

# Community Mental Health Services/Resources for Adults

## Monongalia County Schools

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

<p><b>Anxiety &amp; OCD Solutions, LLC</b></p> <p><b>David M. Davis, LPC, NCC</b></p> <p>6000 Coombs Farm Drive, Suite 106 Morgantown, WV 26508</p> <p><b>Phone:</b> (304) 249-8164 <b>Fax:</b> 1 (866) 850-7332 <b>Email:</b> <a href="mailto:david@aocdsolutions.com">david@aocdsolutions.com</a> <b>Website:</b> <a href="http://aocdsolutions.com">aocdsolutions.com</a></p>	<p><b>Description of Services:</b> Specializes in the treatment of Obsessive-Compulsive Disorder (OCD) and other anxiety disorders. Also works with individuals who present with a wide range of different mental health concerns. Utilizes Cognitive Behavioral Therapy (CBT), Exposure and Response Prevention (ERP), and Acceptance and Commitment Therapy (ACT) among other evidence-based approaches.</p> <p><b>Target Population:</b> Children, adolescents, and adults</p> <p><b>Insurance:</b> Accepts most commercial health insurance plans.</p> <p><b>Additional Comments:</b> Offers in person and teletherapy appointments.</p>
<p><b>Apex Counseling</b></p> <p>160 Fayette Street, Suite 206 Morgantown, WV 26505</p> <p><b>Jonathan Pishner, MA, LPC, NCC, CT</b> Trauma, anxiety, anger management, behavioral addiction, couples. Ages 13 and up</p> <p><b>Laura Walls, MA, LPC, NCC</b> Trauma, anxiety, depression, abusive relationships, split homes and divorcing parents, school and home based behavioral issues, parent coaching. Ages 3-40</p> <p><b>Courtney Zemerick, MA, LPC, NCC</b> Specializes in trauma, grief, substance addiction, anxiety and depression, and adults with conduct issues. Ages 18 and older.</p> <p><b>Emily Reel, LPC ALPS AADC-S MAC SAP</b> has also completed SUD level of care placement, Anger Management, Substance use, anxiety, depression, adjustment issues. Ages 18 and up</p> <p><b>Telephone:</b> 304-381-3659 <b>Website:</b> <a href="http://www.apexcounseling.org">www.apexcounseling.org</a> <b>Hours:</b> By appointment with the individual counselor</p>	<p><b>Description of Services:</b> Psychotherapy services for individuals, couples, and groups focusing on brief counseling interventions and clear goals.</p> <p><b>Population:</b> Individuals, couples, and groups ages 3 and up</p> <p><b>Insurance:</b> In-Network with the Blue Cross family of insurances and PEIA. Most other insurances accepted Out-of-Network</p> <p><b>Additional Comments:</b> Three trained trauma therapists on staff: Jonathan and Laura; Two children's counselors working with various ages: Jonathan, Laura. All counselors can work with parents; One couples therapist on staff: Jonathan. In person and telehealth services are available for all therapists.</p>

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<p><b>APO Counseling LLC</b></p> <p>1553 Stewartstown Road Morgantown, WV</p> <p><b>Telephone:</b> 304-284-8438 <b>Website:</b> Apocounseling.com</p>	<p><b>Description of Services:</b> Stress, depression, grief, anxiety, trauma with individuals, couples, and families. <b>Target Population:</b> Children, adolescents, and adults. <b>Insurance:</b> Accepts most insurance providers excluding Medicaid and Medicare</p>
<p><b>Employee Assistance Program (EAP)</b></p> <p>The Standard- EAP and Worklife Services (3 session model)</p> <p><b>Telephone:</b> 888-293-6948 Available 24/7 <b>Email:</b> answers@healthadvocate.com <b>Website:</b> healthadvocate.com/standard3</p> <p><b>*Available to all employees of Monongalia County Schools</b> including spouses, domestic partners, dependent children to age 26, all other household members</p>	<p><b>Description of Services:</b> The Employee Assistance Program makes it easy to access support, guidance, and resources. EAP services can help with: depression, grief, loss and emotional well-being; family, marital and other relationship issues; life improvement and goal-setting; addictions; stress or anxiety with work or family; financial and legal concerns; identify theft and fraud resolution; online will preparation and other legal documents. EAP also includes WorkLife Services that can provide consultation and referral for childcare services, eldercare services, health and wellness, emotional and well-being, daily living resources, relocation, and community volunteering. Personal assistance is immediate, confidential, and available when you need it.</p>
<p><b>Fremouw-Sigley-Baker Psychological Associates</b></p> <p><b>Diane T. Woodrum, Ed.D</b></p> <p>1445 Stewartstown Rd Suite 200 Morgantown, WV 26505</p> <p><b>Telephone:</b> 304-598-2300 <b>Hours of Operation:</b> 8:00 to 4:00</p>	<p><b>Description of Services:</b> Complete range of psychological services including individual, family, and group therapy, social skills, ADHD, anxiety, behavioral difficulties, and trauma <b>Assessment/Evaluation Types:</b> Educational and psychological evaluations, including ADHD, learning disabilities. <b>Targeted Population:</b> Ages 3-21 <b>Insurance:</b> Medicaid and most insurances</p>

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<p><b>Harmony Roots</b></p> <p>1005 White Willow Way Morgantown, WV 26505</p> <p><b>Telephone:</b> 304-460-5123 <b>Website:</b> GRWHealth.com <b>Email:</b> info@grwhealth.com <b>Hours of Operation:</b> Monday –Thursday: 8am – 6:30pm; Friday: 8am-4:30 pm. Saturday visits are provider specific.</p>	<p><b>Description of Services:</b> Board certified psychiatrists and licensed therapists providing general psychiatry including medication management and therapy. Treatment for targeted for individuals with conditions including depression, anxiety, bipolar disorder, schizophrenia, ADHD, substance abuse, and body image. We are also qualified to assess and provide documentation for an Emotional Support Animal. Telehealth services available.</p> <p><b>Targeted Population:</b> Adolescents and Adults <b>Insurance:</b> Accepts most insurances, but we ask that you please check your benefits for coverage as our services may be covered as a specialty. <b>Additional Comments:</b> Not all providers are available on Saturdays, so please let the team know when you call so that they can connect you with the correct provider.</p>
<p><b>Holistic Therapy Center</b></p> <p><b>Jamie Downs, LICSW, MSW, AADC, CCJP</b> Advanced Alcohol and Drug Counselor Certified Criminal Justice Professional EMDR Therapist</p> <p>1533 Mileground Rd, Suite B Morgantown, WV 26505</p> <p><b>Telephone:</b> 304-680-7003 <b>Website:</b> <a href="http://www.holistictherapyctr.com">http://www.holistictherapyctr.com</a> <b>Email:</b> info@holistictherapyctr.com <b>Hours of Operation:</b> Monday-Friday by appointment</p>	<p><b>Description of Services:</b> Psychotherapy services for presenting concerns including: anxiety, depression, trauma, grief/loss, self-esteem, family issues, school issues, panic, addiction, anger management, and stress management. Telehealth services are available.</p> <p><b>Assessments/Evaluations:</b> Biopsychological diagnostic evaluations, drug and alcohol assessments</p> <p><b>Insurance/Fee Information:</b> Highmark, Blue Cross/Blue Shield, PEIA, Health Plan, United, Aetna, and private pay. <b>Additional comments:</b> Also utilizes addiction counseling, cognitive behavioral therapy, and mindfulness based therapy.</p>
<p><b>Integrative Counseling Solutions</b></p> <p><b>Michelle Lewis, MSW, LICSW</b></p> <p>713 Green Bag Rd Morgantown, WV 26508</p> <p><b>Telephone:</b> 304- 685-4773 <b>Website:</b> <a href="http://www.icswv.com">www.icswv.com</a> <b>Email:</b> <a href="mailto:michelle@icswv.com">michelle@icswv.com</a> <b>Hours of Operation:</b> Monday-Friday 8:00-4:00</p>	<p><b>Description of Services:</b> Mental health counseling with a specialty in trauma processing and grief counseling, including infertility, first responders, and military. Trained in Eye movement desensitization and reprocessing (EMDR). Offers adult telehealth services.</p> <p><b>Insurance Information:</b> Most major insurances accepted</p>

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<p><b>Intensive Trauma Recovery</b></p> <p><b>Telephone:</b> 800-755-6105  <b>Hours of Operation:</b> By appointment- please call  <b>Email:</b> <a href="mailto:info@helpfortrauma.com">info@helpfortrauma.com</a>  <b>Website:</b> <a href="http://www.traumatherapy.us">www.traumatherapy.us</a></p> <p>* Instinctual Trauma Response™ is what happened to you, ITR™ is how to resolve it. We connect individuals with ITR certified specialists around the county virtually or live depending on location.</p>	<p><b>Description of Services:</b> Treatment of trauma-related disorders using an intensive format. ITR™; intensive trauma resolution; 2-4 hours a day for a minimum 20 hours within a few weeks. Virtual or in-person options are available. Please call for a pre-screening.</p> <p><b>Targeted Population:</b> Children/youth/adults, who have survived a traumatic experience and have adverse life issues caused by it.</p> <p><b>Insurance Information:</b> Self-Pay upfront. Insurance may offer reimbursement to the client under: "Out of Network Direct Reimbursement for routine outpatient (90837) or intensive outpatient work." This depends on the policy and sometimes if a primary care physician prescribed intensive outpatient work. ITR accepts self-pay to reserve the time upfront. We cannot guarantee reimbursement. Some funds are available through religious, private or public funds like VOCA (Victims of Crime Act).</p>
<p><b>Lewis Counseling Practice</b></p> <p><b>Amanda Lewis, MA, NCC, LPC</b>  <b>Fanica Payne, MSW, LICSW</b>  <b>Stephanie Carter, MSW, LGSW</b></p> <p>7000 Coombs Farm Dr. Suite 202  Morgantown, WV 26508</p> <p><b>Telephone:</b> 304-413-5002  <b>Email:</b> <a href="mailto:amanda@lewisounselingpractice.com">amanda@lewisounselingpractice.com</a>  <b>Website:</b> <a href="https://www.lewisounselingpractice.com/">https://www.lewisounselingpractice.com/</a>  <b>Hours:</b> Mon-Fri by appointment, including evening</p>	<p><b>Description of Services:</b> Works with clients struggling with various anxiety disorders, depression, trauma, social adjustment concerns, family changes, substance use concerns, grief and loss. Utilizes an eclectic treatment approach with a trauma informed approach. Telehealth appointments are offered using a HIPAA compliant platform.</p> <p><b>Insurance:</b> PEIA, Blue Cross Blue Shield, United Health Care, The Health Plan, UPMC, self pay</p>

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<p><b>Libera, Inc.</b></p> <p>Karen Haring (Executive Dir.)          Jessica Haring (Counselor)          P. O. Box 1147          Dellslow, WV 26531  <b>Telephone:</b> 304-460-5018 (For scheduling appointments)  <b>Telephone:</b> 304-319-0970 (For other information)  <b>E-mail:</b> <a href="mailto:liberawv@gmail.com">liberawv@gmail.com</a>  <b>Website Address:</b> <a href="http://www.liberawv.com">www.liberawv.com</a></p>	<p><b>Description of Services:</b> Libera, Inc. is a registered 501©(3) whose mission is to create an environment where women and teens in WV are empowered to live in freedom. Listen to stories and help them to take steps toward emotional, intellectual, relational, spiritual, physical and financial freedom. Provide vital connections through groups, individual counseling, mentoring, resources, workshops, and volunteer opportunities to help women find their identities, voices, strengths, purpose, and their freedom.</p> <p><b>Assessment:</b> Through individual counseling and art therapy techniques</p> <p><b>Targeted Population:</b> Women &amp; teens</p> <p><b>Insurance:</b> \$40 for those can afford the costs for individual counseling. Does offer pro bono services for those who cannot pay.</p> <p><b>Comments:</b> Groups meet once a week for 6 weeks and are held in all counties over north central WV. Telehealth counseling available.</p>
<p><b>MonHealth Wedgewood Primary Care and Psychiatry</b></p> <p>1000 Mon Health Medical Park Dr., Suite 1201          Morgantown, WV 26505</p> <p><b>Telephone:</b> 304-599-9400  <b>Hours of Operation:</b> Monday-Friday by appointment 8:00-5:00  <b>Locations:</b> Cheat Lake, Westover, Suncrest/Medical Park</p>	<p><b>Description of Services:</b> Psychological assessments/evaluations, diagnostic exams, psychotherapy, medication management</p> <p><b>Targeted Population:</b> Children/adults</p> <p><b>Insurance:</b> Accepts most commercial insurances and Medicaid. Does not accept Cigna insurance.</p>
<p><b>Mountaineer Psychological Services          Jennifer Myers, PhD</b></p> <p><b>Morgantown Office</b>          4000 Coombs Farm Drive          Bldg D, Unit 102          Morgantown, WV 26508</p> <p><b>Telephone:</b> 304-241-1766  <b>Fax:</b> 304-381-2648  <b>Email:</b> <a href="mailto:office@mountaineerpsyc.com">office@mountaineerpsyc.com</a>  <b>Website:</b> <a href="http://mountaineerpsyc.com/">http://mountaineerpsyc.com/</a>  <b>Hours of Operation:</b> Mon-Fri 8:00-5:30          Evening hours by appointment, no weekend appointments</p>	<p><b>Description of Services:</b> Psychological/behavioral health evaluation and treatment. We have licensed psychologists and several counselors. We also provide couples, family, and group counseling, and consultations.</p> <p><b>Assessment/Evaluations:</b> Diagnostic evaluations, identification of issues with behavioral problems, truancy, substance abuse, ADHD, mood and anxiety, child abuse and neglect, trauma</p> <p><b>Targeted Population:</b> All ages</p> <p><b>Additional Comments:</b> A reasonable waitlist. Accept court-ordered referrals. In-person and telehealth options available.</p> <p><b>Insurance:</b> accepts most insurances, generally tries to check during the referral process.</p>

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<p><b>Natural Resilience</b></p> <p>2000 Coombs Farm Rd. Morgantown, WV 26508</p> <p>1277 Suncrest Towne Center Morgantown, WV 26508</p> <p><b>Telephone:</b> 304-381-2211 <b>Hours of Operation:</b> Monday-Friday 8:30-5:00 <b>Website:</b> <a href="http://www.naturalresilience.org/">http://www.naturalresilience.org/</a></p> <p>*Connected to Resilient Kids</p>	<p><b>Description of Services:</b> Integrative counseling incorporates evidence based complementary and alternative therapies with conventional treatments in the interest of providing holistic and comprehensive care. Provides integrative services resulting in creative, individualized treatment plans to address various emotional issues, daily stressors, and life goals.</p> <p><b>Targeted Population:</b> Resilient Kids-children/adolescents. Natural Resilience- adults.</p> <p><b>Insurance:</b> Aetna, Blue Cross/Blue Shield, PEIA, TRICARE, MHnet, Humana, webtpa, Coventry, and The Health Plan. If your insurance is not listed here, we will inquire about becoming a provider.</p>
<p><b>Neuropsychology Group of WV PLLC</b></p> <p>9000 Coombs Farm Dr., Suite 202 Morgantown, WV 26508</p> <p><b>Telephone:</b> 304-554-0504 <b>Fax:</b> 304-554-0505 <b>Email:</b> <a href="mailto:referrals@ngwv.net">referrals@ngwv.net</a> <b>Office Hours:</b> Monday-Friday 8:00-5:00</p>	<p><b>Description of Services:</b> Our team of neuropsychologists have specialty training to design effective assessments for a wide array of conditions which are known to have an impact upon brain functioning. Assessments will provide valuable information which can be used to maximize a person's daily functioning. Specialty areas include ADHD, Pediatric Neuropsychology, Traumatic Brain Injury, Concussions, Memory Disorders, Neurologic Disorder including Epilepsy, Psychiatric Disorders, Learning Disorders, and general medical conditions.</p> <p><b>Targeted Population:</b> Services for all ages 4 and up.</p> <p><b>Insurance:</b> Accepts most insurance.</p>
<p><b>PSIMED Morgantown</b></p> <p>1111 Van Voorhis Rd., Suite J Morgantown, WV 26505</p> <p><b>Telephone:</b> 304-212-5526 <b>Website:</b> <a href="https://www.psimedinc.com/morgantown/">https://www.psimedinc.com/morgantown/</a> <b>Hours of Operation:</b> Mon., Tues., Thurs., Fri.- 8:00 to 5:00; Wed, 8:00 to 8:00; Open one Saturday a month.</p>	<p><b>Description of Services:</b> A comprehensive mental health outpatient clinic that provides counseling and psychiatric care.</p> <p><b>Target Population:</b> Children, adolescents, adults, couples, and families.</p> <p><b>Insurance:</b> Accepts the following insurances: Aetna, BCBS, Humana, Medicare, PEIA (Healthsmart), The Health Plan, Tricare, United Healthcare, Cigna, and UMWA.</p>

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<p><b>Quin Curtis Center</b></p> <p>Stephanie R. McWilliams, Ph.D Assistant Professor, Department of Psychology Assistant Director, Quin Curtis Center</p> <p><b>WVU Department of Psychology</b> 53 Campus Drive P.O. Box 6040 Morgantown, WV 26506</p> <p><b>Phone:</b> 304-293-1824 <b>Email:</b> <a href="mailto:QCC@mail.wvu.edu">QCC@mail.wvu.edu</a> <b>Hours of Operation:</b> WVU School Year (mid-August through May) Monday-Wednesday, 9:00-6:00; Thursday. 9:00-5:00; Friday, 9:00-4:00 *Summer (May through mid-August) Monday-Thursday, 10:00-4:00</p>	<p><b>Description of Services:</b> Child, individual, couples, and family therapy for a wide range of emotional and behavioral difficulties.</p> <p><b>Assessments/Evaluation Types:</b> Learning disabilities, ADHD, neuropsychology, ASD, IQ</p> <p><b>Insurance:</b> No insurance is accepted. Each session is paid in cash or check based on a sliding scale of \$5-60.</p> <p><b>Additional Comments:</b> This is a training clinic. Clients will be seen by graduate level students who are supervised by a PhD level supervisor. Telehealth is available.</p>
<p><b>Sonder</b></p> <p>Valerie Stansberry, MS, LPC, CRC Terry Chapman, MSW, LICSW Kathy Servian, MA, LPC, ALPS, ICGC</p> <p>709 Beechurst Seneca Center, Suite 30 B Morgantown, WV 26505</p> <p><b>Telephone:</b> 304-291-9491 <b>Website:</b> <a href="http://www.therapyatsonder.com">www.therapyatsonder.com</a> <b>Hours of Operation:</b> 9:00 am to 6:00 pm Tuesday through Friday; Closed Mondays; Times may vary by appointment.</p>	<p><b>Description of Services:</b> Individual and family therapy for adolescents and adults, general psychiatric conditions (e.g., depressive disorders, anxiety, trauma and stressor related disorders, etc.). Specialized focus on eating disorders with a multidisciplinary treatment approach that includes the pediatrician and nutritionist who specializes in eating disorders. Telehealth counseling available.</p> <p><b>Insurance:</b> We accept Blue Cross Blue Shield, PEIA, Aetna, Health Plan, and out-of-network policies. The fee for services will depend on the insurance contracted rate. Generally, prefer not to do out of network policies.</p>
<p><b>Theresa Williams, L.P.C</b></p> <p>425 Industrial Ave. Suite 204 Morgantown, WV 26505</p> <p><b>Telephone:</b> 304-216-1160 <b>Website:</b> <a href="http://www.theresawilliams counseling.com/">www.theresawilliams counseling.com/</a> <b>Hours of Operation:</b> Weekday/Evenings/some weekend hours</p>	<p><b>Description of Services:</b> Counseling services related to school/general adjustment issues. Offers play therapy, EMDR therapies, parenting support, anxiety, depression, and grief counseling. Telehealth counseling available.</p> <p><b>Targeted Population:</b> Children, Teens, and Adults</p> <p><b>Insurance:</b> Most medical insurances accepted (Blue Cross Blue Shield, Health plan, Aetna, 4 Most, Chips, PEIA, etc.), cannot accept medical card.</p>

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<p><b>Tobacco Treatment- WVU Medicine Region Four Tomorrow</b></p> <p><b>Telephone:</b> 304-623-5661 ext. 1297</p> <p><b>Devon Cunningham</b> <b>Email:</b> <a href="mailto:devon.cunningham@wvumedicine.org">devon.cunningham@wvumedicine.org</a></p> <p><b>Kelly Davis</b> <b>Email:</b> <a href="mailto:kdd0010@wvumedicine.org">kdd0010@wvumedicine.org</a></p>	<p><b>Description of Services:</b> Tobacco Treatment is a class that is designed to limit or stop the person’s tobacco use. Classes are open to anyone that uses any type of tobacco. Registration is open for all ages.</p> <p><b>Additional Comments:</b> Classes are virtual every Monday</p>
<p><b>United Summit Center WVU Medicine</b></p> <p>6 Hospital Plaza Clarksburg, WV 26301</p> <p><b>Telephone:</b> 304-623-5661 <b>24 Crisis Line:</b> 1-800-786-6480 <b>Fax:</b> 304-623-2989 <b>Hours:</b> M-F 8:30-5:00. evenings by appointment</p>	<p><b>Description of Services:</b> Psychological/ Psychiatric Services.</p> <p><b>Additional Comments: ***Chalk Talk for school personnel.</b> USC is providing a free support group to teachers and school personnel. This is an offering for all school service personnel across the state. The support group will be held via zoom every Tuesday at 4 pm and facilitated by a Licensed Professional Counselor. Link below: <a href="https://zoom.us/j/2703522027?pwd=cDdxY2ttbU51RVFrMmpnbyt-DaVBOUT09">https://zoom.us/j/2703522027?pwd=cDdxY2ttbU51RVFrMmpnbyt-DaVBOUT09</a></p>
<p><b>United Summit Center- Healthy Minds WVU Medicine</b> Nurturing Parenting Program</p> <p><b>Paige Shanholtz, Family Coordinator</b> <b>Email:</b> <a href="mailto:paige.shanholtz@wvumedicine.org">paige.shanholtz@wvumedicine.org</a> <b>Telephone:</b> 304-623-5661 ext. 1217</p> <p><b>Jeannie McGinty, Family Coordinator</b> <b>Email:</b> <a href="mailto:Jeannie.mcginty@wvumedicine.org">Jeannie.mcginty@wvumedicine.org</a> <b>Telephone:</b> 304-623-5661 ext. 1251</p>	<p><b>Description of Services:</b> Provides online meetings for parents/guardians, teen parents, children and teens to improve family dynamic. Parents and children will learn to: develop family rules, express anger without violence, give and receive positive recognition, discipline without spanking, hitting, or yelling, communicate feelings honestly, develop quality “time in”, practice nurturing routines, etc.</p> <p><b>Additional Comments:</b> All meeting via WebEx. <i>Parents/Guardians:</i> Thursdays 2pm, <i>Teen Parents:</i> Tuesdays 2 pm, <i>Children ages 5-10:</i> Wednesdays 2pm, <i>Teens:</i> Wednesdays 3 pm</p>
<p><b>Valley Health Care System</b></p> <p><b>Crisis Line:</b> 1-800-232-0020 (24/7) <b>Suicide Prevention Hotline:</b> 1-800-273-8255</p> <p><b>Morgantown Office</b> 301 Scott Avenue Morgantown, WV 26508 <b>Telephone:</b> 304-296-1731 <b>Fax:</b> 304-225-2288</p> <p><b>Marion County Office:</b> 304-366-7174</p>	<p><b>Description of Services:</b></p> <p><i>Mental Health Services:</i> Psychological testing and therapy, psychiatric evaluation, medication management, care coordination, supported housing, clubhouse program, homeless outreach program, Valley Assertive Community Treatment Program, prevention of suicide, Crisis Stabilization Plan.</p> <p><i>Intellectual and Developmental Disabilities:</i> Waiver Community Support, service coordination, family support program, site-based day</p>



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<p><b>Preston County Office:</b> 304-329-1059  <b>Taylor County Office:</b> 304-265-3947  <b>WEBSITE:</b> <a href="http://www.valleyhealthcare.org">www.valleyhealthcare.org</a></p>	<p>habilitation program, residential for developmental disabilities.  <i>Chemical Dependency Services:</i> counseling for substance abuse/addiction and recovery, counseling for children of alcoholics/addicts, consultation and screening, DUI services, intensive adult outpatient program, intensive adolescent outpatient program, Alpha Chemical Dependency Treatment Unity (ACT Unit), New Beginnings Extended Care Program for women, and CHRRP House (sober living facility).  <b>Targeted Populations:</b> Children, Adolescents, Adults  <b>Insurance:</b> Take most insurances, including Medicaid and Medicare.</p>
<p><b>Wellness Way Counseling Service</b></p> <p>48 Donley St., Suite 103-J  Marina Tower (Waterfront)  Morgantown, WV</p> <p><b>Telephone:</b> 304 554-2170  <b>Email:</b> <a href="mailto:wellnessway123@gmail.com">wellnessway123@gmail.com</a>  <b>Website:</b> <a href="http://www.wellnesswaycounseling.com">www.wellnesswaycounseling.com</a>  <b>Hours:</b> Mon-Fri, 9:00-7:00</p>	<p><b>Description of Services:</b> Private practice mental health outpatient counseling service operated by National Board Certified Counselors. Telehealth is available.  <b>Target Populations:</b> adults as well as children for anxiety, panic attacks, depression, grief and loss, divorce, relationship issues, ADHD, PTSD, women’s issues (PMS, PmDD, menopause), men’s issues. Currently taking new clients.  <b>Insurance:</b> Blue Cross/Blue Shield, P.E.I.A. Tricare, Military One Source, and some EAP Plans  <b>Additional Comments:</b> Premier provider for teachers and educators offering stress and anxiety management. We are also available for in-service for educators and staff.</p>
<p><b>Wellspring Family Services</b></p> <p>827 Fairmont Road, Suite 201,  Morgantown, WV 26501</p> <p><b>Telephone:</b> 304-292-1716  <b>Emergency Telephone:</b> 800-280-2229  <b>Fax:</b> 304-292-1766  <b>Hours of Operation:</b> 8:30-5:00 (M-F)  Evening hours by appointment  <b>Website:</b> <a href="https://www.crittentonwv.org/wellspring">https://www.crittentonwv.org/wellspring</a>  <b>Email:</b> <a href="mailto:info@crittentonservices.com">info@crittentonservices.com</a></p>	<p><b>Description of Services:</b> Outpatient/In-Home Behavioral Treatment agency; services include comprehensive assessments, individual and family therapy, focus on trauma specific services, supportive counseling, behavior modification, targeted case management, and court reports. Telehealth counseling is available.  <b>Targeted Populations:</b> Ages 4 through adults  <b>Insurance:</b> WV Medical card, some private insurances, and self-pay.</p>

# Community Mental Health Services/Resources for Adults

<p><b>Whole Brain Solutions, LLC</b> 121 Simpson St. Morgantown, WV 26501</p> <p><b>Miranda Riffle, MA, LPC, NCC, EMDR-C</b> Licensed Professional Counselor <b>E-mail:</b> <a href="mailto:mirandariffle20@gmail.com">mirandariffle20@gmail.com</a></p> <p><b>Sydney Menigoz, MS, LPC, NCC, EMDR-C</b> Licensed Professional Counselor <b>E-mail:</b> <a href="mailto:sydney@wholebrainsolutionswv.com">sydney@wholebrainsolutionswv.com</a></p> <p><b>Brittany Hutchinson</b> Provisionally Licensed Counselor <b>Email:</b> <a href="mailto:Brittany.hutchinson@wholebrainsolutionswv.com">Brittany.hutchinson@wholebrainsolutionswv.com</a></p> <p><b>Website:</b> <a href="http://www.wholebrainsolutionswv.com">www.wholebrainsolutionswv.com</a> <b>Hours of Operation:</b> 9am-7pm (Monday-Friday)</p>	<p><b>Description of Services:</b> Trauma and neuroscience informed psychotherapy services, including a diverse and eclectic approach to client issues and concerns. Specializing in play therapy, creative expression therapy, EMDR, talk therapy, trauma-informed yoga and reiki, Whole Brain Solution offers an array of therapeutic services to help clients of various ages deal with trauma, mood disorders, substance use, addiction, anxiety, depression, or behavioral issues.</p> <p><b>Targeted Population:</b> Children and adolescents 5-18 years, parents of adolescents, young adults</p> <p><b>Insurance:</b> Accepts PEIA, Aetna, The Health plan, Blue Cross Blue Shield, Highmark, Tricare, or cash pay. Sliding scale available.</p> <p><b>Comments:</b> Telehealth counseling is available. Initial consults via telehealth services</p>
<p><b>WM Counseling</b></p> <p>50 Clay Street, Suite 3 Morgantown, WV 26501</p> <p><b>Esther Ervin, LPC</b> <b>Ashleigh Mills, LPC</b> <b>Leesa Jackson, LPC</b> <b>Amy Dale, Provisionally Licensed Counselor</b></p> <p><b>Telephone:</b> 304-381-4831 <b>Email:</b> <a href="mailto:office@counselingwm.com">office@counselingwm.com</a> <b>Website:</b> <a href="http://www.wmcounseling.net">www.wmcounseling.net</a></p>	<p><b>Description of Services:</b> Therapeutic approaches include humanistic, reality, psychodynamic, CBT; *Specific training in current trauma models of Trauma-Focused CBT, and CPT. Telehealth counseling is available.</p> <p><b>Targeted Populations:</b> LGBTQ issues, change of life stressors, depression, and anxiety</p> <p><b>Insurance:</b> Accepts PEIA, Cigna, Blue Cross Blue Shield, The Health Plan, UMR, UHC, Optum Network, Aetna, Beacon, Value Options, Benefits Assistance, Tricare, Compsych, out of network* (*depends on carrier benefit; also offers private pay and sliding scale options)</p>

# Community Mental Health Services/Resources for Adults

<p><b>Women in Balance</b></p> <p>3000 Coombs Farm Rd, Suite 102 Morgantown WV 26508</p> <p><b>Jennifer L. Walker, M.Ed., LPC</b> Owner &amp; Counselor</p> <p><b>Telephone:</b> 304-241-1097</p> <p><b>Websites:</b> <a href="http://www.womeninbalancellc.net/">http://www.womeninbalancellc.net/</a></p> <p><b>Hours of operation:</b> Monday-Thursday: 8 am- 8 pm Friday- 9 am- 3 pm Saturday appointments available as needed</p> <p><i>*Affiliated with Children in Balance</i></p>	<p><b>Description of Services:</b> Individual counseling addressing a variety of mental health concerns including: depression, anxiety, grief and loss, eating disorders, domestic abuse, self-esteem issues, marital issues, infidelity, Postpartum Depression, LGBT counseling, blended families, sexual trauma, chronic health conditions, parental/motherhood stressors, and more. Relationship/family counseling available, including Parent-Child Interaction Therapy (PCIT), parenting support, behavior management and effective discipline, co-parenting, etc.</p> <p><b>Insurance:</b> Accepts Blue Cross Blue Shield (All Plans), PEIA, Aetna, Tricare, The Health Plan CHIP of WV, Magellan, Cigna, UPMC (Commercial, Value, Value Select, and UPMC for Kids), United Behavioral Health, cash pay and sliding scale</p>
<p><b>WV Family Grief Center</b></p> <p>Morgantown Church of Christ 361 Scott Avenue Morgantown, WV 26508</p> <p>Mailing Address: 364 Patterson Drive # 309 Morgantown, WV 26505</p> <p><b>Telephone:</b> 304-282-4935 <b>Email:</b> <a href="mailto:wecare@wvfgc.org">wecare@wvfgc.org</a> <b>Website:</b> <a href="https://www.wvfgc.com/">https://www.wvfgc.com/</a></p>	<p><b>Description of Services:</b> Our goal is to provide a safe place with safe people for children, teens, and their families to: know they are not alone in their grief; share their feelings, memories, and experiences in an atmosphere of non-judgmental acceptance; see that what they are going through is normal; know that hope and healing are possible. <i>Families Coping with Change Program</i> provides information to assist children, families, and caregivers who are dealing with a life-threatening illness and possible death of a loved one. <i>Bereavement Peer Support Groups</i> offers group sessions for children, teens, and their caregiver every Thursday 6:00-7:30. <i>Adult Bereavement Support Group</i> meet the second and fourth Thursday 6:00-7:30</p> <p><b>Target Population:</b> Children and families. <b>Additional Comments:</b> Must call first to register. No fees for this group.</p>
<p><b>WV System of Care (Region One)</b> <b>WVDHHR-Bureau for Children &amp; Families</b></p> <p><b>Regional Clinical Coordinator:</b> <b>Danielle Hinderman, MSW</b></p> <p>Wellspring Family Services 2606 National Road,</p>	<p><b>Description of Services:</b> Provides spectrum of community-based services and supports for children/youth and their families with, or at risk of, out of home care. The services provided are organized into a coordinated network, build meaningful partnerships with youth and families, and address cultural and linguistic needs in order to help individuals function better at home, school,</p>

# Community Mental Health Services/Resources for Adults

<p>Wheeling, WV 26003  <b>Email:</b> dhinerman@crittentonwv.org  <b>Telephone:</b> 304-222-5956 (preferred) or 304-292-1716</p> <p>*Connected with Wellspring Family Services</p>	<p>in the community, and throughout life. The strengths and needs of the child and family determine the type and mix of services and supports.</p>
<p><b>WV Therapy &amp; Wellness Center</b></p> <p>235 High Street Suite 720  Morgantown, WV 26505</p> <p><b>Telephone:</b> 304-413-0426  <b>Website:</b> wvtherapycenter.org</p>	<p><b>Description of Services:</b> Specializes in trauma counseling. Provides services for addictions/co-occurring disorders, anxiety/mood disorders, PTSD, trauma/abuse, adolescent/family counseling, relationship/couples counseling (BiGLT safe)</p> <p>Specialize in offering therapeutic services for those who have been adversely affected by trauma and, or addiction. All therapeutic services offered are designed to necessitate the growth, change and healing process.</p> <p><b>Target Population:</b> Children and adults.  <b>Insurance:</b> PEIA, Blue Cross Blue Shield, Unicare</p>