

LAKE AND SUMTER COUNTIES

Behavioral Health Resource Guide



Mental Health and Substance Misuse Treatment Professionals

Presented By:



**Lake County Substance Misuse and Violence Prevention
Community Coalition.**

**Spring, 2020
Sixth Edition**



Every known practice in Lake and Sumter counties was invited to be represented in this book free of charge. Only the practices that had responded to the invitation, by time of printing, are included in this publication.

This guide is brought to you by BE FREE LAKE, a community coalition focused on substance misuse and violence prevention for the youth and families of Lake County. The purpose of the guide is to connect Lake and Sumter citizens with quality local counseling centers and practitioners who can offer help during difficult times.

BE FREE LAKE continues working toward the vision of "creating a community focused on educating and advocating health and wellness" in Lake County and surrounding communities through many activities and programs. The following table illustrates some recent activities and key accomplishments:

Activities	Key Accomplishments
Mental health awareness training activities	<p>4 Instructor Certifications for Mental Health First Aid (MHFA) completed.</p> <ul style="list-style-type: none"> • Adult- 10/11/18 • Adult- 2/1/2019 • Youth- 3/15/19 • Youth- 5/10/19 <p>44 Mental Health First Aid Trainings held</p> <ul style="list-style-type: none"> • 34 Adult Mental Health First Aid classes held • 10 Youth Mental Health First Aid classes held <p>Youth Mental Health Awareness Classes</p> <ul style="list-style-type: none"> • 5, 2-hour sessions to 1 cohort of students
Development of resources & referral processes	<p>Continued updating, distributing, and promoting our <i>Behavioral Health Resource Guide</i> with resources for Lake and Sumter residents.</p> <p>4,682 printed copies distributed:</p> <ul style="list-style-type: none"> • 2,918 printed copies to 9 partnering agencies • 647 printed copies provided to all MHFA attendees • 1,297 printed copies provided to residents at 17 community events <p>2,955 unique users accessed the online version of the guide with 4,370 pages viewed.</p> <p>Included in quarterly survey to First Aiders was questions regarding how and type of referrals made. Responses included:</p> <ul style="list-style-type: none"> • 13 First Aiders were MH service providers • 32 First Aiders referred persons to services through their job • 24 First Aiders referred persons to services through a provider they knew of in the community • 27 First Aiders provided someone a copy of the Behavioral Health

Activities	Key Accomplishments
	<p>Resource Guide to locate services</p> <ul style="list-style-type: none"> • 41 First Aiders spoke with someone about how to locate services • 24 First Aiders reported other ways in which they attempted to link someone with services, including school guidance counselors and non-traditional therapies
Social marketing and awareness campaigns	<p>You're Not Alone social norming messages – 2 ran monthly from Feb- Sept (14 total).</p> <ul style="list-style-type: none"> • 37,966 persons on Facebook, 58,251 total impressions. <p>Campaign messaging promoted at a total of 48 community events this year.</p> <p>One high school participated in youth and community events, conducted public service announcements in school, hung posters, received promotional items such as t-shirts, stress balls, banners, and pens.</p>
Community outreach and engagement activities	<p>Be Free Lake participated in a total of 48 major community events promoting Mental Health Awareness and First Aid classes. These events and speaking engagements reached 5,879 individuals within the community.</p> <p>24 ads ran over the year on Facebook promoting MHFA trainings and links to resources on the Be Free Lake website.</p> <ul style="list-style-type: none"> • 64,444 persons reached, 92,159 total impressions
Collaborative partnerships and/or advisory team activities	<p>New workgroup members consist of Lake County Veterans Affairs, Veterans Treatment Court, Milestone Counseling, American Legion, Mission United, and the VA centers in addition to the current MHAT partnerships with Lake County School Board, Fl. Department of Children and Families, Circuit 5 Department of Juvenile Justice, Saint Leo University, Marion County Children's Alliance, Kids Central Inc, LifeStream Behavioral Center, BayCare Behavioral Health, the Hernando Community Coalition, Lake County Sheriff's Office, and Sumter County Schools.</p>
Other:	<p>11 Instructors provided AMHFA or YMHFA courses. Instructors represent the following agencies: Be Free Lake; LifeStream Behavioral Center; Kids Central; BayCare Behavioral Health, and Hernando Community Coalition. Instructors have either taught alone or with a co-instructor a total of 80 times.</p>

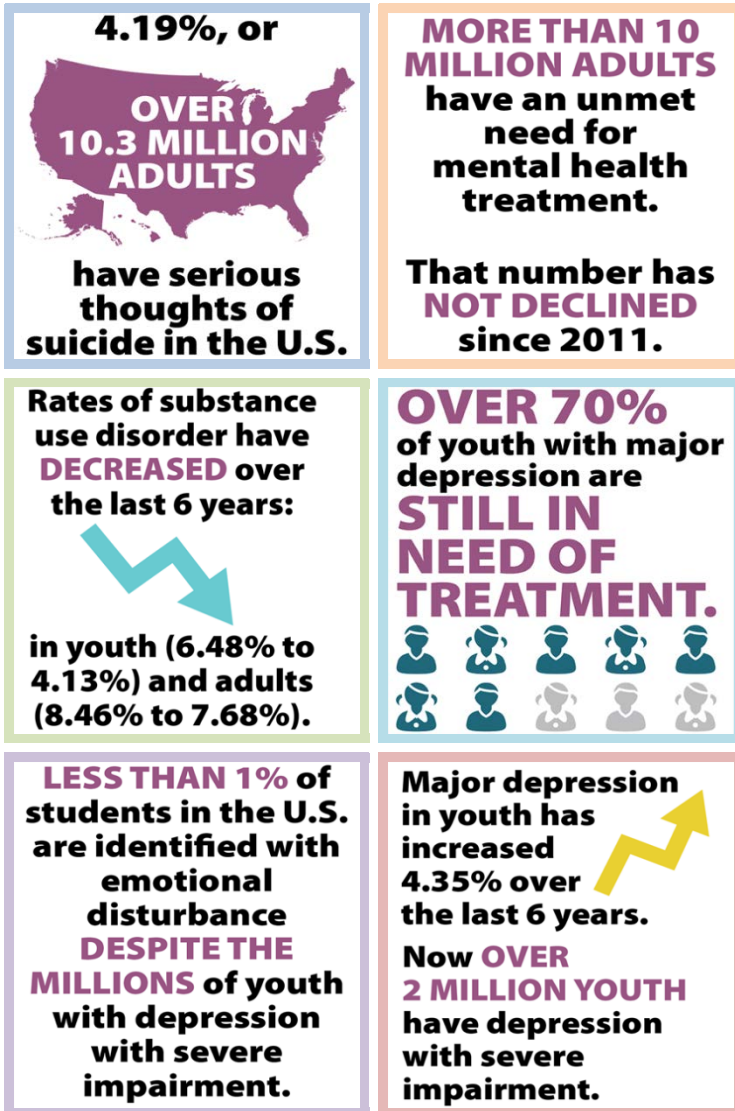
Source: *Mental Health Awareness Training (MHAT), Annual Progress Report September 30, 2018 to September 29, 2019*

To learn more about BE FREE LAKE, visit our website at <https://BeFreeLake.org> or contact us by telephone at (352) 383-2099.

Facts About Mental Health

Mental health disorders are real, common and treatable. In the United States during 2019, it is estimated that approximately 18.07% American adults (over 44 million adults) and 12.63% of children (over 9 million children) are experiencing a diagnosable mental health disorder in a given year.

Findings from the 2020 *State of Mental Health in America* report:



Source: National Institute of Mental Health, www.mentalhealthamerica.net

Facts about Depression

- Major depression is one of the most common mental illnesses, affecting 6.7% (more than 16 million) of American adults each year.
- Depression causes people to lose pleasure from daily life, can complicate other medical conditions, and can even be serious enough to lead to suicide.
- Depression can occur to anyone, at any age, and to people of any race or ethnic group.
- Depression is never a "normal" part of life, no matter what your age, gender or health situation.



While the majority of individuals with depression have a full remission of the disorder with effective treatment, only about a third (35.3%) of those suffering from severe depression seek treatment from a mental health professional. Too many people resist treatment because they believe depression isn't serious, that they can treat it themselves or that it is a personal weakness rather than a serious medical illness.

What Are the Causes of Clinical Depression?

Many things can contribute to clinical depression. For some people, a number of factors seem to be involved, while for others a single factor can cause the illness. Oftentimes, people become depressed for no apparent reason.

Biological - People with depression may have too little or too much of certain brain chemicals, called "neurotransmitters." Changes in these brain chemicals may cause or contribute to depression.

Cognitive - People with negative thinking patterns and low self-esteem are more likely to develop clinical depression.

Gender - More women experience depression than men. While the reasons for this are still unclear, they may include the hormonal changes women go through during menstruation, pregnancy, childbirth and menopause. Other reasons may include the stress caused by the multiple responsibilities that women have.

Co-occurrence - Depression is more likely to occur along with certain illnesses, such as heart disease, cancer, Parkinson's disease, diabetes, Alzheimer's disease, Multiple Sclerosis and hormonal disorders.

Medications - Side effects of some medications can bring about depression.

Genetic - A family history of depression increases the risk for developing the illness. Some studies also suggest that a combination of genes and environmental factors work together to increase risk for depression.

Situational - Difficult life events, including divorce, financial problems or the death of a loved one can contribute to depression.

Recognize these symptoms? Act before Stage 4 - take a screen at MHA Screening.org.

Changes in energy level and sleep patterns

Noticeable restlessness or irritability



Feeling sad, empty, hopeless, worthless, or guilty

Loss of interest or pleasure in activities

Frequent thoughts of death or suicide

Difficulties with concentration or decision making

Changes in appetite, eating habits, or weight



What Are the Treatments for Depression?

Depression is very treatable, with the overwhelming majority of those who seek treatment showing improvement. The most commonly used treatments are antidepressant medication, psychotherapy or a combination of the two.

Many people diagnosed with mental illness achieve strength and recovery through participating in individual or group treatment. There are many different treatment options available. There is no treatment that works for everyone – individuals can choose the treatment, or combination of treatments, that works best.

Peer Support – Peer Support refers to receiving help from individuals who have suffered from similar experiences.

Support Group – A support group is a group meeting where members guide each other towards the shared goal of recovery. Support groups are often comprised of nonprofessionals, but peers that have suffered from similar experiences.

Psychotherapy – Psychotherapy is the therapeutic treatment of mental illness provided by a trained mental health professional. Psychotherapy explores thoughts, feelings, and behaviors, and seeks to improve an individual's well-being. Psychotherapy paired with medication is the most effective way to promote recovery. Examples include: Cognitive Behavioral Therapy, Exposure Therapy, Dialectical Behavior Therapy, etc.

Medication – Medication does not outright cure mental illness. However, it may help with the management of symptoms. Medication paired with psychotherapy is the most effective way to promote recovery.

Case Management – Case management coordinates services for an individual with the help of a case manager. A case manager can help assess, plan, and implement a number of strategies to facilitate recovery.

Complementary & Alternative Medicine – Complementary & Alternative Medicine, or CAM, refers to treatment and practices that are not typically associated with standard care. CAM may be used in place of or addition to standard health practices.

Self Help Plan – A self-help plan is a unique health plan where an individual addresses his or her condition by implementing strategies that promote wellness. Self-help plans may involve addressing wellness, recovery, triggers or warning signs.

Hospitalization – In a minority of cases, hospitalization may be necessary so that an individual can be closely monitored, accurately diagnosed or have medications adjusted when his or her mental illness temporarily worsens.

The choice of treatment depends on the pattern, severity, persistence of depressive symptoms and the history of the illness. As with many illnesses, early treatment is more effective and helps prevent the likelihood of serious recurrences. Depression must be treated by a physician or qualified mental health professional.

Source: www.mentalhealthamerica.net/depression-support-and-advocacy

Substance Use Disorder

Substance Use Disorder is defined as occurring when the recurrent use of alcohol and/or drugs causes clinically and functionally significant impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home.

Prevalence of Opioid Misuse and Opioid Use Disorder

Based on data from SAMHSA's *National Survey on Drug Use and Health*, in 2017, 11.1 million people aged 12 and older had misused prescription pain relievers in the past year. Repeated use of opioids greatly increases the risk of developing an opioid use disorder. In 2017, about 1.7 million people aged 12 and older had a prescription pain reliever use disorder in the past year. In 2017, 953,000 people received treatment for the misuse of opioid pain relievers.⁶ Heroin use is also a concern. In 2017, about 886,000 people aged 12 or older reported having used heroin in the past year. During that same time period, about 652,000 people aged 12 or older were estimated to have a heroin use disorder.

Effective identification, intervention, and integration of prevention, treatment, and recovery services across health care systems is key to addressing substance misuse and its consequences, and it represents the most promising way to improve access to and quality of treatment.



Prevention

Substance misuse can put individual users and others around them at risk of harm, whether or not they have a disorder. Also, early initiation of substance use, substance misuse, and substance use disorders are associated with a variety of negative consequences, including deteriorating relationships, poor school performance, loss of employment, diminished mental health, and increases in sickness and death (e.g., motor vehicle crashes, poisoning, violence, or accidents).

Evidence-based interventions to prevent substance use, misuse, and addiction, target risk factors and enhance protective factors. For example, effective school-based strategies that combine substance use prevention and health education curricula, link students to youth friendly mental and behavioral health providers in the community, and increase protective factors such as parent engagement and school connectedness can prevent the initiation of drug use.

Source: National Institute of Mental Health, www.mentalhealthamerica.net

Therapy

People with mental health conditions often find psychotherapy-or "talk therapy"-very helpful. The type and length of your therapy will depend on your personal situation and insurance, and your therapy may be part of an overall treatment plan that includes medication or other treatment options.

Talking with a therapist or counselor can help you deal with thoughts, behaviors, symptoms, stresses, goals, past experiences and other areas that can promote your recovery. Of course, talking with a therapist about personal issues can be tough, but it can help you come to grips with problems in your life. It can also offer an emotional release and a sense of really being heard, understood and supported.

Therapy can help you to:

- feel stronger in the face of challenges
- change behaviors that hold you back
- look at ways of thinking that affect how you feel
- heal pains from the past
- build relationship skills
- figure out your goals
- strengthen your self-confidence
- cope with symptoms
- handle strong emotions like fear, grief or anger
- enhance your problem solving skills

What to Expect

Depending on your situation, therapy can be fairly short or longer-term. Often, people see their therapists once a week for 50 minutes. Your first session will be different from future visits. The initial visit is more of a "getting to know you" session and will help your therapist get an idea of how to proceed with your treatment.

You have a right to feel safe and respected in therapy. If you're concerned, you can ask about confidentiality. Usually, though, it's understood that a therapist respects your privacy; and that group members do too, if you're meeting in a group. Therapy should address your needs, goals, concerns and desires. If you're going to be talking to someone about your most personal thoughts, you want to feel comfortable.

You can think about what traits might make you feel more comfortable with a therapist. For example, would you prefer to see:

- a man or woman
- someone older or younger
- someone from your cultural background
- someone with a style that's more formal or friendly

Getting the Most Out of Therapy

Therapy likely will work best if there is a partnership between you and the therapist. Don't just sit there! Take an active part in your sessions.

You can strengthen your therapy in many ways.

- **Tell your provider your goals for treatment.** Think about whether there are certain behaviors or issues you care about most.
- **Keep an open mind.** Be willing to consider new ways of behaving and thinking that might improve the quality of your life. We all resist change, so don't be surprised if you are tempted to quit right before some real changes happen.
- **If you think you're not making progress,** you should tell your provider. A good therapist will want to work with you so you can get the most out of your sessions. After discussing your concerns, if you're still not comfortable, you might consider meeting with another therapist for advice and possibly switching.
- **Be open and honest.** Your therapist can't really help you if you don't share the whole picture. Don't say you're fine if you're not.
- **Take your therapy home.** You might consider keeping a journal or other ways to focus on what you've been discussing in therapy. Think about ways to use ideas from therapy in your daily life.

Source: National Institute of Mental Health, www.mentalhealthamerica.net

2-STRIVE, LLC

Dr. Barry Daley, EdD, LMHC, MAC, BCBA-D, CAP

800 South Eustis Street, Suite G & H
Eustis, FL 32726

www.2-strive.com

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Private Insurance

Services: ADD, ADHD, Depression, Bipolar, ODD, Individual, Group, & Family Therapies, Behavioral Analysis Services, Court Mediation, Couple Therapy, Anger Management Group, Substance Abuse Groups, Parenting Classes, Mentoring

MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-357-7750

Languages: English

ADVANCED BEHAVIORAL HEALTH CENTER

Jenine D'Onofrio, MA, PhD (aba)

1799 Salk Avenue
Tavares, FL 32778

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance

Services: Psychotherapy for Individuals, Couples & Family, Personality Disorders, Childhood Disorders, Talk Therapy, Guided Imagery, Cognitive Restructuring

MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-742-8300

Languages: English

Be Free Lake

Quality of Life Report



This report serves as Lake County's needs assessment findings on current alcohol and other drug use trends and issues, as well as mental health statistics. Conducting a comprehensive needs assessment provides the opportunity for community groups, parents, schools, law enforcement, and other entities working to provide prevention and treatment services to examine what substance use and mental health issues are currently affecting the community to determine thoughtful strategies to positively affect those issues. To request a copy of Be Free Lake's Quality of Life Report, please contact Delrita Meisner, Executive Director at 352-383-2099.

ARCHER COUNSELING SERVICES

Danielle Archer, EdD, LMHC

1635 E. Highway 50 #204
Clermont, FL 34711

www.archercounseling.com

Payment Options:

- ☒ Self Pay
- ☒ Private Insurance

Services: Co-parenting/Parenting, Reunification, Divorce, Military/First Responders, Crisis Counseling, PTSD, Trauma, Abuse, Bereavement, Anger Management, Women's Trauma Recovery & Empowerment, Women's Domestic Violence Education

MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-708-5120 x701

Languages: English

Debra Brown, LCSW

11782 Couty Road 201
Oxford, FL 34884

Payment Options:

- ☒ Self Pay
- ☒ Medicare
- ☒ Private Insurance

Services: LGBTQ, Depression, Anxiety, Life Transitions, Grief, Substance Misuse

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Adults

Phone: 352-458-4578

Languages: English

Kimberly Capstraw, LMFT, MS

115 4th Avenue #208
Mount Dora, FL 32757

www.counselingmtdora.com

Payment Options:

- ☒ Self Pay
- ☒ Private Insurance

Services: Marriage/Relationship Counseling, Adolescent Counseling, Child Counseling (Age 5 & Up), Individual Counseling, Family Conflict

MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 407-227-9245

Languages: English

CENTRAL FLORIDA COUNSELING & PSYCHOLOGICAL SERVICES, INC.

Scott Berg, LCSW

Suzanne Howard, LCSW

Karen Judd, PhD, LCSW

Melinda Nemiroff, LCSW

Carmen A. Reyes, LCSW

Helen E. Schuster, LCSW

1514 West Main Street
Leesburg, FL 34748

270 Campbell Avenue
The Villages, FL 32162

www.counseling-health.com

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance

Services: **Scott Berg:** Cognitive Behavioral Therapy, Alcohol/Chemical Dependency, Anger Management, Impulse Disorders, Anxiety/Panic/Phobia Disorders, Attention Deficit Hyperactivity Disorder (ADHD), Dissociative Identity Disorders, Adolescent Psychosocial Issues, Gay/Lesbian/Bisexual/Gender Dysphoria, Grief/Bereavement, Marital/Separation/Divorce, Obsessive Compulsive Disorder, Physical/Sexual/Verbal/Emotional Abuse, Post-Traumatic Stress Disorder, Schizophrenia, Depressive Disorders

Suzanne Howard: Cognitive Behavioral Therapy

Karen Judd: Cognitive Behavioral Therapy

Melinda Nemiroff: Cognitive Behavioral Therapy

Carmen A. Reyes: Individual, Couples & Family Therapy, Substance Misuse Disorders & Recovery, Women's Trauma & Self-Esteem Groups, Depression, Anxiety, Trauma, Grief & Loss, Life Challenges

Helen E. Schuster: Cognitive Behavioral Therapy

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-365-6506

Languages: English & Spanish



Be Free Lake

Your Community Drug Free Coalition
Promoting Health & Wellness

CENTRAL FLORIDA PSYCHOLOGY (A.K.A. CENTRAL FLORIDA PSYCHOLOGICAL CONSULTANTS)

609 West Montrose Street
Clermont, FL 34711

1114 West Dixie Avenue
Leesburg, FL 34748

1050 Old Camp Road
The Villages, FL 32162
www.centralfloridapsychology.com

Payment Options:

- ☒ Self Pay
- ☒ Medicare
- ☒ Private Insurance

Services: Family, Couples, Individuals, Depression, Anxiety, Trauma, PTSD, Addiction, Bipolar, Domestic Abuse, LBTQT

MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-234-3930

Languages: English

CHILDREN'S HOME SOCIETY

1300 S. Duncan Drive
Tavares, FL 32778

www.chsfl.org

Payment Options:

- ☒ Self Pay
- ☒ Medicaid

Services: Assessment & Evaluation For Individual Child & Family Therapy, Medication Evaluation & Management, Targeted Case Management, Intensive In-House/School Services, Adoption Agency & Services

MENTAL HEALTH COUNSELING

Ages Served:

Children

Phone: 352-343-4231

Languages: English & Spanish



"**You're Not Alone**" is a Be Free Lake social norming campaign and program aimed to educate our youth in understanding that the words, "Mental Health" are not bad words and it is ok to ask for help when experiencing feelings of sadness or stress. The focus of the campaign is to reduce the stigma on mental illness and provide suicide preventative measures.

CLINICAL PSYCHOTHERAPY & COACHING SERVICES, LLC

Barbara Westrich, LCSW

607 Hwy 466, Suite C
Lady Lake, FL 32159

Payment Options:

- ☒ Self Pay
- ☒ Medicare
- ☒ Private Insurance

Services: Obesity, Anxiety, Co-dependency, Depression, Divorce, Grief, Pre-marital & Marital Counseling, Trauma/PTSD, Men's Issues, Relationship Issues

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Adults

Phone: 352-325-4913

Languages: English

COLONY COUNSELING & ENRICHMENT CENTER

(LIFESTREAM BEHAVIORAL CENTER)

Dr. David Dada, MD, Psychiatrist

340 Heald Way, Suite 208
The Villages, FL 32163

www.lsbcc.net

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance

Services: Anxiety, Phobia, Schizophreniform & Schizoaffective Disorder, ADD, Autism, Bipolar Disorder, Schizophrenia & Schizoaffective Disorder, Phobia, Independent Opioid & Cocaine Abuse

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Adults

Phone: 352-259-5762

Languages: English & Spanish

Monitor Your Meds Campaign



A public awareness campaign designed to educate the public on the dangers of prescription drug misuse and the importance of securing and disposing of medications.

COMPREHENSIVE PSYCHOLOGICAL & ASSESSMENT SERVICES

Dr. Maxine Ruddock, PhD

2511 Dora Avenue
Tavares, FL 32778

www.cpasounseling.com

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance

Services: Individual, Couples & Family Counseling, Christian Counseling, Grief & Loss, Parenting & Family Issues, Marital & Relationship Issues, Addiction & Recovery, Comprehensive Behavioral Health Assessments, Targeted Case Management, Psychological Evaluations, Stress Management, Crisis Counseling, Life Skills Coaching, Domestic Violence Victims, Women's Empowerment Group

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-508-5399

800-361-1153

Languages: English

CORNERSTONE HOSPICE & PALLIATIVE CARE

2445 Lane Park Road
Tavares, FL 32778

www.cshospice.org

Payment Options:

Services: Bereavement services provide a variety of programs available to anyone experiencing grief, even if no relative or friend was in the hospice program. Provides counselors specially trained in grief counseling. Support groups are available and provide a gentle and healing way to share grief with others who also have lost loved ones. All support groups are facilitated by a bereavement counselor.

MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-742-6655

Languages: English

Mental Health First Aid Certification Training



Be Free Lake provides **Mental Health First Aid** certification training, an 8-hour public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews appropriate supports. Participants learn how to offer initial help in a mental health crisis and connect people to the appropriate professional, peer, social and self-help care.

If you are interested in taking this training to become Mental Health First Aid certified, or for more information, visit <http://BeFreeLake.org>, or call 352 - 383- 2099.

COUNSELING & DEVELOPMENT CENTER

Dr. Patrick J. Ward, PhD

101 East Maud Street
Tavares, FL 32778

www.counselinganddevelopment.com

Payment Options:

- ☒ Self Pay
- ☒ Medicare
- ☒ Private Insurance

Services: Anxiety, Depression, PTSD, Conflict, Eating Disorders, EMDR, Family Therapy, Lesbian/Gay Grief Counseling, ADHD

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-641-0930

352-253-9348

Languages: English

COUNSELING FOR YOUR SUCCESS

Sandra Moenssens, MS, LMHC, LMFT

244 E. Highland Avenue
Clermont, FL 34711

www.counselingforyoursuccess.com

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance

Services: Behavioral Issues, Depression, Anxiety, Mood Disorders, OCD, Emotional Disturbances, Bipolar Disorder, EMDR and Post-Traumatic Stress Disorder

MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 321-230-0740

Languages: English

“Got Drugs? Pitch Your Pills”

Proper disposal prevents abuse, protects the environment and reduces risk of accidental poisoning. Dispose your unused or unwanted medications today.

For more information about proper drug disposal and discover the Pitch Your Pills Campaign, please visit our website at www.befreelake.org



CREATIVE THERAPY ASSOCIATES, LLC

Christine Harris, MSW, LCSW

600 S. Main Avenue
Minneola, FL 34715

www.creativetherapyflorida.com

Payment Options:

- ☒ Self Pay
- ☒ Medicare
- ☒ Private Insurance

Services: CBT, LGBTQ, Mood Disorders, EMDR, Co-parenting Counseling, Divorce, Self-Esteem, PTSD, Grief, Parent Education for Children, Adolescents, & Teens, Pre-marital Counseling, ADD, ADHD, Asperger's, Adoption

MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 407-395-4330

Languages: English

Brandon M. Crotty, LMHC, CAP, PA

3115 Citrus Tower Boulevard, Suite C
Clermont, FL 34711

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Private Insurance

Services: Drug/Alcohol Evaluation & Treatment, Mental Health Evaluation, Marital & Family Counseling, Parenting Coordination, On-site Drug Testing, Child Adjustment & Attachment Disorder, Anger Management Counseling

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 321-231-0329

Languages: English

Alcohol abuse can have a devastating effect on the public, business and employees. Serving responsibly produces safer roads and neighborhoods, and a more profitable business.

The Responsible Vendor Training (RVT) class teaches employees, managers and owners of establishments that sell alcohol how to keep it out of the hands of minors and not sell alcohol to obviously intoxicated persons. By participating in the class, alcohol vendors will be equipped with the knowledge needed to avoid arrest, fines and jail time for alcohol violations. Additionally, businesses are eligible for a 10% discount on their insurance.

The intention of this training is to:

1. Eliminate the sale and service of alcoholic beverages to underage patrons.
2. Reduce alcohol related injuries and deaths.
3. Encourage prudent serving practices.
4. Promote professionalism and responsibility of staff.

Florida Statute 561.702



DEAS CONSULTING

Dr. Isaac B. Deas, II, Med, EdD, LMHC

385 Alfred Street
Tavares, FL 32778

www.deasconsulting.com

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Private Insurance

Services: Mental Health Christian Counseling, Anger/Conflict Resolution, Substance Misuse, Marital/Pre-marital Counseling, Mental Health Issues (Anxiety, Stress, Depression), Family/Individual Counseling, Motivational Speaking, Group Facilitator, Workshop Facilitator (Various Topics), Domestic Violence

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-406-1264

Languages: English

FAMILY LIFE COUNSELING CENTER

Sandi Burchfield, MS, IMT-1129

1250 Oakley Seaver Drive
Clermont, FL 34781

Payment Options:

- ☒ Self Pay

Services: Teens & Children (Including Infant Mental Health), Anxiety (Including PTSD), Autistic Spectrum Disorder, Childhood Trauma, Co-parenting, Divorce, Depression, Domestic Violence, Gender & Identity, Grief/Loss, HIV/AIDS Support, Infertility, Marriage & Pre-marital, Mood Disorders, Sexual Addictions, Spirituality

MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-354-1817

Languages: English

FAMILY LIFE COUNSELING CENTER

Sandi Burchfield, MS, IMT-1129

1502 Donnelly Street
Mount Dora, FL 34757

Payment Options:

- ☒ Self Pay

Services: Teens & Children (Including Infant Mental Health), Anxiety (Including PTSD), Autistic Spectrum Disorder, Childhood Trauma, Co-parenting, Divorce, Depression, Domestic Violence, Gender & Identity, Grief/Loss, HIV/AIDS Support, Infertility, Marriage & Pre-marital, Mood Disorders, Sexual Addictions, Spirituality

MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-354-1817

Languages: English

GFC FAMILY AND CRISIS COUNSELING

Rev. Kevin M. Drinka, BMin, LPC, CSAC

Dr. Max High, DTh, LCMFT

Dr. Joseph Wm. Nussbaumer, Jr, PhD

Dr. Michael J. Trainor, MA, LMHC, CAP

Jennifer Dinsmer, MA-LCCT

611 S Main Avenue, #2731

Groveland, FL 34736

319 West Seminole Avenue (Satellite Office)

Bushnell, FL 33153

www.gfccounseling.com

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Private Insurance

Services: Addictive & Compulsive Behavior Counseling, Anger Management, Anxiety, Depression & Stress Management Counseling, Batterer's Intervention, Child Custody Evaluation, Drug & Alcohol Misuse Counseling, Suicide Prevention Counseling, Parenting Skills Classes, PTSD, Postpartum Depression & Anxiety, Personal & Spiritual Counseling

Dr. Joseph Wm. Nussbaumer: DUI/Substance Misuse Counseling, Sex Offender Therapy, Personal Counseling, Batterer's Intervention Program, Mental Health Evaluations, Parenting Skills Classes, Shoplifting Program, Marriage & Family Counseling

Bushnell (Satellite Office): Substance Misuse Treatment, Anger Management, Batterer's Intervention Program, PTSD, Postpartum Depression & Anxiety, Mental Health Evaluation, Parenting Classes, Shoplifting Course

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-429-5600

Languages: English & Spanish

Dr. J. P. Gold, PhD

14301 Del Webb Boulevard

Summerfield, FL 34491

Payment Options:

- ☒ Self Pay
- ☒ Medicare
- ☒ Private Insurance

Services: Calming Techniques, Hypnosis, Pain Management, Memory Skill Building, Anxiety, Depression, Life Counseling

MENTAL HEALTH COUNSELING

Ages Served:

Adults

Phone: 352-502-3525

Languages: English

HARMONY UNITED PSYCHIATRIC CARE

Dr. Adil A. Mohammed, MD

1218 West Dixie Avenue, Suite A
Leesburg, FL 34748

305 Skyline Drive, Suite 1
Lady Lake, FL 32159

www.harmonyunitedhc.com

Payment Options:

- ☒ Self Pay
- ☒ Medicare
- ☒ Private Insurance

Services: Depression, Bipolar Disorder, PTSD, Substance Misuse, Anxiety Disorder, ADHD, Memory Problems, Suicidal Thoughts & Tendencies, Emotional Problems

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens

Phone: 352-431-3940

Languages: English

LAKE CENTER OF HOPE

Dr. Nick Vagston, MD

33057 Professional Drive, Suite 102
Leesburg, FL 34788

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance

Services: Anxiety, Bipolar Disorder, Non-Dependent Drug & Alcohol Misuse, Phobia, Psychiatric Diseases

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Adults

Phone: 352-787-0081

Languages: English

Deterra Bags/ Prescription Drug Campaign



These bags dissolve unwanted medications, and Be Free Lake provides them FREE to 55+ communities to help with the proper disposal of unwanted medications.

LAKE PSYCHOEDUCATIONAL CENTER

Dr. Grace Pena, PsyD, LMHC

600 North Hwy 27, Suite 1
Minneola, FL 34715

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Private Insurance

Services: Psychotherapy & Family Counseling To Children, Teens & Adults For Emotional Development & Behavioral Related Issues

MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 407-209-7492

Languages: English & Spanish

LIFE AND HOPE COUNSELING CENTER

Tatiana Cayce, MS, LMFT

Nadine Bridges, MS, LMHC

Terri Harper, MA, LMHC

Brandi Lefler, MA, LMHC

Rachael Golub, MSW, LCSW

4400 North Hwy 19A, Suite 5
Mount Dora, FL 32757

www.lifeandhopecounseling.com

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Private Insurance

Services: ADHD, Autism, Anxiety, Bipolar Disorder, Bullying, Conduct Disorder Of Childhood, Depression, Disabilities, Divorce Recovery, Family Conflict, Grief Counseling, Marital & Relationship Counseling, Oppositional Defiant Disorder, Parenting, Porn Addicttion, PTST & Trauma

MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-357-1955

Languages: English & Spanish

HEY, PARENT.

My teen isn't allowed to drink alcohol.

Not Even At Your House.

No One's House is a safe place for teen drinking



No One's House is a parent-to-parent campaign that works to reduce the amount of parents in a community who are providing teens with alcohol and/or allowing teens to drink in their homes. By pledging, you agree that you will not provide teens alcohol and will not willingly allow teens to drink alcohol at your home.

LIFESTREAM BEHAVIORAL CENTER: ADULT CHOICE

2018 Tally Road
Leesburg, FL 34748

www.lsbc.net

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance - Call for Information

Services: 16 bed substance abuse residential level 2 facility for adults with substance misuse and/or co-occurring mental health disorders. In addition to clinical services, emphasis is placed on services that address the client's vocational needs, social functioning, and need for stable housing upon discharge. Other services provided include educational groups, occupational and recreational activities.

INPATIENT RESIDENTIAL MENTAL HEALTH

Ages Served:

Adults

Phone: 352-315-7470

Languages: English

LIFESTREAM BEHAVIORAL CENTER: CHILDREN'S CLINICAL ON-SITE SERVICES

2020 Tally Road
Leesburg, FL 34748

www.lsbc.net

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance - Call for Information

Services: Counseling Services are provided for children in the school or at home for those who are referred for intensive therapy.

COUNSELING

Ages Served:

School Aged Children

Phone: 352-315-7816

Languages: English

Monitor Your Meds Campaign



A public awareness campaign designed to educate the public on the dangers of prescription drug misuse and the importance of securing and disposing of medications.

LIFESTREAM BEHAVIORAL CENTER: CHILDREN'S CLINICAL ON-SITE SERVICES

201 East Magnolia Avenue
Eustis, FL 32726

www.lsbcc.net

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance - Call for Information

Services: Counseling Services are provided for children in the school or at home for those who are referred for intensive therapy.

COUNSELING

Ages Served:

School Aged Children

Phone: 352-357-1550

Languages: English

LIFESTREAM BEHAVIORAL CENTER: COMMUNITY ACTION TEAM (CAT)

2018 Tally Road
Leesburg, FL 34748

www.lsbcc.net

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance - Call for Information

Services: An integrated service delivery approach that utilizes a team of professionals to comprehensively address the needs of young people and their family. Designed as an alternative to out-of-home placement for youth with serious behavioral health issues.

SUBSTANCE MISUSE PROGRAMS

Ages Served:

Children, 11 - 21

Phone: 352-315-7800

Languages: English

"Got Drugs? Pitch Your Pills"

Proper disposal prevents abuse, protects the environment and reduces risk of accidental poisoning. Dispose your unused or unwanted medications today.

For more information about proper drug disposal and discover the Pitch Your Pills Campaign, please visit our website at www.befreelake.org



LIFESTREAM BEHAVIORAL CENTER: COMMUNITY MENTAL HEALTH OUTPATIENT CENTER

215 North 3rd Street
Leesburg, FL 34748

www.lsbc.net

COUNSELING

Ages Served:

4 & Up

Phone: 352-315-7500

Languages: English

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance - Call for Information

Services: Individual and group counseling. Also provides medication management by a psychiatrist if needed.

LIFESTREAM BEHAVIORAL CENTER: CROSSROADS II ADULT

201 Magnolia Avenue
Eustis, FL 32726

www.lsbc.net

COUNSELING

Ages Served:

Adults

Phone: 352-357-1550

Languages: English

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance - Call for Information

Services: Individual, family and group counseling and educational services. Treatment goals, objectives and services are aimed at eliminating alcohol or other drug use and improving functioning areas.

Mental Health First Aid Certification Training



Be Free Lake provides **Mental Health First Aid** certification training, an 8-hour public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews appropriate supports. Participants learn how to offer initial help in a mental health crisis and connect people to the appropriate professional, peer, social and self-help care.

If you are interested in taking this training to become Mental Health First Aid certified, or for more information, visit <http://BeFreeLake.org>, or call 352 - 383- 2099.

LIFESTREAM BEHAVIORAL CENTER: CROSSROADS II ADULT - OUTPATIENT

2018 Tally Road
Leesburg, FL 34748

www.lsbcb.net

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance - Call for Information

Services: Individual, family and group counseling and educational services. Treatment goals, objectives and services are aimed at eliminating alcohol or other drug use and improving functioning areas.

COUNSELING

Ages Served:

Adults

Phone: 352-315-7400

Languages: English

LIFESTREAM BEHAVIORAL CENTER: EUSTIS OUTPATIENT CENTER

201 Magnolia Avenue
Eustis, FL 32726

www.lsbcb.net

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance - Call for Information

Services: Individual and group counseling. Also provides medication management by a psychiatrist if needed.

COUNSELING

Ages Served:

4 & Up

Phone: 352-357-1550

Languages: English

KNOW THE LAW

A Program for Youth, Parents, and Community

This FREE one-hour presentation is hosted by BE FREE LAKE and a member of our local law enforcement. Learn about the differences between misdemeanors and felonies, crimes against people and property, and the consequences for violating the law.



For more information and to schedule this interactive class session for your community, please contact Be Free Lake at 352-383-2099.

LIFESTREAM BEHAVIORAL CENTER: FAMILY BEHAVIORAL THERAPY TEAM

2018 Tally Road
Leesburg, FL 34748

www.lsbcb.net

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance - Call for Information

Services: In-home substance misuse treatment programs targeting: alcohol and drug abuse, behavior programs, mood disorders, family dysfunction, unemployment or underemployment, inadequate communication skills, anger management and poor school performance.

SUBSTANCE MISUSE PROGRAMS

Ages Served:

Parents of Children Ages 3 - 10

Phone: 352-315-7413

Languages: English

LIFESTREAM BEHAVIORAL CENTER: FAMILY INTERVENTION RESOURCE SERVICES TEAM (FIRST)

2020 Tally Road
Leesburg, FL 34748

www.lsbcb.net

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance - Call for Information

Services: Provides support and linkage to services for families when substance misuse or mental health problems threaten the stability of the home. The FIRST program provides case management and referral for treatment, housing benefits and Temporary Assistance for Needy Families (TANF).

SUBSTANCE MISUSE PROGRAMS

Ages Served:

All

Phone: 352-315-7800

Languages: English



Be Free Lake

Your Community Drug Free Coalition
Promoting Health & Wellness

LIFESTREAM BEHAVIORAL CENTER: GERIATRIC RESIDENTIAL TREATMENT SERVICES

2020 Tally Road
Leesburg, FL 34748

www.lsbcc.net

INPATIENT/RESIDENTIAL MENTAL HEALTH

Ages Served:

Adults

Phone: 352-315-7800

Languages: English

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance - Call for Information

Services: 12-bed residential facility serving primarily seniors who are severely and persistently mentally ill. Programs offer rehabilitative services, wellness and recovery planning and activities in a supportive environment.

LIFESTREAM BEHAVIORAL CENTER: INTENSIVE OUTPATIENT PROGRAM ADULT

2018 Tally Road
Leesburg, FL 34748

www.lsbcc.net

SUBSTANCE MISUSE PROGRAMS

Ages Served:

Adults

Phone: 352-315-7800

Languages: English

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance - Call for Information

Services: Provides level of care between inpatient and traditional outpatient treatment. Those served receive a recovery based, rehab treatment program found in a 28 day program, except the participants that live at home and continue management of their life without the interruption of living inpatient.

LIFESTREAM BEHAVIORAL CENTER: OUR TURNING POINT RANCH - UMATILLA

P.O. Box 491000
Leesburg, FL 34748

www.lsbcb.net

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance - Call for Information

Services: A therapeutic group home for girls who exhibit emotional and behavioral challenges that can be served in a group home treatment setting. The goal is successful re-integration into the community.

INPATIENT/RESIDENTIAL MENTAL HEALTH

Ages Served:

Teens

Phone: 352-315-7800

Languages: English

LIFESTREAM BEHAVIORAL CENTER: PHOENIX HOUSE SOUTH

411 US-301
Sumterville, FL 33585

www.lsbcb.net

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance - Call for Information

Services: 12 bed residential facility for adults with mental illness designed to increase their level of functioning by providing training and skills in the areas of residential and independent living.

INPATIENT/RESIDENTIAL MENTAL HEALTH

Ages Served:

Adults

Phone: 352-793-7002

Languages: English

Mental Health First Aid Certification Training



Be Free Lake provides **Mental Health First Aid** certification training, an 8-hour public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews appropriate supports. Participants learn how to offer initial help in a mental health crisis and connect people to the appropriate professional, peer, social and self-help care.

If you are interested in taking this training to become Mental Health First Aid certified, or for more information, visit <http://BeFreeLake.org>, or call 352 - 383- 2099.

LIFESTREAM BEHAVIORAL CENTER: PSYCHIATRIC HOSPITAL

2020 Tally Road
Leesburg, FL 34748

www.lsbcc.net

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance - Call for Information

Services: Provides children and adult crisis stabilization units, adult detoxification unit, adult psychiatric care and geriatric unit.

INPATIENT/RESIDENTIAL MENTAL HEALTH

Ages Served:

Children, Teens, Adults

Phone: 352-315-7800

Languages: English

LIFESTREAM BEHAVIORAL CENTER: SOUTH LAKE OUTPATIENT CENTER

2140 North Wickham Drive
Clermont, FL 34711

www.lsbcc.net

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance - Call for Information

Services: Individual and group counseling. Also provides medication management by a psychiatrist if needed.

COUNSELING

Ages Served:

4 & Up

Phone: 352-394-5922

Languages: English



No One's House is a parent-to-parent campaign that works to reduce the amount of parents in a community who are providing teens with alcohol and/or allowing teens to drink in their homes. By pledging, you agree that you will not provide teens alcohol and will not willingly allow teens to drink alcohol at your home.

LIFESTREAM BEHAVIORAL CENTER: TURNABOUT

2018 Tally Road
Leesburg, FL 34748

www.lsbcc.net

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance - Call for Information

Services: Individual treatment allows teenagers to explore psychological factors that may be contributing to drinking and drug use. Family therapy is also recommended to help families break down common defenses to facilitate discussion and share solutions.

SUBSTANCE MISUSE PROGRAMS

Ages Served:

Varied

Phone: 352-315-7400

Languages: English

LIFESTREAM BEHAVIORAL CENTER: YOUTH AND FAMILY RECOVERY PROGRAM

2018 Tally Road
Leesburg, FL 34748

www.lsbcc.net

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance - Call for Information

Services: Provides services to youth who are misusing substances who would be appropriate for outpatient care. Treatment involves individual sessions and family/caregiver sessions. Program goal is to connect youth with positive activities and reinforce healthy interests and peer groups.

SUBSTANCE MISUSE PROGRAMS

Ages Served:

Children, Teens

Phone: 352-315-3923

Languages: English



"You're Not Alone" is a Be Free Lake social norming campaign and program aimed to educate our youth in understanding that the words, "Mental Health" are not bad words and it is ok to ask for help when experiencing feelings of sadness or stress. The focus of the campaign is to reduce the stigma on mental illness and provide suicide preventative measures.

LIFESTREAM BEHAVIORAL CENTER: SUMTER OUTPATIENT CENTER

119 North Market Street
Bushnell, FL 33513

www.lsbcc.net

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance - Call for Information

Services: Individual and group counseling. Also provides medication management by a psychiatrist if needed.

COUNSELING

Ages Served:

4 & Up

Phone: 352-793-4126

Languages: English

LUTHERAN COUNSELING SERVICES

1050 Boyd Drive
Mount Dora, FL 32757

www.lcsfl.org

Payment Options:

- ☒ Self Pay
- ☒ Private Insurance

Services: Anxiety, Anger Management, Grief & Loss, Marital & Relationship Issues, Depression, Child & Family Issues, Crisis/Trauma Recovery, Personal Growth, Spiritual/Pastoral Care Issues, Group Therapy Sessions

MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-383-5402

Languages: English



No One's House is a parent-to-parent campaign that works to reduce the amount of parents in a community who are providing teens with alcohol and/or allowing teens to drink in their homes. By pledging, you agree that you will not provide teens alcohol and will not willingly allow teens to drink alcohol at your home.

MID FLORIDA COMMUNITY COUNSELING AT CHILDREN'S HOME SOCIETY

Nancy Avalone, LMHC

1300 South Duncan Drive
Tavares, FL 32778

www.chsfl.org

Payment Options:

- ☒ Self Pay
- ☒ Medicaid

Services: Assessments, Individual & Family Counseling, In-home/In-school Services Offered As Well As In-office

MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-742-6170

Languages: English & Spanish

MILESTONE COUNSELING

Natalie Lewis, MA, LMHC

Geron Rogers, Mdiv, MS, LMHC

Valerie Rogers, MS, LMHC

Cynthia Wanberg, M.Ed, LMHC, NCC, RPT-S

205 Hatteras Avenue
Clermont, FL 34711

www.milestone-counseling.com

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Private Insurance

Services: Children & Family, Transition & Crisis, Testing & Assessment, Parenting & Individual Therapy, Relationship Counseling, Christian Counseling

MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-348-8858

Languages: English

Mental Health First Aid Certification Training



Be Free Lake provides **Mental Health First Aid** certification training, an 8-hour public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews appropriate supports. Participants learn how to offer initial help in a mental health crisis and connect people to the appropriate professional, peer, social and self-help care.

If you are interested in taking this training to become Mental Health First Aid certified, or for more information, visit <http://BeFreeLake.org>, or call 352 - 383- 2099.

Irma S. Nyack, BSN, RN, MSN, MBA

606 West Ave
Clermont, FL 34711

Payment Options:

- ☒ Self Pay
- ☒ Medicare

Services: A Private Nurse Practitioner providing Respite Care services for children with Prader Willi Syndrome, approved by Agency for Persons with Disabilities.

MENTAL HEALTH COUNSELING

Ages Served:

Children 5 - 17

Phone: 407-484-2303

Languages: English

Susan Petrie, MS, LMHC

10760 SE 95th Terrace
Belleview, FL 34420

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance

Services: ADHD, Anxiety, Depression, Divorce, Domestic Abuse, Sexual Abuse, Mood Disorders, Trauma/PTSD, Anger Management, Self Harm, Suicide, Women's Issues

MENTAL HEALTH COUNSELING

Ages Served:

Teens, Adults

Phone: 352-315-7500

Languages: English

FUN WITHOUT DRUGS AND ALCOHOL

Friday Night Done Right is a successful campaign in Lake County to ensure our youth have the opportunity to thrive and help create a strong community presence.

This program demonstrates to young people that they can socialize and have a great time **without drugs, alcohol or tobacco**.

It empowers teens by promoting positive alternatives for them to make better choices about how they can spend their evenings out. While we focus this program on a Friday Night, middle school and high school kids who want to spend time with friends can attend a planned 'fun' event without harmful substances at other times as well.

Because of school, community, and local Law Enforcement promotions, "Friday Night Done Right" is becoming a common mantra for teens in Lake County. This initiative is another way that the BE FREE LAKE can offer and support activities that are fun and educational while "growing our kids." If you are interested in having us help you provide one of these events to your group, please contact

Delrita Meisner, Executive Director at 352-383-2099.



REFLECTIONS OF RECOVERY

Pamela Hand, LCSW, CAP

4820 Hwy 19A #2
Mount Dora, FL 32757

www.reflectionsofrecovery.com

Payment Options:

- ☒ Self Pay
- ☒ Private Insurance

Services: Offers a full spectrum of substance abuse and mental health integrative wellness service. Small caseloads promote therapeutic connections, with the use of individual therapy, primary group therapy, motivational groups, process groups, psycho-social education groups, mindfulness and meditation, one-on-one therapy, psychiatric follow-up and medication management. Provides a partial hospitalization program, intensive outpatient program.

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Adults

Phone: 352-508-4337

Languages: English

S.A.D.L.E.S.

Cher Myers, LCSW, MSW

41025 Thomas Boat Landing
Umatilla, FL 32784

Payment Options:

- ☒ Self Pay
- ☒ Private Insurance

Services: Provides individual, family, or group therapy for children (as young as 3 years old) and adults. Programs offer experiential education, outreach, mentoring and team building for children and teens, with a focus on empathy, patience, communication, confidence and self-control. An adventure based counseling center which uses horses in its programs due to their unique ability to provide immediate feedback and insight on your condition (both physically and mentally). Programs include divorce intervention for children, family mediation, parenting coordination, guardian ad litem, anger and stress management, summer camps, corporate team building, women's empowerment and veteran's therapy.

MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-669-1012

Languages: English



Be Free Lake

Your Community Drug Free Coalition
Promoting Health & Wellness

SOUTHEAST INTEGRATED MEDICAL

Dr. Joyce Smolarski, MD, Psychiatrist

929 North US Hwy 441, Suite 404
Lady Lake, FL 32159

Payment Options:

- ☒ Self Pay
- ☒ Medicare
- ☒ Private Insurance

Services: Anxiety, ADHD, Bipolar Disorder, OCD, Panic Disorder, Personality Disorder, PTSD, Psychiatric Diseases, Situational Depression

MENTAL HEALTH COUNSELING

Ages Served:

Adults

Phone: 352-753-6887

Languages: English

Karen D. Stange, MA, LMHC, LMFT, NCC

Magnolia Place - 100 South 11th Street, Suite 100
Leesburg, FL 34748

Payment Options:

- ☒ Self Pay

Services: Addiction, Adoption, Anxiety, Alcohol, OCD, Drug Use, Eating Disorder, Grief, PTSD, Self-Esteem, Women's Issues

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Adults

Phone: 407-749-0153

Languages: English

SUMMIT MENTAL HEALTH SERVICES

Ashlea Johnson, LCSW

214 East Washington Street #A
Minneola, FL 34715

www.summitmentalhealthservices.com

Payment Options:

- ☒ Self Pay
- ☒ Private Insurance

Services: Individual, Family & Marriage Counseling, Self-Esteem, Depression, Anxiety, OCD, PTSD, Parenting, Aspergers, Children, Career, Grief

MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-638-6639

Languages: English

THE ART OF HEALING

Jenny Clarke, MA, RYT

230 Mohawk Road
Clermont, FL 34715

Payment Options:

☒ Self Pay

Services: Life Coaching, Yoga, Expressive Arts Therapy, Women's Group Workshops

MENTAL HEALTH COUNSELING

Ages Served:

Adults

Phone: 407-504-8197

Languages: English

TRINITY ESCAPE COUNSELING & COACHING SERVICES

Marla Castrilli, MS

Mike Castrilli, LMHC

835 7th Street, #4
Clermont, FL 34711

www.trinityescape.com

Payment Options:

☒ Self Pay

Services: Addictions, Depression, Anger Management, Loss & Grief, Parenting, Family Conflict, Marriage & Couples, Self-Esteem, Bullying

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Teens, Adults

Phone: 352-404-8921

Languages: English

U.S. DEPARTMENT OF VETERAN'S AFFAIRS OUTPATIENT CLINIC

Dr. Mark Poff, DO, Psychiatrist

8900 SE 165th Mulberry Lane
The Villages, FL 32162

Payment Options:

☒ Self Pay

☒ Medicare

☒ Private Insurance

Services: ADD, ADHD, Depression, Bipolar Disorder, Insomnia, Schizophrenia, Anxiety, Schizoaffective Disorder, PTSD, OCD, Trauma

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Adults

Phone: 352-674-5000

Languages: English & Spanish

Dr. Thomas Valente, Psychiatrist

404 Webster Street
Leesburg, FL 34747

2020 Tally Road
Leesburg, FL 34748

www.lsbcc.net

Payment Options:

- ☒ Self Pay
- ☒ Medicaid
- ☒ Medicare
- ☒ Private Insurance

Services: Drug & Alcohol Dependence, Mental Disorders, Anxiety, Amphetamine & Other Psychostimulant Dependence, Psychological Pharmacology, ADHD, Autism, Bipolar Disorder, Conversion Disorder, Mood Disorders, PTSD, Schizophrenia & Schizoaffective Disorder, Phobia, Independent Opioid & Cocaine Abuse

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Adults

Phone: 352-360-6506

Languages: English & Spanish

VILLAGE COUNSELING CENTER

Dawn Kokernak, LCSW

416 Teague Trail
Lady Lake, FL 32159

villagecounselingcenter.org

Payment Options:

- ☒ Self Pay
- ☒ Medicare
- ☒ Private Insurance

Services: Anxiety, Grief, Retirement Issues, Trauma & Life Transitions, ADD, Grief & Bereavement, Spiritual Counseling, Mind Body Therapy

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-478-0407

Languages: English



Be Free Lake

Your Community Drug Free Coalition
Promoting Health & Wellness

VILLAGE COUNSELING CENTER

Dr. Brad Palermo, PsyD

416 Teaque Trail
Lady Lake, FL 32159

villagecounselingcenter.org

Payment Options:

- ☒ Self Pay
- ☒ Medicare
- ☒ Private Insurance

Services: Relationship Issues, Anxiety, Depression, Addictions, Grief, Family Conflict, Life Coaching, Marital & Pre-marital, OCD, Co-dependency, Coping Skills, Self-esteem, Alzheimer's, Bipolar Depression, Drug & Alcohol Abuse, Trauma/PTSD

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-353-7591

Languages: English

VILLAGE COUNSELING CENTER

Grace Ireland, LCSW

416 Teaque Trail
Lady Lake, FL 32159

villagecounselingcenter.org

Payment Options:

- ☒ Self Pay
- ☒ Medicare
- ☒ Private Insurance

Services: Anger Management, Coping Skills, Behavioral Issues, Divorce, Family Conflict, Grief, Life Coaching, Pre-marital & Marital, Peer Relationships, Insomnia, Self-esteem, Woman's Issues

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-354-1388

Languages: English

KNOW THE LAW

A Program for Youth, Parents, and Community

This FREE one-hour presentation is hosted by BE FREE LAKE and a member of our local law enforcement. Learn about the differences between misdemeanors and felonies, crimes against people and property, and the consequences for violating the law.



For more information and to schedule this interactive class session for your community, please contact Be Free Lake at 352-383-2099.

VILLAGE COUNSELING CENTER

Patricia Goodrich, LCSW

416 Teaque Trail
Lady Lake, FL 32159

villagecounselingcenter.org

Payment Options:

- ☒ Self Pay
- ☒ Medicare
- ☒ Private Insurance

Services: Depression, Anxiety, Grief, Marriage Counseling, Trauma, Hypnosis, EMDR

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Adults

Phone: 352-437-2276

Languages: English

VILLAGES MIND AND BODY INSTITUTE

Dr. "Doc" Brady, PsyD, DCH, EdD

324 South Hwy 441
Lady Lake, FL 32159

www.vmbi.org

Payment Options:

- ☒ Self Pay

Services: Depression & Anxiety, Grief, Counseling, Work & Career Issues, Stress Management, Addictions & Recovery Management, Sleep Issues, Anger, Trauma/PTSD, Domestic Misuse

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Adults

Phone: 352-405-6733

Languages: English

WELL BEING CENTER

Rachel Williams, LCSW

1175 Lucerne Drive
Mount Dora, FL 32757

Payment Options:

- ☒ Self Pay
- ☒ Medicare
- ☒ Private Insurance

Services: Treatment For Depression & Anxiety, Life Transition

MENTAL HEALTH COUNSELING

Ages Served:

Adults

Phone: 352-332-8148

Languages: English

TO REGISTER A CLASS:



Contact:

Be Free Lake
Phone Number: 352-383-2099
Email: Delrita@BeFreeLake.org



Website:
<http://BeFreeLake.org>

What You Learn:

- Signs of addictions and mental illnesses
- Impact of mental and substance use disorders
- 5-step action plan to assess a situation and help
- Local resources and where to turn for help

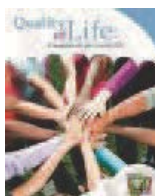
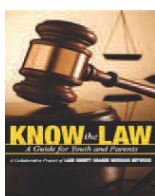
Just as CPR helps you assist an individual having a heart attack – even if you have no clinical training – Mental Health First Aid helps you assist someone experiencing a mental health related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

Taught by two certified instructors, Mental Health First Aid teaches about [recovery](#) and [resiliency](#) – the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well.

Learn how to apply the Mental Health First Aid action plan in a variety of situations, including when someone is experiencing panic attacks, suicidal behaviors, acute psychosis or reaction to trauma. The opportunity to practice – through role plays, scenarios, and activities – makes it easier to apply these skills in a real-life situation. The **8 Hour Course Includes:** Workbook, Certificate of Certification. The cost is free for Adult Mental Health First Aid in Lake and Sumter Counties or for Youth Mental Health First Aid in the counties making up Circuit 5.



"You're Not Alone" is our social norming campaign and program aimed to educate our youth in understanding that the words, "Mental Health" are not bad words and it is ok to ask for help. The focus of the campaign is to reduce the stigma on mental illness and provide suicide preventative measures by encouraging youth to reach out to talk to someone when experiencing feelings of sadness or stress. Be Free Lake delivers the program to youth in five 1-hour sessions taught within classrooms, agencies or in community settings. Combined with Mental Health First Aid training for the community and You're Not Alone for the youth, the suicide preventive measures taught can assist the youth to reach out to not only help themselves but to help their peers and have the adults trained to assist the youth asking for help. By reaching the youth and the adults, the community together can reduce the stigma of mental illness and work towards suicide prevention.



JOIN THE REVOLUTION... BE FREE LAKE!

We invite you to explore our website at www.befreelake.org
To be included in the next edition of the Behavioral Resource Guide,
or to request additional copies, call
Be Free Lake at 352-383-2099.

Be Free Lake is a 501c3, tax exempt organization.
Donations supporting Be Free Lake's work in Lake County
are tax deductible.

Be Free Lake
1050 Boyd Drive
Mount Dora, FL 32757
(352) 383-2099