies of these pages for distribution. This handout has tips on choosing a professional helper or program, and space for writing specific information about your referrals. Each time you make a referral you can give the person a copy of pages 6 and 7.

A Disclaimer

Publication in this directory does not imply the endorsement of any providers of mental health services. This directory is to be used as a referral tool by individuals who are familiar with the range of mental health needs and the services available to address them.

The Steps of a Referral

Remember – a good referral is much more than passing along a name and telephone number. If you take the time to go through the steps of a referral, the person is more likely to follow through on getting help. Just a few extra minutes can make a big difference.

1. **Link:** The first step is to link with the person, that is, to have contact with them. Whether it is over the phone, in person, or in writing, you first have to be in contact with someone before you can make a referral.
 - **Spread the word** that you know what mental health services are available in our community.
 - **Be available.** If people know how you can help and where you are, they are likely to turn to you when they are troubled.
 - At times, you will have to **reach out** to the troubled person. Keep your eyes open to the signs of trouble, and connect with the person in need when you are concerned about what you see.

2. **Listen & Share:** You need to listen actively to understand not only the problem to be solved, but also the person who has the problem.
 - You can make the best referral when you know both the problem *and* the person. Even if someone asks only for the name and number of a specific referral, it is still wise to invite the person to talk more about the situation with you. You will likely be more helpful if you have some basic facts.
 - How you listen and share depends a lot on who made the initial link. *If the person contacted you for a referral*, he or she already recognizes that there is a problem and wants your assistance in finding the right kind of help. You can help them continue along the right track.
 - On the other hand, *if you started the referral process*, you may be facing some special challenges. For example, the person may be in denial, unwilling to admit that there is a problem. In such cases, you need to share, without judging or condemning, exactly what you have observed in a calm, clear, and respectful way. Through this caring process, you may bring the person face-to-face with the problem.

3. **Push for Action:** Once there is a good understanding of the person and the problem, it is time to push for them to take action.
 - Usually, all a person needs is a gentle nudge in the right direction through simply talking about the types of help that are available.
 - Discuss several referrals whenever possible to give the person a choice.
 - Be specific and let the person know the who, what, when, where, and how of any referral. The more someone knows what to expect, the easier it will be for them to take action in getting help.

4. **Check:** The most common mistake in making referrals is the failure to check if the person followed through.
 - Ask the person to let you know what happens, even if she or he is a stranger on the phone.
 - Check back whenever possible if you have not heard from the person.
 - Checking gives you another opportunity to link, and provide them with an opportunity to discuss any problems they might have with the referral.
 - Checking can serve as a powerful motivator for the person to take action.

When You Need Professional Help: A Referral Handout

The Next Step

At some point in our lives we all run into problems that seem too big or persistent to handle alone. Yet our pride and our fears can often get in the way of asking for help. Making the decision to find help is a sign of strength and courage. In fact, it can make the difference between feeling that things are spinning out of control and gaining new tools to turn life around in positive ways.

If you have decided that you need professional help, you have already taken that first big step towards a better life. The next step is choosing a mental health professional or program. The right provider can make a big difference as you go through the personal and sometimes painful process of change. However, most people spend more time buying a car than picking a professional helper. In fact, they often take the first name they get. While it is true that the sooner you get help the better, in many situations you can take a little time to choose the right help for you.

Some Tips to Follow

- See your primary care physician to rule out a medical cause of any problems. If your thyroid is “sluggish,” for example, symptoms such as loss of appetite or fatigue could be mistaken for depression.
- Ask people you trust for suggestions. Check with a family physician, minister, school counselor, friend, or relative.
- Therapy is a collaborative process, so finding the right match is important. It’s OK to “shop around,” so feel free to call several providers before you decide. Keep in mind that you and this person will be working as a team, and that you are the best judge of how comfortable you feel with this person.
- Find out about the therapist’s training and experience with a particular problem. You can do this by consulting the directory or asking the person’s receptionist. Since different psychotherapies are tailored to meet specific needs, the best therapists will help you create a treatment program that works for you
- Money is one of the factors you will need to consider. If you have insurance, check your coverage. Be sure to find out which providers are in your network, about your deductibles and co-pays, and the number of visits that are covered. If you cannot afford the fees of a private provider, then call one of the public helping agencies.
- Time is another consideration. Can you arrange to meet with the helper at a convenient time? How frequently will you be meeting? How long is the treatment likely to last?
- When you call for an appointment, find out all you need to know before making your decision. Ask about office hours, fees, how payment is to be made, how insurance is dealt with, how canceled appointments are handled, or any other information important to you.
- **Remember**—you are buying a service and have a right to ask questions. Don’t worry—professional helpers do not resent being asked these questions. They want you to make an informed decision about their services.
- Once you have set up an appointment, be sure that you know practical details, such as how to find the office and where you can park. The more you know, the easier it will be to begin getting the help you need.
- After you find someone, keep in mind that therapy is work and sometimes it can be difficult. However, it can be rewarding and life-changing as well.
- One last point—most people benefit from professional help, but even the best therapists will sometimes make a mistake. Usually when that happens, it’s best to talk about it and give your provider a chance to respond to your feelings. If the mistake is serious enough, you may decide to find another helper. If you

have a complaint, you may call the Virginia Department of Health Regulatory Boards at their toll-free number: **1-800-533-1560**.

Referral Information:

Agency/Provider Name: _____ Phone Number: _____

Website: _____ Email Address: _____

Important Information: _____

Questions: _____

Referral Information:

Agency/Provider Name: _____ Phone Number: _____

Website: _____ Email Address: _____

Important Information: _____

Questions: _____



How to Pay for Mental Health Services

The high price of health care can make treatment out of reach for many people. Those who do not have health insurance – more than 38 million Americans – often avoid treatment entirely because the costs can be staggering.

The cost of mental health services is a financial challenge for just about everyone. This section discusses ways to pay for the care that you may need.

For people experiencing mental health problems – such as anxiety or depression – brief yet effective treatment options may exist. For people with severe mental illness, treatment is also effective, although it may take longer and cost more. In either case, treatment works for most people and helps many recover and get on with their lives.

Private Insurance

The majority of working Americans are covered under employer-provided health insurance plans. There are two common types of private insurance.

- The first type of plan is a standard indemnity policy: people are free to visit health care providers of their choice and pay out of pocket for their treatment. The insurance plan reimburses members for some portion of the cost.
- The second common plan is a managed care plan. Medically necessary care is provided in the most cost effective – or least expensive – method available. Plan members must visit health care providers chosen by the managed care plan. Sometimes a co-payment is charged to the patient, but generally all care received from providers with the plan is covered. Recently, managed care companies have begun to provide services in many states for low-income Medicaid and Medicare beneficiaries.

Both types of health coverage may offer some coverage for mental health treatment. However, this treatment often is not paid for at the same rate as other health care costs, or there may be limits on the number of visits. A few states, including Virginia, have enacted “parity” laws that require insurers to pay for mental health and other health related costs at the same rate.

For the Uninsured: Community-Based Resources, Self-Help/Support Groups, and Public Programs

If you are not insured, or if your income is limited, you might try other strategies to pay for mental health care. Some providers, for example, have sliding-scale fees. Based on your income – and your spouse’s, if applicable – the provider will reduce his or her fees. Other providers, if made aware of your financial limitations, may be willing to negotiate a payment plan that you can afford or to lower their rates according to what your insurance plan pays. The latter is called a “write off.”

Community-Based Resources

The communities covered in this directory have Community Services Boards (CSB). These centers offer a range of mental health treatment and counseling services, usually at a reduced rate for low-income people.

Your local religious association of choice can put you in touch with a pastoral counseling program. Certified pastoral counselors, who are ministers in a recognized religious body, have advanced degrees in pastoral counseling, as well as professional counseling experience. Pastoral counseling is often provided on a sliding-scale fee.

Self-Help/ Support Groups

Another option is to join a self-help or support group. Such groups give people a chance to learn more, talk about, and work on their common problems, such as alcoholism, substance abuse, depression, family issues, and relationships. Self-help groups are generally free and can be found in virtually every community in America.

Public Assistance

People with severe mental illness may be eligible for several forms of public assistance, both to meet basic costs of living and to pay for health care. Such programs include Social Security, Medicare, Medicaid, and disability benefits.

Parts of this section [How to Pay for Mental Health Services] were reprinted with permission from Center for Mental Health Services at www.mentalhealth.org. For more information about paying for mental health care, contact the national Mental Health Services Knowledge Exchange Network (KEN) at **(800) 789-2647**.



Quick Reference Telephone Directory

All area codes 540 unless otherwise noted

Mental Health Care Providers (Private & Public)

ADHD & Clinical Counseling Center	564-0373
Adult and Adolescent Substance Abuse Services (AASAS)	434-9430
Alderfer, Raymond J., M.D. (See <i>RMH Valley Behavioral Medicine</i>)	564-7007
American Health and Wellness Institute (AHWI)	248-1006
Anstine, Kathy, LPC (See <i>New Dimensions Counseling Center</i>)	942-5847
Arbaugh, Thomas, Ph.D., LPC	885-5105
Associated Mental Health Professionals, Inc.	434-0104 & 886-3063
Atno-Shelton, Deborah, LCSW (See <i>Augusta Psychological Associates</i>)	949-4202 & 886-5060
Augusta Health:	
Augusta Health Psychiatry	245-7030
Augusta Behavioral Health	213-2525
Augusta Psychological Associates	949-4202 & 886-5060
Bass, Gary, M.Ed., LPC (See <i>Shenandoah Valley Center for Integral Counseling, LLC</i>)	248-1801
Bauserman, Deborah, Ed.D.	667-2137
Bender Long, Luanne, Ph.D., LPC, LMFT (See <i>Center for Marriage & Family Counseling</i>)	433-1546
Bickford, Kimberly, LPC	820-8377
Bieber, Andrea J.E., LPC (See <i>Family Life Resource Center</i>)	434-8450
Bing, Carolyn, LCSW, PBCCC	434-1092, Ext. 892
Blevins, Brett, Ed.D. (See <i>Augusta Psychological Associates</i>)	949-4202 & 886-5060
Blinn, Robert H., Ph.D. (See <i>Augusta Behavioral Health</i>)	213-2525
Bridgewater Counseling Services	828-3663
Byrd, Geoffrey, M.S., LPC	665-1848
Cardwell, Thomas, M.D. (See <i>Valley Behavioral Health</i>)	459-1262
Center for Marriage and Family Counseling	433-1546
Charis Institute for Psychological and Family Services	568-1876
Child and Family Guidance	433-1376
Christensen, Darin L., M.D. (See <i>Shenandoah Psychiatric Medicine</i>)	949-0955
Cianciolo, Elizabeth P., Ph.D. (See <i>Associated Mental Health Professionals, Inc.</i>)	434-0104 & 886-3063
Cianciolo, Joseph J., Ph.D. (See <i>Associated Mental Health Professionals, Inc.</i>)	434-0104 & 886-3063
Claytor, Robyn Brannock, LCSW	662-7555
Clifford, Fred, Ph.D.	434-6554
Clough, Pat, LCSW (See <i>Augusta Behavioral Health</i>)	213-2525
Cobb, Harriet C., Ed.D.	433-7776
Cochran, Deirdre, LCSW, BCD	327-9834
Collins Center	432-6430
Comer, Pam Reese, LPC (See <i>Horizons Counseling and Consultation</i>)	209-1676
Commonwealth Psychological Services	437-4820
Comprehensive Behavioral Health Services	941-2500 & 213-2500
Conell, Lawrence G., M.D. (See <i>RMH Valley Behavioral Med & RMH Behavioral Health</i>)	564-7007 & 564-5960
Cook, Jean M., LCSW	463-4554
Counseling and Psychological Services (CAPS)	568-1735
Crossroads Counseling Center - Harrisonburg	801-0885
Winchester	662-7007
Woodstock	459-9003
Curtis, Nicole M., LPC (See <i>RMH Behavioral Health</i>)	564-5960
Davidson, Kristen, Ed.D., LPC (See <i>Valley Pastoral Counseling Center</i>)	943-8722
Davies, Pamela, LCSW (See <i>Augusta Behavioral Health</i>)	213-2525
DeCanio, Chris, Ph.D.	722-9472
DePaul Community Services	437-0033
Dexter, Joy, CSAC (See <i>Augusta Behavioral Health</i>)	213-2525
Dotas, Ellen R., LPC (See <i>RMH Behavioral Health</i>)	564-5960
Driver, Jacqueline Dovel, Ph.D.	433-1722

Drs. Kuley, Ryan, and Associates	886-3956 & 464-1890
Eagle, John R., M.D.	433-2518
Eberly, Joan M., Ed.S., LPC	574-0950
Eberly, Rich L., LPC	434-3456
Echterling, Lennis G., Ph.D.	568-6522
Evans, Alan D., Ph.D. (See <i>Augusta Psychological Associates</i>)	949-4202 & 886-5060
Family Life Resource Center (FLRC)	434-8450
Finn, Barbara, LPC (See <i>Augusta Behavioral Health</i>)	213-2525
Fisher, Anne W., LPC	434-7025
Fitzsimmons, James A., LCSW, SOTP	459-8436 & 335-6899
Flora, Stephen L., LPC (See <i>Woodbrook Counseling Serv. & Augusta Psychological Assoc.</i>)	437-0055 & 949-4202
Flory, Rose, Psy.D., LCP (See <i>Center for Marriage & Family Counseling</i>)	433-1546
Friedland, Emilie S., M.A., LMFT (See <i>Valley Pastoral Counseling Center</i>)	943-8722
Gaddis, Audie, Ph.D. (See <i>Commonwealth Psychological Services</i>)	437-4820
Garrett, Dorothy "Louise", LCSW	465-4441
Geiser, Jean, LPC (See <i>Augusta Behavioral Health</i>)	213-2525
Gilardi, Tamala K., LCSW (See <i>National Counseling Group, Inc.</i>)	437-0403
Gitchell, Andr�e, LCSW (See <i>RMH Behavioral Health</i>)	564-5960
Glanzer, Jim, MSN, Ed.S., LPC (See <i>Family Life Resource Center</i>)	434-8450
Glick, Ruth K., LPC (See <i>Augusta Psychological Associates</i>)	949-4202 & 886-5060
Good, Nancy, LCSW, Ph.D. (See <i>Newman Avenue Associates</i>)	434-2800
Gray, Sandra-Joy K., Ph.D., LPC, LMFT	703-791-6466
Grayson, Joann, Ph.D.	833-5593
Greater Hope Ministry, Inc.	574-4189
Grey, Cynthia W., Ed. S., LPC	564-0444
Harmon, J. Phillip, LPC (See <i>Augusta Behavioral Health</i>)	213-2525
Harmon, Paul, M.A., LPC, LSATP, NCC (See <i>New Dimensions Counseling Center</i>)	942-5847
Harmon, Teresa M., Ph.D.	942-5155
Harmon, Victoria, LPC (See <i>Valley Behavioral Health</i>)	459-1262
Harris, Ginny, LPC (See <i>Valley Hope Counseling Center</i>)	941-8933
Harris, Sandra, NP (See <i>Valley Behavioral Health</i>)	459-1262
Harris, Saul S., LCSW	438-8227
Harrisonburg League of Therapists	437-1605
Harrisonburg-Rockingham Community Services Board	434-1941
Henderson, Joann H., LPC	476-1482
Hensley, Barry, Ed.S	434-1494
Hensley, Diane L., LPC	434-1494
Here-4-You Counseling	635-3518
Hersch, Lee E., Ph.D. (See <i>Augusta Psychological Associates</i>)	949-4202 & 886-5060
Hevener, Pam, NP (See <i>RMH Valley Behavioral Medicine</i>)	564-7007
Hoffman, Michael, M.D. (See <i>Associated Mental Health Professionals, Inc.</i>)	434-0104 & 886-3063
Hook, Randall B., LCSW (See <i>RMH Partial Hospitalization/Day Treatment Program</i>)	564-5960
Hoopes, Gwendolyn, Ed.S.	665-1970
Horizons Counseling and Consultation	209-1676
Horne, Lois B., LPC, LSATP	213-1316
Hudson, Helen T., M.S.W., LCSW	434-4057
Huyard, Rose, LPC (See <i>Newman Avenue Associates</i>)	434-2800
Janow, Donielle, Psy.D. (See <i>RMH Behavioral Health</i>)	564-5960
Jantzi, Bonita, LCSW (See <i>Newman Avenue Associates</i>)	434-2800
Jayne, Thomas M., M.D. (See <i>Augusta Psychological Associates</i>)	949-4202 & 886-5060
Jennings, Julie, Ph.D., LPC	463-7601
Johnson, Jennifer, LPC (See <i>RMH LIFE Recovery Program</i>)	564-5629
Johnston, Nancy, LPC, LSATP	464-1890
Judge, Tina, FNP (See <i>Comprehensive Behavioral Health Services</i>)	941-2500 & 213-2500
Kane, Timothy, M.D. (See <i>Comprehensive Behavioral Health Services</i>)	941-2500 & 213-2500
Kave, Vickie L., LCSW	213-1316

Kesecker, Mary, Ed.S.	433-8830
Kizer, Amanda C., LPC	448-2827
Koser, Kristy (See <i>Horizons Counseling and Consultation</i>)	209-1676
Koser, Nate (See <i>Horizons Counseling and Consultation</i>)	209-1676
Kuszyk, Jenny, LPC (See <i>Newman Avenue Associates</i>)	434-2800
Langridge, Jill R., LPC (See <i>RMH Behavioral Health</i>)	564-5960
Langston, Tara, CSAC, LPC, ADS	421-5492
Laurenz, Pat, LCSW (See <i>Newman Avenue Associates</i>)	434-2800
Lizer, Bob, M.D.	662-7555
Long, Cynthia, D.Min. (See <i>Lutheran Family Services of VA</i>)	383-2902
Lutheran Family Services of VA	383-2902
Lynch, Joseph G., LCSW (See <i>Newman Avenue Associates</i>)	434-2800
Mahmood, Aamir, M.D. (See <i>RMH Valley Behavioral Medicine</i>)	564-7007
Mandeville, Scott W., LCSW, CSOTP (See <i>Bridgewater Counseling Services</i>)	828-3663
Marion, Carolyn, LPC (See <i>Augusta Psychological Associates</i>)	949-4202 & 886-5060
Martin, Anne L., LCSW	433-1663
Martin, Mary, CSAC (See <i>Augusta Behavioral Health</i>)	213-2525
Massie, Kent B., LPC	213-8242 & 460-2053
McKeegan, Gerald F., Ph.D. (See <i>Augusta Psychological Associates & American Health and Wellness Institute</i>)	949-4202 & 886-5060 248-1006
McMasters, Mary, M.D. (See <i>Comprehensive Behavioral Health Services</i>)	941-2500 & 213-2500
McNulty Center for Children and Families	433-3100
Melton, C. Alan, D.Min., LPC (See <i>Valley Pastoral Counseling Center</i>)	943-8722
Mental Health America of Augusta	866-7181 & 949-0169
Michael, Dee L., LPC, NCC (See <i>RMH Behavioral Health</i>)	564-5929
Miller, Elroy, LCSW (See <i>Center for Marriage and Family Counseling</i>)	433-1546
Moats, Kathryn, Ph.D., LPC (See <i>Family Life Resource Center</i>)	434-8450
Morris, Melanie, CNS (See <i>Augusta Behavioral Health</i>)	213-2525
Mosaic Counseling Center	908-8206
National Counseling Group, Inc.	437-0403 & 437-0405
New Dimensions Counseling Center	942-5847
Newman Avenue Associates	434-2800
Norton, Janis, LCSW	435-1315
Nowell, Carrie R., Psy.D.	667-1389
Packer, Cindy, NP (See <i>Comprehensive Behavioral Health Services</i>)	941-2500 & 213-2500
Pelligrino, Joseph F., Ph.D.	574-2210
Pirooz, Jane C., Ed.S., LPC (See <i>RMH Behavioral Health</i>)	433-4254 & 435-2492
Porter, Patrice, LPC (See <i>Augusta Psychological Associates</i>)	949-4202 & 886-5060
Psychological Health Associates, Ltd.	667-5431
Rask, Kristina, Ph.D. (See <i>Augusta Psychological Associates</i>)	949-4202 & 886-5060
Reid, David, Psy.D. (See <i>Augusta Psychological Associates</i>)	949-4202 & 886-5060
Reynolds, S. Eugene, LCSW (See <i>Augusta Behavioral Health</i>)	213-2525
Richardson, Connie Y., LPC	434-9700
Rissmeyer, David, LCSW (See <i>Center for Marriage and Family Counseling</i>)	433-1546
RMH Behavioral Health Community Education Program	433-4254 & 435-2492
RMH Behavioral Health, Inpatient Services	689-5450
RMH Behavioral Health, Outpatient Services	564-5960
RMH Grief and Loss Services	433-4427
RMH LIFE Recovery Program	564-5629
RMH Partial Hospitalization/Day Treatment Program	546-5960
RMH Valley Behavioral Medicine	564-7007
Robinson, Melissa R., D.O. (See <i>Augusta Health Psychiatry</i>)	245-7030
Rockbridge Area Community Services	463-3141
Rodman, Jeffrey J., LPC, MAC (See <i>Here-4-You Counseling</i>)	635-3518
Roebuck, Julie, MNP (See <i>Augusta Psychological Associates</i>)	949-4202 & 886-5060
Rose, Mary Kay, Ed.S., LPC (See <i>Shenandoah Valley Center for... & Newman Avenue...</i>)	248-1801 & 434-2800

Savides, John, NCACII, CSAC (See <i>Augusta Behavioral Health</i>)	213-2525
Schulte, Timothy J., Psy.D. (See <i>Counseling and Psychological Services</i>)	568-1735
Sensabaugh, Mark, LPC, LMFT (See <i>Family Life Resource Center</i>)	434-8450
Sharpes, Kelly, LPC (See <i>RMH Behavioral Health</i>)	564-5929
Shelton, Ron, LCSW (See <i>RMH Behavioral Health</i>)	564-5960
Shenandoah Psychiatric Medicine	949-0955
Shenandoah Valley Center for Integral Counseling, LLC	248-1801
Shenandoah Valley Sex Offender Treatment Program	434-1730
Shenk, Daniel R., M.S.W.	434-0531
Sheridan, Martha, LPC, CSAC (See <i>Augusta Behavioral Health</i>)	213-2525
Shomo, Nancy J., BSW, GC-C (See <i>RMH Behavioral Health</i>)	433-4427
Showalter, Gerald R., Psy.D.	447-0134
Showalter, Liesel Y., LPC (See <i>Newman Avenue Associates</i>)	434-2800
Simmons, Sarah G., LCSW	213-1316 & 213-2080
Smith, Bren McGillivary, LPC, LMFT	901-9000
Souder, Mercy, LPC (See <i>Newman Avenue Associates</i>)	434-2800
Spilman, Christine, LPC (See <i>Center for Marriage and Family Counseling</i>)	433-1546
Sterling, Stephanie, M.A., LPC (See <i>Valley Pastoral Counseling Center</i>)	943-8722
Styron, James C., IV, MD, JD (See <i>RMH Valley Behavioral Medicine & RMH Behavioral Health</i>)	564-7007
Sylvest, Sandra L., Ed.S., LPC	433-8590
Tancyus, Michael G., LCSW (See <i>Augusta Behavioral Health</i>)	213-2525
Ter Poorten, Laura, LPC	464-1004
Valley Behavioral Health	459-1262
Valley Community Services Board	887-3200
Valley Hope Counseling Center	941-8933
Valley Pastoral Counseling Center	943-8722
Van Horn, Donna, LCSW (See <i>Valley Behavioral Health</i>)	459-1262
Watros, Jeff, M.A., LPC, LMFT (See also <i>Greater Hope Ministry, Inc.</i>)	234-8187 & 574-4189
Watts, Nancy, LPC (See <i>Augusta Behavioral Health</i>)	213-2525
Weaver, Judith G., Ed.S., LPC	433-1291 & 743-7101
Weaver, Sandra, MSN, LCNS (See <i>RMH Behavioral Health</i>)	564-5960
Weber, Randy, Ph.D. (See <i>Charis Institute for Psychological and Family Services</i>)	568-1876
Weber, Ronda, Ph.D., LCSW (See <i>Charis Institute for Psychological and Family Services</i>)	568-1876
Weigand, Ken, Psy.D.	667-1389
Wenger, Lois, LCSW (See <i>Family Life Resource Center</i>)	434-8450
Wettstone, Richard P., Ed. D.	434-9430
Whitney, Martha, LMFT	631-0999
Wielgus, Carolyn, LPC	464-6949
Winchester Medical Center Behavioral Health Services	800-786-2673 & 536-8152
Wing-Richards, Hillary, M.A., Ed.S., LPC	434-8281
Wittersgreen, Ruth, Ph.D.	887-6538
Woodbrook Counseling Services, LLC	437-0055
Worth, James W., Ed.D.	463-4000
Wright, Carroll J., Ph.D.	433-0280
Yoder, Harvey, LPC, LMFT (See <i>Family Life Resource Center</i>)	434-8450
Young, Susan W., LCSW (See <i>Augusta Psychological Associates</i>)	949-4202 & 886-5060

Basic Needs/Crisis/Non-Profit Service Providers

Abba Pregnancy Care Center	665-9660 & 800-395-HELP
Access Independence	662-4452 & 662-5556 (TTY) & Videophone: 866-272-2634
Alzheimer's Association, Central & Western Virginia Chapter	437-7444 & 800-272-3900
American Cancer Society	800-416- 8847
Harrisonburg	434-3360
Winchester	667-2315
American Red Cross – Central Virginia Chapter	434-979-7143
Blue Ridge Branch Office	886-9151

Shenandoah County Chapter	459-2913
Americans with Disabilities Act, City of Waynesboro	942-6718
Apple Valley Mediation Network, Inc.	800-767-3898
The Arc of Harrisonburg and Rockingham, Inc.	437-9214
The Arc Op Shop	437-9214
The ARC of Winchester	665-0461
Augusta Health: Hospice of the Shenandoah – Staunton	332-4909
Waynesboro	932-4909
Augusta Regional Free Clinic – Waynesboro	932-5606
Staunton	332-5606
Big Brothers/Big Sisters - Harrisonburg	433-8886
Central Valley	434-528-0400
Winchester	662-1043
Blue Ridge Hospice	877-210-4673
Blue Ridge Legal Services	433-1830 & 800-237-0141
Caregivers Community Network	568-6682 & 877-568-6682
The Central Shenandoah Youth Suicide Prevention Initiative, and the Campus Suicide Prevention Center of Virginia	568-8901
Choices of Page County	Hotline: 743-4414
Clean Inc. Community Connections for Youth and Family	772-3589
Collins Center	432-6430 & Hotline: 434-2272
ComfortCare Women’s Health – Staunton	885-6261
Waynesboro	943-1700
Community Mediation Center	434-0059 & 800-653-0019
Community Resource Center	433-3888
Deaf & Hard of Hearing Services Center	Videophone: 866-563-7784 & 569-3016 (TTY)
Department of Rehabilitative Services – Fishersville	332-7700 (Voice/TTY)
Harrisonburg	434-5981
Winchester	722-3453 & 535-1813 (TTY)
Department of Social Services – Bath County	839-7271
Harrisonburg/Rockingham County	574-5100
Highland County	468-2199
Page County	778-1053
Rockbridge-Buena Vista-Lexington Area	463-7143
Shenandoah County	459-6226
Shenandoah Valley (Staunton-Augusta Office)	245-5800
Shenandoah Valley (Waynesboro Office)	942-6646
First Step: A Response to Domestic Violence	434-0295 & 866-223-9169
Friendship Industries, Inc.	434-9586
Gemeinschaft Home for Ex-Offenders	434-1690
Goodwill Industries, Inc. – Northern Division	886-2001
Fishersville	332-7750
Harrisonburg Workforce Center	434-2513
Winchester Branch	535-1941
Harrisonburg Pregnancy Center	434-7528
Harrisonburg Redevelopment and Housing Authority	434-7386
Harrisonburg/Rockingham Free Clinic	433-5431
Harrisonburg - Rockingham Community Services Board	434-1941 & 24-Hour: 434-1766
Health Department – Augusta County	332-7830
Bath County	839-7246
Highland County	468-2270
Lexington	463-7136
Page County	743-6528
Rockbridge County	463-3185
Rockingham County & Harrisonburg	574-5100
Shenandoah County	459-3733

Staunton	332-7830
Waynesboro	949-0137
Infant & Toddler Connection of Harrisonburg/Rockingham	433-3100
Lexington Office on Youth	463-4315
Mercy House	432-1812
New Bridges Immigrant Resource Center	438-8295
New Directions Center	885-7273 & Hotline: 800 56 HAVEN
Northwestern Community Services	636-4250 & 800-342-1462 & Crisis line: 635-4804
Office on Children and Youth	568-7083
Office on Youth – Waynesboro	942-6757
Staunton	332-3806
Our Community Place	442-7727
PACE (Parent and Child Education)	433-3100
Page County Clinic	743-4548
Page County Rural Health Center	778-4259
Page One	743-4357
Patchwork Pantry	433-2148
People Helping People	433-7286
People Places	885-8841 & 437-1857
PFLAG – Winchester	678-0963
Pleasant View, Inc.	896-8255
Project Horizon	Hotline: 463-2594
Project STAR (Family Resource & Referral Center)	245-5899 or 211
REACH Employee Assistance Program & Workplace Solutions	421-4008 & 800-950-3434
Reading Road Show	568-2557
Response, Inc.	459-5599 & Hotlines: 459-5161 & 888-459-5161
RMH Grief and Loss Services	433-4427 & 877-294-5731
RMH Healthcare Hand-in-Hand Resource Mothers Program	433-4340
RMH Hospice	433-4429
RMH Psychiatric Emergency Team (PET)	689-1000
Rockbridge Area Community Services Board (RACS)	463-3141
Rockbridge Area Free Clinic	464-8700
Rockbridge Area Hospice	463-1848
Rockbridge Disability Services Board	463-2472
Salvation Army – Harrisonburg	434-4854
Staunton	885-8157
Waynesboro	943-9897
Winchester	662-4777
Shenandoah County Free Clinic	459-1700
Shenandoah Pregnancy Center	984-4673 & Hotline: 800-395-4357
Shenandoah Valley Autism Partnership (SVAP)	908-7111 & 421-9015
Shenandoah Valley Migrant Education Program	568-3666
Summit House	434-1816
Teen Pregnancy Prevention (TPP)	568-6007
United Way – Greater Augusta County	943-1215
Harrisonburg & Rockingham County	434-6639
Lexington & Rockbridge County	463-4482
Page County	743-1662
Shenandoah County	536-1610
VA Cooperative Extension Service	564-3080
Valley AIDS Network	568-8838
Valley Associates for Independent Living, Inc (VAIL)	433-6513 & 888-242-VAIL
Valley Mission Inc.	886-4673
Virginia Dept. for the Blind & Vision Impaired (DBVI)	322-7729 & 800-622-2155
Virginia Dept. for the Deaf and Hard of Hearing (VDDHH)	804-662-9502 & 800-552-7917 (V/TTY)
Virginia School for the Deaf and Blind	332-9000 & 800-522-8732

Waynesboro Disability Services Board
Winchester Exchange Child Parent Center
Woodrow Wilson Rehabilitation Center
YMCA – Staunton
Waynesboro
Rockbridge Area

942-6718
536-1640 & 800-567-7954
332-7000 & 800-345-9972 & 800-811-7893 (TTY)
885-8089
942-5107
464-YMCA

Preventing Suicide: Some Basic Information

Suicide. *It's a word we don't hear in polite conversation
and it's a topic we don't like to discuss.*

*The problem is, stigma and silence increase risk for suicide.
AND... information and understanding HELP TO REDUCE RISK.*

FIRST, GET the FACTS. *Misinformation interferes with people getting the help they need.*

FACT: Most people who talk about suicide are thinking about suicide, in some way. Take all threats of suicide seriously. **MOST PEOPLE WANT HELP**, though they may not be able to ask directly.

FACT: *Most people who die by suicide told others in some way in the weeks before their death. Recognizing and responding to risk can prevent suicide attempts and deaths.*

FACT: Most people who consider suicide have terribly mixed feelings about life and death. Most want a better life, even while they are stating that they want to die. **MOST PEOPLE are desperate for relief and WANT HELP**

FACT: Most suicidal crises are temporary. When people get the help they need, most will not seriously consider suicide again. However, if emotional distress continues without relief and help is not sought, the risk remains for further suicidal behavior. **It's important to help people connect to professional help.**

FACT: Asking if someone is thinking of suicide will not make a person begin to consider suicide. Most people who think about suicide want to talk and want others to recognize their pain. If you ask someone about suicide and the answer is "yes" stay calm, take the time to listen, and help the person to find resources. To learn more about suicide "First Aid" training in our area, go to www.suicidepreventioncsv.org.

SECOND, know the risk factors and warning signs.

Risk Factors: (things that can increase, or are connected to, risk)

Depression: Untreated depression is thought to be a major contributor to suicide risk. Although most people who are depressed do not consider suicide, depression significantly increases the risk. Symptoms of depression include:

- ◆ Expressions of sadness and hopelessness, or anger and rage
- ◆ Withdrawal from friends and extracurricular activities
- ◆ A decline in enthusiasm and energy
- ◆ Overreaction to criticism
- ◆ Lowered self-esteem, or feelings of guilt
- ◆ Indecision, lack of concentration, and forgetfulness
- ◆ Restlessness and agitation
- ◆ Changes in eating or sleeping patterns; eating or sleeping more or less than usual
- ◆ Neglect of appearance and hygiene
- ◆ Fatigue and lack of motivation
- ◆ Decline in performance at school or work

Beginning use, increased use, or abuse of drugs or alcohol. Sometimes people "self-medicate" to reduce emotional pain. But substance abuse can greatly contribute to both depression and suicide risk.

Depression and substance abuse are serious but treatable problems. People who are depressed and/or using substances are in need of help, even if there is no thought of suicide. And, most people who get treatment improve dramatically and feel “like their old selves again.”

Warning signs: You may not know for sure if someone is thinking of suicide. But if you see the following, don’t wait. Get help right away.

- ◆ Talking or writing about suicide or death
- ◆ Looking for ways to kill him/herself
- ◆ Talking or writing about death, dying, or suicide
- ◆ Giving less direct verbal cues, such as "You will be better off without me," "What's the point of living?"; "Soon you won't have to worry about me," and "Who cares if I'm dead, anyway?"
- ◆ Expressions of hopelessness
- ◆ Expressing rage or uncontrolled behavior
- ◆ Acting recklessly or engaging in risky activities, seemingly without thinking
- ◆ Expressing feelings of being trapped like, “There’s no way out”
- ◆ Withdrawing from friends and family
- ◆ Exhibiting anxiety or agitation
- ◆ Displaying dramatic mood changes
- ◆ Increased alcohol or drug use

THIRD, Consider how you could help if you fear someone may be thinking of suicide.

1. Take it seriously; do NOT dismiss the behavior as simply a “bid for attention”

2. Be willing to listen

- ◆ Let the person know you are concerned and tell why. Make it clear that you are willing to listen.
- ◆ Listen without judgment. Consider the importance of helping someone feel heard.
- ◆ Don’t feel as though you have to fix everything. Chances are there are no easy answers.
- ◆ If you are worried, don't be afraid to ask whether he or she is considering suicide, or even if they have a particular plan or method in mind.
- ◆ Do not attempt to argue anyone out of suicide. Rather, let the person know you care and understand that he or she is not alone, that suicidal feelings are temporary, that depression can be treated, and that problems can be solved. Avoid the temptation to say, "You have so much to live for," or "Your suicide will hurt your family."

3. Get professional help

- ◆ Be actively involved in encouraging the person to see a physician or mental health professional immediately. Individuals contemplating suicide often don't believe they can be helped, so you may have to do more.
- ◆ You can make a difference by helping the person in need find a knowledgeable mental health professional or reputable treatment facility.

4. In an emergency:

- ◆ Do not leave the person alone until help is available.
- ◆ Take your friend or loved one to an emergency room or call your local Community Services Board 24-hour emergency care number. Check for numbers in your area.
- ◆ Remove from the vicinity any firearms, drugs, or sharp objects that could be used in a suicide attempt.
- ◆ Hospitalization may be needed at least until the crisis is over.
- ◆ If these options are not unavailable, call 911 or the **National Suicide Prevention Hotline** 1-800-273-TALK.

5. Follow-up on treatment

- ◆ People who are in distress are sometimes hesitant to seek help and may drop out after an initial contact unless there is support for continuing treatment.
- ◆ If medication is prescribed, take an active role in supporting medication therapy. Be sure to notify the physician about any unexpected side effects. Often, alternative medications can be prescribed.

2007 American Foundation for Suicide Prevention



Listings of Hotlines and Other Services
(800/877/888 are toll-free numbers)

Abuse and Neglect

Children’s Help National Abuse Hotline	800-422-4453
Departments of Social Services:	
Harrisonburg/Rockingham County	540-574-5100
Augusta County/Staunton/Waynesboro	540-245-5800
Bath County	540-832-7271
Highland County	540-468-2199
Page County	540-778-1053
Rockbridge County/Lexington	540-463-7143
Shenandoah County	540-459-6226
Family Violence and Sexual Assault Virginia Hotline	800-838-8238
National Domestic Violence Hotline	800-799-7233
National Domestic Violence Hotline (TDD)	800-787-3224
VA Adult Protective Services	888-832-3858
VA Dept. of Social Services 24 hour Abuse & Neglect Hotline	800-552-7096

Alcohol and Drug Abuse

Alateen and Al-Anon Family Group Headquarters	800-356-9996
American Council on Alcoholism (www.aca-usa.org)	800-527-5344
Drug and Alcohol 24-Hour Referrals	800-821-4357
Federal Substance Abuse & Mental Health Hotline	800-662-4357
“Focus on Recovery” Referral Hotline	800-234-0420
Narcotics Anonymous	800-777-1515
National Drugs and Alcohol Treatment Referral Service	800-662-4357

AIDS and Other Sexually Transmitted Diseases

AIDS Information (M-Th 9AM – 8PM, Fr 8AM – 5 PM)	800-235-2331
CDC/AIDS Hotline	800-232-4636
CDC/AIDS Information (Spanish)	800-344-7432
Hepatitis Hotline	888-443-4372
Sexual Health Hotline (high school & college students)	877-627-3933
STI Resource Center	800-227-8922
Virginia Department of Health (AIDS/Hepatitis/HIV/STDs)	800-533-4148

Caring for Aging Relatives

Augusta/Bath/Highland/Rockingham/Rockbridge Areas	800-868-8727
National Council on Aging	800-424-9046
Page and Shenandoah Area Agency on Aging	800-883-4122

Chronic Illness

Alzheimer’s Association 24 hour contact center	800-272-3900
American Association for the Blind	800-424-8666
American Diabetes Association	800-342-2383
American Parkinson’s Disease Association	800-223-2732
Breast Cancer Network of Strength (24 hour)	800-221-2141
Cancer Care	800-813-4673
Center for Disease Control (CDC)	800-232-4636
Children’s Hospice International	800-242-4453
Juvenile Diabetes Foundation	800-223-1138
National Coalition for Cancer Survivorship	877-622-7937
National Hospice Organization	800-658-8898
Virginia Department of Health	800-533-4148

Persons with Disabilities and their Families

American Council for the Blind	800-424-8666
Arc	888-604-2677
Down Syndrome Society	800-221-4602
National Dyslexia Association	800-222-3123

Runaway Youth

Child Find of America	800-426-5678
National Hotline for Missing & Exploited Children	800-843-5678
National Runaway Switchboard for Youth in Crisis	800-786-2929

Suicide

American Foundation for Suicide Prevention Crisis Line	800-273-8255
Covenant House Nineline (2PM – 12AM only)	800-999-9999
Military One Source (for military members & families)	800-342-9647
National Hope Line Network	800-784-2433
Regional Suicide Concern Hotlines:	
Page County	540-743-3733
Shenandoah County	540-459-4742
Winchester County	540- 667-0145

Other

VA Enforcement Division of Health Professions	800-533-1560
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Mental Health Care Providers

All of the private and public providers listed in this Directory are licensed by appropriate boards of the Virginia Department of Health Regulatory Board to practice various aspects of mental health services.

- Psychiatrists are providers with a medical degree (M.D.) and therefore may prescribe medication.
- Other academic degrees and specialties include:
 - Psychologists (Ph.D., M.A.)
 - Clinical Psychologists (Ph.D., Psy.D.)
 - Licensed Clinical Social Workers (LCSW or M.S.W.)
 - School Psychologists (Ed.S., Ph.D., Ed.D.)
 - Licensed Professional Counselors (LPC, M.Ed., M.A., Ed.S., Ed.D.)
 - Licensed Marriage and Family Therapist (LMFT)
 - Substance Abuse Certifications (CSAC, NCACII, LSATP)

The training, expertise, and areas of interest of mental health professionals vary considerably. All providers listed can receive third-party payments, but some health insurance companies allow coverage for only certain mental health professions and place a ceiling on the total amount allowed. Check your policy or talk with your employer for specific information about coverage. Some providers have "sliding scales" based on a client's ability to pay. Every professional has an ethical responsibility to give the same quality of service to all clients regardless of ability to pay. The fee for group therapy is usually at a lower rate per hour.

You will need to make an appointment in order to receive services from a private or public provider. Many providers have evening hours if you cannot arrange a daytime appointment.

Providers are listed alphabetically. Please read "When You Need Professional Help" on pages 6 and 7 to aid you in choosing a provider.

All area codes 540 unless otherwise noted

ADHD & Clinical Counseling Center

57 South Main Street, Suite 616
Harrisonburg, VA 22801

564-0373

Email: adhdcenter@aol.com

Offers full range of diagnostic, psycho-educational, and psychological testing, and treatment services for ADHD, ODD, CD, pediatric bipolar disease, learning disabilities, anxiety, panic disorder, PTSD, and depression. Also, conducts evaluations for dementia and ADHD workshops for educators. Accepts most insurance plans.

Adult and Adolescent Substance Abuse Services (AASAS)

356 South Main Street
Harrisonburg, VA 22801

434-9430

Email: lpcrpw@verizon.net

AASAS is a private outpatient treatment program for adults and adolescents 12-80, who are using or are dependent on alcohol or any mind-altering drug. Services offered include assessment, individual, family or group therapy, and aftercare for those coming from residential programs. AASAS also offers urine screening (5 minute turnaround time) and free community education. For more information contact *Dr. Richard Wettstone, Director*, at 434-9430. Most insurance plans are accepted, except Medicare and Medicaid.

American Health and Wellness Institute (AHWI)

Physical Address	Mailing Address
25 Professional Way, Suite 101	P. O. Box 258
Verona, VA 24482	Verona, VA 24482

248-1006

Website: www.ahwinstitute.com

Gerald McKeegan, Ph.D.

Stacey Eppard, Office Manager

AHWI provides the following:

- consultation for institutions/organizations that provide therapeutic services to individuals with serious and persistent mental illness and developmental disabilities.
- functional analysis, person-centered assessment, behavioral consultation, positive behavioral support, and training to individuals with challenging behaviors who have developmental disabilities and serious and persistent mental illness.
- on-going assessment of staff needs.
- training for management and supervisors in day programs, residential settings and hospitals.
- training for staff and other facilitators at day programs, residential settings, and hospitals on Positive Behavioral Support, Therapeutic Alliance, etc. and manualized training for “train the trainers”.

Arbaugh, Thomas, Ph.D., LPC

219 W. Beverley Street, Suite 106
Staunton, VA 24401

885-5105

Website: www.DrArbaugh.com

My small practice is designed to be unique and comfortable. I do not report to insurance companies and so they do not have a record of sessions or the client’s clinical diagnosis. I do provide a sliding fee scale in place of filing insurance. I work with couples and individuals with anxiety, depression, PTSD, and with basic personal growth issues. I also work with many sexuality issues and have considerable experience with lesbian, gay, bisexual and transgendered clients. I have had special training in Transactional Analysis and have done extensive research into the emotional survival of people who experienced sexual abuse. My dog usually attends sessions and is also intuitive about the needs of the client.

Associated Mental Health Professionals, Inc.

102 Mactanly Place, Suite E
Staunton, VA 24401

434-0104 & 886-3063

Fax: 886-6246

Michael A. Hoffman, M.D. Board certified in Psychiatry and Integrative Holistic Medicine – Specialist in Psychopharmacology

Joseph J. Cianciolo, Ph.D. Clinical Psychologist – Solution-Focused Therapy

Elizabeth P. Cianciolo, Ph.D. Clinical Psychologist – Solution-Focused Therapy

Office hours by appointment only. Evening appointments available. We accept most types of insurance.

Augusta Health:

- **Augusta Health Psychiatry**

245-7030

Medical Office Building (MOB)
70 Medical Center Circle, Suite 201
Fishersville, VA 22939

Melissa R. Robinson, D.O.

Referrals of adult patients accepted from PCPs and counselors for the psychopharmacologic assessment and management of psychiatric illness.

- **Augusta Behavioral Health**

213-2525

79 Medical Center Drive
Fishersville, VA 22939

Fax: 213-2555

Pamela J. Davies, LCSW, Director

Robert H. Blinn, Ph.D.

Barbara Finn, LPC

J. Phillip Harmon, LPC

Melanie Morris, CNS

Pat Clough, LCSW

Joy Dexter, CSAC

Jean Geiser, LPC

Mary Martin, CSAC

S. Eugene Reynolds, LCSW

*John Savides, NCACII, CSAC
Michael G. Tancyus, LCSW*

*Martha Sheridan, LPC, CSAC
Nancy Watts, LPC*

Adults, adolescents, and families seen for substance abuse and mental health assessment and treatment. Employee Assistance Program options for local employers. Most insurances accepted. Sliding fee scale.

- **Recovery Choice Substance Abuse Intensive Outpatient Program** **213-2525**

M, W, F morning and M, T, Th evening programs, serving adults.

- **Transitions Mental Health Intensive Outpatient Program** **213-2525**

M, W, F morning program for adults using a DBT-informed model of treatment for individuals referred by mental health professionals.

Augusta Psychological Associates

71 Wilson Blvd., Suite A-1
Fishersville, VA 22939

949-4202 & 886-5060

Website: www.augustapsychological.com

*Carolyn Marion, LPC
Deborah Atno-Shelton, LCSW
Brett Blevins, Ed.D.
Alan D. Evans, Ph.D.
Ruth K. Glick, LPC
Lee E. Hersch, Ph.D.
Thomas M. Jayne, M.D.*

*Patrice Porter, LPC
Gerald F. McKeegan, Ph.D.
David Reid, Psy.D.
Kristina Rask, Ph.D.
Julie Roebuck, MNP
Stephen L. Flora, LPC
Susan W. Young, LCSW*

Stress causes different reactions in each of us – sometimes physical, sometimes emotional and sometimes both. Overcoming the challenges of living is a very normal process. We are here to support you and give you the tools necessary to help yourself. Our staff of licensed professionals provides comprehensive mental health services that include:

- Counseling, psychotherapy, and psychiatry
- Child, adolescent, and family therapy
- Marital and couples counseling

Bauserman, Deborah, Ed.D.

611 S. Braddock Street
Winchester, VA 22601

667-2137

Outpatient for adult individuals. Most insurance accepted.

Bickford, Kimberly, LPC

1820 Country Club Rd
Harrisonburg, VA 22802

820-8377

Email: KPBickford@hotmail.com

I provide individual therapy to adults and adolescents, age 13 and older, as well as couples therapy. I work with individuals needing help with depression, anxiety, relationship issues, sexual abuse, loss, self-esteem, and personal growth. I have a special interest in working with women and issues related to postpartum adjustment. Insurance filing is provided.

Bing, Carolyn, LCSW, PBCCC

Lamplight Counseling Ministry
1871 Boyers Road
Harrisonburg, VA 22801

434-1092 Ext. 892

Works with individuals and families, age 12 and older. Participates with Tricare, Medicare, Sentara, and Anthem.

Clifford, Fred, Ph.D.

Family Counseling Ministries
3523 Spotswood Trail
Penn Laird, VA 22846

434-6554

Website: www.family-cm.org
Email: Fredirene@cliffords.us

I am a Licensed Clinical Christian Counselor and provide counseling for families, couples, and individuals of all ages. Counseling focuses on the spiritual, forgiveness, parental guidance, loss and grief, rejection, anger, and depression. I have a special interest in premarital counseling, divorce issues, and am also a Certified Temperament Counselor. Fee is \$50.00. No insurance accepted.

Cobb, Harriet C., Ed.D.

Harrisonburg VA 22801

433-7776

Website: www.harrietcobb.com
Email: harrietcobb57@gmail.com

I am a Licensed Professional Counselor and a Licensed School Psychologist and provide psychotherapy to adults, couples, and families. I work from an integrated theoretical orientation based on my understanding of each unique situation and what research tells us about facilitating positive change and growth. I also provide consultation for individuals and organizations. Please see website for details. Daytime and evening hours by appointment.

Cochran, Deirdre, LCSW, BCD

592 Mineback Road
Middletown, VA 22645

122 Peyton Place
Winchester, VA 22601

327-9834

Email: deirdre@wildblue.net

Individual, couples, and adolescent therapy in English and Spanish. Specializes in remarriage, grief, loss, anxiety, and women's issues.

Collins Center

Physical address:
165 S. Main Street, Suite D
Harrisonburg, VA 22801

Mailing address:
P. O. Box 1473
Harrisonburg, VA 22803

432-6430

24-hour crisis hotline: 434-2272

Fax: 432-6293

Website: www.thecollinscenter.org
Email: info@thecollinscenter.org

The core of the Collins Center's mission is to provide services to victims and survivors of sexual assault. If you have recently been assaulted, or if the assault occurred a while ago, you have a number of options. Whatever you decide to do, the Collins Center is here to help. We recognize that sexual assault affects everyone in the community, and we have a variety of services for women, men, and children, many of which are free, confidential, and available in Spanish. The Collins Center treatment team is staffed by three licensed therapists who have a variety of experience and specialties. These therapists work together to provide comprehensive services for all mental health issues.

Commonwealth Psychological Services

2322 Blue Stone Hills Drive, Suite 280
Harrisonburg, VA 22801

437-4820

Website: www.cwpsy.com
Email: drgaddis@cwpsy.com

Audie Gaddis, Ph.D.

We provide comprehensive therapy, neuropsychological assessments, and learning disability assessments. Through CPS Neurocare, we also provide individual and group cognitive rehabilitation and training.

Comprehensive Behavioral Health Services

57 N. Medical Park Drive
Fishersville, VA 22939

941-2500 & 213-2500
800-932-0262 Ext. 2500
Fax: 941-2502

Timothy J. Kane, M.D.
Mary McMasters, M.D.

Tina Judge, FNP
Cindy Packer, NP

Our practitioners offer a wide range of expertise in working with adolescents, adults, and older adults. Some specialty groups available. We treat mental health disorders, substance abuse and addiction, and relationship and family issues. In-network with most insurances. Evening hours are available.

Cook, Jean M., LCSW

120 W. Nelson Street
Lexington, VA 24450

463-4554
Email: hopkinslcsw@hotmail.com

Counseling and Psychological Services(CAPS)

601 University Blvd. MSC 9012
Harrisonburg, VA 22807

568-1735

Timothy J. Schulte, Psy.D.

CAPS provides affordable services to children, adolescents, adults, and families to meet a variety of mental health needs. Flexible payment plans are available. Services include individual, family, couple, and group counseling; psychological assessment and testing; and consultation services. Day and evening appointments available. All counseling services provided on a sliding scale. Medicare/Medicaid not accepted.

Crossroads Counseling Center

250 E. Elizabeth Street, Suite 102
Harrisonburg, VA 22802

801-0885
Fax: 801-8221
Email: crossroads1@csv-inc.com

174 Costello Drive
Winchester, VA 22602

662-7007
Fax: 662-1311
Email: crossroads@csv-inc.com

649 North Main Street
Woodstock, VA 22664

459-9003
Fax: 459-9015
Email: crossroads4@csv-inc.com
Website: www.childreanmentalservicesofva.com

Crossroads provides outpatient, intensive in-home, mentoring, therapeutic day treatment (school-based), and mental health support for children, adolescents, adults, and families. Other programs to assist children and adults are created based on community need. Licensure supervision offered to selected professionals. Medicaid, local FAPT funded, private insurance, and self-pay.

DeCanio, Chris, Ph.D.

214 S. Braddock Street
Winchester, VA 22601

722-9472
Fax: 722-9473
Email: network8@verizon.net

DePaul Community Resources

21 Southgate Court, Suite 101
Harrisonburg, VA 22801

437-0033
Email: LColumbo@DePaulCR.org

DePaul Community Resources provides the following programs: Treatment Foster Care, Developmental Disabilities, Clinical Services, and Adoption. The Harrisonburg office offers Treatment Foster Care of children and adolescents who have special needs and require foster care placement and case management services.

Driver, Jacqueline Dovel, Ph.D.

1909 Spotswood Terrace
Harrisonburg, VA 22801

433-1722

I am a clinical psychologist and have practiced successfully for many years, as well as supervised at the JMU Human Development Center. I am a member of the Virginia Health Regulatory Board for Psychology, and have

done post doctoral study at Jones Percy Gerontological Center, USC, and at the C.G. Jung Kusunacht in Switzerland. Areas of expertise: attention deficit disorders, Jungian therapy, in-depth personality therapy, substance abuse, mediation, and sexual abuse. Accept insurance coverage and provide a sliding fee scale.

Drs. Kuley, Ryan, and Associates

40 Lambert Street, Suite 222
Staunton, VA 24401

108 Houston Street
Lexington, VA 24450

886-3956 & 464-1890

Eagle, John R., M.D.

370 Neff Avenue
Harrisonburg, VA 22801

433-2518

I am a Board certified psychiatrist with a practice in my office. My practice is oriented to adult and student patients 18 years or older. I provide evaluation, medication management, and psychotherapy. Office visits are on an appointment-only basis. I am a provider for Medicare.

Eberly, Joan M., Ed.S., LPC

1820 Country Club Road
Harrisonburg, VA 22802

574-0950

Individual counseling with special focus on women's issues. Limited counseling to older children and adolescents. Infertility counseling a specialty. Participate in most insurance networks.

Eberly, Rich L., LPC

1820 Country Club Road
Harrisonburg, VA 22802

434-3456

Jungian orientation with a specialty in dream work, depth psychotherapy, mid-life issues, marriage and family therapy, and men's issues. Adults and adolescents.

Echterling, Lennis G., Ph.D.

James Madison University
Harrisonburg, VA 22807

568-6522
Email: echterlg@jmu.edu

I am a clinical psychologist and currently offer training in crisis intervention, brief counseling, disaster response, resilience, and post-traumatic growth. I also provide consultation services to agencies and organizations in the areas of traumatic stress and disaster intervention.

Family Life Resource Center (FLRC)

273 Newman Avenue
Harrisonburg, VA 22801

434-8450
Toll Free: 800-655-2055
Fax 433-3805

Mark Sensabaugh, LPC, LMFT - Executive Director

Jim Glanzer, MSN, Ed.S., LPC

Kathryn R. Moats, Ph.D., LPC

Andrea J. E. Bieber, LPC

Lois Wenger, LCSW

Harvey Yoder, LPC, LMFT

Family Life Resource Center is a counseling agency meeting the behavioral health needs of individuals, couples, and families, as well as providing programs and other resources to churches, businesses, and community groups. Working from a Christian faith perspective, clinicians at FLRC are committed to helping people pursue health and wholeness as individuals and in their relationships. FLRC is counseling for hope, health, and healing- for all of life! Most insurance accepted.

Fisher, Anne W., LPC
1820 Country Club Road
Harrisonburg, VA 22802

434-7025

Licensed Professional Counselor, primarily treating adolescents and adults in individual or group settings that are struggling with anxiety, depression, eating disorders, and relationship issues.

Fitzsimmons, James A., LCSW, SOTP
River Spring Farm Healing Centre
1 Hickory Lane
Woodstock, VA 22664

459-8436 & 335-6899
Fax: 459-2337
Email: Fitz1@shentel.net

Mind-Body-Spirit orientation in the framework of traditional psychodynamic therapy and counseling based on the developmental and environmental needs of the person. Treatment process utilizes imagery, relaxation and energy techniques, and meditation/yoga exercises to enhance awareness and strengthen problem solving skills.

Garrett, Dorothy "Louise", LSCW
Physical address:
720 E. Queen Street, Suite 1
Strasburg, VA 22657

Mailing address:
P. O. Box 69
Strasburg, VA 22657

465-4441
Fax: 465-4439
Email: lgsw@shentel.net

I work with individuals, couples, and adolescents 13 years and older. Areas of interest include: grief/loss issues, adjustment to disability, women's issues, life transitions, female sexual dysfunction, co-dependency, ACOA, PTSD, anxiety, and depression.

Gray, Sandra-Joy K., Ph. D., LPC, LMFT
7331 Sheraton Dr.
Manassas, VA 20112

703-791-6466

I have been in private practice for over 20 years, specializing in outpatient psychotherapy for clergy, incest survivors, and those dealing with bereavement and grief, codependency issues, and childhood trauma. I also do marriage counseling. I have limited hours at the Bryce Mountain Resort in Shenandoah County. Please call the number listed above for more information.

Grayson, Joann, Ph.D.
356 South Main St.
Harrisonburg, VA 22801

833-5593
Email: graysojh@jmu.edu

I am a clinical psychologist with a part-time practice that is limited, at present, to evaluations for the court, for Rockingham Memorial Hospital, and for Harrisonburg-Rockingham Social Services District.

Greater Hope Ministry, Inc.
578 East Market Street, Suite 101
Harrisonburg, VA 22801

574-4189

Jeff Watros, M.A., LPC, LMFT

Greater Hope Ministry has been offering Christian ministry and discipleship through support groups since 1998. The focus of our support groups is to offer hope and healing to men and women desiring freedom from unwanted same-sex attractions, sexual addiction, and the effects of sexual abuse. We also offer individual, marital, and family counseling for adolescents, teens and adults who desire a Christian context to address their sexual and relational conflicts.

Grey, Cynthia W., Ed.S., LPC
356 South Main Street
Harrisonburg, VA 22801

564-0444

My practice includes work with individuals and couples. Special areas of interest include: relationship issues, women's issues, anxiety and stress management, alcohol education and recovery issues, gay and lesbian lifestyle issues, codependency issues, depression, communication skills training, abuse and sexual trauma, and personal growth. Cognitive-behavioral-affective approach. Day and evening hours are available. Free initial consultation available upon request. Filing to insurance companies provided.

Harmon, Teresa M., Ph.D.
29 Stoneridge Drive, Suite 105
Waynesboro, VA 22980

942-5155
Fax: 941-8181

Clinical Psychology and Clinical Neuropsychology. Ages 6 years to 85 years.

Harris, Saul S., LCSW
850 Hillside Avenue
Harrisonburg, VA 22802

438-8227

Harrisonburg League of Therapists
312 S. Main Street
Harrisonburg, VA 22801

437-1605
Fax: 437-1606
Website: www.leagueoftherapists.com/locations/harrisonburg.php
Email: jennifer.henkel@leagueoftherapists.com

Harrisonburg Rockingham Community Services Board
1241 North Main Street
Harrisonburg, VA 22802

**After hours emergency services: 434-1766
434-1941**
Website: www.hrscsb.org

The HRCSB provides therapy, case management, mental health support, residential day support, and emergency services to individuals whose lives have been affected by mental illness, intellectual disabilities, or substance abuse. Fees are based on a person's ability to pay. Insurance, Medicaid, and Medicare are accepted. The McNulty Center for Children and Families, listed in this section, and Summit House, listed in the Basic Needs/Crisis/Non-Profit Service section, are affiliated with HRCSB.

Henderson, Joann H., LPC
Physical address:
1820 Country Club Road
Harrisonburg, VA 22802

Mailing address:
P. O. Box 103
Broadway, VA 22815

476-1482
Website: www.joannhendersontherapy.com
Email: joannhenderson@gmail.com

Professionally integrating psychotherapy and spirituality for individuals of all ages, couples, families, and groups. Philosophy of practice integrates body, mind, and spirit on a journey toward wholeness.

Hensley, Barry Ed.S
31 Southgate Court, Suite 101
Harrisonburg, VA 22801

434-1494

Educational Services Institute provides psychological, educational, and vocational services for children, youth, and adults.

Hensley, Diane L., LPC
31 Southgate Ct, Suite 101
Harrisonburg, VA 22801

434-1494

Educational Services Institute provides psychological, educational, and vocational services for children, youth, and adults.

Here-4-You Counseling
109 E. 6th Street

635-3518
Website: www.here-4-you.com

Front Royal, VA 22630

Email: Jeffrey@here-4-you.com

Jeffrey J. Rodman, LPC, MAC

Individual, family, and couples counseling. Substance abuse assessment and treatment. Christian Care counseling. Accept Anthem BC/BS, Cigna, and Aetna insurance plans.

Hoopes, Gwendolyn, Ed.S.

665-1970

Amherst Center
21 S. Kent Street, Suite B 2
Winchester, VA 22601

I provide both treatment and diagnostic services to children, teens, and college-age adults who experience learning and/or emotional difficulties. Cognitive behavioral and solution-focused work is done primarily with individuals and family units.

Horizons Counseling and Consultation

209-1676

273 Newman Avenue, 2nd floor
Harrisonburg, VA 22801

Website: www.horizonscenterva.com
Email: horizonscenterva@yahoo.com

Pam Reese Comer, LPC, Director

Kristy Koser, M.A., Resident in Counseling

Nate Koser, M.A., Resident in Counseling

Serving individuals, couples, families, and groups. In a comfortable, safe and supportive atmosphere, we offer a highly personalized approach tailored to each of our client's individual needs to help them move toward personal growth or healing. Resident Counselors have been trained in the provision of Emotion Focused Therapy for couples and Horizons offers couples sessions as well as marital enrichment groups based on EFT. We do not take insurance. We work with you to adjust our fees in considering your needs.

Horne, Lois B., LPC, LSATP

213-1316

1208 West Beverley Street
Staunton, VA 24401

E-mail: lhorne@ntelos.net

Individual, marital, family, and group psychotherapy for adolescents, 12–18 years old, and adults. Specialties in treating trauma, physical, emotional and sexual abuse, addiction, depression, and anxiety. A variety of treatment modalities are used, with therapy tailored to meet needs of each client or family. Special training in EMDR, mindfulness, relaxation, visualization, and grief therapy. Our mission is to enable people to find wholeness and healing through professional psychological counseling and education, while integrating spiritual, medical, and community resources. Most insurance plans accepted.

Hudson, Helen T., M.S.W., LCSW

434-4057

150 Franklin Street
Harrisonburg, VA 22801

I have practiced psychotherapy for 29 years. I work primarily with adolescents and their families, and adults in individual and marital therapy. I have particular interest and expertise in adult survivors of incest, rape, and violence. I also work with people doing Emotional Freedom Technique (EFT), in combination with psychotherapy. Philosophy: to focus not only on the symptoms, but on the emotional, intellectual, physical, social, and spiritual strengths of the individual or family. Evening appointments and free parking are available. I accept Medicare and Medicaid and most insurance.

Jennings, Julie, Ph.D., LPC

463-7601

204 E. Washington Street
Lexington, VA 24450

Johnston, Nancy L., LPC, LSATP

108D Houston Street
Lexington, VA 24450

464-1890
Website: www.nancyjohnston.com

Kave, Vickie L., LCSW

1208 West Beverley Street
Staunton, VA 24401

204 E. Washington Street
Lexington, VA 24450

213-1316
Email: bjkave@gmail.com

Life transitions and trauma recovery for children, adolescents, adults, and families. Mission is to enable people to find wholeness and healing through professional psychological counseling and education, while integrating spiritual, medical, and community resources.

Kesecker, Mary, Ed.S.

525 E Market St
Harrisonburg, VA 22801

433-8830

Kizer, Amanda C., LPC

828 N. Augusta Street
Staunton, VA 24401

448-2827
Fax: 886-3869

I am holistic in my work with others, looking at spiritual, relational, emotional, and physical aspects of healing. I provide individual, couples, and family counseling with those seeking help with family communication, depression, anxiety, sexual and physical abuse, grief and loss, and self-esteem. Although I provide general counseling and psychotherapy, I have received specialized training in play therapy and attachment-related issues with children. Most insurances accepted.

Langston, Tara, CSAC, LPC, ADS

356 S. Main Street
Harrisonburg, VA 22801

421-5492
Email: TDL716@aol.com

I provide individual, couples, group, and family therapy for those 12 years old and above. I specialize in substance abuse and have been trained to provide auricular acupuncture. I work with people on personal growth issues, mental health disorders, parenting concerns, and anger management. I am a Certified Substance Abuse Counselor, Licensed Professional Counselor, and an Auricular Detox Specialist. Will file insurance pending authorization from the insurance carrier. I work hard to accommodate work, family, and school schedules.

Lizer, Bob, M.D.

335 Westside Station Drive
Winchester, VA 22601

662-7555

Adult outpatient and psychiatric services.

Lutheran Family Services of VA (LFSVA)

500 S. Wayne Avenue
Waynesboro, VA 22980

383-2902
Website: www.griefvirginia.org
Email: clong@lfsva.org

Cynthia Long, D.Min., Grief Support Specialist

The Shenandoah Valley Grief Services program of LFSVA provides a supportive and safe environment for grieving individuals to share and validate their feelings of grief and loss. Support is available for losses, including the following: suicide, death, job loss, aging losses, pet loss, and traumatic events.

Martin, Anne L., LCSW

1820 Country Club Road
Harrisonburg, VA 22802

433-1663

I counsel adults, adolescents, children, and families. My areas of interest and expertise include: treating depression and anxiety; facilitating recovery from trauma; eating disorders, family difficulties and assisting women focusing on personal growth. I blend family systems and object relations perspectives, utilize cognitive-behavioral techniques, and believe being thoroughly heard is central to healing, change, and growth. Day and evening appointments are available. Most insurance plans are accepted.

Massie, Kent, LPC

Physical address:
120 W. Nelson Street
Lexington, VA 24450

Mailing address:
P. O. Box 1084
Lexington, VA 24450-1084

213-8242 & 460-2053
Email: kmassie@comcast.net

I provide mental health counseling services to adults, with a particular interest in anxiety disorders and habit re-formations. I am an Approved Consultant in Clinical Hypnosis, certified by the American Society of Clinical Hypnosis.

McNulty Center for Children and Families

463 E. Washington Street
Harrisonburg, VA 22802

433-3100
24-hour emergency: 434-1766
Website: www.hrcsb.org

Lynn Grigg, Director

Provides mental health and substance abuse services to children and families as a part of the Harrisonburg-Rockingham Community Services Board. Services include individual and family therapy, group therapy, and case management for children with serious emotional disturbance (SED) and intellectual disabilities (ID). In addition, the PACE early intervention program for infants and toddlers provides developmental assessments, infant education, physical therapy, speech therapy, occupational therapy, and service coordination for children from birth to three years of age.

Mental Health America of Augusta

101 W. Frederick Street, Room 206
Staunton, VA 24401

866-7181 & 949-0169
Website: www.mha-augusta.org
Email: mhaa@ntelos.net

Donna H. Gum, Executive Director

Mental Health America of Augusta is a non-profit, non-governmental, education and advocacy, volunteer organization whose mission is: to improve the mental health of our community by providing education, advocacy, and service access. The MHA-A works closely with area legislators to promote the passage of legislation that supports the above stated mission, and serves the community as an information and referral service to include private providers, public agencies, and support groups. We also provide educational seminars for both the professional community and local citizens. The MHA-A, a United Way partner agency, also sponsors community-based, on-going programs such as: Pro Bono Counseling, YEAR One...for Newlyweds, the Bereavement Program, Pearl of Happiness, and Anxiety and Bipolar Support Group.

Mosaic Counseling Center

2 S. Main Street
Harrisonburg, VA 22802

908-8206
Email: yoderej@gmail.com

Most people yearn for inner peace. The goal in therapy is to identify the negative patterns and cycles for each individual (child/adult), couples, or families that keep you stuck and to find more appropriate and effective coping skills to move you toward your life goal of emotional, physical, and spiritual well-being. Certified Hypnotherapist. Certified Health Coach for Take Shape For Life. Hypnotherapy in combination with therapy has proven to be very effective for individuals interested in weight loss and smoking cessation. Trained as a Spiritual Director.

National Counseling Group, Inc.

1951 Evelyn Byrd Avenue, Suite B
Harrisonburg, VA 22801

437-0403 & 437-0405
Fax: 437--0421
Website: www.nationalcounselinggroup.com

Email: Lauren.boyd@nationalcounselinggroup.com

Tamala K. Gilardi, LCSW, Clinical Supervisor

Intensive in-home counseling services for youth and their families. Out-patient therapy. Mental health support services provider. Therapeutic day treatment for at-risk youth in public school systems. Accept Medicaid, FAPT, and self-pay.

New Dimensions Counseling Center

942-5847

421 W. Main Street
Waynesboro, VA 22980

Kathy Anstine, LPC

Paul Harmon, M.A., LPC, LSATP, NCC

Newman Avenue Associates

434-2800

110 Newman Avenue
Harrisonburg, Virginia 22801

Fax: 434-2883

Liesel Showalter, LPC

Nancy Good, LCSW, Ph.D.

Mary Kay Rose, Ed.S., LPC

Bonita Jantzi, LCSW

Mercy Souder, LPC

Rose Huyard, LPC

Pat Laurenz, LCSW

Joseph G. Lynch, LCSW

Jenny A. Kuszyk, LPC

Newman Avenue Associates is comprised of a group of experienced clinicians with diverse and specialized training. We offer a range of mental health services including individual, couples, and family counseling, and play therapy. We also offer EMDR, biofeedback, and coaching as well as consultations and training to professionals, schools, churches, and businesses. We enjoy working with people of all ages. Please feel free to contact any of the NAA clinicians to discuss which person would best meet your or your client's clinical needs.

Norton, Janis, LCSW

435-1315

356 S. Main Street
Harrisonburg, VA 22801

Website: www.janisnorton.com

Email: janisnorton@gmail.com

Individual, couples, and family therapy. Neuro feedback.

Nowell, Carrie R., Psy.D.

667-1389

134 W. Piccadilly Street
Winchester, VA 22602

I work with adolescents, young adults, and families. Empathic and dynamic, I provide a strength-based approach to help clients realize their potential. Concerned with immediate relief but also focused on deeper change, I work in short or long-term interventions in order to increase functional capacities and address personality dynamics. Additionally, I provide psychological testing for children, adolescents, and adults with an emphasis on ADHD/learning evaluations and personality assessment. Some insurance accepted Day and evening hours available.

Pellegrino, Joseph F., Ph.D.

574-2210

481 E. Market Street
Harrisonburg, VA 22801

I am a clinical psychologist who provides individual, play, and family therapy for children, adolescents, and adults as well as couple/marital counseling. I conduct comprehensive psychological evaluations with children, adolescents, and adults. Consultation with schools and daycares and workshop presentations are available. Areas of expertise: depression, anxiety, ADHD, anger management, divorce, adoption and blended family issues, and chronic illness. Daytime and evening hours available. Insurance accepted.

Psychological Health Associates, Ltd.

801 S. Loudoun Street
Winchester, VA 22601

667-5431

Website: www.phawinchester.com
Email: info@phawinchester.com

Psychological Health Associates is a multidimensional practice designed to address a variety of mental health needs. Our practitioners are highly trained licensed professional psychologists with a diversity of expertise providing a wide range of treatment and assessment services for children, adolescents, adults, and couples.

Richardson, Connie Y., LPC

1164 S. High Street
Harrisonburg, VA 22801

434-9700

Fax: 434-0291

My orientation is cognitive-behavioral. I work with adults, couples, and adolescents (14 years and older). Specialization includes treatment of anxiety disorders (e.g., panic disorder, post traumatic stress disorder, obsessive compulsive disorder), adjustment disorders (e.g., loss/grief, life transitions), and mood disorders.

RMH Behavioral Health, Inpatient Services

235 Cantrell Avenue
Harrisonburg, VA 22801

689-5450

As of June 22, 2010:
2010 Health Circle Drive
Harrisonburg, VA 22801

James C. Styron, IV, MD, JD, Medical Director

Comprehensive mental health services include a 20-bed inpatient adult psychiatric unit. Acute in-patient care for psychiatric disorders, including dual diagnoses. Individual, family, group, recreational, occupational, and psychopharmacological therapies are provided. For referral to this unit and for after-hours and on-weekends contact information, call the Psychiatric Emergency Team (PET) at 689-1000.

RMH Behavioral Health, Outpatient Services

752 Ott Street
Harrisonburg, VA 22801

564-5960

As of December, 2010:
644 University Boulevard
Harrisonburg, VA 22801

Toll free: 877- 294-5731
Fax: 433-4338

M. Andrée Gitchell, LCSW, Director
Lawerence G. Conell, M.D., Medical Director

Nicole M. Curtis, LPC
Ellen R. Dotas, LPC
Donielle Janow, Psy.D.
Sandra Weaver, MSN, LCNS

Dee Michael, LPC, NCC
Kelly Sharpes, LPC
Ron Shelton, LCSW
Jill R. Langridge, LPC, EAP Lead Therapist

Jane C. Pirooz, Ed.S., LPC, Coordinator, RMH Behavioral Health Community Education Manager
Randall B. Hook, LCSW, Coordinator, RMH Partial Hospitalization/Day Treatment Program
Jennifer Johnson, LPC, Coordinator, RMH LIFE Recovery Program
Nancy Shomo, BSW, GC-C, Coordinator, Grief and Loss Services

Offering care, treatment, and support for individuals, families, and groups in a warm, healing environment. The Center for Behavioral Health offers a unique and comprehensive approach to traditional mental health services, including the following:

- Individual, couple, and family therapy for adolescents and adults.
- Partial Hospitalization/Day Treatment Program – intensive outpatient support for those in crisis (see below).
- LIFE Recovery Program – specializing in addiction services (see below).
- Grief and loss services (see below).
- Eating disorders services.

- *Smart Marriages* program.
- Biofeedback and stress management.
- Employee Assistance Program – tailored to the business community.
- 24-hour psychiatric emergency services.

Most insurance plans accepted. Hours of operation vary with service.

RMH Behavioral Health Community Education Program

752 Ott Street
Harrisonburg, VA 22801

As of December, 2010:
644 University Boulevard
Harrisonburg, VA 22801

433-4254 & 435-2492
Toll free: 877- 294-5731
Email: jpirooz@rhcc.com

Jane C. Pirooz, Ed.S., LPC, Program Manager

Providing the community with information regarding services offered by RMH Behavioral Health and the benefits of these services. It is the goal of the program to educate healthcare professionals, family members, patients, and other interested parties about behavioral health resources that are available to them when necessary. Mental health information, educational seminars, and programming are obtainable through this program by contacting the program manager.

RMH Grief and Loss Services

752 Ott Street
Harrisonburg, VA 22801

As of December, 2010:
644 University Boulevard
Harrisonburg, VA 22801

433-4427
877-294-5731 Ext: 4427
Email: nshomo@rhcc.com

Nancy Shomo, Program Coordinator

RMH Grief and Loss Services provide individual and family consultations with no charge for the first two visits. Modest charges for subsequent visits. Referral services are provided. Educational workshops and seminars are offered to schools, universities, businesses, churches, and civic organizations. Support groups are offered on various loss issues. Bereavement training in pregnancy loss (RTS) is also available to facilities within a 100 mile radius of Harrisonburg.

RMH LIFE Recovery Program

752 Ott Street
Harrisonburg, VA 22801

As of December, 2010:
644 University Boulevard
Harrisonburg, VA 22801

564-5629
Toll free: **877- 294-5731**
Fax: 564-5823

Jennifer Johnson, LPC, Program Coordinator

Staffed by licensed professionals who provide outpatient substance abuse treatment for persons, 13 years and older, who are suffering from problems due to drug and/or alcohol use. Services include individual therapy, motivational group therapy, adolescent individual and group therapy, family education, intensive outpatient programs, continuing care groups, residential treatment referral, and smoking cessation. Treatment costs vary depending upon the services provided. Most insurance plans accepted.

RMH Partial Hospitalization/ Day Treatment Program

752 Ott Street
Harrisonburg, VA 22801

As of December, 2010:
644 University Boulevard
Harrisonburg, VA 22801

546-5960
Toll free: 877- 294-5731
Fax: 564-5823

Randall Hook, Program Coordinator

The RMH Partial Hospitalization/Day Treatment Program offers a convenient and efficient way for people to get the help and therapy they need with the least amount of disruption to their lives. Participants come to the hospital in the morning, stay during the day for therapy and/or treatment, then go home in the evening. The goal of the program is to provide quality care in a structured but relaxed setting that acknowledges the patient's dignity, motivation, and ability to effectively manage his or her life. The program uses a strengths-based approach to care.

RMH Valley Behavioral Medicine

564-7007

752 Ott Street
Harrisonburg, VA 22801

As of December, 2010:
644 University Boulevard
Harrisonburg, VA 22801

*Raymond Alderfer, M.D.
Lawrence G. Conell, M.D.
Pam Hevener, NP*

*Aamir Mahmood, M.D.
James C. Styron, IV, M.D., JD*

RMH Valley Behavioral Medicine is a group psychiatric practice providing high quality evaluation and treatment for psychiatric and addictive disorders. RMH VBM provides psychiatric evaluation and treatment to patients 6 years of age and older from throughout the Shenandoah Valley. Outpatient care is offered through our office in Harrisonburg. Inpatient care is provided through RMH Behavioral Health, Inpatient Services and day treatment and intensive outpatient services are offered through RMH Behavioral Health outpatient services.

Rockbridge Area Community Services

463-3141

241 Greenhouse Road
Lexington, VA 24450

Website: www.racsb.org

Shenandoah Psychiatric Medicine

949-0955

19 Briar Knoll Court, Suite 3
Fishersville, VA 22939

Darin L. Christensen, M.D.

Shenandoah Valley Center for Integral Counseling, LLC

248-1801

113 Mill Place Parkway, #101
Verona, VA 24482-2662

Fax: 248-1802

Website: www.svcic.com

Gary Bass, M.Ed., LPC

Mary Kay Rose, Ed.S., LPC

Offer individual, group, family, marital, relationship, and couples counseling. A general counseling practice with special interest in depression, anxiety, PTSD, grief and loss, physical and sexual abuse, anger management, stress management, women's and men's issues, growth counseling, Asperger's, domestic violence, depth counseling, personal and professional development, personal and professional coaching, addiction and recovery, effective communication, the process of change, and creative, expressive and inner-directed and body-centered modalities. We serve adolescents 12 years old and up, adults, families, couples, and organizations. We focus on, acknowledge, and honor the whole person – mental, emotional, physical, and spiritual. We accept most insurance and private pay.

Shenandoah Valley Sex Offender Treatment Program

434-1730

356 S. Main Street
Harrisonburg, VA 22801

Website: www.SVSOTP.org

We are a community based outpatient treatment program for adolescent sex offenders. We take referrals from individuals or agencies but do not bill insurance. We provide group and individual cognitive/behavioral therapy for sex offenders who have a founded case and who fall within the age range of 13 to 19. We have an informational website which provides referral information and forms that can be accessed at SVSOTP.org.

Shenk, Daniel R., M.S.W.

434-0531

1820 Country Club Road
Harrisonburg, VA 22801

Email: dshenk1820@yahoo.com

I offer individual, marital, and group psychotherapy with a particular interest in the mind-body-spirit connection. I work mostly with people who are experiencing anxiety, depression, relationship problems, and issues around loss, death, and separation.

Showalter, Gerald R., Psy.D.

King Plaza West
1320 Ohio Street, Suite M
Waynesboro, VA 22980

447-0134
Fax: 941-1076

Licensed Clinical Psychologist and Neuropsychologist

Simmons, Sarah G., LCSW

1208 W. Beverley Street
Staunton, VA 24401

213-1316 & 213-2080

I provide individual, family, and couples therapy. My clinical experience includes work with depression, anxiety, grief and loss, divorce, ADHD, childhood onset disorders, life transitions, self-esteem, and parenting support. Accept most insurances.

Smith, Bren McGillivray, LPC, LMFT

250 Old Mill Lane
Broadway, VA 22815

901-9000
Email: brenmcgs@aol.com

Individual and relationship counseling and behavior-communication therapy for pervasive developmental disorder and autism.

Sylvest, Sandra L., Ed.S., LPC

Choice Directions Counseling
6178 Scholars Rd
Mt. Crawford, VA 22841

433-8590

I work with individuals, couples, and families in the discovery of conscious choices that create more satisfying life experiences. My practice addresses issues of depression, anxiety, stress, grief, loss, low self-esteem, and relationship issues of trust, intimacy, and communication. The therapies I employ are drawn from various theoretical bases depending on the client's needs and available resources. Day and evening hours by appointment.

Ter Poorten, Laura, LPC

120 W. Nelson Street
Lexington, VA 24450

464-1004
Email: Lterpoorten@gmail.com

Valley Behavioral Health

755 S. Main Street
Woodstock, VA 22664

459-1262
Fax: 459-1263

Thomas Cardwell, M.D.

Sandra Harris, NP

Donna VanHorn, LCSW

Victoria Harmon, LPC

Valley Community Services Board

85 Sangers Lane
Staunton, VA 24401

887-3200
Services and Questions: 885-0866

Valley Hope Counseling Center

20 Stoneridge Dr., Suite #202
Waynesboro, VA 22980

941-8933
Email: valleyhope@ntelos.net

Ginny Harris, LPC, Executive Director

Sliding scale fee based on family income and number of dependents. Accept Medicaid, but not Medicare. Any age clients served. No current services for non-English speakers. Valley Hope is a United Way agency that provides

quality mental health counseling services at an affordable fee. All types of mental health issues are addressed and counselors have a variety of theoretical orientations. By appointment only, evening appointments available.

Valley Pastoral Counseling Center

300 Chestnut Avenue
Waynesboro, VA 22980

943-8722

Website: www.valleypastoral.org

Emilie S. Friedland, M.A., LMFT - Executive Director

Kristen Davidson, Ed.D., LPC

C. Alan Melton, D.Min., LPC

Stephanie Sterling, M.A., LPC

Insight oriented therapy, intensive adult psychotherapy, depression and anxiety, couples therapy, spiritual issues, and relationship difficulties.

Watros, Jeff, M.A., LPC, LMFT

Physical address:
206 Main Street
Dayton, VA 22821

Mailing address:
P. O. Box 1822
Harrisonburg, VA 22801

234-8187

Email: jeffwatrosipc@gmail.com

For over fifteen years I has been providing individual, marriage and family counseling for adolescents, teens and adults who desire a compassionate, *Christ-centered context to address matters of life, faith and the heart* ☞ Furthermore, I offer help and support in the following areas: Christian leadership, spiritual disciplines, accountability, sexual addiction, sexual identity, healthy relationships, family of origin issues, forgiveness, various abuses, depression, anxiety, stress, anger, grief and loss. I am also available for speaking engagements, training and group work. My schedule is fairly flexible with some evening hours. I am a provider with several primary insurance companies.

Weaver, Judith G., Ed.S. LPC

320 S. Main Street
Harrisonburg VA 22801

7 Berry Boulevard
P.O. Box 604
Luray, VA 22835

433-1291 & 743-7101

Email: jwalpc@aol.com

My practice includes work with adolescents and adults, individuals, couples, families and groups. Special areas of interest and expertise: survivors of childhood trauma, adult children of alcoholics, codependency, gender issues, domestic violence, and relationship concerns. Available to complete chemical dependency evaluations under the SAP/DOT guidelines and to supervise LPC candidates and graduate student interns. Batterer Intervention Program. Insurance filed; participating in most major insurance plans and managed care networks.

Weigand, Ken, Psy.D.

134 W. Piccadilly Street
Winchester, VA 22601

667-1389

Clinical psychologist in private practice with larger group of providers. Specialty areas are young adult development problems, adolescents, family therapy, and couples therapy. Also, a general practitioner who conducts evaluations.

Wettstone, Richard P., Ed. D.

356 South Main St.
Harrisonburg, VA 22801

434-9430

Email: LPCR PW@verizon.net

Thirty-five years of experience as a full-time counselor has prepared me to deal with a broad range of people and concerns. In addition to being licensed as a Professional Counselor, I am also licensed as a Marriage and Family Therapist, Substance Abuse Treatment Provider and as a Certified Family Mediator. Specialty areas include: marital and family issues, addictions of all types, stress management and depression, and adolescent substance abuse and behavioral problems. I am trained in hypnosis, which is useful for those interested in stopping smoking, weight

control, and with many concrete behavior changes. Evening hours are available and most insurance plans are accepted, except for Medicare and Medicaid.

Whitney, Martha, LMFT

326 North Royal Avenue
Front Royal, VA 22630

631-0999

Website: www.marthawhitney.com
Email: martha@marthawhitney.com

I am a compassionate and professional resource who offers psychotherapy services for individuals, couples, families, and groups. I help people cope with stress, anxiety, depression or health concerns. I guide people through major life transitions, such as divorce, career or job change, retirement, or the loss of a loved one. I coach people to enhance their relationships, including employment, marriage and couple, pre-marital, or parent-child. I work with people of all ages.

Wielgus, Carolyn, LPC

204 E. Washington Street
Lexington, VA 24450

464-6949

Winchester Medical Center Behavioral Health Services

1840 Amherst Street
Winchester, VA 22601

536-8152

Toll free: 800-786-2673
Website: www.valleyhealthlink.com

Provides psychiatric services to all adult and adolescent patients who are in need of inpatient care, partial hospitalization, the Adolescent After School Program, or outpatient therapy that is not available in the community. Accepts patients who are on a Temporary Detention Order or Commitment by the Courts.

Wing-Richards, Hillary, M.A., Ed.S., LPC

Physical address:
370 Neff Avenue, Bldg. J
Harrisonburg, VA 22801

Mailing address:
P. O. Box 1013
Harrisonburg, VA 22801

434-8281

Marriage, family, and individual counseling. Adolescence through adulthood. Relationship issues, depression, anxiety, eating disorders, and anger management. Self esteem, crisis intervention for domestic violence and sexual assault victims, male and female survivors of childhood and adolescent sexual and physical abuse, and divorce and stepfamily issues. Consultation and presentations to businesses and organizations on topics including conflict resolution, sexual harassment, surviving childhood abuse and communication in the workplace. Most major insurances accepted. Evening hours by appointment.

Wittersgreen, Ruth, Ph.D.

828 Augusta Street
Staunton, VA 24401

887-6538

Website: www.wittersgreentherapy.com
Email: ruth@wittersgreentherapy.com

Woodbrook Counseling Services, LLC

185 South Liberty Street
Harrisonburg, VA 22801

437-0055

Email: woodbrookcounseling@hotmail.com

Stephen L. Flora, LPC

I provide individual and family counseling. My practice focuses on child and adolescent issues, Autism Spectrum disorders, and sexual and physical abuse victims.

Worth, James W., Ed.D.

308 Jackson Avenue
Lexington, VA 24450

463-4000

Email: jworth@wlu.edu

Wright, Carroll J., Ph.D.
22 East Market Street, Suite 212,
Harrisonburg, VA 22801

433-0280
E-mail: drjoe@shentel.net

Areas of specialization: depression, anxiety and mid-life crisis. Theoretical orientation: spiritual psychotherapy, for people who are tired of trying to fix the ego. Every symptom has a hidden positive meaning. Misdiagnosis is the main problem in psychotherapy. I only take patients who are willing to invest a year in serious work on self. I am willing to correspond with you by email and to conduct an initial interview before I would make such a commitment to you.



Basic Needs/Crisis/Non-Profit Service Providers

Sometimes we all need a helping hand. The agencies in this section offer a variety of different services from crisis intervention to prevention and education. Agencies specializing in crisis intervention offer assistance in a variety of circumstances ranging from natural disaster recovery to domestic violence and abuse. Many of these agencies also provide basic needs to families such as shelter, food, and clothing.

Non-Profit Service Providers come in all shapes and sizes. They may offer assessment, emotional support, financial assistance, education, medical treatment, mentoring, or temporary shelter. Some are staffed by professionals only, while others rely on volunteers. Many of the services provided are free; however, some agencies do charge for their services. Most agencies will handle a variety of problems but regularly refer people to mental health care providers for more specific counseling needs. Many non-profit service agencies also provide prevention and education services. Please contact the agencies to find out if these services are available.

All area codes 540 unless otherwise noted

Abuse

Choices of Page County

216 W. Main Street

Luray, VA 22835

Debbie Dart, Executive Director

24 Hour Hotline: 743-4414

Website: <http://choicesofpagecounty.org>

Email: debbiedart@choicesofpagecounty.org

Choices of Page County is a private, non-profit, social services organization providing the following services with the hopes of improving the lives of victims of domestic violence, sexual assault, incest, and homelessness: food, supplies, emergency safe house/shelter, court/legal advocacy, 24-hour hotline, crisis intervention, peer counseling, support groups, community education, domestic violence and rape victim companionship, information and referrals, and 911 cell phones.

Collins Center

Physical Address:

165 South Main Street, Suite D

Harrisonburg, VA 22801

Mailing Address:

PO Box 1473

Harrisonburg, VA 22803

24 Hour Hotline: 434-2272

432-6430

Fax: 432-6293

Website: www.thecollinscenter.org

In addition to the sexual assault, crisis, mental health, and prevention services, the Collins Center also houses a Child Advocacy Center (CAC). The CAC is a child-friendly, community-oriented, facility-based program in which professionals from core disciplines come together to discuss and recommend appropriate comprehensive services to the victims of child abuse and neglect. The center functions as a shared project amongst these professionals with a vested interest in supporting and treating child abuse victims throughout the investigation and prosecution of their abusers. Because of this center, families in our community now have a central location and coordinated team to walk with them through this process.

First Step: A Response to Domestic Violence

129 Franklin Street

Harrisonburg, VA 22801

434-0295 or 866-223-9169

Website: www.firststepva.com

Email: firststepva@gmail.com

First Step is a private, non-profit agency providing shelter and support services for survivors of domestic violence and their dependent children. The services offered include: 24-hour, 7 day/week access to shelter and crisis intervention services, support/education groups for survivors and their children, housing/employment counseling, court advocacy, case management and information, and referrals. All services are provided free of charge.

Mercy House

P.O. Box 1478
247 N. High Street
Harrisonburg, VA 22802
Twila Lee, Executive Director

432-1812
Fax: 564-0325
Website: <http://themercuryhouse.org>
Email: twilamercury@ntelos.net

Mercy House is a transitional housing shelter for homeless families, both single parent and 2 parents, with children. Families can stay up to 6 months provided they are following the program requirements designed to assist their family with obtaining housing and reaching self-sufficiency. Families are provided shelter, food, clothing, and case management free of charge during their stay. Families must have the ability to work, save money and become self-sufficient.

New Directions Center

P.O. Box 3069
Staunton, VA 24402

Hotlines: 800 56 HAVEN or 886-6800
885-7273
Website: www.newdirectionscenter.com

New Directions Center, Inc., a United Way agency, is a non-profit community organization which provides crisis intervention, emergency housing, food, clothing, and transportation to women, children, and men impacted by emotional, physical, and sexual violence in the Staunton, Waynesboro, and Augusta County areas.

Project Horizon

120 Varner Lane
Lexington, VA 24450

24 Hour Hotline: 463-2594
Website: <http://organizations.rockbridge.net/projecthorizon>
Email: ph@rockbridge.net

Project Horizon is dedicated to reducing domestic, dating, and sexual violence in the Lexington, Buena Vista, and Rockbridge County areas through crisis intervention services and prevention programs. Through its direct services to clients and outreach programs, Project Horizon offers survivors a 24 hour hotline, emergency shelter, crisis intervention, counseling, applicable referrals, and court advocacy.

Response, Inc.

P.O. Box 287
Woodstock, VA 22664

24 Hour Hotline: 459-5161
Toll Free Hotline: 1-888-459-5161
Office: 459-5599
Website: www.shenandoahcountyresponse.org

Response, Inc. is a Shenandoah County community organization dedicated to preventing and helping people overcome the problems of sexual and domestic violence and other forms of abuse through outreach, advocacy, and supportive services. Response is a dual sexual assault, crisis, and domestic violence program center. Services available: confidential 24-hour hotline, emergency shelter, volunteer companion program, court advocacy and accompaniment, case management services, individual supportive services, adult, youth, and children support groups, parenting education, and school education/prevention programs. Services are confidential and free.

Addiction/Recovery

Please see our listings in the Support/Self-Help Groups section of this publication.

Basic Needs/Crisis

American Red Cross

Regional/local offices

Website: www.redcross.org

Central Virginia Chapter
1105 Rose Hill Rd.
Charlottesville, VA 22903

<http://centralvirginia.redcross.org>

434-979-7143

Blue Ridge Branch Office
18 Government Center Lane
Augusta County
Government Center
PO Box 590
Verona, VA 24482

886-9151

Shenandoah County Chapter 103 S. Main Street www.shenandoahredcross.org 459-2913
 Woodstock, VA 22664

The American Red Cross provides relief to victims of disasters and helps people prevent, prepare for, and respond to emergencies through our five lines of service. In the community, the American Red Cross provides:
Armed Forces Emergency Services: emergency communications to men and women in the military
Blood Services: collecting lifesaving units of blood for our area, state and nation during times of large disasters
Disaster Services: food, clothing, shelter, hotel, prescription replacement, and first month's rent to those affected by natural disaster
Health & Safety Services: CPR, First Aid, and AED (Automatic External Defibrillator) training
International Services: providing tracing services and local projects to serve others from around the world.
 Spanish interpreter can be arranged; advanced notice is needed.

Community Resource Center

Call/Walk-in Center	Mailing Address	Website: www.hrcrc.org
Muhlenberg Lutheran Activity Center	PO Box 1753	Email: volunteer@hrcrc.org
281 E. Market Street	Harrisonburg, VA, 22803	or kohnlx@jmu.edu
Harrisonburg, VA 22801		

Serves all ages and income levels
 Non-English Services available upon request

Services:

Information, Resource, and Referral Services for the Harrisonburg-Rockingham (and surrounding) areas: Through the utilization of a comprehensive database listing local services/agencies, search tools, and contacts, CRC can provide a link to these services through the call center, agency website with links, and through personal contact with area resources. Trained volunteer responders provide personal links to those needing and requesting information and connections.
Homeless Management Information Systems Services: Providing a venue to connect homeless or potentially homeless clients to possible services as well as a means to track homeless needs within our area. Participate in advocating homeless issues within the community and partner with agencies serving this need.
Agency Support and Partnership: CRC strives to be a central venue to assist in identifying gaps and needs in services, collaborate to assist in funding, and strengthen community initiatives.

Department of Social Services

Local Offices

Bath County <i>Deborah Michael, Director</i>	65 Courthouse Hill Road P.O. Box 7 Warm Springs, VA 24484	www.bathcountyva.org	839-7271
Harrisonburg/ Rockingham County <i>Donald D. Drive, Director</i>	110 N. Mason Street PO Box 809 Harrisonburg, VA 22803	www.rockinghamcountyva	574-5100
Highland County <i>Sharon Spongaugle, Director</i>	P.O. Box 247 Monterey, VA 24465		468-2199
Page County <i>Pete Creaturo, Director</i>	215 W. Main St., Suite A P.O. Box 47 Stanley, VA 22851		778-1053
Rockbridge-Buena Vista- Lexington Area <i>Meredith Downey, Director</i>	20 E. Preston St. Lexington, VA 24450		463-7143

Shenandoah County <i>John Ayers, Director</i>	Shenandoah County Government Center 600 N. Main St., Suite 108 Woodstock, VA 22664	www.shenandoahcountyva...	459-6226
Shenandoah Valley (Staunton-Augusta Office) <i>Elizabeth Middleton, Director</i>	68 Dick Huff Lane P.O. Box 7 Verona, VA 24482	www.co.augusta.va.us	245-5800
Shenandoah Valley (Waynesboro Office) <i>Elizabeth Middleton, Director</i>	1200 Shenandoah Ave. Waynesboro, VA 22980	http://waynesboro.va.us/ss.php	942-6646

The Department of Social Services provides both financial and social work services that are administered according to State and Federal regulations. The mission of the agency is to promote self-reliance and protection for Virginians through community based services. Please check with your local office to see what programs and services are available in your location.

Financial Services include:

- Temporary Assistance for Needy Families (TANF)
- Food Stamps
- Medicaid
- Auxiliary Grants for the Aged, Disabled, and Blind
- General Relief
- Energy/Fuel Assistance
- State-Local Hospitalization

All of these programs have differing eligibility guidelines and require application and verification of information. They are designed to assist low-income families or individuals through cash grants or in-kind payments for financial needs.

The Social work programs are as follows:

- Protective Services for Children and Adults
- Foster Care Services
- Adoption Services (limited - usually referral to private or public agencies)
- Nursing Home screenings and placement
- Adult Home placements
- Adult stabilization and support
- Family stabilization and support
- Day Care Services for Children
- Employment Services under the Federal and State Welfare Reform initiatives--VIEW (The Virginia Initiative for Employment, not Welfare)

Some of the service's programs are provided based solely on need and not on income eligibility. The focus of the services is to strengthen the family's or individual's ability for self-sufficiency or independence, avoid inappropriate institutional placements, and provide protection to those who are unable to protect themselves.

Goodwill Industries, Inc.

Website: www.goodwill.org

Local Offices

Northern Division (Staunton/Waynesboro)	1600 N. Coalter St. Suite 16 Staunton, VA 24401	www.goodwillvalleys.com/	886-2001
Fishersville	1076 Jefferson Hwy Staunton, VA 24401		332-7750
Harrisonburg Workforce Center	1909 A East Market St. Harrisonburg, VA 22801		434-2513
Winchester Branch (Page & Shenandoah County)	156 Cole Lane Winchester, VA 22602	www.horizongoodwill.org	535-1941

Harrisonburg Redevelopment and Housing Authority

434-7386

P.O. Box 1071
Harrisonburg, VA 22803
Michael Wong, Executive Director

Fax: 432-1113

Website: www.harrisonburgrha.com

To provide safe, decent, affordable housing for low-income families. Also involved in housing rehabilitation programs, reutilization programs, tax exemptions and financing, and home ownership development programs.

Harrisonburg-Rockingham Community Services Board

434-1941

1241 N. Main Street
Harrisonburg, VA 22802

Emergency Services 24-hours a day, 7 days a week, call (540) 434-1766

The Harrisonburg-Rockingham Community Services Board provides services that promote dignity, choice, recovery, and the highest possible level of participation in work, relationships, and all aspects of community life for individuals and families whose lives are affected by behavioral health or developmental disorders.

CSB charges are based on a sliding scale which takes into account income and family size. Medicaid, Medicare, and many health insurance plans are accepted. All information is confidential and is not released without permission or authorization. Please call to inquire about hours and appointments.

Our Community Place

442-7727

17 E. Johnson St.
Harrisonburg, VA 22802

Website: www.ourcommunityplace.org

Our Community Place seeks:

- To accommodate, foster and provide activities and programs related to personal growth and community well being.
- To be a resource in the community for individuals seeking information or services already provided by other organizations.
- To educate and empower individuals toward self-sufficiency, thus creating social capital for the community at large.
- To nurture a community that appreciates diversity and sees differences and conflict as opportunities for spiritual growth.

Our Community Place currently has a community center located at 17 East Johnson Street that offers three free meals a day and is open from 8am-8pm Monday-Saturday. We also have a work program: Our Community Works and a Work-Recovery Farm: Our Community Farms. For more information, please visit our website.

Page One

743-4357

42 W. Main Street
Luray, VA 22835

Emergency situations for low income and elderly in Page County.

Patchwork Pantry

433-2148

Community Mennonite Church
70 S. High Street
Harrisonburg, VA 22801

Patchwork Pantry provides free staple foods and some non-food items at Community Mennonite Church, 70 S. High Street. Clients are eligible to receive food one time per month. Call for more information.

People Helping People

433-7286

281 East Market Street
C/O Muhlenburg Lutheran Church
Harrisonburg, VA 2202
Joan Wallenbeck, Director

People Helping People is a group of volunteers whose purpose is to coordinate helping services for persons in need in Harrisonburg and Rockingham County. Please call to inquire about hours of operation.

Salvation Army

Website: www.salvationarmyusa.org

The Salvation Army is a non-profit organization that provides programs and services that help build community and fellowship, rebuild lives and provide comfort and support to those in need.

Local Offices

Harrisonburg	184 Ashby Ave Harrisonburg, VA	<i>Captain Duane Burleigh</i>	434-4854
Staunton	1700 West Beverley Street Staunton, VA	<i>Captain David May</i>	885-8157
Waynesboro	900 B. Street Waynesboro, VA	<i>Major Linda Sloan</i>	943-9897
Winchester	300 Ft. Collier Rd Winchester, VA	<i>Alvaro Porras, Hispanic Outpost, or Major Daniel Turner</i>	662-4777

United Way

Website: <http://national.unitedway.org>

United Way's goal is to create long-lasting changes by addressing the underlying causes of these problems. Living united means being a part of the change. It takes everyone in the community working together to create a brighter future. Give. Advocate. Volunteer. LIVE UNITED.

Local Offices:

Greater Augusta County	PO Box 1166 Fishersville, VA 22939	www.unitedwayga.org	943-1215
Harrisonburg & Rockingham County	420 Chesapeake Ave P.O. Box 326 Harrisonburg, VA 22803	http://uwhr.org/	434-6639
Lexington & Rockbridge	218 S. Main Street	www.unitedwaylexva.org	463-4482

County	Lexington, VA 24450	
Page County	34 Stony Brook Lane Luray, VA 22835	743-1662
Shenandoah County	329 N. Cameron Street, Suite 201 Winchester, VA 22601	www.unitedwaynsv.org 536-1610

Valley Mission Inc.

1513 W. Beverley Street
Staunton, VA 24401

David D. Reed, Executive Director

886-4673

Website: <http://valleymission.net>

Email: davidreed@valleymission.net

Valley Mission Inc. provides temporary shelter for the homeless, serving single men, women, and families, and limited assistance to low-income community members. We provide 3 meals a day Monday – Friday, and 2 meals a day on Saturday and Sunday. All meals are open to the community. Shelter residents receive help with items needed as well as case management services and spiritual counseling. Community members who qualify for help may receive utility and prescription assistance, Thrift Store vouchers, and food boxes. GED classes are available to everyone. Chapel services, offered twice each week, are open to the public.

Caring for Aging Adults

Caregivers Community Network

Blue Ridge Hall – MSC 9014
Harrisonburg, VA 22807

568-6682

877-568-6682

Fax: 568-6409

Website: www.socwork.jmu.edu/Caregivers

Caregiver's Community Network (CCN) provides support and resources to caregivers including one-on-one companionship and respite care for their loved one at home. The program serves Harrisonburg/Rockingham County.

- Weekly personalized in-home companion care
- Educational workshops and support groups
- Partnership with community service and faith based organizations to provide a well-coordinated referral system
- Telephone consultations to supply caregivers with support, tips and resources
- Errand running
- Time off for the caregivers

For a listing of other self-help and support groups for caregivers please see the Support/Self-Help Groups section of this directory.

Chronic Illness

Alzheimer's Association, Central & Western Virginia Chapter

2040 Deyerle Ave., Suite 102
Harrisonburg, VA 22801

Wendy DeLawder, Program Outreach Director

437-7444

800-272-3900

Website: www.alzcvva.org

When Alzheimer's disease touches your life the Alzheimer's Association, Central and Western Virginia Chapter, is here to help. We can provide a warm, knowledgeable voice on the phone, face-to-face consultation and support, accurate information, support groups, the safe return of a loved one who has wandered, respite financial support, and/or professional education.

American Cancer Society

Local Offices

800-416-8847

Website: www.cancer.org

Harrisonburg 1920-H Medical Avenue

434-3360

Winchester Harrisonburg, VA 22801
2654 Valley Ave
Winchester, VA 22601

Fax: 432-1621
667-2315

The American Cancer Society is a non-profit organization that provides education and patient services to individuals in our community. Wigs and prosthetics are available. Programs such as Look Good Feel Better, Man To Man, Reach to Recovery, and Road to Recovery are offered through this office. Please call to obtain additional information or to speak to someone about becoming a volunteer. Contact the Community Manager for information about Health Fairs. All services are provided free of charge to cancer patients and their families.

Valley AIDS Network
MSC 9018
Harrisonburg, VA 22801

568-8838
Fax: 568-8835
Website: www.valleyaidsnetwork.org
Email: contact@valleyaidsnetwork.org

The Valley AIDS Network, in collaboration with community partners, strives to compassionately meet the needs of Valley residents diagnosed with HIV/AIDS, raise awareness and prevent the spread of the HIV virus through education, and serve as an advocate for both those infected and affected by the AIDS epidemic. Services include: medical management, case management, HIV-related medications, and emergency food/ housing assistance.

Family Support

Abba Pregnancy Care Center
Abba Care
200 Weens Lane
Winchester, VA 22601

665-9660 or 1-800-395-HELP
Website: www.abbapcc.org

Because everyone should have access to this information, all of our services are free and confidential. We provide the following services: pregnancy testing and verification, pregnancy dating by ultrasound, accurate options information, confidential and non-judgmental peer counseling, community referrals, and educational and emotional support for those choosing to parent. We also offer abortion recovery support.

Big Brothers/Big Sisters
PO BOX 81
Harrisonburg, VA 22803
Elly Swecker, Director

433-8886
Fax: 433-6081
Website: www.bbbsshr.org
Email: info@bbbsshr.org

Big Brothers/Big Sisters of Harrisonburg-Rockingham County is a non-profit organization serving children between the ages of 6-14. Children matched in the program have been identified as needing the additional support of an adult mentor. Children are paired with carefully screened volunteers and spend a minimum of one hour per week together, either in the community or a school setting. BBBS offers an Hispanic mentoring program, as well. There are no fees that prevent families from applying for services. Our services are offered free of charge to children living in Harrisonburg or Rockingham County. **Parental consent and cooperation are required.**

Big Brothers/Big Sisters Regional Offices

**Central Valley (including Lexington
Bath & Highland Counties)**

2901 Langhorne Rd
Lynchburg, VA

www.bigcva.org

434-528-0400

Winchester

121 Youth Development Court
Winchester, VA 22602

www.bbbs.org

662-1043

Clean Inc. Community Connections for Youth and Family

129 Youth Development Ct.
Winchester, VA 22602

772-3589
Website: <http://cleaninc.org>

Created in 1986, Community and Law Enforcement Against Narcotics, Inc. (C.L.E.A.N, Inc.) is a private, non-profit corporation comprised of interested individuals and groups dedicated to community leadership, education, and advocacy through networking to support youth and families in the regional community of the City of Winchester, and the counties of Frederick, Clarke and Shenandoah, Virginia. The purpose of this group is to assist in the development and implementation of community-wide programs directed at reducing the demand for and availability of alcohol, tobacco, and other drugs, as well as address adolescent problem behaviors such as violence, delinquency, teen pregnancy, and school dropout. We support healthy activities and programs for families and children.

Harrisonburg Pregnancy Center

833 Cantrell Avenue
Harrisonburg, VA 22801

Client: 434-7528
Business: 434-0685
Website: www.hburgpc.org
Email: info@hburgpc.org

Daily appointment and walk-in hours are available. All services are free and confidential. Services include free pregnancy testing, counseling and accurate information on all options, limited ultrasound services, community referrals, material services, information on healthy relationships and abstinence, and after-abortion care. Please call to make an appointment.

Infant & Toddler Connection of Harrisonburg/Rockingham

433-3100

McNulty Center for Children and Families
463 E. Washington St.
Harrisonburg, VA 22802

For information, contact: *Chris McAnulty, System Manager* Email: cmcanu@hrcsb.org
To make a referral contact: *Leigh Anne Ross, Central Point of Entry* 434-6093, Ext. 3321 Email: laross@hrcsb.org

The Infant & Toddler Connection of Harrisonburg-Rockingham is a service of the Harrisonburg-Rockingham Community Services Board. We provide early intervention supports and services to infants and toddlers from birth through age two who are not developing as expected or who have a medical condition that can delay normal development. Early intervention supports and services focus on increasing the child's participation in family and community activities that are important to the family. In addition, supports and services focus on helping parents and other caregivers know how to find ways to help the child learn during everyday activities. These supports and services are available for all eligible children and their families regardless of the family's ability to pay.

Lexington Office on Youth

463-4315

300 Diamond St.
Lexington, VA
Tammy Dunn, Youth Service Director

Website: www.ci.lexington.va.us/d-youth.htm

The purpose of the Office on Youth is to provide a diversity of well-supervised activities for students in an alcohol-free, drug-free, intimidation-free environment. The Office on Youth also administers a "Summer Fun" Youth Program.

Office on Children and Youth

568-7083

P.O. Box 1753
Harrisonburg, VA 22803
Kim Hartzler-Weakley, Executive Director

Email: hartzlkm@jmu.edu

The Office on Children and Youth, a partnership program at the Institute for Innovation in Health and Human Services at JMU, promotes positive youth development through working with all youth-serving organizations in Harrisonburg and Rockingham County to support, coordinate, and examine the needs of our youth. The Office gathers and evaluates data related to the needs of youth, works to coordinate services for efficient delivery, advocates for needed services, and is a resource center for information concerning youth.

Office on Youth

Regional offices

Waynesboro 250 South Wayne Ave
Waynesboro, VA 22980

Website: www.waynesboro.va.us/youth.html

942-6757

Email: BlairCI@ci.waynesboro.va.us

Staunton 900 Nelson St.
Staunton, VA 24401

332-3806

The Central Shenandoah Valley Office on Youth (OOY) is a regional local government agency serving as a department of the Cities of Staunton and Waynesboro and Augusta County. The mission of the OOO is: To develop positive connections between youth, their families and communities, and to build a strong foundation for a successful future. The OOO has been a presence in this community since 1977 and works collaboratively with area human service organizations to provide resources and services to area youth and their parents.

Services are provided the following areas:

- Employment Training
- Teen Pregnancy Prevention
- Programs for Juvenile Offenders
- Supervision of Suspended and Expelled Youth
- Parent Education and Support
- Gang and Substance Abuse Prevention
- Positive Teen Activities

PACE (Parent and Child Education)

433-3100

463 East Washington Street
Harrisonburg, VA 22802

We serve families of infants and toddlers with developmental delay. PACE offers assessments and coordination of care, infant care education, and physical, occupational, and speech therapy.

PACE helps families to:

- Obtain the most appropriate services
- Grow and develop through play

People Places

1215 North Augusta Street
Staunton, VA. 24401

Kim Higgins, Admissions Coordinator

885-8841

437-1857

Website: www.peopleplaces.org

Email: kim.higgins@peopleplaces.org

People Places is a private, non-profit child welfare agency dedicated to the simple notion that all children – no matter how troubled or troubling – need families. We exist to help children and their families heal the wounds of abuse and neglect. We place children with emotional problems with trained foster and/or adoptive parents who offer them care, guidance, and the opportunity to learn responsible family living. Age of Clients Served: 0 to 21

Project STAR (Family Resource & Referral Center)

245-5899 or 211

1600 N. Coalter St., Suite 11
Staunton, VA 24401

Project STAR is a partnership between parents and a parent educator. You are your child’s first and most important teacher. A parent educator can support and encourage your efforts to be the parent you want to be. We do this with in-home visits that help empower parents to help their child reach their full potential and be prepared to enter school. We give parents child development information, demonstrate age appropriate play techniques, and make referrals to other community agencies. We are also a safe, neutral site to host supervised visits between parents and their children. Referrals primarily come from the Department of Social Services and the courts.

Reading Road Show

JMU, MSC 9008
601 University Blvd.
Harrisonburg, VA 22807
Pat Kennedy, Program Director

568-2557
Fax: 568-7014
Website: www.readingroadshow.com
Email: kennedpa@jmu.edu

To take early literacy opportunities “on the road” – with the Gus Bus, a mobile literacy vehicle – to children, their parents, and their childcare providers in the city of Harrisonburg, Rockingham, and Page Counties.

RMH Healthcare Hand-in-Hand Resource Mothers Program

(Mentoring and Case Management program for pregnant and parenting teens)
235 Cantrell Ave.
Harrisonburg, VA 22801
Debbie Bullis, Program Director
Office Hours: Please call for more information
Age of Clients Served: Teenagers, age 19 years and younger
Language Services for Non-English speakers: We have a bilingual staff of Resource Mothers.

433-4340
Website: www.rmhonline.com
Email: dbullis@rhcc.com

The Hand-in-Hand Resource Mothers Program’s mission is to have healthy outcomes for teen mothers and their babies. Hand-in-Hand is a home visitation program with services beginning at the first confirmation of pregnancy until the baby's first birthday, approximately 18 months of service.

Hand-in-Hand Resource Mothers goals:

- 1) Reduce the number of low birth weight and preterm babies born to teens.
- 2) Provide encouragement and support to remain in school or on the job to become self sufficient.
- 3) Increase parenting skills.
- 4) Delay any repeat pregnancies until adulthood.
- 5) Reduce the incidence of poverty.

Rockbridge Area Community Services Board (RACS)

Administrative Office
241 Greenhouse Rd.
Lexington, VA 24450
Dennis Cropper, Ph.D., Director

463-3141
Website: www.racsb.org/pages/services-c.asp
Email: dcropper@racsb.org

Intensive In-Home Services: Intensive in-home therapy is a home-based treatment model that provides services to families who are at risk of having a child removed from the home, who have a child returning to the home from a hospital or residential setting, or who have a child who has not positively progressed in treatment using outpatient therapy interventions. The philosophy of the program is that a child’s emotional and behavioral needs can be addressed more effectively when the child remains in the home. Our treatment providers assess the family system as a whole and provide “hands on” family interventions directly in the same environment where the child lives and grows. Services are provided to the family at least three hours a week for up to six months. This level of intensity provides the therapist a solid appreciation and understanding of the child and family, contributing to positive change and helping the child remain in the home.

Shenandoah Pregnancy Center

28 Cedar Wood Lane
Edinburg, VA 22824
Jean Martin, Executive Director

24 Hour Hotline: 800-395-4357
984-4673
Website: www.shenandoahcountypregnancycenter.org
Email: pregnant@shentel.net

The Shenandoah County Pregnancy Center is a non-profit community organization that is dedicated to providing accurate information, resources, and assistance to anyone facing an unexpected pregnancy. Our center can offer you the following services free of charge:

- Pregnancy tests
- Information about pregnancy options

- Information about parenting options
- Pregnancy and parenting education
- Practical assistance
- Community referrals

Teen Pregnancy Prevention (TPP)

JMU, MSC 9008

IIHHS

601 University Blvd.

Harrisonburg, VA 22807

Contact person: *Kim Hartzler-Weakley, Program Administrator*, hartzlkm@jmu.edu, 568-7083

or *Katie Baird, Program Coordinator*, bairdka@jmu.edu, 568-6007.

Age of Clients Served: 10-29

568-6007

Fax: 568-6409

Website: www.findyourreason.org

The mission of Teen Pregnancy Prevention is to provide information and skills to help teenagers and young adults make healthy choices and avoid risky behaviors, such as sexual activity and drug and alcohol use, by presenting quality school- and community-based prevention services. This mission is being addressed through various educational programs and public awareness campaigns established through collaborative efforts between TPP, youth-serving community agencies, public and private school systems, faith communities, colleges and universities, and corporations within the community. TPP provides the following interventions:

Baby Think It Over: an eight-pound lifelike infant simulator distributed to youth for a 67 hour “parenting” experience.

Vision of You: a ten-session program to help teens improve decision-making skills, make healthy choices, and make competent decisions about their futures. Available to any interested group.

Healthy Choice Presentations: focus on life’s choices concerning sexual behavior, and how the consequences of some choices can stay with you forever. Available to any interested group.

Partners in Prevention: programs for young adults aged 20-29, availability varies.

* TPP also provides presentations dealing with teen pregnancy issues, the local situation, and how to talk to teenagers about sex to educators, providers, youth leaders, and parents.

Winchester Exchange Child Parent Center

301 N. Cameron St., Suite 200

Winchester, VA 22601

800-567-7954

536-1640

Website: www.childparentcenter.org

Serving the areas of: Clarke, Frederick, Page, Shenandoah, and Warren counties, and Winchester City, the Winchester Exchange Child Parent Center provides parenting skills programs, family counseling, and in-home intervention to reduce child neglect and abuse in the community. We also offer parenting classes. Please contact the center for workshop and class information. No fees for in-home services based on residency in areas served. Fees applicable for educational workshops and classes, open to the general public. Call office for current schedule and information.

YMCA

Website: www.ymca.net

The YMCA is a charitable organization that offers programs to promote the health of spirit, mind, and body for all.

Local Offices

Staunton	708 North Coalter St. Staunton, VA. 24401	www.sayymca.org	885-8089 Fax: 885-7240
Waynesboro	648 Wayne Ave Waynesboro, VA 22980	www.waynesboroyymca.com	942-5107
Rockbridge Area	126 Walker St. Lexington, VA 24450	www.ymcarockbridge.org	464-YMCA

Grief & Loss

Augusta Health: Hospice of the Shenandoah

64 Sports Medicine Dr.
PO Box 215
Fishersville, VA 22939

www.augustahealth.com/hospice

Staunton: 332-4909

Waynesboro: 932-4909

Email: hospice@augustahealth.com

We offer excellent end-of-life care to residents of the Waynesboro, Staunton, and the Augusta County area. Our offices are in the Community Care building, which is part of the Augusta Health Campus. Life's final stages can be a time of comfort, growing, and sharing for families. Hospice care offers mental and spiritual preparation for death through palliative care, regardless of age, gender, nationality, race, religion, or ability to pay. We provide hospice care wherever it's needed – at home or in a nursing home – complete with training and support for family members and care givers. Augusta Health takes a team approach to hospice services, providing qualified professionals to address medical and psychosocial needs. Physicians, nurses, certified nursing assistants, social workers, physical, occupational and speech therapists, a dietitian, pharmacist, chaplain, and specially trained volunteers, as well as Care Home Medical and prescription services are standing by to help 24/7 during this difficult time. Bereavement counseling is available for one year after a loved one's passing.

Blue Ridge Hospice

Winchester Office
333 W. Cork St., Suite 405
Winchester, VA 22601

Woodstock Office
232 S. Main St.
Woodstock, VA 22664

877-210-4673

Website: www.blueridgehospice.org

Blue Ridge Hospice is a not-for-profit health care organization providing physical, emotional, social, and spiritual care for terminally ill patients and their families in the City of Winchester and the Frederick, Clarke, Warren, Shenandoah, Page, and western Loudoun counties of Virginia. Services provided by Blue Ridge Hospice are under professional medical supervision and provided to allow the dying person to live as pain-free and comfortable as possible. In most cases, hospice provides care for the terminally ill patient in the home. However, Blue Ridge Hospice's eight-bed residential center in downtown Winchester provides an alternative setting for some patients and their families.

RMH Grief and Loss Services

235 Cantrell Avenue
Harrisonburg, VA 22801
Nancy Shomo, Program Coordinator

As of December, 2010:
644 University Boulevard
Harrisonburg, VA 22801

433-4427

877-294-5731 Ext: 4427

Email: nshomo@rhcc.com

RMH Grief and Loss Services provide individual and family consultations with no charge for the first two visits. Modest charges for subsequent visits. Referral services are provided. Educational workshops and seminars are offered to schools, universities, businesses, churches, and civic organizations. Support groups are offered on various loss issues. Bereavement training in pregnancy loss (RTS) is also available to facilities within a 100 mile radius of Harrisonburg.

RMH Hospice

235 Cantrell Avenue
Harrisonburg, VA 22801

As of June 22, 2010:
2010 Health Circle Drive
Harrisonburg, VA 22801

433-4429

Website: www.rmhonline.com

At RMH Hospice, we believe that all patients and their loved ones and families are unique and deserve care that is personal to their needs. People facing a terminal illness have the right to peace, dignity and comfort. Their care should involve the entire family. Based on this philosophy, RMH Hospice provides a variety of services to patients and families in their own homes, with the goal of helping families avoid the emotional, spiritual, social, and financial stresses caused by frequent hospital stays. If you have a family member or loved one confronting the

challenge of a terminal illness, rest assured that you don't have to face it alone. At RMH Hospice, we are here for you.

Rockbridge Area Hospice

315 Meyers St.
Lexington, VA 24450

463-1848

Website: <http://rockbridgeareahospice.org>

Your Hometown Hospice—local people you know and trust providing compassionate end-of-life care for your loved ones in Rockbridge County, Lexington, Buena Vista and surrounding communities. We strive to accompany our patients and their families sensitively to the end of their life's journey... relieving suffering, fulfilling last joys and wishes, and affirming their hope, dignity, and sense of importance until life's end. We deliver this comforting care through a wide-range of services customized for each family. Call for a free consultation.

LGBT

PFLAG – Winchester

678-0963

Website: www.pflagwinchester.org

PFLAG: promotes the health and well-being of gay, lesbian, bisexual and transgendered persons, their families, and friends through: support, to cope with an adverse society; education, to enlighten an ill-informed public; and advocacy, to end discrimination and secure equal civil rights. PFLAG provides an opportunity for dialogue about sexual orientation and gender identity, and acts to create a society that is healthy and respectful of human diversity.

Shenandoah Valley Gay and Lesbian Association (SVGLA)

Website: www.svgla.org

Website: www.myspace.com/svgla

Email: svgla@svgla.org

SVGLA provides educational, social, and recreation activities and promotes the general welfare of the community. Activities are scheduled throughout the year from "First Friday" each month, which brings the community together in the form of potluck dinners, to our annual Shenandoah Valley Pride festival in July of each year. Please visit our websites or send an email for more information.

For more resources please see the Support/Self-Help Groups section of this directory.

Medical Care/Health Issues

Augusta Regional Free Clinic

342 Mule Academy Rd.
Fishersville, VA 22939

Waynesboro: 932-5606

Staunton: 332-5606

Fax: 332-5610

Website: www.augustafreeclinic.org

The clinic offers medical and pharmaceutical services to uninsured residents of Staunton, Waynesboro, and Augusta County with 200% of Federal Poverty Guidelines, or a working full-time student, or the temporarily unemployed. Individuals with insurance or on disability are not eligible for services. Please call for more information.

ComfortCare Women's Health

Staunton: **885-6261**

Waynesboro: 943-1700

Locations

Mailing Address	Staunton Clinic	Waynesboro Clinic
P.O. Box 924	1020 N. Augusta St.	13 th & Magnolia Street
Staunton, VA 24402	Staunton, VA	Waynesboro, VA

Website: www.ccwomenshealth.org

Email: help@ccwomenshealth.org

Deborah Fann, President & CEO

All services free and confidential with no restrictions on age.

Services:

ComfortCare Women’s Health is a life-affirming, non-profit medical clinic empowering women to make healthy life choices. Services are provided by trained professionals and peer counselors at no cost to the patient.

- Pregnancy confirmation
- Peer counseling on pregnancy options
- Nurse’s assessment
- STD testing

Special Programs:

- KISSN (Keep It Simple Say No) – A dynamic, abstinence program for teens and young adults.
- HEART (Healing Emotions And Renewing the Heart) – A support group and Bible study for those recovering from the pregnancy outcome of abortion.
- Patchwork – A materials assistance program. Patients earn points that are redeemed for items such as diapers, formula and clothes.

Harrisonburg-Rockingham Free Clinic

433-5431

25 West Water Street
Harrisonburg, VA 22801
Keith Gnagey, *Executive Director*

Fax: 574-0207
Website: www.hrfreeclinic.org
Email: kgnagey@hrfreeclinic.org

The Harrisonburg-Rockingham Free Clinic provides free health care to individuals in the city of Harrisonburg and Rockingham County who have no health insurance and are under 200% of the federal poverty level. Sixty percent of our clients are at or below 100% of the federal poverty level. Over 70% of our clients have one or more chronic diseases. About 70% percent of our clients are between the ages of 35 and 64.

Health Department

Website: www.vdh.state.va.us

Health Departments provide the following services to the communities they serve:

- Sexually Transmitted Disease Clinics: Testing and counseling is available for syphilis, gonorrhea, herpes, and AIDS (anonymous AIDS testing is available).
- Maternity Clinic: Prenatal care, assessment, and education by nurses, nutritionists, and physicians.
- Well Child Clinic: Routine well childcare, developmental screening, immunizations, and education.
- Family Planning Clinic: Examination, education, and counseling regarding the different types of birth control.

For a complete list of services in your area please call your local health department office listed below:

Augusta County: 1414 North Augusta Street Staunton, VA 24401-2401 332-7830	Lexington 131 Walker Street, Lexington 463-7136	Rockingham County & Harrisonburg 110 North Mason Street PO Box 26 Harrisonburg, VA 22801 574-5100	Staunton 116 West Beverley Street Staunton, VA 24401-2401 332-7830
Bath County: 85 Courthouse Hill Rd. Warm Springs, VA 24484 839-7246	Page County 75 Court Lane Luray, VA 22835-1055 743-6528	Shenandoah County 600 North Main Street, Suite 106 Woodstock, VA 22664 459-3733	Waynesboro 211 12 th Street Waynesboro, VA 949-0137
Highland County 140 Fleisher Avenue Monterey, VA 468-2270	Rockbridge County 300 Diamond Street, Lexington 463-3185		

Page County Clinic (Part of NW Community Services)

743-4548

23 W. Main Street
Luray, VA 22835

Please call for more information regarding hours and services provided.

Page County Rural Health Center

778-4259

235 Medical Dr
Stanley, VA 22851

Please call for more information regarding hours and services.

Rockbridge Area Free Clinic

464-8700

25 Northridge Lane
Lexington, VA 24450
Suzanne Sheridan, Executive Director

Fax: 464-1362

Website: www.rockbridgfreeclinic.org

Email: Suzanne.freeclinic@comcast.net

The Rockbridge Area Free Clinic (RAFC) serves low-income, uninsured residents of the Rockbridge area (Lexington, Buena Vista and Rockbridge County) who cannot otherwise afford or obtain health care services. All RAFC patients have incomes below 150% of the federal poverty guideline with the majority actually below 100% of the poverty guideline. The vast majority of RAFC patients work or belong to working families. Of the people currently seeking RAFC services, 65% have one or more chronic disease such as diabetes, hypertension, heart disease, and/or asthma that require ongoing medical treatment and medication therapy.

Shenandoah County Free Clinic

459-1700

Mailing Address
PO Box 759
Woodstock, VA 22664
Pam Murphy, Executive Director

Clinic Location
761 Spring Parkway
Woodstock, VA 22664

Fax: 459-1809
Email: scfc@shentel.net

Shenandoah County Free Clinic sees people at or below 150 percent of the federal poverty level who have no other means of acquiring health care. Most of the patients are below 100% of the poverty level. Approximately two-thirds of the patients have one or more chronic conditions requiring continuing medication.

Mental Health/Suicide

**The Central Shenandoah Youth Suicide Prevention Initiative, and
The Campus Suicide Prevention Center of Virginia**

568-8901

The Institute for Innovation in Health and Human Services
James Madison University
MSC 9008
601 University Blvd.
Harrisonburg, VA 22801
Dr. Jane Wiggins, Director

Fax: 568-6409

Website: www.preventsuicidecsv.org

Email: wiginjr@jmu.edu

These programs are dedicated to reducing risk for suicide among youth (ages 14-24). We offer suicide prevention education, program planning and related resources to professionals, lay helpers, parents and young people. The Central Shenandoah Youth Suicide Prevention serves all schools and law enforcement and social service entities within the central Shenandoah region. The Campus Suicide Prevention Center of Virginia serves college and university campuses across Virginia. PLEASE NOTE- *Our office does not provide direct services to those in crisis.* Rather, "We help the people who help the people." If you are in need of immediate assistance, call 1-800-273-TALK or 911.

For a complete listing of regional and national suicide hotlines please see the Toll-Free 800/877/888 Listings of Hotlines and Other Services section of the directory.

Northwestern Community Services

Administrative Office
209 West Criser Rd.
Front Royal, VA 22630

Crisis Line: 635-4804

800-342-1462
636-4250

Website: www.nwcsb.com

Serving the city of Winchester, and counties of Clarke, Frederick, Page, Shenandoah, and Warren. Northwestern Community Services offers an array of outpatient, case management, day support, residential, and emergency programs that are designed to enhance the quality of life for both children and adults affected by emotional/behavioral disorders, mental illness, substance use, and mental retardation and developmental disabilities (MR/DD). Northwestern specializes in rehabilitative and family support services for individuals with such long-term challenges as schizophrenia, bipolar disorder, major depression, addiction, and those with significant impairments from MR/DD. New referrals are screened for appropriateness and, depending upon capacity/need for the service requested, may require placement on a waiting list. NWCS also provides 24-hour emergency evaluation, short-term treatment and hospital referral to individuals having mental health, emotional, substance use, or behavioral crises that pose a safety risk to themselves or others. After regular office hours, access to our professional emergency staff is available through Concern Hotline.

REACH Employee Assistance Program & Workplace Solutions

320 South Main Street
Harrisonburg, VA 22801
Certified Employee Assistance Professional
Mr. Bill Gamble, Regional Manager

421-4008

800-950-3434

Fax: **866-672-9873**

Website: www.reach-eap.com

Email: bgamble@reach-eap.com

REACH Employee Assistance Programs specialize in offering comprehensive EAP workplace services, with a focus on providing a high quality, cost effective program that is responsive to the particular needs of each employer. The REACH program is founded on the belief that healthy, happy employees, who enjoy stable and satisfying home and work life environments, will be more productive and a greater asset to their employers.

Rockbridge Area Community Services Board (RACS)

Administrative Office
241 Greenhouse Rd.
Lexington, VA 24450
Dennis Cropper, Ph.D., Director

463-3141

Website: <http://racsb.org>

Email: dcropper@racsb.org

It is the mission of Rockbridge Area Community Services to help prevent and treat mental illness, developmental disabilities, and substance abuse, and to enhance the quality of life of individuals who experience these conditions in the Cities of Buena Vista and Lexington and the Counties of Rockbridge and Bath, Virginia by providing individualized treatments, establishing and expanding programs and support systems, and promoting integration into the community.

Summit House

1888 Pear Street
Harrisonburg, VA 22801
Karla Souder

434-1816

Email: ksoude@hrcsb.org

Summit House is a self-help rehabilitation clubhouse program operated by the Harrisonburg-Rockingham Community Services Board. It is designed to meet the needs of individuals dealing with a serious, persistent mental illness. Emphasis is placed on opportunities to contribute to the daily work of the house, social support, and vocational services. Numerous workshops are offered to support recovery and wellness. Fees are based upon a sliding scale established by the Harrisonburg-Rockingham Community Services Board.

RMH Psychiatric Emergency Team (PET)

235 Cantrell Avenue
Harrisonburg, VA 22801
Mark Bowser, LCSW, Program Coordinator

As of June 22, 2010
2010 Health Circle Drive
Harrisonburg, VA 22801

689-1000
Email: mbowser@rhcc.com

A service of the RMH Center for Behavioral Health, the Psychiatric Emergency Team is available 24 hours/day for acute psychiatric and substance abuse emergencies. A comprehensive evaluation is completed and referrals are coordinated, as appropriate.

Migrant/Immigrant Services

New Bridges Immigrant Resource Center

70 S. High Street
Harrisonburg, VA 22801

438-8295
Website: <http://newbridgesirc.org>
Email: questions@newbridgesirc.org

New Bridges is a non-profit organization based in Harrisonburg, Virginia, that strives to build connections between immigrant and native-born communities. Our mission is to address the needs of immigrants in the Shenandoah Valley, empowering them to become interactive participants in the community. New Bridges helps non-English speaking clients with the following tasks:

- Medical bill management
- Referrals to community resources
- Immigration paperwork

We host an annual Mexican Consulate and various outside groups that provide specific resources to this community through one-day events including topics such as tax preparation and vision care. Our staff is bilingual (English/Spanish) and we feel comfortable providing services to all non-English speakers by accessing interpreters for languages other than Spanish. We provide diversity training and educational workshops through our Immigrant Learning Events to church groups, schools, and other community groups.

Shenandoah Valley Migrant Education Program

JMU MSC 9007, Blue Ridge Hall room 344
Harrisonburg, VA 22807

568-3666
Website: www.svmep.jmu.edu

Kim Hartzler-Weakley, Migrant Coordinator Email: hartzlkm@jmu.edu 568-7083
Marisa Shank, Student Advocate Email: clymermc@jmu.edu 568-3666

SVMEP provides year-round, supplemental educational services to the children ages 3 – 21 of migrant and highly mobile agricultural workers who have moved within the last 3 years seeking employment. These services are free to eligible clients. We assist with school registration, interpretation, parent involvement, and tutoring. Language services for non-English speakers: all staff is bilingual (English/Spanish).

Miscellaneous

Apple Valley Mediation Network, Inc.

242 N. Main Street, Suite 202
Woodstock, VA 22664

800-767-3898
Website: www.avmn.org
Email: avcr@shentel.net

Apple Valley Mediation Network, Inc. provides mediation services to the courts and community. Mediation services for families, neighbors, landlords, tenants, businesses, and consumers are provided as well as Restorative Justice Conferences for victims and offenders. Please call to inquire about services hours and fees.

Blue Ridge Legal Services

204 North High Street
P. O. Box 551
Harrisonburg, VA 22803
Courtney Sinnott, Intake Paralegal

433-1830
800-237-0141
Fax: 433-2202
Website: www.brsls.org
Email: info@brsls.org

Blue Ridge Legal Services is a private non-profit legal aid society licensed by the Virginia State Bar to provide free legal assistance in civil matters to residents of the Shenandoah Valley who otherwise could not obtain such services due to their poverty. These services are provided free to households below the federal poverty guidelines. Types of cases typically handled include debtor protection, consumer protection, family disputes, access to health care, public benefits, housing problems, and the legal needs of the elderly. Please call for more information regarding services and hours of operation.

Gemeinschaft Home for Ex-Offenders

434-1690

1423 Mount Clinton Pike
Harrisonburg, VA 22802

Transitional therapeutic community for the non-violent ex-offender. Ex-offenders are referred by the Department of Corrections.

Community Mediation Center

434-0059

165 South Main Street, Suite A
Harrisonburg, VA 22801
Timothy Ruebke, Executive Director

800-653-0019

Website: www.weworkitout.org
Email: cmcmmediation@comcast.net

Community Mediation Center (CMC) is a full service dispute resolution center providing family, general, criminal, and multi-party mediation services. CMC is committed to providing mediation, facilitation, and other conflict resolution and restorative justice services and trainings to individuals, families, businesses, organizations, and communities. Mediation is a constructive process and is used for cases involving: child custody, support and visitation issues, parent/child conflicts, landlord/tenant disputes, consumer/merchant disputes, adult sibling conflicts, school and church conflicts, organizational issues, and community and governmental issues

VA Cooperative Extension Service

564-3080

965 Pleasant Valley Road
Harrisonburg, VA 22801
Stephanie Diehl

Website: <http://ext.vt.edu>

The Rockingham County office of Virginia Cooperative Extension is your local connection to Virginia's land-grant universities, Virginia Tech, and Virginia State University. Through educational programs based on research and developed with input from local stakeholders, we help the people of Rockingham County improve their lives. We provide education through programs in Agriculture and Natural Resources, Family and Consumer Sciences, 4-H Youth Development, and Community Viability.

Persons with Disabilities and Their Families

Americans with Disabilities Act, City of Waynesboro

942-6718

503 W. Main St, Suite 101
P O Box 1028
Waynesboro, VA 22980
Robert Wade, Coordinator

Website: www.waynesboro.va.us/disability.html
Email: wader@ci.waynesboro.va.us

The office offers guidance to understand responsibilities for the Americans with Disabilities Act, free consults to businesses, churches and home owners about modifications and accommodations to remove “barriers” for those with physical and sensory disabilities, and as a referral source to handle disability-related complaints.

The Arc of Harrisonburg and Rockingham, Inc.

437-9214 ext. 130

620 Simms Avenue
Harrisonburg, VA 22802
Mrs. Mary Ellen Chewning, Executive Director

Email: ExecDir@hrarc.org

The Arc of Harrisonburg and Rockingham is a non-profit 501(c)(3) organization dedicated to preventing and/or minimizing the effects of intellectual and other developmental disabilities. The association provides help to parents, recreational activities for teens and adults, a respite provider registry, a lending library, and a day support program for adults. The Arc publishes a newsletter every other month and sponsors an annual art contest for children and adults with disabilities.

The Arc Op Shop
620 Simms Avenue
Harrisonburg, VA 22802

437-9214 ext. 132
Email: opshop@hrarc.org

The Arc Op Shop is a day support program for adults with developmental disabilities. Located in the Lucy F. Simms Center, the Monday through Friday program provides training in social skills, life skills, communication skills, and pre-vocational skills while giving participants opportunities to earn a small paycheck.

The Arc of Winchester
199 Youth Development Ct.
Winchester, VA 22602

665-0461
Website: <http://thearcofnsv.org>

The Arc of Northern Shenandoah Valley is a membership organization made up of and for people with intellectual and developmental disabilities, their families, friends, professionals and interested citizens. We are an affiliate of both The Arc of the United States and The Arc of Virginia. It is our mission to work through advocacy, education and collaboration to improve the lives of people with intellectual and developmental disabilities in our community. We believe that if all citizens are accepted and have the supports and services needed to exercise control over their own lives, communities as a whole are deeply enriched. We strive to increase community inclusion for all.

Department of Rehabilitative Services
Local Offices

Website: www.vadrs.org

Fishersville 292 Woodrow Wilson Ave 332-7700
(on WWRC Fishersville, VA 22939 (Voice/TTY)

George Drummond
George.drummond@drs.virginia.org

Harrisonburg 1909 B East Market Street 434-5981
Harrisonburg, VA 22801

George Drummond
George.drummond@drs.virginia.org

Winchester 20 Ricketts Dr. 722-3453
Winchester, VA 22601 535-1813 (TTY)

Jim Hall
Jim.Hall@drs.virginia.org

Friendship Industries, Inc.
801 Friendship Drive
Harrisonburg, VA 22802

434-9586
Website: www.friendship-industries.com
Email: PatriciaCraft@Friendship-Industries.com

Friendship Industries provides training and employment services to adult persons with mental, emotional, or physical disabilities in a light manufacturing work environment in which individuals are not subjected to competitive production pressures. Friendship provides transportation for many clients and offers job coaching and supported employment services, which enable clients to work competitively with the community. The cost of most services provided is paid by other agencies. Please call for more information about hours of operation and to make an appointment.

Infant and Toddler Connection
See Family Support Section

PACE (Parent and Child Education)
See Family Support Section

433-3100

Pleasant View, Inc.
PO Box 426
Broadway, VA 22815

Main Office: 896-8255
Social Services Dept: 433-8960
Website: www.pleasantviewinc.org

Pleasant View, Inc., a not-for-profit agency, serves adults with developmental disabilities in residential and day support services. Over 90 adults with disabilities, including mild to profound mental retardation, autism, cerebral palsy, as well as other disabilities, are served in nine group homes, supervised apartments, an intermediate care facility, and independent apartments. One hundred twenty-five people are provided day support through two developmental day programs, Community Connections and Supported Employment. Locations are in Harrisonburg, Broadway, and Dayton. Providing people with disabilities the opportunity and training necessary to achieve their highest level of independence is an important part of our programming. For more information, contact Social Services at the number above or visit the website at pleasantviewinc.org.

Rockbridge Disability Services Board
PO Box 774
Lexington, VA 24450

463-2472
Website: www.rockbridgedsb.org
Email: info@rockbridgedsb.org

The Rockbridge Disability Service Board serves the cities of Buena Vista and Lexington and Rockbridge County. The mission of the DSB is to learn the needs of area residents who have physical and/or sensory disabilities, to raise public awareness, and to influence long-range state planning and investment. As catalysts for change, we intend to find solutions through cooperative efforts of concerned individuals, local agencies, local government, and area businesses

Shenandoah Valley Autism Partnership (SVAP)
4181 Brown Roan Lane (*not a physical address*)
Harrisonburg, VA 22801

Website: www.Vallevautism.org

Sally Chappel, Professional Co-Chair 908-7111 Email: sally.chappel@gmail.com
Karen McCormick, Parent Co-Chair 421-9015 Email: ksmccormick655@gmail.com

We offer support, networking, and training for families and professionals who care for individuals with Autism Spectrum Disorder in the Shenandoah Valley of Virginia.

Valley Associates for Independent Living, Inc (VAIL)
205 B South Liberty Street
Harrisonburg VA, 22801
Gayl Brunk, Assistant Director

433-6513
Toll Free: 1-888-242-VAIL
Fax: 433-6313
Website: www.govail.org
Email: gayl@govail.org

VAIL offers expertise in disability laws and accessing community based services and funding. Most importantly, CILs provide a cross-disability, consumer-directed perspective that promotes choice and self advocacy. At least 51% of the staff and board of directors are people with disabilities to ensure that people with disabilities play an integral role in shaping the services that impact their lives.

Virginia Dept. for the Blind & Vision Impaired (DBVI)
Staunton Regional Office
1076 Jefferson Highway
Staunton, VA 24401
Debby Austin, Staunton Regional Office Manger

332-7729 or 800-622-2155
Alternate: 332-7715
Fax: 332-7733
Website: www.dbvi.org
Email: Debby.Austin@dbvi.virginia.gov

The mission of the Virginia Department for the Blind & Vision Impaired is to enable blind or visually impaired individuals to achieve their maximum level of employment, education, and personal independence through specialized training programs and services. Services include: orientation & mobility training, rehabilitation teaching/independent living services, vocational counseling, education services, deaf/blind services, the rehab center in Richmond, low vision services, and the Library & Resource Center. Referrals may come from any source and vision loss needs to be worse than 20/70 acuities with correction. Services/programs are available to any Virginia

resident. Residents of the Shenandoah Valley are served by the Staunton Regional Office. Most services are provided through in-home visits.

Virginia Department for the Deaf and Hard of Hearing (VDDHH)

1602 Rolling Hills Dr., Suite 203
Richmond, VA 23229
Ronald L. Lanier, Director

804-662-9502
V/TTY 800-552-7917
Website: www.vddhh.org
Email: ronald.lanier@vddhh.virginia.gov

The Virginia Department for the Deaf and Hard of Hearing (VDDHH) works to reduce the communication barriers between persons who are deaf or hard of hearing and those who are hearing, including family members, service providers, and the general public.

Access Independence

324 Hope Drive
Winchester, VA 22601
Donna Day

Video phone 866-272-2634
Voice Phone 662-4452
TTY 662-5556
Website: www.accessindependence.org
Email: dday@accessindependence.com

Access Independence, Inc. is a Center for Independent Living serving the Northern Shenandoah Valley (the counties of Clarke, Frederick, Page, Shenandoah, Warren and the City of Winchester). We provide advocacy, peer counseling, information, referrals, and skills training to all persons with disabilities in our area.

Deaf & Hard of Hearing Services Center

Mailing Address Woodrow Wilson Rehabilitative Center
PO BOX 103 243 Woodrow Wilson Ave, Room DB – 24A
Staunton, VA 24402 Fishersville, VA 22939
Feta Fernsler

Voice/Video phone 866-563-7784
TTY 569-3016
Voice/Video phone: 540-416-0099
Website: www.deafhh.org
Email: staunton@deafhh.org

The Deaf & Hard of Hearing Services Center provides information and referral for deaf and hard of hearing people. DHHSC – Staunton is a contracted VA Department for the Deaf and Hard of Hearing (VDDHH) agency that provides phones and signalers for deaf and hard of hearing people either for free or at a discount based on income for VA residents only. The Deaf & Hard of Hearing Services Center serves western Virginia including the counties of Albemarle, Augusta, Bath, Clarke, Fluvanna, Frederick, Greene, Highland, Louisa, Nelson, Page, Rockbridge, Rockingham, Shenandoah and Warren and the cities of Charlottesville, Harrisonburg, Lexington, Buena Vista, Staunton, Waynesboro and Winchester.

Virginia School for the Deaf and Blind

East Beverley Street
P.O. Box 2069
Staunton, Virginia 24402

Delivery/Courier Address:
100 New Hope Road
Staunton, Virginia 24402

800-522-8732
332-9000
Website: www.vfdb.state.va.us

The vision of the Virginia School for the Deaf and Blind is to provide an environment which fosters self-confident students who are contributing citizens and life-long learners and to be a resource of excellence for the communities of Virginia who serve students with deafness and/or blindness

Waynesboro Disability Services Board

503 W. Main St., Suite 101
Waynesboro, VA 22980
Robert Wade

942-6718
Website: www.waynesboro.va.us/disability.html
Email: wader@ci.waynesboro.va.us

Our office offers administrative support for the Waynesboro Disability Services Board, which acts as a city-appointed advisory committee for those with physical and/or sensory (auditory or visual) disabilities. The board administers a meal program for residents under age 60 who live alone and have difficulty shopping or preparing meals due to a disability. The Board maintains a used medical equipment program and issues equipment, as available, to those residents in need for as long as necessary. The office also acts as an Information and Referral Service to other agencies. Office Hours: Part-time: Call and leave a message, if necessary.

Woodrow Wilson Rehabilitation Center
Fishersville, VA 22939

800-345-9972
332-7000
TTY 800-811-7893
Website: www.wwrc.net

The Woodrow Wilson Rehabilitation Center is the first state-owned and operated comprehensive rehabilitation center in the country. Staff at WWRC provide training and therapy to people with disabilities to enable them to re-enter the work force and live more independently.

Support/Self-Help Groups

More than 12 million people help themselves and others in more than 500,000 support groups in the United States. We are fortunate to have a variety of these support groups here in the area. Support groups are groups of people who meet regularly to talk about their common problems. Support groups offer information, understanding, acceptance, and encouragement, and at times are led by people who are also group members themselves.

Support groups are not replacements for therapy groups. Many people benefit from both experiences. Therapy groups often deal with a wide range of mental health issues and problems. Mental health professionals lead therapy groups by encouraging self-expression and interpersonal feedback in a free-flowing format. Support groups usually focus on a specific concern, using education and problem solving in a more structured format. While most support groups are free and open to all concerned, some involve a registration fee.

If you are interested in a particular group, you can call the contact person in the listing. You can also write to the National Self-Help Clearinghouse:

1211 Chestnut Street, Suite 1207
Philadelphia, PA 19107
1-800-553-4539 or 215-751-1810
Website: www.mhselfhelp.org Email: info@mhselfhelp.org

All area codes 540 unless otherwise noted

2-1-1 VIRGINIA is a free, confidential resource for individuals that links them to the most appropriate services for their needs. 2-1-1 gathers facts on health and human services and provides this information to individuals, families, agencies, and organizations.

2-1-1 VIRGINIA – Northwest Region
Family Resource & Referral Center
1600 N Coalter St, Suite 11
Staunton, Virginia 24401
Local: 540-245-5899 or 2-1-1
Fax: 540-885-2185
Web Site: www.211virginia.org



2-1-1 VIRGINIA Northwest Region

Community Resource Center, Serving Harrisonburg & Rockingham County
Muhlenberg Lutheran Church
281 East Market Street
Activity Center, First Floor
Harrisonburg, VA 22801
540-433-3888
www.hrcrc.org

Abuse

Anger Management Support Group

887-3200

Staunton

- 12 sessions are provided. Interested persons should call Valley Community Services Board for an initial evaluation and to be referred to the group.

Central Shenandoah Valley Office On Youth

Staunton: 332-3806

Central Shenandoah Valley

Waynesboro: 942-6757

- Offers information regarding support groups for Anger Management for Staunton and the Central Shenandoah Valley

Choices Council on Domestic Violence of Page County

743-4414

Luray

- Offers information regarding domestic violence services

Clean, Inc

722-3589

Winchester

- Offers information regarding Anger Management support groups for the Winchester area

Collins Center

24 Hour Hotline: 434-2272 or 432-6430

Harrisonburg

- Offers support groups for victims of sexual assault in the Harrisonburg area. (see Basic Needs/Crisis/Non-Profit Service Providers section for more details)

First Step Support Group for Abused Women

434-0295 or 866-223-9169

Harrisonburg

Website: www.firststepva.com

- Open to abused women and their children. (see Basic Needs/Crisis/Non-Profit Service Providers section for more details)

Laurel Center

Local Hotline: 667-6466 or Toll Free: 866-670-2942

Winchester

667-6160

- Offers information regarding domestic violence services in the Winchester Area

New Directions Center Inc.

24 Hour Hotline: 886-6800 or Toll Free: 800-564-2836

Staunton

885-7273

- Offers support groups for victims of domestic violence (see Basic Needs/Crisis/Non-Profit Service Providers section for more details)

Project Horizons

24 Hour Hotline: 463-2594 or Toll Free: 866-463-2594

Lexington

463-7861

- Offers support groups for victims of domestic violence and sexual assault. (see Basic Needs/Crisis/Non-Profit Service Providers section for more details)

Response, Inc.

24 Hour Hotline: 459-5161

Woodstock

459-5599

- Offers domestic violence services for the Woodstock area (see Basic Needs/Crisis/Non-Profit Service Providers section for more details)

Rockbridge Area Community Services

463-3141

Lexington

- Offers anger management support groups area (see Basic Needs/Crisis/Non-Profit Service Providers section for more details)

Valley Hope Counseling Center

941-8933

Waynesboro

- Offers anger management support groups

Women of Sexual Abuse – HOPE

678-569-1776

Woodstock

- First Baptist Church, 11905 Highway 92, please call *Bonnie* for more details: 678-569-1776 or bonnie.palma@fbcw.net

Addiction and Recovery

AA, Al-Anon, Alateen Blue Ridge Area Intergroup

Websites for a complete list of meetings:

- Al-anon: www.va-al-anon.org
- AA: www.aavirginia.org

Winchester

- 24 hour Hotline (AA Meetings) 667-0322
- 24 hour hotline (Al-anon & Alateen meetings) 800-835-6130

Harrisonburg

- Answering Service (AA) 434-8870
- Additional Phone AA meetings (Valley) 568-2462
- Toll-free AA/Alateen Meetings 866-281-8456

Staunton

- Answering Service/Intake 885-6912
- Toll-Free AA/Alateen meetings 866-281-8456

Addiction Support Group

678-391-5950

Woodstock

- For information regarding dates and times for meetings, please call the number listed above.

Augusta Health

213-2509 or 941-2509

Fishersville

- Substance abuse services

Cambios

434-1941

Harrisonburg

- A Spanish-speaking group for people with alcohol or drug problems in the Harrisonburg area. Please call Allison Garcia at the number listed above.

Choices

564-5629

Harrisonburg

- Alcohol and Drug Prevention program located at the Center for Behavioral Health

Dukes in Recovery

Website: www.jmu.edu/healthctr/sap/DIR.shtml

Harrisonburg, James Madison University

Email: DukesinRecovery@gmail.com

- This is a student led support group for students at James Madison University who are in recovery from alcoholism or substance addiction. This group is not affiliated with any religious, AA, NA, or other addiction treatment program. For more information please see the website listed above or send an email to: DukesinRecovery@gmail.com

Edgehill Recovery Retreat Center

24 Hours: 662-8865

Winchester

- Offers substance abuse services

Harrisonburg-Rockingham Community Services Board

433-3100 or 434-1941

Harrisonburg

- Offers information regarding substance abuse services

Life Recovery Family Program (Chemical Dependency of Loved Ones)

564-5629

Harrisonburg

- Please call the number listed above for more information

NALGAP

Website: www.nalgap.org

The National Association of Lesbian and Gay Addiction Professionals is a membership organization founded in 1979 and dedicated to the prevention and treatment of alcoholism, substance abuse, and other addictions in lesbian, gay, bisexual, transgender communities.

Narcotics Anonymous

1-800-777-5155

BRNA PO BOX 623 Harrisonburg, VA 22803

Website: www.na.org

Please check the following website for a complete list of meetings in the Blue Ridge Area:

www.brna.org

Caregiver Support Groups

Adult Care Center of the Northern Shenandoah Valley

722-2273

Winchester

- Offers support groups for caregivers

Alzheimer's Association Mid-Valley Office

949-4151

Waynesboro

- Offers Alzheimer's support

Caregiver Chat Support Group (meet at RMH)

434-1604

Harrisonburg

- For family caregivers who are caring for an aging family member or loved one

Caregivers Community Network

568-6682

Harrisonburg

- Offers support groups for caregivers and respite care

CHADD of the Shenandoah Valley

241-4754

Harrisonburg

- Offers support group information for caregivers of persons with ADD

Friends and Relatives of Nursing Home Residents

949-7141

Waynesboro

- Call for details

Greenfield Assisted Living of Woodstock

459-2525

Woodstock

- Offers information regarding respite care

Mary's Family

364-4757

Shenandoah

- Offers information regarding respite care for Marshall, Shenandoah and Winchester areas

Mayflower Home for Adults

463-3161

Lexington

- Offers respite care for families

Rockingham Memorial Hospital

574-3800

Harrisonburg

Toll-free Health Source: 800-433-4580

- Offers information on caregiver of aging relatives support groups in the Harrisonburg area. You can also call 574-3800 for information about Generations Crossings

Shenandoah Area Agency on Aging

635-7141

Edinburg

800-883-4122

- Offers information regarding respite care

Specialized Information & Referral (I&R) for Caregiver Support Groups

Medical

Winchester Medical Center Community Support Groups

636-0138

Special Needs Children

Blue Ridge Care Connection for Children

866-596-9367

Seniors

Valley Program for Aging Services

800-868-8727 or 949-7141

Shenandoah Area Office on Aging

800-883-4122 or 635-7141

Alzheimer's Association Mid-Valley Office

800-272-3900 or 437-7444

Chronic Illness

Alzheimer's Family Support Groups

437-7444

Central Shenandoah Valley

Website: www.alz.org/cwva

- Please contact *Wendy DeLawder* for more information. Early Stages Support Groups will begin in 2010

AWAKE

433-4580

Harrisonburg

Website: <http://www.rmhonline.com/SupportGroups/tabid/57/Default.aspx>

- For individuals or family members of individuals with sleeping disorders (excessive snoring, sleep apnea, etc.). Meetings have both educational and emotional support components. Meets quarterly at 7 PM. at the Rockingham Memorial Hospital Outpatient Center (4th floor). There is no charge. Call for specific dates. For more information about the program please contact Brian Flock. To register, please call **437-8241**

Cancer Support Groups

Various support groups are held throughout the week including topics ranging from cancer patient support for various illnesses and family support.

Harrisonburg

- Please call *Elaine Dunaway* for more information or to register 433-4249

Woodstock

- Please call *Ruth Wakeman* 459-2187

Diabetes Support Groups

Diabetes support groups are held throughout the week in various locations.

Harrisonburg

- Please contact *Roy* or *Jane* 433 – 4269

Woodstock

- Please contact *Tracy Mitchell* 459-1110

Mended Hearts (support group for heart patients and families)

Harrisonburg

- Please check the RMH website for information regarding meeting dates, times, and information. Link: <http://www.rmhonline.com/ClassesEvents/EventCalendar/tabid/79/Default.aspx>

Parkinson's Support Group 879-9743
Harrisonburg
• For more information, please contact *Eve Showalter*

Pulmonary Achievers Live Successfully (P.A.L.S.) 564-5424
Harrisonburg

- Contact *Ron Shelton* for current meeting times and locations. Open to people with breathing problems, or chronic lung disease, including asthma, and their family members/significant others. Co-sponsored by Pulmonary Rehab and the Shenandoah Region of the American Lung Association.

Community Health Workshops at Rockingham Memorial

Community Health Registration: 433-4580
Harrisonburg Website: <http://www.rmhonline.com/ClassesEvents/EventCalendar/tabid/79/Default.aspx>
• Support on various health related topics are located at Rockingham Memorial Hospital. Support groups and special topics include: Breast Cancer, Diabetes, Relationships, Grief and Loss, and Mindfulness. For a complete list of topics, dates, and times please check the website listed above.

Family Support

Divorce Care 770-423-1189
Woodstock
• Please call for more information

Hand in Hand (Teen Pregnancy Support Group) 433-4340
Harrisonburg
• This is located in the RMH Atrium building, Please call for more details.

Jail Visitation 678-494-2907
Woodstock
• Please call for more information

Mothers of Multiples (Augusta/Rockingham Counties) 828-5884
Rockingham County Email: info@ARCMom.org
• Please call 908-7513
Augusta County
• Please call 886-0675

Mothers Out (Meeting and Sharing) 432-4454
Harrisonburg
• Please contact Heidi Bunn at the number listed above

Premie Support Group 434-7789
Harrisonburg
• Please call for more information

Grief and Loss

Augusta Health Hospice of the Shenandoah 332-4909 or 932-4909
64 Sports Medicine Drive
Fishersville
• In addition to providing grief support to our patient's bereaved family members, Augusta Health Hospice of the Shenandoah is an available resource for the grieving community at large – for individuals, schools, churches, organizations, long-term care facilities, etc. Grief support groups are offered 3-4 a year and are

open to adults in the community who are grieving the death of a loved one. Augusta Health Hospice of the Shenandoah also provides Camp Dragonfly, a weekend camp for children and teens ages 6 to 18, who have experienced the loss of a loved one by death. Camp Dragonfly is held annually in September and is provided free of charge.

Compassionate Friends

877-969-0010

Shenandoah Valley Region

Website: www.compassionatefriends.org

- We assist families in positive resolution of grief following the death of a child and provide information to help others be supportive. For a more information and to find local meetings please see the website listed above.

Grief and Loss Services

433-4580

Harrisonburg

- Please contact RMH HealthSource

Lutheran Family Services

383-2902

Staunton

- This group offers grief programs for adults coping with the death of a loved one, school support groups for children dealing with death and separation due to divorce, as well as support groups for those dealing with losses related to aging. The support groups are free of charge. Please contact *Cynthia Long* at the number above for more information.

Loss/After Care

678-234-5133

Woodstock

- Please call for more information

Miscarriage, Infant Death Support Group

678-494-2907

Woodstock

- Please call for more information

Survivors of Suicide (SOS)

800-433-4580

Shenandoah Region

Website: www.suicide.org/support-groups/virginia-suicide-support-groups.html

A group for anyone who has experienced the death of a loved one to suicide. Since group meeting facilitators, dates, and times change frequently, please call the number listed above for information regarding meetings in your area.

For more information and a complete list of meetings in your community, please check the website listed above. For information in the Staunton area please contact *Dr. Cynthia Long* at 383-2902 or clong@lfsva.org.

LGBT

Madison Equality

Website: <http://orgs.jmu.edu/madisonequality>

Harrisonburg, James Madison University

Email: madisonequality@gmail.com

- Madison Equality is a social and educational organization geared towards providing a place for LGBTAIQ (lesbian, gay, bisexual, transgender, queer, intersex and questioning) as well as Ally identified students to come and hang out in an inclusive environment. We promote educational outreach by bringing 4-5 speakers/performers a semester as well as our members speaking on panels in classrooms about LGBTAIQ issues. Please check the website for meeting times, dates, and location.

Shenandoah Valley Gay and Lesbian Association (SVGLA)

Website: www.svgla.org

Shenandoah Valley Region

Email: svgla@svgla.org

- SVGLA provides educational, social, and recreation activities and promotes the general welfare of the community. Activities are scheduled throughout the year from "First Friday" each month, which brings the community together in the form of potluck dinners, to our annual Shenandoah Valley Pride festival in July of each year. Please visit www.svgla.org or www.myspace.com/svgla or email at svgla@svgla.org for more information.

Washington & Lee University Gay-Straight Alliance Website: http://gsa.wlu.edu/public_html/Home.html

Lexington

- The Alliance strives to promote tolerance and equality for all members of the Washington & Lee community regardless of sexual orientation or gender identity.

Mental Illness

Anxiety Support Group – Valley Hope Counseling Center

941-8933

Waynesboro

- Please call for more information

Augusta Health

213-2525 or 800-932-0262 ext. 2525

Fishersville

- Information regarding mental health services

Bipolar Support Group – Valley Hope Counseling Center

941-8933

Waynesboro

- Please call for more information

Co Dependents Anonymous CODA)

943-6006

Waynesboro

- Please contact *Elizabeth Wilkerson*

Depression

459-1110

Woodstock

- Please contact *Tracy Mitchell*

Happy Time Club

949-6690

Augusta County and Waynesboro

The After Care Social Club is for community residents who have been discharged from mental institutions. The purpose is to help individuals get back into the community. The club is the ecumenical effort of churches in Waynesboro, and Augusta County. There is a monthly dinner meeting on the 2nd Monday at St. John's Episcopal Church, Waynesboro. Please contact *Shirley Kappes*, coordinator.

Harrisonburg-Rockingham Community Services Board

434-1941

Harrisonburg

- For more information regarding the Journeys program, please contact *David Rissmeyer* at 434-1816

Journeys Support Group (dealing with mental illness)

434-5981

Harrisonburg

- Please call for more information

Mental Health America of Augusta

886-7181 or 949-0169

Augusta County

- Please contact *Donna Gum* for more information

NAMI Rockingham Alliance for the Mentally Ill

434-1816

Harrisonburg

- Information regarding support groups for the mentally ill

National Alliance for the Mentally Ill (NAMI)
(Families Helping Families Cope with Mental Illness)
Harrisonburg

Website: www.nami.org

- Please contact *Rowen Zeis*: zeissr@brcc.edu 434-8761

Staunton

- Please contact *Donna Gum*: 886-7181

Winchester

- Please call 533-1832

Northwestern Community Services Board

Page County/Luray

- Please call 743-4548

Winchester

- Please call 667-8888

Woodstock

- Please call 459-5180

Rockbridge Area Community Services

Bacova (Bath County)

- Please call 839-3162

Lexington

- Child & Adolescent Day Programs, please call 463-3141
- Mental Health Services RACSB, please call 463-3141

Rockingham Memorial Hospital

564-5960 (Intake/Outpatient), or 877-294-5731

Harrisonburg

- Offers information regarding mental health services

Shenandoah Memorial Hospital

459-1262

Woodstock

- Offers information regarding mental health services

Valley Community Services Board

887-3200 or 943-5515

Staunton

- Offers information regarding mental health services

Winchester Medical Center

536-8152

Winchester

- Offers information regarding mental health services

Persons with Disabilities and Their Families

ADHD/ADD Advocacy

649-2375

Harrisonburg

- Please call for more information

Arc – Support Group for Retarded Citizens

665-0461

Woodstock

- Please call the number listed above for more information

Disability – ENABLE

770-826-2283

Woodstock

- Please contact *June Brown*

Mental Retardation Support

437-9214

Harrisonburg,

- Please call The Arc of H/R for more details

Shenandoah Valley Autism Partnership (SVAP)

www.Valleyautism.org

Harrisonburg,

- Please contact *Karen McCormack* at 432-9159 or *Sally Chappell* at 568-8095

Schools, School Counselors, and College Counseling Services

Schools often can be the first line of help for those who are in need. Children, adolescents, and young adults attending our community's educational systems can find themselves in developmental life stages where circumstances may become problematic. School settings from kindergarten through high school, as well as universities and colleges, are staffed with professionals serving the unique needs of their students.

K-12 schools typically have both *School Counselors* and *School Psychologists* on staff. School Counselors help students to understand and deal with social, behavioral, and personal problems. These counselors emphasize preventive and developmental counseling to provide students with the life skills needed to deal with life's challenges, and to enhance personal, social, and academic growth. School Psychologists typically provide assessment and intervention planning to address learning, behavioral, and/or emotional problems that may be affecting a student's academic performance.

College and university counseling centers are staffed by counseling and clinical psychologists, counselors, clinical social workers and other professionals who provide services. Services include help for personal, educational, emotional, and interpersonal concerns and questions.

Please contact each educational setting if you wish to inquire about specific services or service providers. In the following section counselor's names are in italics.

All area codes 540 unless otherwise noted

This list is current as of March, 2010. Please see individual school websites for updates regarding counselor positions.

Augusta County Schools

Beverley Manor Elementary School

116 Cedar Green Road
Staunton, VA 24401
Sarah Loret

885-8024

Fax: 885-8040

Website: www.augusta.k12.va.us/beverleymanores

Beverley Manor Middle School

58 Cedar Green Road
Staunton, VA 24401
Jeannie Knotts, Coordinator, & Sherry Miller

886-5806

Fax: 886-4019

Website: www.augusta.k12.va.us/beverleymanorms

Buffalo Gap High School

1800 Buffalo Gap Highway
Swope, VA 24479
Kelly Schuhmann, Coordinator, & Faye Brown

337-6021

Fax: 337-6236

Website: www.augusta.k12.va.us/buffalogaphs

Cassell Elementary School

1301 Rockfish Rd.
Waynesboro, VA 22980
Lois Curry

946-7635

Fax: 946-7637

Website: www.augusta.k12.va.us/hughkcasselles

Churchville Elementary School

3710 Churchville Avenue
Churchville, VA 24421
Brenda Law

337-6036

Fax: 337-8803

Website: www.augusta.k12.va.us/churchvilles

Clymore Elementary School

184 Fort Defiance Rd.
Fort Defiance, VA 24437
Stephanie Spire & Dorianne Manzo

245-5043
Fax: 245-5095
Website: www.augusta.k12.va.us/clymorees

Craigsville Elementary School

100 East First Street
Craigsville, VA 24430
Karen Kaminski

997-9184
Fax: 997-0432
Website: www.augusta.k12.va.us/craigsvillees

Fort Defiance High School

195 Fort Defiance Road
Fort Defiance, VA 24437
Ann McMillan, Coordinator, Marilyn Pascale, & Tracy Fitzgerald

245-5050
Fax: 245-5054
Website: www.augusta.k12.va.us/fortdefiancehs

Guy K. Stump Elementary School

115 Draft Avenue
Stuarts Draft, Virginia 24477
Evelyn Steege

337-1549
Fax: 337-1761
Website: www.augusta.k12.va.us/guykstumpes

Ladd Elementary School

1930 Rosser Avenue
Waynesboro, Virginia 22980
Sarah Shoemaker

946-7630
Fax: 946-7631
Website: www.augusta.k12.va.us/laddes

North River Elementary School

3395 Scenic Highway
Mt. Solon, VA 22843
Doris Kidwell-Jerome

350-2463
Fax: 885-3884
Website: www.augusta.k12.va.us/northriveres

Riverheads Elementary School

17 Howardsville Road
Staunton, VA 24401
Ashley Bartley & Joe Wills

337-2535
Fax: 337-1454
Website: www.augusta.k12.va.us/riverheadsese

Riverheads High School

19 Howardsville Road
Staunton, VA 24401
Kaitlin Harmon, Coordinator, & Bruce Hill

337-1921
Fax: 337-0258
Website: www.augusta.k12.va.us/riverheadshs

S. Gordon Stewart Middle School

118 Fort Defiance Road
Fort Defiance, VA 24437
Kristen Kahn, Coordinator, & Vrla Leach

245-5046
Fax: 245-5049
Website: www.augusta.k12.va.us/stewartms

Shenandoah Valley Governor's School

49 Hornet Road
Fishersville, VA 22939

245-5088
Fax: 886-6476
Website: www.svgs.k12.va.us
director@svg.k12.va.us

Stuarts Draft Elementary School

63 School Blvd.
Stuarts Draft, VA 24477
Elizabeth Shreckhise & Joe Wills

337-2951
Fax: 946-7620
Website: www.augusta.k12.va.us/stuartsdraftes

Stuarts Draft High School

1028 Augusta Farms Road
Stuarts Draft, VA 24477
*Pat Donovan, Coordinator, Kathryn Higgins,
Gretchen Schindler, & Jenny Gardner, Career Coach*

886-8500 or 946-7600

Fax: 946-7605

Website: www.augusta.k12.va.us/stuartsdrafths

Stuarts Draft Middle School

1088 Augusta Farms Road
Stuarts Draft, VA 24477
Debbie O'Neil, Coordinator, & Lou Ann Lynch

946-7611

Fax: 946-7613

Website: www.augusta.k12.va.us/stuartsdraftms

Verona Elementary School

1011 Lee Highway
Verona, VA 24482
Kendall Driver

248-0141

Fax: 248-0562

Website: www.augusta.k12.va.us/veronaes

Wilson Elementary School

127 Woodrow Wilson Avenue
Fishersville, VA 22939
Gary Hartwell

245-5040

Fax: 245-5042

Website: www.augusta.k12.va.us/wilsones

Wilson Memorial High School

189 Hornet Road
Fishersville, VA 22939
Shaun Sparks, Coordinator, Jan Lovell, & Jody Myers

886-4286 or 949-8643

Fax: 886-4611

Website: www.augusta.k12.va.us/wilsones

Wilson Middle School

232 Hornet Road
Fishersville, VA 22939
Kelly Brady, Coordinator, & Chris Appl-Walsh

245-5185

Fax: 245-5189

Website: www.augusta.k12.va.us/wilsonms

Bath County Schools

Bath County High School

464 Charger Lane
Hot Springs, VA 24445
Heather DeBoe

839-2431

Fax: 839-3290

Millboro Elementary School

411 Church Street
Millboro, VA 24460
Heather DeBoe

997-5452 & 839-5804

Fax: 997-0123

Website: www.bath.k12.va.us/mes

Valley Elementary School

98 Panther Drive
Hot Springs, VA 24445
Sandra Stinnett

839-5395

Fax: 839-5392

Website: www.bath.k12.va.us/ves

Harrisonburg City Schools

Harrisonburg City Public Schools

Special Education Services

101 N. Main Street 4th floor
Harrisonburg, VA 22802

434-2752

Fax: 434-2923

Website: www.harrisonburg.k12.va.us

The School Psychologists and School Social Workers/Visiting Teachers, and Child-Find Specialists of Harrisonburg City Schools are available for referral, consultation, assessment, and other services aimed at helping students with various needs. As specialists in working with students with disabilities, these professionals are familiar with resources and services to assist children with special needs in the public schools. With their respective training in counseling, mental health, and family dynamics, they also consult with families who have students enrolled in Harrisonburg city schools regarding the school-related impact of various relevant issues on all children. Office hours are 8 a.m. to 4 p.m. Monday through Friday.

Harrisonburg High School 433-2651
1001 Garbers Church Road Fax: 433-3595
Harrisonburg VA 22801 Website: www.harrisonburg.k12.va.us/hhs
Amy Powers, Timothy Myers, David Hoover, Rachel Linden, & Pat Thornley

Keister Elementary School 434-6585
100 Maryland Avenue Fax: 434-4452
Harrisonburg VA 22801 Website: www.harrisonburg.k12.va.us/keister
Lois Miller

Skyline Middle School 434-6862
470 Linda Lane Fax: 434-6453
Harrisonburg, VA 22802 Website: www.harrisonburg.k12.va.us/skms
Neil Curtis & Maria Rodriquez

Smithland Elementary School 434-6075
474 Linda Lane Fax: 434-6059
Harrisonburg, VA 22802 Website: www.harrisonburg.k12.va.us/smes
Jyl Gamble

Spotswood Elementary School 434-3429
400 Mountain View Drive Fax: 434-4453
Harrisonburg VA 22801 Website: www.harrisonburg.k12.va.us/swood
Angela Adamek

Stone Spring Elementary School 574-1199
1575 Peach Grove Avenue Fax: 432-0053
Harrisonburg VA 22801 Website: www.harrisonburg.k12.va.us/sses
Dan Long

Thomas Harrison Middle School 434-1949
1311 West Market Street Fax: 434-4052
Harrisonburg VA 22801 Website: www.harrisonburg.k12.va.us/thms
Terry Cary, Susan Rebhun, & Corinne Makarewich

Waterman Elementary School 434-8352
451 Chicago Avenue Fax: 434-9996
Harrisonburg VA 22802 Website: www.harrisonburg.k12.va.us/water
Marta Armstrong

Harrisonburg City and Rockingham County Schools

Massanutten Technical Center 434-5961
325 Pleasant Valley Road Fax: 434-1402
Harrisonburg, VA 22801 Website: www.rockingham.k12.va.us/mtc/MTC.html
Mikhal Salzberg

Highland County Schools

Highland Elementary School

252 Myers Moon Road
P. O. Box 310
Monterey, VA 24465
Caroline Sponaugle

468-6360
Fax: 468-6333
Website: www.highland.k12.va.us

Highland High School

210 Myers Moon Road
P. O. Box 430
Monterey, VA 24465
Caroline Sponaugle

468-6320
Fax: 468-6332
Website: www.highland.k12.va.us

Lexington City Schools

Waddell Elementary School

100 Pendleton Place
Lexington, VA 24450
Kristin Tomlin

463-5353
Fax: 463-6309
Website: www.lexedu.org/Waddell

Lylburn Downing Middle School

302 Diamond Street
Lexington, VA 24450
Sarah Blackburn

463-3532
Fax: 463-1548
Website: www.lexedu.org/LDMS

Page County Schools

Grove Hill Elementary School

7979 US Highway 340
Shenandoah, VA 22849
Lauren Kershner

652-8544
Website: <http://eclipse.pagecounty.k12.va.us/gh2>

Luray Elementary School

555 First Street
Luray, VA 22835
Jessica Dudley

743-4078
Website: <http://eclipse.pagecounty.k12.va.us/les>

Luray High School

243 Bulldog Drive
Luray, VA 22835
Sandra Warren & Sherry Grogg-Mathews

743-3800
Fax: 743-5524
Website: <http://eclipse.pagecounty.k12.va.us/lhs/index.htm>

Luray Middle School

14 Luray Avenue
Luray, VA 22835
Amy Hull

843-2660
Fax: 743-1709
Website: <http://eclipse.pagecounty.k12.va.us/lms/index.htm>

Page County High School

184 Panther Drive
Shenandoah, VA 22849
Margaret Farmer & Mishay Whitsitt

652-8712
Fax: 652-1966
Website: <http://eclipse.pagecounty.k12.va.us/pchs2/index.htm>

Page County Middle School

198 Panther Drive
Shenandoah, VA 22849
Ginger Neff

652-3400

Fax: 652-8308

Website: <http://eclipse.pagecounty.k12.va.us/pcms>

Page County Public Schools

735 W. Main Street
Luray, VA 22835

743-6533

Website: www.pagecounty.k12.va.us

Page County Technical Center

525 Middleburg Road
Luray, VA 22835

778-7282

Fax: 778-4272

Website: <http://eclipse.pagecounty.k12.va.us/pctc/pctchome/index.htm>

Shenandoah Elementary School

529 Fourth Street
Shenandoah, VA 22849
Kay Baker

652-8621

Fax: 652-1711

Website: <http://eclipse.pagecounty.k12.va.us/shen/index.htm>

Springfield Elementary School

158 Big Spring Lane
Rileyville, VA 22650
Lauren Kershner

743-3750

Fax: 743-4699

Website: <http://eclipse.pagecounty.k12.va.us/spfd/index.html>

Stanley Elementary School

306 Aylor Grubbs Avenue
Stanley, VA 22851
Heather Scott

778-2612

Fax: 778-1913

Website: <http://eclipse.pagecounty.k12.va.us/stan/index.htm>

Rockbridge County Schools

Rockbridge County High School

143 Greenhouse Road
Lexington, VA 24450
Deborah Jarrett, Deborah Pruett, Page Crawford, & Mat Rapoza

463-5555

Fax: 463-6152

Website: www.rcs.rang.k12.va.us/schools/rchs

Maury River Middle School

600 Waddell Street
Lexington, VA 24450
Veronica Bateman & Carol Phemister

463-3129

Fax: 464-4838

Website: www.rcs.rang.k12.va.us/schools/mrms

Rockbridge Middle School

1200 Sterrett Road
Fairfield, VA 24435
Rita Biggs

348-5445

Fax: 348-1016

Website: www.rockbridge.k12.va.us/schools/rms

Central Elementary School

85 Central Road
Lexington, VA 24450
Courtney Reach

463-4500

Fax: 463-2225

Website: www.rcs.rang.k12.va.us/Schools/ces/Central

Effinger Elementary School

2893 Collierstown Road
Lexington, VA 24450
Joann Toner

463-4459

Fax: 463-4824

Website: www.rockbridge.k12.va.us/SCHOOLS/EES

Fairfield Elementary School

20 Fairfield School Road
Fairfield, VA 24435
Susan Friski

348-5202

Fax: 377-2601

Website: www.rockbridge.k12.va.us/schools/fes

Mountain View Elementary School

20 Burger Circle
Buena Vista, VA 24416
Anita McGugan

261-2418

Fax: 261-8082

Website: www.rockbridge.k12.va.us/schools/mves

Natural Bridge Elementary School

42 Natural Bridge School House Road
Natural Bridge Station, VA 24579
Linda White

291-2292

Fax: 291-2966

Website: www.rockbridge.k12.va.us/SCHOOLS/NBES

Rockingham County Schools

Broadway High School

269 Gobbler Drive
Broadway VA 22815
Annette Paxton, Director, Matt Kinman, & Sharon Cunningham

896-7081

Fax: 896-2640

Website: www.rockingham.k12.va.us/BHS/bhs.html

Cub Run Elementary School

1451 S. Montevideo Circle
Penn Laird, VA 22846
Liz Shoop
Ann Frazier (Th-Fri)

289-5854

Fax: 289-5901

Website: www.rockingham.k12.va.us/CRES/cres.html

Elkton Elementary School

302 B Street
Elkton VA 22827
Cynthia Hepner

298-1511

Fax: 298-1471

Website: www.rockingham.k12.va.us/ees/ElktonES.html

Elkton Middle School

21063 Blue and Gold Drive
Elkton VA 22827
Mike Simpson & JoEllen Perry

289-1228

Fax: 289-0029

Website: www.rockingham.k12.va.us/EMS/EMS.html

Fulks Run Elementary School

11089 Brocks Gap Run
Fulks Run VA 22830
Jeanette Hess

896-7635

Website: www.rockingham.k12.va.us/FRES/FRES.html

J. Frank Hillyard Middle School

226 Hawks Hill Drive
Broadway VA 22815
Sandy King & Garold Shull

896-8961

Fax: 896-6641

Website: www.rockingham.k12.va.us/JCMES/JCMES.html

John C. Myers Elementary School

290 Raider Way
Broadway VA 22815
JuliAnn Branson

896-2297

Fax: 896-1576

Website: www.rockingham.k12.va.us/JCMES/JCMES.html

John Wayland Elementary School

801 N. Main Street
Bridgewater VA 22812
Cindy Phillips & Jackie Dunsmore

828-6081
Fax: 828-4439
Website: www.rockingham.k12.va.us/jwes/jwehome.html

Lacey Spring Elementary School

8621 N. Valley Pike
Harrisonburg VA 22802
Brenda Robey

433-7819
Fax: 433-0383
Website: www.rockingham.k12.va.us/LSES/lse.html

Linville-Edom Elementary School

3653 Linville-Edom Road
Linville VA 22834
Dena Hollar

833-6916
Fax: 833-2267
Website: www.rockingham.k12.va.us/lees/LEES.html

McGaheysville Elementary School

9508 Spotswood Trail
McGaheysville VA 22840
Judith Fields

289-3004
Fax: 289-6832
Website: www.rockingham.k12.va.us/MES/MESINDEX.htm

Montevideo Middle School

7648 McGaheysville Road
Penn Laird VA 22846
Steve Boyle & Cammie Weston

289-3401
Fax: 289-3601
Website: <http://blogs.rockingham.k12.va.us/mms>

Mountain View Elementary School

2800 Rawley Pike
Harrisonburg VA 22801
Shon Tucker & Jeanette Hess

438-1965
Fax: 438-0455
Website: www.rockingham.k12.va.us/mves/mves.html

Ottobine Elementary School

8646 Waggys Creek Road
Dayton VA 22821
Tamara Kratz

879-2091
Fax: 879-2556
Website: www.rockingham.k12.va.us/oes/oes.html

Peak View Elementary School

641 Lawyer Road
Penn Laird VA 22846
Gaye Hensley

289-7510
Fax: 289-7439
Website: www.rockingham.k12.va.us/PKVES/pkves.htm

Plains Elementary School

225 American Legion Road
Timberville VA 22853
Betty Shenk

896-8956
Fax: 896-8908
Website: www.rockingham.k12.va.us/PES

Pleasant Valley Elementary School

215 Pleasant Valley Road
Harrisonburg VA 22801
Anne Frazier (Mon – Wed)

434-4557
Fax: 433-3528
Website: www.rockingham.k12.va.us/PVES

River Bend Elementary School

14556 Rockingham Pike
Elkton, VA 22827
Julie Riley

298-5301
Fax: 298-5305
Website: <http://blogs.rockingham.k12.va.us/rbes>

Rockingham County Public Schools

2 South Main Street
Harrisonburg, VA 22801

564-3225

Website: www.rockingham.k12.va.us

All residents of Rockingham County from the ages of two (2) through twenty-one (21) who have a disability and are in need of special education services shall receive a free appropriate education in the least restrictive environment. Students otherwise eligible must have attained age two (2) and not have exceeded age twenty-one (21) by September 30. Programs and services are provided to persons identified as having autism, deaf-blindness, developmental delay, hearing impairment, mental retardation, multiple disabilities, orthopedic impairment, other health impairment, emotional disturbance, severe disability, specific learning disability, speech or language impairment, traumatic brain injury, or a visual impairment.

South River Elementary School

2101 Elm Avenue
Grottoes VA 24441
Nancy Martin-Finks

249-4001

Fax: 249-3110

Website: www.rockingham.k12.va.us/SRES

Spotswood High School

368 Blazer Drive
Penn Laird VA 22846
Helen Harman, Director, Lynn Briggman, Pamela Elmore, & Jimmy Miller

289-3100

Fax: 289-3301

Website: www.rockingham.k12.va.us/shs/SHS.html

Turner Ashby High School

800 N. Main Street
Bridgewater VA 22812
Lee Hall, Candi Martin, Sarah Lam, & Kyle Laver, Career Coach

828-2008

Fax: 828-4764

Website: www.rockingham.k12.va.us/TAHS/tahs.html

Wilbur Pence Middle School

375 Bowman Road
Dayton VA 22821
Sharon Sprinkel & Lisa Holsinger-Thomas

879-2535

Fax: 879-2179

Website: www.rockingham.k12.va.us/WSPMS/wspms.html

Shenandoah County Schools

Ashby Lee Elementary School

480 Stonewall Avenue
Quicksburg, VA 22847
Mary DesMarais

477-2927

Fax: 477-2844

Website: www.shenandoah.k12.va.us/ales

Central High School

1147 Susan Avenue
Woodstock, VA 22664
Michelle Papa, Beth Rudy, & Shanna McComb

459-2161

Fax: 459-5932

Website: www.shenandoah.k12.va.us/chs

North Fork Middle School

1018 Caverns Road
Quicksburg, VA 22847
Allison Zeiner

477-2953

Fax: 477-2562

Website: www.shenandoah.k12.va.us/nfms

Peter Muhlenberg Middle School

1251 Susan Avenue
Woodstock, VA 22664
Kristene Wellings & Shanna McComb

459-2941

Fax: 459-5675

Website: www.shenandoah.k12.va.us/pmms

Sandy Hook Elementary School

162 Stickley Loop
Strasburg, VA 22657
Myra Stewart

465-8281
Website: www.shenandoah.k12.va.us/shes

Signal Knob Middle School

687 Sandy Hook Road
Strasburg, VA 22657
Bill Wheat

465-3422
Fax: 465-5412
Website: www.shenandoah.k12.va.us/skms

Stonewall Jackson High School

150 Stonewall Lane
Quicksburg, VA 22847
Aimee Elm & Susan Schuckman

477-2732
Fax: 477-2098
Website: www.shenandoah.k12.va.us/sjhs

Strasburg High School

250 Ram Drive
Strasburg, VA 22657
Jon Burchard & Amy Zimmerman

465-5195
Website: www.shenandoah.k12.va.us/shs

Triplett Tech

6375 S. Main Street
Mt. Jackson, VA 22842
Katie Rice

477-3161
Fax: 477-2402
Website: www.shenandoah.k12.va.us/tt

W.W. Robinson Elementary School

1231 Susan Avenue
Woodstock, VA 22664
Pat Murphy & Lynn McKee

459-5155
Fax: 459-5992
Website: www.shenandoah.k12.va.us/wwrs

Staunton City Schools

Arthur R. Ware Elementary School

330 Grubert Avenue
Staunton, VA 24401
Ry Wilson

332-3938
Fax: 332-3957
Website: <http://staunton.k12.va.us/ware>

Bessie Weller Elementary School

600 Greenville Avenue
Staunton, VA 24401
Candi Kincaid

332-3940
Fax: 332-3959
Website: <http://staunton.k12.va.us/weller>

Genesis Alternative School

2076 Jefferson Highway
Fishersville, VA 22939
Marti Merritt

213-6507
Fax: 949-7424
Website: <https://sites.google.com/a/staunton.k12.va.us/genesis>

Robert E. Lee High School

1200 N. Coalter Street
Staunton, VA 24401
*Carol Marvin, Director, Lawrence Childs, Mandy Chambers,
& Corey Reed, Career Coach*

332-3926
Fax: 332-3994
Website: <http://staunton.k12.va.us/lee>

Shelburne Middle School

300 Grubert Avenue
Staunton, VA 24401
Katherine Funkhouser, Leslie Buhrman, & Addie Jones

332-3930
Fax: 332-3933
Website: <http://staunton.k12.va.us/shelburne>

Staunton City School Board Office

116 West Beverley Street
Staunton, VA 24401

332-3920
Fax: 332-3924
Website: <http://staunton.k12.va.us/staunton>

Thomas C. McSwain Elementary School

1100 N. Coalter Street
Staunton, VA 24401
Kathy Botkin

332-3936
Fax: 332-3955
Website: <http://staunton.k12.va.us/McSwain>

Thomas W. Dixon Elementary School

1751 Shutterlee Mill Road
Staunton, VA 24401
Susan Phend

332-3934
Fax: 332-3973
Website: <http://staunton.k12.va.us/Dixon>

Staunton City and Augusta County Schools

Valley Vocational Technical Center

49 Hornet Road
Fishersville, VA 22939
Harry Hogshead

943-5511 or 245-5002
Fax: 885-0407
Website: www.augusta.k12.va.us/valleyvts
E-mail: webmaster@vvtc.tec.va.us

Waynesboro City Schools

Berkeley Glenn Elementary School

1020 Jefferson Avenue
Waynesboro, VA 22980
Website: <http://waynesboro.va.schoolwebpages.com/education/school/school.php?sectionid=2>
Kevin Wingfield

946-4680
Fax: 946-4684

Kate Collins Middle School

1625 Ivy Street
Waynesboro, VA 22980
Website: <http://waynesboro.va.schoolwebpages.com/education/school/school.php?sectionid=3>
Katherine Akinli

946-4635
Fax: 946-4642

Waynesboro High School

1200 West Main Street
Waynesboro, VA 22980
Website: www.waynesboro.k12.va.us/wboro/whs/index.htm
Helen Schurz, Director, Veronica Davis, & Deborah Watson

946-4616
Fax: 946-4621

Waynesboro Public Schools

301 Pine Avenue
Waynesboro, Virginia 22980

946-4600

Fax: 946-4608

Website: www.waynesboro.k12.va.us

Wenonah Elementary School

125 N. Bayard Avenue
Waynesboro, VA 22980
Wendy Mitchell

946-4660

Fax: 946-4663

Website: www.wenonahschool.org

Westwood Hills Elementary School

548 Rosser Avenue
Waynesboro, VA 22980
Julie King

946-4670

Fax: 946-4673

William Perry Elementary School

840 King Avenue
Waynesboro, VA 22980
Website: <http://waynesboro.va.schoolwebpages.com/education/components/scrapbook/default.php?sectionid=7>
Charlene Reed

946-4650

Fax: 946-4656

Colleges and Universities

Blue Ridge Community College

Box 80, One College Lane
Weyers Cave, VA 24486

From Harrisonburg: 540-234-9261

From Staunton: 540-213-7002

From Waynesboro: 540-943-7002

From other areas in VA: 1-(888)-750-2722

Website: www.brcc.edu

The Blue Ridge Community College Counseling Center refers personal counseling and emotional support requests to the excellent counseling and support resources available in our community. If you are enduring difficult emotional and personal problems, we strongly encourage you to take advantage of the low-cost resources in our community.

Bridgewater College

402 E. College Street
Bridgewater, VA 22812

Marty Barlow, MS, LPC, Director

Amy Ghaemmaghami, MA, LPC, College Counselor

Elaine Long, Secretary for Counseling Services

Website: www.bridgewater.edu/StudentServices/CounselingServices

828-8000

Email: mbarlow@bridgewater.edu

828-5358

Email: aghamma@bridgewater.edu

828-5379

Email: elong@bridgewater.edu

828-5692

The Bridgewater College Counseling Center (CC) provides confidential, individual counseling services for Bridgewater College students. The CC also produces relevant and engaging outreach programming, and offers consultative and collaborative services to faculty, staff and administration on the mental health needs of students and the campus community. Support groups are also made available as needed and/or requested. There is no additional cost to students for counseling services.

Eastern Mennonite University - EMU

Counseling Center

1200 Park Road

Harrisonburg, VA 22802

432-4317

Website: www.emu.edu/studentlife/counseling

EMU Counseling Services provides a safe environment where anyone can bring forward any number of issues, including feelings of depression or anxiety, loneliness, identity issues, conflict or relationship difficulties, or even just take time to vent after a difficult day. For those enrolled EMU students seeking counseling, EMU provides a benefit of one initial evaluation and up to seven sessions at no charge. Additional sessions are evaluated between the counselor and student at a charge of no more than \$15 per session. For further information or assistance, call the Counseling Center office at 432-4317.

James Madison University – JMU

CSDC

Varner House, MSC 0801

Harrisonburg, VA 22807

568-6552

Website: www.jmu.edu/counselingctr

The Counseling and Student Development Center is open Monday through Friday 8am to 5pm. We are always available after hours through the Office of Public Safety at 568-6911 for emergencies. Appointments to meet with a counselor may be made in person at the CSDC office in Varner House, or by telephone at 568-6552. Each year, the Counseling & Student Development Center provides personal counseling to over 1000 undergraduate and graduate students at James Madison University. The Center is staffed by psychologists, counselors, and graduate students, and the services rendered to students are free, voluntary, and confidential. The Center's staff is dedicated to assisting students in their pursuit of personal and academic growth, to helping students gain a better understanding and appreciation of themselves, and to supporting students as they make important decisions about their lives.

Mary Baldwin College

P. O. Box 1500
Staunton, VA 24401

887-7281

Website: www.mbc.edu

Nadia Kuley, Ph.D., Licensed Clinical Psychologist, is the Director of Counseling and Psychological Services on the campus of Mary Baldwin College, located in Blakely House. Short term psychotherapy is offered by Dr. Kuley and graduate level interns. Students are provided crisis intervention and treatment for a wide variety of emotional disorders [i.e., mood disorders, eating disorders and anxiety disorders], in addition to homesickness, academic stressors, stress management and motivational issues. Students are also provided resources in the community for psychiatric services and other mental health providers that may be indicated.

In addition to direct services to MBC students, Counseling and Psychological Services also offers consultation to professors, staff, and resident advisors. Educational programs are offered to students, as well as training to resident advisors. With the exception of a student in crisis, students are seen by appointment by calling the office secretary at 540-887-7281. For further information, please see our website at mbc.edu

Virginia Military Institute (VMI)

Lexington, VA 24450

540-464-7230

Website: www.vmi.edu

Email: higginsln@vmi.edu

Cadet Development and Counseling provides short-term counseling that focuses on addressing personal concerns that may impede current and future learning and personal development. Some cadets seek counseling to address specific problems, such as coping with stressful situations, substance abuse, losing important relationships, decreased self confidence, and feelings of loneliness, depression, and anxiety. Cadets also seek counseling to further their personal growth. For example, cadets come to counseling to learn more effective social skills, improve the quality of their interpersonal relationships, and learn more about their personality. All counseling is confidential.

Washington Lee University

Student Health & Counseling Services
204 W. Washington Street
Lexington, VA 24450

540-458-8590

Website: www.wlu.edu

Washington and Lee University is committed to the development of the whole person, therefore a highly trained and experienced counseling staff is available to help students with a variety of difficulties that might impact not only a student's academic work, but overall sense of well-being. University Counseling provides direct psychotherapy services, assessment of academic problems, and (with student consent) collaboration with faculty, administrative personnel, or parents to provide necessary supports for struggling students. Psychiatric consultation is also available. All students enrolled at Washington and Lee University are entitled to services as needed and all costs are covered by tuition.

Helpful Websites

For more information regarding helpful websites and organizations please see the Basic Needs/Crisis/Non-Profit Service Providers & Support/Self-Help Groups sections of the directory

Abuse

- www.childhelp.org
- www.domesticviolence.org
- www.preventelderabuse.org
- www.recovery-man.com/abusive/abusive.htm

Addiction, Substance Abuse and Recovery

- www.al-anon-alateen.org
- www.aa.org
- www.alcoholismhelp.com
- www.codependents.org
- www.jmu.edu/healthctr/sap/DIR.shtml
- www.ola-is.org/index.htm
- www.ncadd.org
- www.wsoinc.com
- www.teen-anon.com

AIDS & other Sexually Transmitted Diseases

- www.aac.org
- www.ashastd.org
- www.thebody.com

Caring for Aging Relatives

- www.caps4caregivers.org

Chronic Illness

Alzheimer's Disease

- www.alz.org
- www.nia.nih.gov/alzheimers

Breast Cancer

- www.networkofstrength.org

Family Issues & Support

Anger Management

- www.angermanagementsupport.com

Divorce

- www.stepfamilyinfo.org/

Parenting

- <http://familyeducation.com/home/>
- www.parenthelpzone.com
- <http://parenting.ivillage.com/>
- www.parentingtoolbox.com/

Step Families

- www.stepfam.org

Grief & Loss

Death and Dying

- www.wnet.org/archive/bid/index.html
- www.death-dying.com

LGBT

- <http://orgs.jmu.edu/madisonequality>
- www.jmu.edu/safezone/
- www.svgla.org

Mental Illness

Anger Management

- www.angermanagementsupport.com

Anxiety

- www.adaa.org

Bipolar Disorder

- www.nimh.nih.gov/health/publications/bipolar-disorder

Depression

- www.depression.org
- <http://depression.mentalhelp.net/>

Eating Disorders

- www.healthyplace.com/communities/eating_Disorders/Site/index.htm
- www.caringonline.com

Mental Illness

- www.nimh.nih.gov/index.shtml
- www.nami.org

Mental Illness in Children

- www.nimh.nih.gov/health/publications/treatment-of-children-with-mental-disorders

Schizophrenia

- <http://schizophrenia.com>

Persons with Disabilities and Their Families

Autism

- www.autism-society.org

Association for Retarded Citizens (Arc)

- www.thearc.org

Down Syndrome

- <http://downsyndrome.com>

Learning Disability Association

- www.ldanatl.org
- www.ldavirginia.org

National Dissemination Center for Children with Disabilities

- www.nichcy.org

Sexual Abuse

- www.newdircenter.com/
- www.apa.org/releases/sexabuse/
- www.preventelderabuse.org/elderabuse/s_abuse.html

Suicide

- www.save.org
- www.sprc.org
The Suicide Prevention Resource Center (SPRC) provides prevention support, training, and resources to assist organizations and individuals to develop suicide prevention programs, interventions and policies, and to advance the National Strategy for Suicide Prevention.
- www.suicidology.org
The American Association of Suicidology (AAS) promotes research, public awareness programs, public education, and training for professionals and volunteers. In addition, AAS serves as a national clearinghouse for information on suicide.
- www.afsp.org
The American Association for Suicide Prevention (AFSP) is the only national not-for-profit organization exclusively dedicated to understanding and preventing suicide through research and education, and to reaching out to people with mood disorders and those affected by suicide.

Suggested Readings

Millions of self-help books are sold each year. Obviously, some self-help books are more helpful than others. We asked local mental health professionals to tell us what books they recommend to their clients. The following is a brief compilation of the books they named. All of these suggested readings are written for the general public. More importantly, they offer accurate information, helpful insights, and practical suggestions concerning specific problems. Many of the books listed are available at the public library and at local bookstores. You are also invited to browse through the excellent library at Women's Health Focus. Most of the public agencies have some literature available, so give them a call if you have a particular interest.

We offer one warning, however. Watch out for the books that sound like traveling snake oil peddlers with their outrageous promises. Just remember that if it sounds too good to be true, it probably is.

Please pass along to us any additional books you would recommend. We hope to update and expand this listing in the next edition of the directory.

Abusive Relationships

The Verbally Abusive Relationship: How to Recognize it and How to Respond, by Patricia Evans, Expanded Second Edition, 2002.

Men Who Hate Women and Women Who Love Them, by Susan Forward and Joan Torres, 1987.

To Be An Anchor in the Storm: A Guide for Families and Friends of Abused Women, by Susan Brewster, 2nd ed., 2000.

The Battered Woman's Survival Guide: Breaking the Cycle: A Resource Manual for Victims, Relatives, Friends and Professionals, by Jan Berliner Statman, 2nd ed., 1995.

Man to Man: A Guide for Men in Abusive Relationships, by Edward W. Gondolf and David M. Russell, 1987.

Adult Children of Alcoholics

Adult Children of Alcoholics, by Janet Geringer Woititz, 1990.

Following the Yellow Brick Road: The Adult Child's Personal Journey Through Oz, by Joy Miller and Marianne Rippe, 1987.

Workbook for Healing Adult Children of Alcoholics, by Patty McConnel, 1986.

The 12 Steps for Adult Children from Addictive and Other Dysfunctional Families, by Friends in Recovery, 1989.

Courage to Change: One Day at a Time in Al-Anon II, by Al-Anon Family Group Head Inc, 1992.

AIDS

American College of Physicians Home Care Guide for HIV and AIDS: For Family and Friends Giving Care at Home, by Peter S. Houts, 1998.

AIDS Care at Home: A Guide for Caregivers, Loved Ones, and People with AIDS, by Judith Greef and Beth Ann Golden, 1994.

The Caregiver's Journey: When You Love Someone With AIDS, by Mel Pohl, Deniston Kay and Doug Toft, 1990.

The Guide to Living With HIV Infection, by John G. Bartlett and Ann K. Finkbeiner, Developed at the John's Hopkins AIDS Clinic, 6th ed., 2006.

Alcoholism

Alcoholics Anonymous - Big Book, by AA Services, 2007.

Sober for Good: New Solutions for Drinking Problems -- Advice from Those Who Have Succeeded, by Anne M. Fletcher, 2002.

Beyond the Influence: Understanding and Defeating Alcoholism, by Katherine Ketcham, 2000.

How to Quit Drinking Without AA: A Complete Self-help Guide, by Jerry Dorsman, 2nd ed., 1997.

Under the Influence: A Guide to the Myths & Realities of Alcoholism, by James Milam and Kathryn Ketham, 1981.

Recovery Options: The Complete Guide to How You and Your Loved Ones Can Understand and Treat Alcohol and Other Drug Problems, by Joseph Volpicelli and Maia Szalivitz, 1998.

Mindful Recovery: A Spiritual Path to Healing from Addiction, by Thomas Bien Ph.D. and Beverly Bien, 2002.

Alzheimer's Disease

The Alzheimer's Sourcebook for Caregivers: A Practical Guide for Getting Through the Day, by Frena Bloomfield and Frena G. Davidson, 1993.

The 36 Hour Day, by Nancy Mace and Peter Rabins, 3rd ed., 1999.

Alzheimer's: A Caregiver's Guide and Sourcebook, by Howard Gruetzner, 2nd ed, 1992.

Alzheimer's Early Stages: First Steps in Caring and Treatment, by Daniel Kuhn, 1999.

Alzheimer's Activities: Hundreds of Activities for Men and Women with Alzheimer's Disease and Related Disorders, by B.J. Fitzray, 2001.

Anxiety

Anxiety and Phobia Workbook, by Edmund Bourne, Ph.D., 4th ed., 2005.

Don't Panic: Taking Control of Anxiety Attacks, by Reid Wilson, 3rd Edition, 2009.

Triumph Over Fear: A Book of Help and Hope for People with Anxiety, Panic Attacks, and Phobias, by Jerilyn Ross, 1995.

Self-Coaching: How to Heal Anxiety and Depression, by Dr. Joseph J. Luciani, 2001.

The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder, by Bruce Hyman and Cherry Pedrick, 2005.

Bipolar Disorder

Bipolar Handbook: Real-Life Questions with up-to-Date Answers, by Wes Burgess, 2006.

New Hope for People with Bipolar Disorder: Your Friendly, Authoritative Guide to the Latest in Traditional and Complimentary Solutions, by Jan Fawcett, M.D., Bernard Golden, Ph.D., Nancy Rosenfeld, and Frederick K. Goodwin, 2007.

An Unquiet Mind: A Memoir of Moods and Madness, by Kay Redfield Jamison, 1997.

The Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder, by Demetri Papolos M.D. and Janice Papolos, 3rd edition, 2007.

Bipolar Disorder Survival Guide: What You and Your Family Need to Know, by David J. Miklowitz, 2002.

The Bipolar Workbook: Tools for Controlling Your Mood Swings, by Monica Ramirez Basco, 2006.

Codependency

Codependent No More: How to Stop Controlling Others and Start Caring for Yourself, by Melody Beattie, 1987.

Codependent No More and Beyond Codependency, by Melody Beattie, 2009.

Love is a Choice: The Definitive Book on Letting Go of Unhealthy Relationships, by Drs. Robert Hemfelt, Frank Minirth, and Paul Meier, 2003.

Death and Dying

Alex: The Life of a Child, by Frank Deford, 1997.

I Don't Know What To Say: How to Help and Support Someone Who Is Dying, by Robert Buckman, 1989.

Final Gifts: Understanding the Special Awareness, Needs and Communication of the Dying, by Maggie Callanan and Patricia Kelley, 1992.

Gone From My Sight: The Dying Experience, by Barbara Karnes, 1986.

The Orphaned Adult: Understanding and Coping with Grief and Change after the Death of Our Parents, by Elisabeth Kübler-Ross, 2000.

Handbook for Mortals: Guidance for People Facing Serious Illness, by Joanne Lynn, 2001.

Don't Take My Grief Away From Me, by Doug Manning and Glenda Stansbury, 2005.

Depression

Darkness Visible: A Memoir of Madness, by William Styron, 2007.

Feeling Good: The New Mood Therapy, by David Burns, Revised and Updated, 1999.

The Feeling Good Handbook, by David D. Burns, 1999.

The Depression Workbook: A Guide for Living with Depression and Manic Depression, by Mary Ellen Copeland and Matthew McKay, 2nd edition, 2002.

The Depressed Child: A Parent's Guide for Rescuing Kids, by Dr. Douglas A. Riley, 2000.

New Hope for People with Depression: Your Friendly, Authoritative, Guide to the Latest in Traditional and Complimentary Solutions, by Marian Broida and Francis Mark Mondimore, 2001.

Overcoming Teen Depression: A Guide for Parents, by Dr. Mirriam Kauffman, 2001.

The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness, by Mark Williams, John Teasdale, Zindel Segal, and Jon Kabat-Zinn, 2007.

Free Yourself From Depression, by Michael D. Yapko, 1992.

Divorce

Mom's House, Dad's House: A Complete Guide for Parents Who Are Separated, Divorced, or Remarried, by Isolina Ricci, 1997.

Mom's House, Dad's House for Kids: Feeling at Home in One Home or Two, by Isolina Ricci 2006.

Mom's House, Dad's House: Making Two Homes for Your Child, by Isolina Ricci, Revised Edition, 1997.

The Unexpected Legacy of Divorce, by Judith S. Wallerstein, 2000.

Helping Your Kids Cope With Divorce The Sandcastles Way, by M. Gary Newman, 1998.

Divorced Dad's Survival Book: How to Stay Connected With Your Kids, by David Knox, New Edition, 2000.

Divorce and New Beginnings: A Complete Guide to Recovery, Solo Parenting, Co-parenting, and Stepfamilies, by Genevieve Clapp, 2nd ed., 2000.

Co-Parenting After Divorce: How to Raise Happy, Healthy Children in Two-Home Families, by Diana Shulman, 1996.

The Co-Parenting Survival Guide: Letting Go of Conflict after a Difficult Divorce, by Elizabeth Thayer Ph.D. and Jeffrey Zimmerman Ph.D., 2001.

Eating Disorders

Anorexia Nervosa: A Guide to Recovery, by Lindsey Hall and Monika Ostoff, 1998.

Bulimia: A Guide to Recovery, by Lindsey Hall and Leigh Cohn, 5th ed., 1999.

Overcoming the Legacy of Overeating: How to Change Your Negative Eating Habits, by Nan Katheryn Fuchs, 1999.

Sensing the Self: Women's recovery from Bulimia, by Sheilia Reindl 2002.

Loss/Grief

Death: The Final Stage of Growth, by Elisabeth Kubler-Ross, 1997.

Necessary Losses: The Loves, Illusions, Dependencies, and Impossible Expectations That All of Us Have to Give Up in Order to Grow, by Judith Viorst, 1998.

The Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce, and Other Losses, by John W. James and Russell Friedman, 1998.

When Bad Things Happen to Good People, by Harold Kushner, 2004.

Mental Illness

Broken Glass: A Family's Journey Through Mental Illness, by Robert V. Hine, 2006.

Grieving Mental Illness: A Guide for Parents and Their Caregivers, by Virginia Lanfond 2002.

How to live with a Mentally Ill Person: A Handbook of Day To Day Strategies, Christine Adamec, 1996.

When Someone You Love Has a Mental Illness: A Handbook for Family, Friends and Caregivers, by Rebecca Woolis, 2003.

Parenting

The Seven Habits of Highly Effective Families, by Stephen Covey, 1999.

Parenting with Love and Logic: Teaching Children Responsibility, by Foster Cline MD and Jon Fay, Updated and Expanded Edition, 2006.

Parent Effectiveness Training: The Proven Program for Raising Responsible Children, by Thomas Gordon, 2000.

How to Talk to Children About Really Important Things: Specific Questions and Answers and Useful Things to Say, by Charles Shaeffer, 1994.

How to Talk So Kids Will Listen and Listen So Kids Will Talk by Adele Faber, Elaine Mazlish, and Kimberly Ann Coe, 1999.

The Art of Sensitive Parenting: Ten Keys to Raising Confident Children, by Katharine Kersey, 1995.

Personal and Interpersonal Growth

Flow: The Psychology of Optimal Experience, by Mihaly Csikszentmihalyi, 2008.

Healing the Shame That Binds You, by John Bradshaw, 2005.

Guilt is the Teacher, Love is the Lesson, by Joan Borzsenko, 1990.

The Tao of Pooh, by Benjamin Hoff, 1994.

Hold Me Tight: Seven Conversations for a Lifetime of Love, by Dr. John Laughlin, 2008.

The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships, by Harriet Lerner, 2005.

The Five Things We Cannot Change: And the Happiness We Find by Embracing Them, by David Richo, 2006.

Learned Optimism: How to Change Your Mind and Your Life, by Martin E. P. Seligman, New Edition, 2006.

Relaxation & Stress Reduction Workbook, by Martha Davis and Elizabeth R. Eshelman, 2008.

Shyness: What It Is, What to Do About It, by Philip Zimbardo, 1990.

The Road Less Traveled, by M. Scott Peck, 2003.

When I Say No, I Feel Guilty, by Manuel J. Smith, 1985.

Phobias

Flying Without Fear: Effective Strategies to Get You Where You Need to Go, by Duane Brown, 2nd edition, 2009.

Mastery of Your Specific Phobia: Client Workbook, by David H. Barlow, Michelle G. Craske, and Martin M. Antony, 2006.

The Sky Is Falling: Understanding and Coping with Phobias, Panic, and Obsessive Compulsive Disorder, by Raeann Dumont, 1996.

Triumph Over Fear: A Book of Help and Hope For People with Anxiety, Panic Attacks, and Phobias, by Jerilyn Ross, 1994.

Schizophrenia

Coping with Schizophrenia: A Guide for Families, by Kim Tornval Muesser, 1994.

Living with Schizophrenia, by Stuart Emmons, 2000.

Surviving Schizophrenia: a Manual for Families, Consumers, and Providers, by E. Fuller Torrey, 2006.

Sexual Abuse

The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse, by Ellen Bass and Laura Davis, 1988.

Victims No Longer: Men Recovering from Incest & Other Sexual Child Abuse, by Mike Lew, 2004.

Beginning to Heal (Revised Edition): A First Book for Men and Women Who Were Sexually Abused As Children, by Ellen Bass and Laura Davis, 2003.

Stepfamilies

Stepfamilies: Love, Marriage, and Parenting in the First Decade, by James H. Bray and John Kelly, 1999.

Complete Idiots Guide to Step-Parenting, by Erika Lutz, 1998.

Stepfamily Realities: How to Overcome Difficulties and Have a Happy Family, by Margaret Newman, 1994.

Suicide

After the Darkest Hour the Sun Will Shine Again: A Parent's Guide to Coping with the Loss of a Child, by Elizabeth Mehren, 1997.

After Suicide Loss: Coping with Your Grief, by Bob Baugher, Ph.D., and Jack Jordan, 2009.

Grieving a Suicide: A Loved One's Search for Comfort, Answers and Hope, by Albert Hsu, 2002.

Night Falls Fast: Understanding Suicide, by Kay Redfield Jamison, Ph.D., 2000.

Touched by Suicide: Hope and Healing After Loss, by Michael F. Myers and Carla Fine, 2006

Why People Die by Suicide, by Thomas Joiner, 2006.