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

Glennys Heatwole Shouey

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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.
References


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.

<table>
<thead>
<tr>
<th>Issues</th>
<th>Issues Continued</th>
<th>Modalities</th>
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<tbody>
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<td>o Sexual Abuse</td>
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<td>o Schizophrenia</td>
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</tr>
<tr>
<td>o Anxiety/PTSD</td>
<td>o ADHD/Childhood Onset Bipolar Disorder</td>
<td>o Art Therapy</td>
<td>o Men</td>
</tr>
<tr>
<td>o Depression</td>
<td>o Medical – Chronic/Terminal Illness</td>
<td>o Play Therapy</td>
<td>o Women</td>
</tr>
<tr>
<td>o Domestic Violence/Abuse</td>
<td></td>
<td>o Spiritually Focused Therapy</td>
<td>o GLBT</td>
</tr>
<tr>
<td>o Personal Growth</td>
<td>o Pain Management</td>
<td></td>
<td>o Persons with physical/mental disabilities</td>
</tr>
<tr>
<td>o Intellectual Disabilities</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>o Other Psychiatric Disorders</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

Depart 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

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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.psys.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](http://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 RMH Valley Behavioral Medicine)  
564-7007

American Health and Wellness Institute (AHWI)  
248-1006

Anstine, Kathy, LPC (See New Dimensions Counseling Center)  
942-5847

Arbaugh, Thomas, Ph.D., LPC  
885-5105

Associated Mental Health Professionals, Inc.  
434-0104 & 886-3063

Atno-Shelton, Deborah, LCSW (See Augusta Psychological Associates)  
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 Shenandoah Valley Center for Integral Counseling, LLC)  
248-1801

Bauserman, Deborah, Ed.D.  
667-2137

Bender Long, Luanne, Ph.D., LPC, LMFT (See Center for Marriage & Family Counseling)  
433-1546

Bickford, Kimberly, LPC  
820-8377

Bieber, Andrea J.E., LPC (See Family Life Resource Center)  
434-8450

Bing, Carolyn, LCSW, PBCCC  
434-1092, Ext. 892

Blevins, Brett, Ed.D. (See Augusta Psychological Associates)  
949-4202 & 886-5060

Blinn, Robert H., Ph.D. (See Augusta Behavioral Health)  
213-2525

Bridgewater Counseling Services  
828-3663

Byrd, Geoffrey, M.S., LPC  
665-1848

Cardwell, Thomas, M.D. (See Valley Behavioral Health)  
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 Shenandoah Psychiatric Medicine)  
949-0955

Cianciolo, Elizabeth P., Ph.D. (See Associated Mental Health Professionals, Inc.)  
434-0104 & 886-3063

Cianciolo, Joseph J., Ph.D. (See Associated Mental Health Professionals, Inc.)  
434-0104 & 886-3063

Claytor, Robyn Bramnock, LCSW  
662-7555

Clifford, Fred, Ph.D.  
434-6554

Clough, Pat, LCSW (See Augusta Behavioral Health)  
213-2525

Cobb, Harriet C., Ed.D.  
433-7776

Cochran, Deirdre, LCSW, BCD  
327-9834

Collins Center  
432-6430

Comer, Pam Reese, LPC (See Horizons Counseling and Consultation)  
209-1676

Commonwealth Psychological Services  
437-4820

Comprehensive Behavioral Health Services  
941-2500 & 213-2500

Connell, Lawrence G., M.D. (See RMH Valley Behavioral Med & RMH Behavioral Health)  
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 RMH Behavioral Health)  
564-5960

Davidson, Kristen, Ed.D., LPC (See Valley Pastoral Counseling Center)  
943-8722

Davies, Pamela, LCSW (See Augusta Behavioral Health)  
213-2525

DeCanio, Chris, Ph.D.  
722-9472

DePaul Community Services  
437-0033

Dexter, Joy, CSAC (See Augusta Behavioral Health)  
213-2525

Dotas, Ellen R., LPC (See RMH Behavioral Health)  
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 Augusta Psychological Associates)  949-4202 & 886-5060
Family Life Resource Center (FLRC)  434-8450
Finn, Barbara, LPC (See Augusta Behavioral Health)  213-2525
Fisher, Anne W., LPC  434-7025
Fitzsimmons, James A., LCSW, SOTP  459-8436 & 335-6899
Flora, Stephen L., LPC (See Woodbrook Counseling Serv. & Augusta Psychological Assoc.)  437-0055 & 949-4202
Flory, Rose, Psy.D., LCP (See Center for Marriage & Family Counseling)  433-1546
Friedland, Emilie S., M.A., LMFT (See Valley Pastoral Counseling Center)  943-8722
Gaddis, Audie, Ph.D. (See Commonwealth Psychological Services)  437-4820
Garrett, Dorothy “Louise”, LCSW  465-4441
Geiser, Jean, LPC (See Augusta Behavioral Health)  213-2525
Gilardi, Tamala K., LCSW (See National Counseling Group, Inc.)  437-0403
Gitchell, Andree, LCSW (See RMH Behavioral Health)  564-5960
Glanzer, Jim, MSN, Ed.S., LPC (See Family Life Resource Center)  434-8450
Glick, Ruth K., LPC (See Augusta Psychological Associates)  949-4202 & 886-5060
Good, Nancy, LCSW, Ph.D. (See Newman Avenue Associates)  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 Augusta Behavioral Health)  213-2525
Harmon, Paul, M.A., LPC, LSATP, NCC (See New Dimensions Counseling Center)  942-5847
Harmon, Teresa M., Ph.D.  942-5155
Harmon, Victoria, LPC (See Valley Behavioral Health)  459-1262
Harris, Ginny, LPC (See Valley Hope Counseling Center)  941-8933
Harris, Sandra, NP (See Valley Behavioral Health)  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 Augusta Psychological Associates)  949-4202 & 886-5060
Hevener, Pam, NP (See RMH Valley Behavioral Medicine)  564-7007
Hoffman, Michael, M.D. (See Associated Mental Health Professionals, Inc.)  434-0104 & 886-3063
Hook, Randall B., LCSW (See RMH Partial Hospitalization/Day Treatment Program)  564-5960
Hoopes, Gwendelyn, 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 Newman Avenue Associates)  434-2800
Janow, Donielle, Psy.D. (See RMH Behavioral Health)  564-5960
Jantzi, Bonita, LCSW (See Newman Avenue Associates)  434-2800
Jayne, Thomas M., M.D. (See Augusta Psychological Associates)  949-4202 & 886-5060
Jennings, Julie, Ph.D., LPC  463-7601
Johnson, Jennifer, LPC (See RMH LIFE Recovery Program)  564-5629
Johnston, Nancy, LPC, LSATP  464-1890
Judge, Tina, FNP (See Comprehensive Behavioral Health Services)  941-2500 & 213-2500
Kane, Timothy, M.D. (See Comprehensive Behavioral Health Services)  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 Horizons Counseling and Consultation) 209-1676
Koser, Nate (See Horizons Counseling and Consultation) 209-1676
Kuszyn, Jenny, LPC (See Newman Avenue Associates) 434-2800
Langridge, Jill R., LPC (See RMH Behavioral Health) 564-5960
Langston, Tara, CSAC, LPC, ADS 421-5492
Laurenz, Pat, LCSW (See Newman Avenue Associates) 434-2800
Lizer, Bob, M.D. 662-7555
Long, Cynthia, D.Min. (See Lutheran Family Services of VA) 383-2902
Lutheran Family Services of VA 383-2902
Lynch, Joseph G., LCSW (See Newman Avenue Associates) 434-2800
Mahmood, Aamir, M.D. (See RMH Valley Behavioral Medicine) 564-7007
Mandeville, Scott W., LCSW, CSOTP (See Bridgewater Counseling Services) 828-3663
Marion, Carolyn, LPC (See Augusta Psychological Associates) 949-4202 & 886-5060
Martin, Anne L., LCSW 433-1663
Martin, Mary, CSAC (See Augusta Behavioral Health) 213-2525
Massie, Kent B., LPC 213-8242 & 460-2053
McKeegan, Gerald F., Ph.D. (See Augusta Psychological Associates & American Health and Wellness Institute) 949-4202 & 886-5060
McMasters, Mary, M.D. (See Comprehensive Behavioral Health Services) 941-2500 & 213-2500
McNulty Center for Children and Families 433-3100
Melton, C. Alan, D.Min., LPC (See Valley Pastoral Counseling Center) 943-8722
Mental Health America of Augusta 866-7181 & 949-0169
Michael, Dee L., LPC, NCC (See RMH Behavioral Health) 564-5929
Miller, Elroy, LCSW (See Center for Marriage and Family Counseling) 433-1546
Moats, Kathryn, Ph.D., LPC (See Family Life Resource Center) 434-8450
Morris, Melanie, CNS (See Augusta Behavioral Health) 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 Comprehensive Behavioral Health Services) 941-2500 & 213-2500
Pelligrino, Joseph F., Ph.D. 574-2210
Pirooz, Jane C., Ed.S., LPC (See RMH Behavioral Health) 433-4254 & 435-2492
Porter, Patrice, LPC (See Augusta Psychological Associates) 949-4202 & 886-5060
Psychological Health Associates, Ltd. 667-5431
Rask, Kristina, Ph.D. (See Augusta Psychological Associates) 949-4202 & 886-5060
Reid, David, Psy.D. (See Augusta Psychological Associates) 949-4202 & 886-5060
Reynolds, S. Eugene, LCSW (See Augusta Behavioral Health) 213-2525
Richardson, Connie Y., LPC 434-9700
Rissmeyer, David, LCSW (See Center for Marriage and Family Counseling) 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 Augusta Health Psychiatry) 245-7030
Rockbridge Area Community Services 463-3141
Rodman, Jeffrey J., LPC, MAC (See Here-4-You Counseling) 635-3518
Roebuck, Julie, MNP (See Augusta Psychological Associates) 949-4202 & 886-5060
Rose, Mary Kay, Ed.S., LPC (See Shenandoah Valley Center for... & Newman Avenue...) 248-1801 & 434-2800
Savides, John, NCACII, CSAC (See Augusta Behavioral Health) 213-2525
Schulte, Timothy J., Psy.D. (See Counseling and Psychological Services) 568-1735
Sensabaugh, Mark, LPC, LMFT (See Family Life Resource Center) 434-8450
Sharpe, Kelly, LPC (See RMH Behavioral Health) 564-5929
Shelton, Ron, LCSW (See RMH Behavioral Health) 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 Augusta Behavioral Health) 213-2525
Shomo, Nancy J., BSW, GC-C (See RMH Behavioral Health) 433-4427
Showalter, Gerald R., Psy.D. 447-0134
Showalter, Liesel Y., LPC (See Newman Avenue Associates) 434-2800
Simmons, Sarah G., LCSW 213-1316 & 213-2080
Smith, Bren McGillivary, LPC, LMFT 901-9000
Souder, Mercy, LPC (See Newman Avenue Associates) 434-2800
Spilman, Christine, LPC (See Center for Marriage and Family Counseling) 433-1546
Sterling, Stephanie, M.A., LPC (See Valley Pastoral Counseling Center) 943-8722
Styron, James C., IV, MD, JD (See RMH Valley Behavioral Medicine & RMH Behavioral Health) 564-7007
Sylvest, Sandra L., Ed.S., LPC 433-8590
Tancyus, Michael G., LCSW (See Augusta Behavioral Health) 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 Valley Behavioral Health) 459-1262
Watros, Jeff, M.A., LPC, LMFT (See also Greater Hope Ministry, Inc.) 234-8187 & 574-4189
Watts, Nancy, LPC (See Augusta Behavioral Health) 213-2525
Weaver, Judith G., Ed.S., LPC 433-1291 & 743-7101
Weaver, Sandra, MSN, LCNS (See RMH Behavioral Health) 564-5960
Weber, Randy, Ph.D. (See Charis Institute for Psychological and Family Services) 568-1876
Weber, Ronda, Ph.D., LCSW (See Charis Institute for Psychological and Family Services) 568-1876
Weigand, Ken, Psy.D. 667-1389
Wenger, Lois, LCSW (See Family Life Resource Center) 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 Family Life Resource Center) 434-8450
Young, Susan W., LCSW (See Augusta Psychological Associates) 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
<table>
<thead>
<tr>
<th>Organization</th>
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<tr>
<td>Shenandoah County Chapter</td>
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<tr>
<td>Americans with Disabilities Act, City of Waynesboro</td>
<td>942-6718</td>
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<tr>
<td>Apple Valley Mediation Network, Inc.</td>
<td>800-767-3898</td>
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<td>The Arc of Harrisonburg and Rockingham, Inc.</td>
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<td>The ARC of Winchester</td>
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<td>Augusta Health: Hospice of the Shenandoah – Staunton</td>
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<tr>
<td>Waynesboro</td>
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<td>Augusta Regional Free Clinic – Waynesboro</td>
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<td>Big Brothers/Big Sisters - Harrisonburg</td>
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<td>Central Valley</td>
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<td>Winchester</td>
<td>662-1043</td>
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<td>Blue Ridge Hospice</td>
<td>877-210-4673</td>
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<td>Blue Ridge Legal Services</td>
<td>433-1830 &amp; 800-237-0141</td>
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<tr>
<td>Caregivers Community Network</td>
<td>568-6682 &amp; 877-568-6682</td>
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<td>The Central Shenandoah Youth Suicide Prevention Initiative, and the Campus Suicide Prevention Center of Virginia</td>
<td>568-8901</td>
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<td>Choices of Page County</td>
<td>Hotline: 743-4414</td>
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<td>Clean Inc. Community Connections for Youth and Family</td>
<td>772-3589</td>
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<td>Collins Center</td>
<td>432-6430 &amp; Hotline: 434-2272</td>
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<tr>
<td>ComfortCare Women’s Health – Staunton</td>
<td>885-6261</td>
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<tr>
<td>Waynesboro</td>
<td>943-1700</td>
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<td>Community Mediation Center</td>
<td>434-0059 &amp; 800-653-0019</td>
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<td>Community Resource Center</td>
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<td>Deaf &amp; Hard of Hearing Services Center</td>
<td>Videophone: 866-563-7784 &amp; 569-3016 (TTY)</td>
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<td>Department of Rehabilitative Services – Fishersville</td>
<td>332-7700 (Voice/TTY)</td>
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<tr>
<td>Harrisonburg</td>
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<td>Winchester</td>
<td>722-3453 &amp; 535-1813 (TTY)</td>
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<td>Department of Social Services – Bath County</td>
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<td>Harrisonburg/Rockingham County</td>
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<td>Shenandoah County</td>
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<td>Shenandoah Valley (Staunton-Augusta Office)</td>
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<td>Shenandoah Valley (Waynesboro Office)</td>
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<td>First Step: A Response to Domestic Violence</td>
<td>434-0295 &amp; 866-223-9169</td>
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<td>Friendship Industries, Inc.</td>
<td>434-9586</td>
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<td>Gemeinschaft Home for Ex-Offenders</td>
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<td>Goodwill Industries, Inc. – Northern Division</td>
<td>886-2001</td>
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<td>Fishersville</td>
<td>332-7750</td>
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<tr>
<td>Harrisonburg Workforce Center</td>
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<td>Winchester Branch</td>
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<td>Harrisonburg Pregnancy Center</td>
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<td>Harrisonburg Redevelopment and Housing Authority</td>
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<td>Harrisonburg/Rockingham Free Clinic</td>
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<td>Harrisonburg - Rockingham Community Services Board</td>
<td>434-1941 &amp; 24-Hour: 434-1766</td>
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<td>Health Department – Augusta County</td>
<td>332-7830</td>
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<td>Bath County</td>
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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 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 942-6718
Winchester Exchange Child Parent Center 536-1640 & 800-567-7954
Woodrow Wilson Rehabilitation Center 332-7000 & 800-345-9972 & 800-811-7893 (TTY)
YMCA – Staunton 885-8089
    Waynesboro 942-5107
    Rockbridge Area 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
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 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**
564-0373
57 South Main Street, Suite 616
Harrisonburg, VA 22801
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)**
434-9430
356 South Main Street
Harrisonburg, VA 22801
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)**
248-1006
25 Professional Way, Suite 101
P. O. Box 258
Verona, VA 24482
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

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 Maclanly Place, Suite E
Staunton, VA 24401

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.

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

- **Transitions Mental Health Intensive Outpatient Program**  
  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

Carolyn Marion, LPC  
Deborah Atmo-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

Outpatient for adult individuals. Most insurance accepted.

**Bickford, Kimberly, LPC**
1820 Country Club Rd  
Harrisonburg, VA 22802

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
Bridgewater Counseling Services
828-3663
100 S. Main Street
Bridgewater, VA 22812
Website: www.bridgewatercounseling.com
Email: BCS456@verizon.net

Scott W. Mandeville, LCSW, CSOTP

Individual therapy for children, adolescents, and adults, and couples therapy. Typical areas of focus include depression, anxiety, grief, trauma, sexual addictions, sexual abuse, and personal growth. Eclectic theoretical orientation.

Byrd, Geoffrey, M.S., LPC
665-1848
Counseling Associates, PC
Website: www.CounselingAssociatesHome.com
108 West Clifford Street
Winchester, VA 22601
Email: geoffbyrd@aol.com

Individual and couples counseling for adults. Certified Imago Relationship therapist, Advanced Clinician, integrative health educator for groups and seminars, and consultant to integrative medical practices.

Center for Marriage and Family Counseling
433-1546
96 Campbell Street
Harrisonburg, VA 22801
Fax: 433-9231
Email: office@cmfc.org

Luann Bender Long, Ph.D., LPC, LMFT, Executive Director
Rose Flory, Psy.D., LPC
Elroy Miller, LCSW
Christine Spilman, LPC
David Rissmeyer, LCSW

The Center for Marriage and Family Counseling is a private, non-profit agency supported in part by the United Way. We provide high quality, professional counseling in a relaxed and welcoming environment. Our experienced counselors see individuals, couples, and families on a sliding fee scale (ability to pay). Most insurance types are accepted as well. Ongoing domestic violence/anger management groups and parent/child visitation services are also provided.

Charis Institute for Psychological and Family Services/Center for Behavioral Health
568-1876
36 Southgate Court, Suite 102
Harrisonburg, VA 22801

Randy Weber, Ph.D.
Ronda Weber, Ph.D., LCSW

Offers individual, marital, family, and group therapy for children, teens, and adults. Psychological testing is also available.

Child and Family Guidance
433-1376
A Program of Specialized Youth Services of Virginia
1000 Chicago Ave.
Harrisonburg, VA 22802
Fax: 437-1214

CFG offers a unique array of programs designed specifically for families. These programs provide focused support for children and adolescents with serious emotional and behavioral problems that result in difficulties in school or community interaction. Services include: Intensive in-home counseling, therapeutic day treatment, after-school and summer programs, and school-based therapeutic day treatment.

Claytor, Robyn Brannock, LCSW
662-7555
Blue Ridge Counseling Center
335 Westside Station Drive
Winchester, VA 22601
Works with individuals and families, age 12 and older. Participates with Tricare, Medicare, Sentara, and Anthem.

**Clifford, Fred, Ph.D.**  
434-6554  
Family Counseling Ministries  
3523 Spotswood Trail  
Penn Laird, VA 22846  
Website: [www.family-cm.org](http://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.**  
433-7776  
Harrisonburg VA 22801  
Website: [www.harrietcobb.com](http://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**  
327-9834  
592 Mineback Road, Middletown, VA 22645  
122 Peyton Place, Winchester, VA 22601  
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**  
432-6430  
Physical address: 165 S. Main Street, Suite D  
Harrisonburg, VA 22801  
Mailing address: P. O. Box 1473  
Harrisonburg, VA 22803  
Website: [www.thecollinscenter.org](http://www.thecollinscenter.org)  
Email: info@thecollinscenter.org

24-hour crisis hotline: 434-2272  
Fax: 432-6293

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**  
437-4820  
2322 Blue Stone Hills Drive, Suite 280  
Harrisonburg, VA 22801  
Website: [www.cwpsy.com](http://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**  
941-2500 & 213-2500  
57 N. Medical Park Drive  
Fishersville, VA 22939  
Website: [www.cw psy.com](http://www.cw psy.com)  
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  
Email: hopkinslcsw@hotmail.com

**Counseling and Psychological Services (CAPS)**
601 University Blvd. MSC 9012  
Harrisonburg, VA  22807  

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

174 Costello Drive  
Winchester, VA  22602  
Fax: 662-1311  
Email: crossroads@csv-inc.com

649 North Main Street  
Woodstock, VA  22664  
Fax: 459-9015  
Email: crossroads4@csv-inc.com  
Website: www.childrenservicesofva.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  
Fax: 722-9473  
Email: network8@verizon.net

**DePaul Community Resources**
21 Southgate Court, Suite 101  
Harrisonburg, VA  22801  
Email: LColombo@DePaulCR.org  
Website: www.depauleum.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  
Email: JColombo@DePaulCR.org  
Website: www.depauleum.org

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 Kusnacht 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  108 Houston Street
Staunton, VA  24401  Lexington, VA  24450

**Eagle, John R., M.D.**

370 Neff Avenue
Harrisonburg, VA 22801

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

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

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

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

**Mark Sensabaugh, LPC, LMFT - Executive Director**
**Jim Glanzler, 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

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

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 mediation/yoga exercises to enhance awareness and strengthen problem solving skills.

Garrett, Dorothy “Louise”, LSCW
720 E. Queen Street, Suite 1
Strasburg, VA 22657

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

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

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

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
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.**
942-5155
29 Stoneridge Drive, Suite 105
Waynesboro, VA 22980
Fax: 941-8181

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

**Harris, Saul S., LCSW**
438-8227
850 Hillside Avenue
Harrisonburg, VA 22802

**Harrisonburg League of Therapists**
437-1605
312 S. Main Street
Harrisonburg, VA 22801
Fax: 437-1606
Website: [www.leagueoftherapists.com/locations/harrisonburg.php](http://www.leagueoftherapists.com/locations/harrisonburg.php)
Email: jennifer.henkel@leagueoftherapists.com

**Harrisonburg Rockingham Community Services Board**
434-1766
1241 North Main Street
Harrisonburg, VA 22802
Website: [www.hrcsb.org](http://www.hrcsb.org)

After hours emergency services: 434-1941

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**
476-1482
1820 Country Club Road
Harrisonburg, VA 22802
Mailing address: P. O. Box 103
Broadway, VA 22815
Website: [www.joannhhendersontherapy.com](http://www.joannhhendersontherapy.com)
Email: joannhhenderson@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**
434-1494
31 Southgate Court, Suite 101
Harrisonburg, VA 22801

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

**Hensley, Diane L., LPC**
434-1494
31 Southgate Ct, Suite 101
Harrisonburg, VA 22801

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

**Here-4-You Counseling**
635-3518
109 E. 6th Street
Website: [www.here-4-you.com](http://www.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.  
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  
273 Newman Avenue, 2nd floor  
Harrisonburg, VA 22801

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  
1208 West Beverley Street  
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  
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  
204 E. Washington Street  
Lexington, VA 24450
**Johnston, Nancy L., LPC, LSATP**  
108D Houston Street  
Lexington, VA 24450  
Website: [www.nancyjohnston.com](http://www.nancyjohnston.com)  

**Kave, Vickie L., LCSW**  
1208 West Beverley Street  
Staunton, VA 24401  
204 E. Washington Street  
Lexington, VA 24450  
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  

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  
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  

Adult outpatient and psychiatric services.

**Lutheran Family Services of VA (LFSVA)**  
500 S. Wayne Avenue  
Waynesboro, VA 22980  
Website: [www.griefvirginia.org](http://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:  Mailing address:  Email:  
120 W. Nelson Street  P. O. Box 1084  kmassie@comcast.net  
Lexington, VA  24450  Lexington, VA  24450-1084

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  
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  
Website:  www.mha-augusta.org  mhaa@ntelos.net

*Mathena 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  
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 session. Trained as a Spiritual Director.

**National Counseling Group, Inc.**

1951 Evelyn Byrd Avenue, Suite B  Harrisonburg, VA  22801  
437-0403 & 437-0405  www.nationalcounselinggroup.com

437-0421  Fax: 437-0421
Tamala K. Gilardi, LCSW, Clinical Supervisor


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

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.jannisnorton.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  
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  
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  
As of June 22, 2010:  
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  
As of December, 2010:  
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**

<table>
<thead>
<tr>
<th>Address</th>
<th>Telephone</th>
<th>Toll Free:</th>
<th>Email:</th>
</tr>
</thead>
<tbody>
<tr>
<td>752 Ott Street, Harrisonburg, VA 22801</td>
<td>433-4254 &amp; 435-2492</td>
<td>877-294-5731</td>
<td><a href="mailto:jpirooz@rhcc.com">jpirooz@rhcc.com</a></td>
</tr>
<tr>
<td>644 University Boulevard, Harrisonburg, VA 22801</td>
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</tbody>
</table>

*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**

<table>
<thead>
<tr>
<th>Address</th>
<th>Telephone</th>
<th>Toll Free:</th>
<th>Email:</th>
</tr>
</thead>
<tbody>
<tr>
<td>752 Ott Street, Harrisonburg, VA 22801</td>
<td>433-4427</td>
<td>877-294-5731 Ext: 4427</td>
<td><a href="mailto:nshomo@rhcc.com">nshomo@rhcc.com</a></td>
</tr>
<tr>
<td>644 University Boulevard, Harrisonburg, VA 22801</td>
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</table>

*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**

<table>
<thead>
<tr>
<th>Address</th>
<th>Telephone</th>
<th>Toll Free:</th>
<th>Fax:</th>
</tr>
</thead>
<tbody>
<tr>
<td>752 Ott Street, Harrisonburg, VA 22801</td>
<td>564-5629</td>
<td>877-294-5731</td>
<td>564-5823</td>
</tr>
<tr>
<td>644 University Boulevard, Harrisonburg, VA 22801</td>
<td></td>
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</tr>
</tbody>
</table>

*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**

<table>
<thead>
<tr>
<th>Address</th>
<th>Telephone</th>
<th>Toll Free:</th>
<th>Fax:</th>
</tr>
</thead>
<tbody>
<tr>
<td>752 Ott Street, Harrisonburg, VA 22801</td>
<td>546-5960</td>
<td>877-294-5731</td>
<td>564-5823</td>
</tr>
<tr>
<td>644 University Boulevard, Harrisonburg, VA 22801</td>
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</tbody>
</table>

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

Raymond Alderfer, M.D.  Aamir Mahmood, M.D.
Lawrence G. Conell, M.D.  James C. Styron, IV, M.D., JD
Pam Hevener, NP

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  Website: www.racsb.org
Lexington, VA 24450

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  Fax: 248-1802
Verona, VA 24482-2662  Website: www.svcie.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  Website: www.SVSOTP.org
Harrisonburg, VA 22801

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  Email: dshenk1820@yahoo.com
Harrisonburg, VA 22801

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.
Simmons, Sarah G., LCSW  
1208 W. Beverley Street  
Staunton, VA  24401  
213-1316 & 213-2080  
Fax:  941-1076  
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  
Fax:  459-1263  
Email: valleyhope@ntelos.net  
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  

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**
943-8722  
300 Chestnut Avenue  
Waynesboro, VA  22980  
Website:  [www.valleypastoral.org](http://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**  
234-8187  
Physical address: 206 Main Street  
Dayton, VA  22821  
Mailing address: P. O. Box 1822  
Dayton, VA  22821  
Email: jeffwatroslp@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**  
433-1291 & 743-7101  
320 S. Main Street  
Harrisonburg VA 22801  
7 Berry Boulevard  
P.O. Box 604  
Luray, VA 22835  
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.**  
667-1389  
134 W. Piccadilly Street  
Winchester, VA  22601

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.**  
434-9430  
356 South Main St.  
Harrisonburg, VA 22801  
Email: LPCRPW@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**
631-0999
326 North Royal Avenue
Front Royal, VA 22630
Website: [www.marthawhitney.com](http://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**
464-6949
204 E. Washington Street
Lexington, VA 24450

**Winchester Medical Center Behavioral Health Services**
536-8152
1840 Amherst Street
Winchester, VA 22601
Website: [www.valleyhealthlink.com](http://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**
434-8281

<table>
<thead>
<tr>
<th>Physical address</th>
<th>Mailing address</th>
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<tbody>
<tr>
<td>370 Neff Avenue, Bldg. J</td>
<td>P. O. Box 1013</td>
</tr>
<tr>
<td>Harrisonburg, VA 22801</td>
<td>Harrisonburg, VA 22801</td>
</tr>
</tbody>
</table>

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.**
887-6538
828 Augusta Street
Staunton, VA 24401
Website: [www.wittersgreentherapy.com](http://www.wittersgreentherapy.com)
Email: ruth@wittersgreentherapy.com

**Woodbrook Counseling Services, LLC**
437-0055
185 South Liberty Street
Harrisonburg, VA 22801
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.**
463-4000
308 Jackson Avenue
Lexington, VA 24450
Email: jworth@wlu.edu
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 24 Hour Hotline: 743-4414
216 W. Main Street                    Website: http://choicesofpagecounty.org
Luray, VA 22835                                  Email: debbiedart@choicesofpagecounty.org
Debbie Dart, Executive Director

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 24 Hour Hotline: 434-2272
Physical Address: Mailing Address: 432-6430
165 South Main Street, Suite D PO Box 1473
Harrisonburg, VA 22801 Harrisonburg, VA 22803 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 434-0295 or 866-223-9169
129 Franklin Street                    Website: www.firststepva.com
Harrisonburg, VA 22801                                  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

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

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

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

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

https://organizations.rockbridge.net/projecthorizon

Basic Needs/Crisis

American Red Cross
Regional/local offices

Central Virginia Chapter
1105 Rose Hill Rd.
Charlottesville, VA 22903
http://centralvirginia.redcross.org

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

Regional/local offices

Central Virginia
1105 Rose Hill Rd.
Charlottesville, VA 22903
http://centralvirginia.redcross.org
434-979-7143

Blue Ridge
18 Government Center Lane
Augusta County Government Center
PO Box 590
Verona, VA 24482
886-9151

Website: www.redcross.org
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

<table>
<thead>
<tr>
<th>Call/Walk-in Center</th>
<th>Mailing Address</th>
<th>Website: <a href="http://www.hrcrc.org">www.hrcrc.org</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Muhlenberg Lutheran Activity Center</td>
<td>PO Box 1753</td>
<td>Email: <a href="mailto:volunteer@hrcrc.org">volunteer@hrcrc.org</a></td>
</tr>
<tr>
<td>281 E. Market Street</td>
<td>Harrisonburg, VA, 22803</td>
<td>or <a href="mailto:kohnlx@jmu.edu">kohnlx@jmu.edu</a></td>
</tr>
<tr>
<td>Harrisonburg, VA 22801</td>
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</tbody>
</table>

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**

*Deborah Michael, Director*

65 Courthouse Hill Road

P.O. Box 7

Warm Springs, VA 24484

[www.bathcountyva.org](http://www.bathcountyva.org)

839-7271

**Harrisonburg/Rockingham County**

*Donald D. Drive, Director*

110 N. Mason Street

PO Box 809

Harrisonburg, VA 22803

[www.rockinghamcountyva](http://www.rockinghamcountyva)

574-5100

**Highland County**

*Sharon Sponaugle, Director*

P.O. Box 247

Monterey, VA 24465

468-2199

**Page County**

*Pete Creaturo, Director*

215 W. Main St., Suite A

P.O. Box 47

Stanley, VA 22851

778-1053

**Rockbridge-Buena Vista-Lexington Area**

*Meredith Downey, Director*

20 E. Preston St.

Lexington, VA 24450

463-7143

44
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.
Local Offices

Northern Division (Staunton/Waynesboro)
1600 N. Coalter St. Suite 16
Staunton, VA 24401

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
Fax: 432-1113
Website: www.harrisonburgrha.com
Michael Wong, Executive Director

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.
Emergency situations for low income and elderly in Page County.

**Patchwork Pantry**
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**
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](http://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  
Captain Duane Burleigh  
434-4854

Staunton  
1700 West Beverley Street  
Staunton, VA  
Captain David May  
885-8157

Waynesboro  
900 B. Street  
Waynesboro, VA  
Major Linda Sloan  
943-9897

Winchester  
300 Ft. Collier Rd  
Winchester, VA  
Alvaro Porras, Hispanic Outpost, or Major Daniel Turner  
662-4777

**United Way**
Website: [http://national.unitedway.org](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
Shenandoah County 329 N. Cameron Street, Suite 201
Winchester, VA 22601

Valley Mission Inc.  886-4673
1513 W. Beverley Street
Staunton, VA 24401
Website: http://valleymission.net
Email: davidreed@valleymission.net
David D. Reed, Executive Director

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  568-6682
Blue Ridge Hall – MSC 9014
Harrisonburg, VA 22807
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  437-7444
2040 Deyerle Ave., Suite 102
Harrisonburg, VA 22801
Wendy DeLawder, Program Outreach Director
Website: www.alzewva.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  800-416-8847
Local Offices
Website: www.cancer.org

Harrisonburg 1920-H Medical Avenue
434-3360
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
568-8838
MSC 9018
Harrisonburg, VA 22801
Website: www.valleyaidsnetwork.org
Fax: 568-8835
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
665-9660 or 1-800-395-HELP
Abba Care
200 Weens Lane
Winchester, VA 22601
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
433-8866
PO BOX 81
Harrisonburg, VA 22803
Website: www.bbbshr.org
Elly Swecker, Director
Email: info@bbbshr.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
772-3589
129 Youth Development Ct.
Winchester, VA 22602
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
Website: www.ci.lexington.va.us/d-youth.htm

Tammy Dunn, Youth Service Director

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
Email: hartzlkm@jmu.edu

Kim Hartzler-Weakley, Executive Director

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.
Offices on Youth
Region offices
Waynesboro 250 South Wayne Ave
Waynesboro, VA 22980 942-6757
Staunton 900 Nelson St.
Staunton, VA 24401 332-3806

Website: www.waynesboro.va.us/youth.html
Email: BlairCl@ci.waynesboro.va.us

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 OOV 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 in 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 885-8841
1215 North Augusta Street
Staunton, VA. 24401 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.

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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)  
Website: [www.rmhonline.com](http://www.rmhonline.com)  
Email: dbullis@rhcc.com

235 Cantrell Ave.  
Harrisonburg, VA 22801  
Debbie Bullis, Program Director

Age of Clients Served: Teenagers, age 19 years and younger  
Language Services for Non-English speakers: We have a bilingual staff of Resource Mothers.

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)**
Website: [www.racsb.org/pages/services-c.asp](http://www.racsb.org/pages/services-c.asp)  
Email: dcropper@racsb.org

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

**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**
Website: [www.shenandoahcountypregnancycenter.org](http://www.shenandoahcountypregnancycenter.org)  
Email: pregnant@shentel.net

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

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
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  
Website: [www.childparentcenter.org](http://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**  
The YMCA is a charitable organization that offers programs to promote the health of spirit, mind, and body for all.

**Local Offices**

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<tr>
<th>Location</th>
<th>Address</th>
<th>Website</th>
<th>Phone</th>
<th>Fax</th>
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<tr>
<td>Staunton</td>
<td>708 North Coalter St.</td>
<td><a href="http://www.saymca.org">www.saymca.org</a></td>
<td>885-8089</td>
<td>885-7240</td>
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<td></td>
<td>Staunton, VA 24401</td>
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<tr>
<td>Waynesboro</td>
<td>648 Wayne Ave</td>
<td><a href="http://www.waynesborovmca.com">www.waynesborovmca.com</a></td>
<td>942-5107</td>
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<td>Waynesboro, VA 22980</td>
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<tr>
<td>Rockbridge Area</td>
<td>126 Walker St.</td>
<td><a href="http://www.ymcarockbridge.org">www.ymcarockbridge.org</a></td>
<td>464-YMCA</td>
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<td></td>
<td>Lexington, VA 24450</td>
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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
877-210-4673
Winchester Office
333 W. Cork St., Suite 405
Winchester, VA 22601
Woodstock Office
232 S. Main St.
Woodstock, VA 22664
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
433-4427
235 Cantrell Avenue
Harrisonburg, VA 22801
Nancy Shomo, Program Coordinator
As of December, 2010:
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
433-4429
235 Cantrell Avenue
Harrisonburg, VA 22801
As of June 22, 2010:
2010 Health Circle Drive
Harrisonburg, VA 22801
Website: www.rmhservices.org

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

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

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
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
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**

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

**Bath County:**
85 Courthouse Hill Rd.
Warm Springs, VA 24484
839-7246

**Highland County**
140 Fleisher Avenue
Monterey, VA 22847
468-2270

**Lexington**
131 Walker Street,
Lexington
463-7136

**Page County**
75 Court Lane
Luray, VA 22835-1055
743-6528

**Rockbridge County**
300 Diamond Street,
Lexington
463-3185

**Shenandoah County**
600 North Main Street,
Suite 106
Woodstock, VA 22664
459-3733

**Staunton**
116 West Beverley Street
Staunton, VA 24401-2401
332-7830

**Waynesboro**
211 12th Street
Waynesboro, VA 22980
949-0137

**Rockingham County & Harrisonburg**
110 North Mason Street
PO Box 26
Harrisonburg, VA 22801
574-5100
**Page County Clinic (Part of NW Community Services)**  
23 W. Main Street  
Luray, VA 22835  

Please call for more information regarding hours and services provided.

**Page County Rural Health Center**  
235 Medical Dr  
Stanley, VA 22851  

Please call for more information regarding hours and services.

**Rockbridge Area Free Clinic**  
25 Northridge Lane  
Lexington, VA 24450  
Fax: 464-1362  
Website: [www.rockbridgefreeclinic.org](http://www.rockbridgefreeclinic.org)  
Email: Suzanne.freeclinic@comcast.net  

Suzanne Sheridan, Executive Director

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**  
Mailing Address  
PO Box 759  
Woodstock, VA 22664  
Fax: 459-1809  
Email: scfc@shentel.net  

Pam Murphy, Executive Director

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  
The Institute for Innovation in Health and Human Services  
James Madison University  
601 University Blvd.  
Harrisonburg, VA 22801  
Fax: 568-6409  
Website: [www.preventsuicidedcsv.org](http://www.preventsuicidedcsv.org)  
Email: wiginjr@jmu.edu  

Dr. Jane Wiggins, Director

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
Website: www.nwcsb.com

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
Website: www.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
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
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) 689-1000
235 Cantrell Avenue  As of June 22, 2010  Email: mbowser@rhcc.com
Harrisonburg, VA 22801  2010 Health Circle Drive
Mark Bowser, LCSW, Program Coordinator  Harrisonburg, VA 22801

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 438-8295
70 S. High Street  Website: http://newbridgesirc.org
Harrisonburg, VA 22801  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 568-3666
JMU MSC 9007, Blue Ridge Hall room 344  Website: www.svmep.jmu.edu
Harrisonburg, VA 22807
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. 800-767-3898
242 N. Main Street, Suite 202  Website: www.avmn.org
Woodstock, VA 22664  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 433-1830
204 North High Street  800-237-0141
P. O. Box 551  Fax: 433-2202
Harrisonburg, VA 22803  Website: www.brls.org
Courtney Sinnett, Intake Paralegal  Email: info@brls.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**
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**
165 South Main Street, Suite A
Harrisonburg, VA 22801

*Timothy Ruebke, Executive Director*

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**
965 Pleasant Valley Road
Harrisonburg, VA 22801

*Stephanie Diehl*

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**
503 W. Main St, Suite 101
Waynesboro, VA 22980

*Robert Wade, Coordinator*

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.**
620 Simms Avenue
Harrisonburg, VA 22802

*Mrs. Mary Ellen Chewning, Executive Director*
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

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

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**  
Website: [www.vadrs.org](http://www.vadrs.org)

**Local Offices**

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone Number</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fishersville</td>
<td>292 Woodrow Wilson Ave</td>
<td>332-7700</td>
<td><a href="mailto:George.Drummond@drs.virginia.org">George.Drummond@drs.virginia.org</a></td>
</tr>
<tr>
<td>(on WWRC Campus)</td>
<td>Fishersville, VA 22939</td>
<td>(Voice/TTY)</td>
<td></td>
</tr>
<tr>
<td>Harrisonburg</td>
<td>1909 B East Market Street</td>
<td>434-5981</td>
<td><a href="mailto:George.Drummond@drs.virginia.org">George.Drummond@drs.virginia.org</a></td>
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<td></td>
<td>Harrisonburg, VA 22801</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Winchester</td>
<td>20 Ricketts Dr.</td>
<td>722-3453</td>
<td><a href="mailto:Jim.Hall@drs.virginia.org">Jim.Hall@drs.virginia.org</a></td>
</tr>
<tr>
<td></td>
<td>Winchester, VA 22601</td>
<td>535-1813 (TTY)</td>
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**Friendship Industries, Inc.**  
Website: [www.friendship-industries.com](http://www.friendship-industries.com)

434-9586  
801 Friendship Drive  
Harrisonburg, VA 22802  
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)**  
Website: [www.thearcofnsv.org](http://www.thearcofnsv.org)

433-3100  
See Family Support Section

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Pleasant View, Inc. is a not-for-profit agency, serving 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
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.Valleyautism.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
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
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
residents. 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)**  
804-662-9502  
1602 Rolling Hills Dr., Suite 203  
Richmond, VA 23229  
Ronald L. Lanier, Director

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**  
Video phone 866-272-2634  
324 Hope Drive  
Winchester, VA 22601  
Donna Day

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**  
Voice/Video phone 866-563-7784  
Mailing Address  
PO BOX 103  
Staunton, VA 24402  
Feta Fernsler

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**  
800-522-8732  
East Beverley Street  
P.O. Box 2069  
Staunton, Virginia 24402

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**  
942-6718  
503 W. Main St., Suite 101  
Waynesboro, VA 22980  
Robert Wade

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.
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.hrerec.org
### Anger Management Support Group
- **Staunton**: 887-3200
  - 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
  - **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
- **Luray**: 743-4414
  - Offers information regarding domestic violence services

### Clean, Inc
- **Winchester**: 722-3589
  - Offers information regarding Anger Management support groups for the Winchester area

### Collins Center
- **Harrisonburg**: 24 Hour Hotline: 434-2272 or 432-6430
  - 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
- **Harrisonburg**: 434-0295 or 866-223-9169
  - Website: [www.firststepva.com](http://www.firststepva.com)
  - Offers support groups for victims of sexual assault in the Harrisonburg area. (see Basic Needs/Crisis/Non-Profit Service Providers section for more details)

### Laurel Center
- **Winchester**: Local Hotline: 667-6466 or Toll Free: 866-670-2942
  - Offers information regarding domestic violence services in the Winchester Area

### New Directions Center Inc.
- **Staunton**: 24 Hour Hotline: 886-6800 or Toll Free: 800-564-2836
  - 885-7273
  - Offers support groups for victims of domestic violence (see Basic Needs/Crisis/Non-Profit Service Providers section for more details)

### Project Horizons
- **Lexington**: 24 Hour Hotline: 463-2594 or Toll Free: 866-463-2594
  - 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.
- **Woodstock**: 24 Hour Hotline: 459-5161
  - 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
- **Lexington**: 463-3141
  - Offers anger management support groups area (see Basic Needs/Crisis/Non-Profit Service Providers section for more details)
Valley Hope Counseling Center  
Waynesboro  
• Offers anger management support groups

Women of Sexual Abuse – HOPE  
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)  
• 24 hour hotline (Al-anon & Alateen meetings)

Harrisonburg  
• Answering Service (AA)  
• Additional Phone AA meetings (Valley)  
• Toll-free AA/Alateen Meetings

Staunton  
• Answering Service/Intake  
• Toll-Free AA/Alateen meetings

Addiction Support Group  
Woodstock  
• For information regarding dates and times for meetings, please call the number listed above.

Augusta Health  
Fishersville  
• Substance abuse services

Cambios  
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  
Harrisonburg  
• Alcohol and Drug Prevention program located at the Center for Behavioral Health

Dukes in Recovery  
Harrisonburg, James Madison University  
Website: www.jmu.edu/healthctr/sap/DIR.shtml  
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  
Winchester  
• Offers substance abuse services
Harrisonburg-Rockingham Community Services Board  
Harrisonburg  
- Offers information regarding substance abuse services

Life Recovery Family Program (Chemical Dependency of Loved Ones)  
Harrisonburg  
- Please call the number listed above for more information

NALGAP  
Website: [www.nalgap.org](http://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  
BRNA PO BOX 623 Harrisonburg, VA 22803  
Website: [www.na.org](http://www.na.org)  
Website: [www.brna.org](http://www.brna.org)  
1-800-777-5155

Caregiver Support Groups

**Adult Care Center of the Northern Shenandoah Valley**  
Winchester  
- Offers support groups for caregivers

**Alzheimer’s Association Mid-Valley Office**  
Waynesboro  
- Offers Alzheimer’s support

**Caregiver Chat Support Group (meet at RMH)**  
Harrisonburg  
- For family caregivers who are caring for an aging family member or loved one

**Caregivers Community Network**  
Harrisonburg  
- Offers support groups for caregivers and respite care

**CHADD of the Shenandoah Valley**  
Harrisonburg  
- Offers support group information for caregivers of persons with ADD

**Friends and Relatives of Nursing Home Residents**  
Waynesboro  
- Call for details

**Greenfield Assisted Living of Woodstock**  
Woodstock  
- Offers information regarding respite care

**Mary’s Family**  
Shenandoah  
- Offers information regarding respite care for Marshall, Shenandoah and Winchester areas

**Mayflower Home for Adults**  
Lexington  
- Offers respite care for families
Rockingham Memorial Hospital 574-3800
Harrisonburg
• 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
• 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**

*Harrisonburg*  
- For more information, please contact Eve Showalter

**Pulmonary Achievers Live Successfully (P.A.L.S.)**

*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**

*Harrisonburg*  
- 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.

**Divorce Care**

*Woodstock*  
- Please call for more information

**Hand in Hand (Teen Pregnancy Support Group)**

*Harrisonburg*  
- This is located in the RMH Atrium building, Please call for more details.

**Jail Visitation**

*Woodstock*  
- Please call for more information

**Mothers of Multiples (Augusta/Rockingham Counties)**

*Rockingham County*  
- Please call 908-7513
*Augusta County*  
- Please call 886-0675

**Mothers Out (Meeting and Sharing)**

*Harrisonburg*  
- Please contact Heidi Bunn at the number listed above

**Preemie Support Group**

*Harrisonburg*  
- Please call for more information

**Grief and Loss**

**Augusta Health Hospice of the Shenandoah**

*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**  
Shenandoah Valley Region  
Website: [www.compassionatefriends.org](http://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**  
Harrisonburg  
Website: [433-4580](tel:433-4580)

- Please contact RMH HealthSource

**Lutheran Family Services**  
Staunton  
Website: [383-2902](tel:383-2902)

- 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**  
Woodstock  
Website: [678-234-5133](tel:678-234-5133)

- Please call for more information

**Miscarriage, Infant Death Support Group**  
Woodstock  
Website: [678-494-2907](tel:678-494-2907)

- Please call for more information

**Survivors of Suicide (SOS)**  
Shenandoah Region  
Website: [www.suicide.org/support-groups/virginia-suicide-support-groups.html](http://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**  
Harrisonburg, James Madison University  
Website: [http://orgs.jmu.edu/madisonequality](http://orgs.jmu.edu/madisonequality)  
Email: madisonequality@gmail.com

- Madison Equality is a social and educational organization geared towards providing a place for LGBTQAIQ (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 LGBTQAIQ issues. Please check the website for meeting times, dates, and location.

**Shenandoah Valley Gay and Lesbian Association (SVGLA)**  
Shenandoah Valley Region  
Website: [www.svgla.org](http://www.svgla.org)  
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](http://www.svgla.org) or [www.myspace.com/svgla](http://www.myspace.com/svgla) or email at [svgla@svgla.org](mailto: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)  
Website: www.nami.org

Harrisonburg  
• Please contact Rowen Zeis: zeissr@brec.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
Harrisonburg.

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

Shenandoah Valley Autism Partnership (SVAP)
Harrisonburg.

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

www.Valleyautism.org
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

Beverley Manor Middle School
58 Cedar Green Road
Staunton, VA 24401
Jeannie Knotts, Coordinator, & Sherry Miller

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

Cassell Elementary School
1301 Rockfish Rd.
Waynesboro, VA 22980
Lois Curry

Churchville Elementary School
3710 Churchville Avenue
Churchville, VA 24421
Brenda Law

885-8024
Fax: 885-8040
Website: www.augusta.k12.va.us/beverleymanores

886-5806
Fax: 886-4019
Website: www.augusta.k12.va.us/beverleymanorms

337-6021
Fax: 337-6236
Website: www.augusta.k12.va.us/buffalogaphs

946-7635
Fax: 946-7637
Website: www.augusta.k12.va.us/hughkcasselles

337-6036
Fax: 337-8803
Website: www.augusta.k12.va.us/churchvillees
Clymore Elementary School
184 Fort Defiance Rd.
Fort Defiance, VA 24437
Stephanie Spire & Dorianne Manzo

Craigsville Elementary School
100 East First Street
Craigsville, VA 24430
Karen Kaminski

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

Guy K. Stump Elementary School
115 Draft Avenue
Stuarts Draft, Virginia 24477
Evelyn Steege

Ladd Elementary School
1930 Rosser Avenue
Waynesboro, Virginia 22980
Sarah Shoemaker

North River Elementary School
3395 Scenic Highway
Mt. Solon, VA 22843
Doris Kidwell-Jerome

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

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

S. Gordon Stewart Middle School
118 Fort Defiance Road
Fort Defiance, VA 24437
Kristen Kahn, Coordinator, & Vrla Leach

Shenandoah Valley Governor’s School
49 Hornet Road
Fishersville, VA 22939

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

245-5043 Fax: 245-5095 Website: www.augusta.k12.va.us/clymorees
997-9184 Fax: 997-0432 Website: www.augusta.k12.va.us/craigsvillees
245-5050 Fax: 245-5054 Website: www.augusta.k12.va.us/fortdefiancehs
337-1549 Fax: 337-1761 Website: www.augusta.k12.va.us/guykstumpes
946-7630 Fax: 946-7631 Website: www.augusta.k12.va.us/laddes
350-2463 Fax: 885-3884 Website: www.augusta.k12.va.us/northriveres
337-2535 Fax: 337-1454 Website: www.augusta.k12.va.us/riverheadses
337-1921 Fax: 337-0258 Website: www.augusta.k12.va.us/riverheadshs
245-5046 Fax: 245-5049 Website: www.augusta.k12.va.us/stewartms
245-5088 Fax: 866-6476 Website: www.svgs.k12.va.us
director@svgs.k12.va.us
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/wilsonms

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  
Harrisonburg VA 22801  
Website: [www.harrisonburg.k12.va.us/hhs](http://www.harrisonburg.k12.va.us/hhs)  
*Amy Powers, Timothy Myers, David Hoover, Rachel Linden, & Pat Thornley*

**Keister Elementary School**  
434-6585  
100 Maryland Avenue  
Harrisonburg VA 22801  
Website: [www.harrisonburg.k12.va.us/keister](http://www.harrisonburg.k12.va.us/keister)  
*Lois Miller*

**Skyline Middle School**  
434-6862  
470 Linda Lane  
Harrisonburg, VA 22802  
Website: [www.harrisonburg.k12.va.us/skm](http://www.harrisonburg.k12.va.us/skm)  
*Neil Curtis & Maria Rodriguez*

**Smithland Elementary School**  
434-6075  
474 Linda Lane  
Harrisonburg, VA 22802  
Website: [www.harrisonburg.k12.va.us/smies](http://www.harrisonburg.k12.va.us/smies)  
*Jyl Gamble*

**Spotswood Elementary School**  
434-3429  
400 Mountain View Drive  
Harrisonburg VA 22801  
Website: [www.harrisonburg.k12.va.us/swood](http://www.harrisonburg.k12.va.us/swood)  
*Angela Adamek*

**Stone Spring Elementary School**  
574-1199  
1575 Peach Grove Avenue  
Harrisonburg VA 22801  
Website: [www.harrisonburg.k12.va.us/ses](http://www.harrisonburg.k12.va.us/ses)  
*Dan Long*

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

**Waterman Elementary School**  
434-8352  
451 Chicago Avenue  
Harrisonburg VA 22802  
Website: [www.harrisonburg.k12.va.us/water](http://www.harrisonburg.k12.va.us/water)  
*Marta Armstrong*

**Harrisonburg City and Rockingham County Schools**

**Massanutten Technical Center**  
434-5961  
325 Pleasant Valley Road  
Harrisonburg, VA 22801  
Website: [www.rockingham.k12.va.us/mtc/MTC.html](http://www.rockingham.k12.va.us/mtc/MTC.html)  
*Mikhil Salzberg*
Highland County Schools

**Highland Elementary School**
252 Myers Moon Road  
P. O. Box 310  
Monterey, VA 24465  
Caroline Sponaugle

**Highland High School**
210 Myers Moon Road  
P. O. Box 430  
Monterey, VA 24465  
Caroline Sponaugle

Lexington City Schools

**Waddell Elementary School**
100 Pendleton Place  
Lexington, VA 24450  
Kristin Tomlin

**Lylburn Downing Middle School**
302 Diamond Street  
Lexington, VA 24450  
Sarah Blackburn

Page County Schools

**Grove Hill Elementary School**
7979 US Highway 340  
Shenandoah, VA 22849  
Lauren Kershner

**Luray Elementary School**
555 First Street  
Luray, VA 22835  
Jessica Dudley

**Luray High School**
243 Bulldog Drive  
Luray, VA 22835  
Saundra Warren & Sherry Grogg-Mathews

**Luray Middle School**
14 Luray Avenue  
Luray, VA 22835  
Amy Hull

**Page County High School**
184 Panther Drive  
Shenandoah, VA 22849  
Margaret Farmer & Mishay Whitsitt
Page County Middle School
198 Panther Drive
Shenandoah, VA 22849
Ginger Neff

Page County Public Schools
735 W. Main Street
Luray, VA 22835

Page County Technical Center
525 Middleburg Road
Luray, VA 22835
Website: http://eclipse.pagecounty.k12.va.us/pctc/pctchome/index.htm

Shenandoah Elementary School
529 Fourth Street
Shenandoah, VA 22849
Kay Baker

Springfield Elementary School
158 Big Spring Lane
Rileyville, VA 22650
Lauren Kershner

Stanley Elementary School
306 Aylor Grubbs Avenue
Stanley, VA 22851
Heather Scott

Rockbridge County Schools

Rockbridge County High School
143 Greenhouse Road
Lexington, VA 24450
Deborah Jarrett, Deborah Pruett, Page Crawford, & Mat Rapoza
Website: www.rcs.rang.k12.va.us/schools/rehs

Maury River Middle School
600 Waddell Street
Lexington, VA 24450
Veronica Bateman & Carol Phemister
Website: www.rcs.rang.k12.va.us/schools/mrms

Rockbridge Middle School
1200 Sterrett Road
Fairfield, VA 24435
Rita Biggs
Website: www.rockbridge.k12.va.us/schools/rms

Central Elementary School
85 Central Road
Lexington, VA 24450
Courtney Reach
Website: www.rcs.rang.k12.va.us/Schools/ces/Central

Effinger Elementary School
2893 Collierstown Road
Lexington, VA 24450
Joann Toner
Website: www.rockbridge.k12.va.us/SCHOOLS/EES
Fairfield Elementary School
20 Fairfield School Road
Fairfield, VA 24435
Susan Friski

Mountain View Elementary School
20 Burger Circle
Buena Vista, VA 24416
Anita McGugan

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

Rockingham County Schools

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

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

Elkton Elementary School
302 B Street
Elkton VA 22827
Cynthia Hepner

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

Fulks Run Elementary School
11089 Brocks Gap Run
Fulks Run VA 22830
Jeanette Hess

J. Frank Hillyard Middle School
226 Hawks Hill Drive
Broadway VA 22815
Sandy King & Garold Shull

John C. Myers Elementary School
290 Raider Way
Broadway VA 22815
JuliAnn Branson
John Wayland Elementary School  
801 N. Main Street  
Bridgewater VA 22812  
*Cindy Phillips & Jackie Dunsmore*

Lacey Spring Elementary School  
8621 N. Valley Pike  
Harrisonburg VA 22802  
*Brenda Robey*

Linville-Edom Elementary School  
3653 Linville-Edom Road  
Linville VA 22834  
*Dena Hollar*

McGahesville Elementary School  
9508 Spotswood Trail  
McGaheysville VA 22840  
*Judith Fields*

Montevideo Middle School  
7648 McGaheysville Road  
Penn Laird VA 22846  
*Steve Boyle & Cammie Weston*

Mountain View Elementary School  
2800 Rawley Pike  
Harrisonburg VA 22801  
*Shon Tucker & Jeanette Hess*

Ottobine Elementary School  
8646 Waggys Creek Road  
Dayton VA 22821  
*Tamara Kratz*

Peak View Elementary School  
641 Lawyer Road  
Penn Laird VA 22846  
*Gaye Hensley*

Plains Elementary School  
225 American Legion Road  
Timbervile VA 22853  
*Betty Shenk*

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

River Bend Elementary School  
14556 Rockingham Pike  
Elkton, VA 22827  
*Julie Riley*
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
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
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
Website: www.rockingham.k12.va.us/TAHS/tahs.html

**Wilbur Pence Middle School**
375 Bowman Road
Dayton VA 22821
Sharon Sprinkle & Lisa Holsinger-Thomas
Website: www.rockingham.k12.va.us/WSPMS/wspms.html

**Shenandoah County Schools**

**Ashby Lee Elementary School**
480 Stonewall Avenue
Quicksburg, VA 22847
Mary DesMarais
Website: www.shenandoah.k12.va.us/ales

**Central High School**
1147 Susan Avenue
Woodstock, VA 22664
Michelle Papa, Beth Rudy, & Shanna McComb
Website: www.shenandoah.k12.va.us/chs

**North Fork Middle School**
1018 Caverns Road
Quicksburg, VA 22847
Allison Zeiner
Website: www.shenandoah.k12.va.us/nfms

**Peter Muhlenberg Middle School**
1251 Susan Avenue
Woodstock, VA 22664
Kristene Wellings & Shanna McComb
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/wwres

Staunton City Schools

Arthur R. Ware Elementary School
332-3938
330 Grubert Avenue
Staunton, VA 24401
Ry Wilson

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

Bessie Weller Elementary School
332-3940
600 Greenville Avenue
Staunton, VA 24401
Candi Kincaid

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

Genesis Alternative School
213-6507
2076 Jefferson Highway
Fishersville, VA 22939
Marti Merritt

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

Robert E. Lee High School
332-3926
1200 N. Coalter Street
Staunton, VA 24401
Carol Marvin, Director, Lawrence Childs, Mandy Chambers,
& Corey Reed, Career Coach

Fax: 332-3994
Website: http://staunton.k12.va.us/lee
Shelburne Middle School 332-3930
300 Grubert Avenue
Staunton, VA 24401
Katherine Funkhouser, Leslie Buhrman, & Addie Jones
Website: http://staunton.k12.va.us/shelburne

Staunton City School Board Office 332-3920
116 West Beverley Street
Staunton, VA 24401
Website: http://staunton.k12.va.us/staunton

Thomas C. McSwain Elementary School 332-3936
1100 N. Coalter Street
Staunton, VA 24401
Kathy Botkin
Website: http://staunton.k12.va.us/McSwain

Thomas W. Dixon Elementary School 332-3934
1751 Shutterlee Mill Road
Staunton, VA 24401
Susan Phend
Website: http://staunton.k12.va.us/Dixon

Staunton City and Augusta County Schools

Valley Vocational Technical Center 943-5511 or 245-5002
49 Hornet Road
Fishersville, VA 22939
Harry Hogshead
Website: www.augusta.k12.va.us/valleyvts
E-mail: webmaster@vvtc.tec.va.us

Waynesboro City Schools

Berkeley Glenn Elementary School 946-4680
1020 Jefferson Avenue
Waynesboro, VA 22980
Website: http://waynesboro.va.schoolwebpages.com/education/school/school.php?sectionid=2
Kevin Wingfield

Kate Collins Middle School 946-4635
1625 Ivy Street
Waynesboro, VA 22980
Website: http://waynesboro.va.schoolwebpages.com/education/school/school.php?sectionid=3
Katherine Akinli

Waynesboro High School 946-4616
1200 West Main Street
Waynesboro, VA 22980
Website: www.waynesboro.k12.va.us/wboro/whs/index.htm
Helen Schurz, Director, Veronica Davis, & Deborah Watson
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
Email:  mbarlow@bridgewater.edu
828-5358
Amy Ghaemmaghami, MA, LPC, College Counselor
Email:  aghamma@bridgewater.edu
828-5379
Elaine Long, Secretary for Counseling Services
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

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

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.
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.

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 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.healthplace.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
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](http://www.save.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.sprc.org](http://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](http://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](http://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.

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Abusive Relationships


Adult Children of Alcoholics


The 12 Steps for Adult Children from Addictive and Other Dysfunctional Families, by Friends in Recovery, 1989.

**AIDS**


**Alcoholism**


**Alzheimer’s Disease**


Anxiety


Bipolar Disorder


Codependency


Death and Dying


Don’t Take My Grief Away From Me, by Doug Manning and Glenda Stansbury, 2005.

**Depression**


**Divorce**


*Mom's House, Dad's House for Kids: Feeling at Home in One Home or Two*, by Isolina Ricci 2006.


**Eating Disorders**


**Loss/Grief**


**Mental Illness**


**Parenting**

*The Seven Habits of Highly Effective Families*, by Stephen Covey, 1999.


**Personal and Interpersonal Growth**


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 Five Things We Cannot Change: And the Happiness We Find by Embracing Them, by David Richo, 2006.


Phobias


Schizophrenia


Sexual Abuse


Stepfamilies


*Stepfamily Realities: How to Overcome Difficulties and Have a Happy Family*, by Margaret Newman, 1994.

Suicide


*Grieving a Suicide: A Loved One's Search for Comfort, Answers and Hope*, by Albert Hsu, 2002.


*Touched by Suicide: Hope and Healing After Loss*, by Michael F. Myers and Carla Fine, 2006