

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, 2018
Fourth 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.

Mental health disorders are real, common and treatable. It is estimated that approximately 1 in 5 American adults (nearly 44 million people) and 13-20% of children living in the United States will experience a diagnosable mental health disorder in a given year..

The following are signs that your loved one may want to speak to a medical or mental health professional.

ADULTS	ADOLESCENTS & YOUNG ADULTS	YOUNGER CHILDREN & PRE-ADOLESCENTS
<ul style="list-style-type: none"> • Confused thinking • Prolonged depression (sadness or irritability) • Feelings of extreme highs and lows • Excessive fears, worries and anxieties • Social withdrawal • Dramatic changes in eating or sleeping habits • Strong feelings of anger • Delusions or hallucinations • Growing inability to cope with daily problems and activities • Suicidal thoughts • Denial of obvious problems • Numerous unexplained physical ailments • Substance misuse 	<ul style="list-style-type: none"> • Substance misuse • Inability to cope with problems and daily activities • Changes in sleeping and/or eating habits • Excessive complaints of physical ailments • Defiance of authority, truancy, theft, and/orvandalism • Intense fear of weight gain • Prolonged negative mood, oftenaccompanied by poorappetite or thoughts ofdeath • Frequent outbursts of anger 	<ul style="list-style-type: none"> • Changes in school performance • Poor grades despite strong efforts • Excessive worry or anxiety (i.e. refusing to go to bed or school) • Hyperactivity • Persistent nightmares • Persistent disobedience or aggression • Frequent temper tantrums

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

Facts about Clinical Depression:

Clinical depression is very treatable, with more than 80% of those who seek treatment showing improvement. The most commonly used treatments are antidepressant medication, psychotherapy or a combination of the two. 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.

Depression in Teens

In the United States, 9.1% of 12- to 17-year-olds (an estimated 2.2 million youths) in 2012 had at least one major depressive episode within the year prior to being surveyed. The rate of major depressive episodes among U.S. youths in 2012 was about three times higher among females (13.7%) than among males (4.7%).

Depression can be difficult to diagnose in teens because adults may expect teens to act moody. Also, adolescents do not always understand or express their feelings very well. When adolescents are depressed, they have a tough time believing that their outlook can improve. But professional treatment can have a dramatic impact on their lives. It can put them back on track and bring them hope for the future.

Source: www.mentalhealthamerica.net

Depression in Women

Contrary to popular belief, clinical depression is not a "normal part of being a woman" nor is it a "female weakness." Depressive illnesses are serious medical illnesses that affect more than 19 million American adults age 18 and over each year. Depression is a treatable medical illness that can occur in any woman, at any time, and for various reasons regardless of age, race or income.

Many factors in women may contribute to depression, such as developmental, reproductive, hormonal, genetic and other biological differences (e.g. premenstrual syndrome, childbirth, infertility and menopause). Approximately 10%-15% of all new mothers get postpartum depression, which most frequently occurs within the first year after the birth of a child.



Research shows a strong relationship between eating disorders (anorexia and bulimia nervosa) and depression in women. About 90-95% of cases of anorexia occur in young females. Reported rates of bulimia nervosa vary from one to three out of 100 people

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

Depression in Men

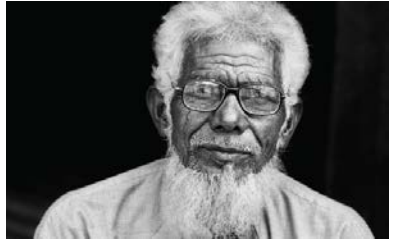
Both men and women get depression. But men can experience it differently than women. Men may be more likely to feel very tired and irritable, and lose interest in their work, family, or hobbies. They may be more likely to have difficulty sleeping than women who have depression. And although women with depression are more likely to attempt suicide, men are more likely to die by suicide.

Many men do not recognize, acknowledge, or seek help for their depression. They may be reluctant to talk about how they are feeling. But depression is a real and treatable illness. It can affect any man at any age. With the right treatment, most men with depression can get better and gain back their interest in work, family, and hobbies.

Depression in Older Adults

While depression is not a normal part of the aging process, there is a strong likelihood of it occurring when other physical health conditions are present. Unfortunately, symptoms of depression are often overlooked and untreated when they coincide with other medical illnesses or life events that commonly occur as people age.

More than 2 million of the 34 million Americans age 65 and older suffer from some form of depression. Symptoms of clinical depression can be triggered by other chronic illnesses common in later life, such as Alzheimer's disease, Parkinson's disease, heart disease, cancer and arthritis.



More than 55% of older persons treated for mental health services received care from primary care physicians. Less than 3% aged 65 and older received treatment from mental health professionals.

Fortunately, clinical depression is a very treatable illness. More than 80% of all people with depression can be successfully treated with medication, psychotherapy or a combination of both.

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

Substance Misuse

Signs and Symptoms of Drug Use

There are many signs, both physical and behavioral, that indicate drug use. Each drug has its own unique manifestations but there are some general indications that a person is using drugs:

- Sudden change in behavior
- Mood swings; irritable and grumpy and then suddenly happy and bright
- Withdrawal from family members

- Careless about personal grooming
- Loss of interest in hobbies, sports, and other favorite activities
- Changed sleeping pattern; up at night and sleeps during the day
- Red or glassy eyes
- Constant sniffles or runny nose



Signs of Alcohol or Substance Misuse in Teens

Although the following signs may indicate a problem with alcohol or other drugs, some also reflect normal growing pains. Experts believe that a drinking problem is more likely if you notice several of these signs at the same time, if they occur suddenly, or if some of them are extreme in nature.

- Mood changes: flare-ups of temper, irritability, and defensiveness
- School problems: poor attendance, low grades, and/or recent disciplinary action
- Rebellion against family rules
- Friend changes: switching friends and a reluctance to let you get to know the new friends
- A "nothing matters" attitude: sloppy appearance, a lack of involvement in former interests, and general low energy
- Alcohol presence: finding it in your child's room or backpack or smelling alcohol on his or her breath
- Physical or mental problems: memory lapses, poor concentration, bloodshot eyes, lack of coordination, or slurred speech

You Called a Mental Health Professional...Now What?

Spend a few minutes talking with him or her on the phone; ask about their approach to working with patients, their philosophy, whether or not they have a specialty or concentration. If you feel comfortable talking to the counselor or doctor, the next step is to make an appointment.

On your first visit, the therapist or doctor will want to get to know you and why you called him or her. The therapist will want to know—what you think the problem is; about your life; what you do; where you live and with whom you live. It is also common to be asked about your family and friends. This information helps the professional to assess your situation and develop a plan for treatment.

As you progress through the therapeutic process, you should begin to feel gradual relief from your distress, develop self-assurance and have a greater ability to make decisions and increased comfort in your relationship with others. Mental health treatment should help you cope with your feelings more effectively.

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: 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: 321-436-8445

Languages: English

ADVANCED BEHAVIORAL HEALTH CENTER

Jenine D'Onofrio, MA, PhD (aba)

1330 East Burleigh Boulevard

Tavares, FL 32778

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Services: Psychotherapy for Individuals, Couples & Family

MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-742-8300

Languages: English

AGAPE COURT & COUNSELING SERVICES

Danielle Archer, EdD, LMHC

1635 E Hwy 50 #200A

Clermont, FL 34711

www.agapesvcs.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: 352-638-6437

Languages: English

Kimberly Capstraw, LMFT, MS

245 South Highland Street, Suite 2
Mount Dora, FL 32757

www.counselingmtdora.com

Payment Options:

- Self Pay
- Private Insurance

**MENTAL HEALTH
COUNSELING**

Ages Served:

Children, Teens, Adults

Phone: 407-227-9245

Languages: English

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



"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

CENTRAL FLORIDA COUNSELING & PSYCHOLOGICAL SERVICES, INC.

Scott Berg, LCSW
Suzanne Howard, LCSW
Karen Judd, PhD, LCSW
Chrisann Reid, LCSW
Carmen A. Reyes, LCSW
Wendy Roberts, MSW
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

Chrisann Reid: Psychotherapy To Individuals, Couples, Families & Children To Address A Wide Range Of Emotional And/Or Behavioral Issues Including Depression, Anxiety, Loss, Grief & Life Transitions

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

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

1050 Old Camp Road
The Villages, FL 32162

609 West Montrose Street
Clermont, FL 34711

1114 West Dixie Avenue
Leesburg, FL 34748

www.centralfloridapsychology.com

Payment Options:

- Self Pay
- Medicare
- Private Insurance

Services: Marriage, Family Psychiatry, Mental Health Clinics, Children, Physicians, Surgeons
Counseling

**MENTAL HEALTH
COUNSELING**

Ages Served:
Children, Teens, Adults

Phone: 352-365-2243

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

**MENTAL HEALTH
COUNSELING**

Ages Served:
Phone: 352-343-4231

Languages: English & Spanish

CLINICAL PSYCHOTHERAPY & COACHING SERVICES, LLC

Barbara Westrich, LCSW

607 Hwy 466
Lady Lake, FL 32159

Payment Options:

- Self Pay
- Medicare
- Private Insurance

Services: Obesity, Anxiety, Co-dependency, Depression, Counseling, Trauma/PTSD, Men's Issues, Relationship Issues

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Adults

Phone: 352-325-4913

Languages: English

Divorce, Grief, Pre-marital & Marital

COLONY COUNSELING & ENRICHMENT CENTER

(LIFESTREAM BEHAVIORAL CENTER)

Dr. David Dada, MD, Psychiatrist

Dr. Thomas Valente, MD, Psychiatrist

340 Heald Way, Suite 208
The Villages, FL 32163

www.lsbcc.net

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Services:

Dr. David Dada: Anxiety, Phobia, Schizophreniform & Schizoaffective Disorder, ADD, Autism, Bipolar Disorder

Dr. Thomas Valente: Drug & Alcohol Dependence, Mental Disorders, Anxiety, Amphetamine & Other Psychostimulant Dependence, ADHD, Bipolar Disorder, Conversion Disorder, Mood Disorders, PTSD, Schizophrenia & Schizoaffective Disorder, Phobia, Independent Opioid & Cocaine Abuse

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Adults

Phone: 352-259-5762

Languages: English & Spanish

COMPREHENSIVE PSYCHOLOGICAL & ASSESSMENT SERVICES

Dr. Maxine Ruddock, PhD

322 North Barrow 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:

- Free Services Provided

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: 352-343-1341

Languages: English

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

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-253-9348

Languages: English

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

COUNSELING FOR YOUR SUCCESS

Sandra Moenssens, MS, LMHC, LMFT

17307 Pagonia Rd, Suite 100
Clermont, FL 34711

www.counselingforyoursuccess.com

Payment Options:

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

MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 321-230-0740

Languages: English

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

CREATIVE THERAPY ASSOCIATES, LLC

Christine Harris, MSW, LCSW

200 East Highland Avenue, Suite 3
Clermont, FL 34711

www.creativetherapyflorida.com

Payment Options:

- Self Pay
- Medicare
- Private Insurance

MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 407-395-4330

Languages: English

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

Brandon M. Crotty, LMHC, CAP, PA

3115 Citrus Tower Boulevard, Suite C
Clermont, FL 34711

Payment Options:

- Self Pay
- Medicaid
- Private Insurance

**SUBSTANCE MISUSE &
MENTAL HEALTH
COUNSELING**

Ages Served:

Children, Teens, Adults

Phone: 321-231-0329

Languages: English

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

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

**SUBSTANCE MISUSE &
MENTAL HEALTH
COUNSELING**

Ages Served:

Children, Teens, Adults

Phone: 352-406-1264

Languages: English

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

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 South Main Avenue
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

Agess Served:

Children, Teens, Adults

Phone: 352-429-5600

Languages: English & Spanish

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**.



FAMILY LIFE COUNSELING CENTER

Sandi Burchfield, MS, IMT-1129

13806 CR 33
Groveland, FL 34736

Payment Options:

Self Pay

MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-354-1817

Languages: English

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

Dr. J. P. Gold, PhD

16920 S. US Hwy 441, #104
Summerfield, FL 34491

Payment Options:

- Self Pay
- Medicare
- Private Insurance

MENTAL HEALTH COUNSELING

Ages Served:

Adults

Phone: 352-502-3525

Languages: English

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

HARMONY UNITED PSYCHIATRIC CARE

Dr. Adil A. Mohammed, MD

104 East Dixie Avenue
Leesburg, FL 34748

www.harmonyunitedhc.com

Payment Options:

- Self Pay
- Medicare
- Private Insurance

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens

Phone: 352-431-3940

Languages: English

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

LAKE CENTER OF HOPE

737 CR 466 (Summit Medical Park)
Lady Lake, FL 32159

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

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

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 Addiction, PTST & Trauma

MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-357-1955

Languages: English & Spanish

LIFESTREAM BEHAVIORAL CENTER: ADULT CHOICE

2018 Tally Road
Leesburg, FL 34748

www.lsbcc.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.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: 352-315-7816

Languages: English

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

1217 Hufstetler Street
Eustis, FL 32726

www.lsbcc.net

Payment Options:

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

COUNSELING

Ages Served:

School Aged Children

Phone: 352-483-1652

Languages: English

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

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

SUBSTANCE MISUSE PROGRAMS

Ages Served:

11 - 21

Phone: 352-636-1045

Languages: English

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.

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:
COMMUNITY MENTAL HEALTH OUTPATIENT
CENTER**

215 North 3rd Street
Leesburg, FL 34748

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: 352-315-7900
Languages: English

**LIFESTREAM BEHAVIORAL CENTER:
CROSSROADS II ADULT**

2018 Tally Road
Leesburg, FL 34748

www.lsbcc.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

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.

LIFESTREAM BEHAVIORAL CENTER: CROSSROADS II ADULT

201 Magnolia Avenue
Eustis, FL 32726

www.lsbcc.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: 352-357-1550

Languages: English

LIFESTREAM BEHAVIORAL CENTER: EUSTIS OUTPATIENT CENTER

201 Magnolia Avenue
Eustis, FL 32726

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: 352-357-1550

Languages: English

LIFESTREAM BEHAVIORAL CENTER: FAMILY BEHAVIORAL THERAPY TEAM

2018 Tally Road
Leesburg, FL 34748

www.lsbcc.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)

2018 Tally Road
Leesburg, FL 34748

www.lsbcc.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: 352-315-7402

Languages: English

LIFESTREAM BEHAVIORAL CENTER: GERIATRIC RESIDENTIAL TREATMENT SERVICES

2018 Tally Road
Leesburg, FL 34748

www.lsbcc.net

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.

INPATIENT/RESIDENTIAL MENTAL HEALTH

Ages Served:

Adults

Phone: 352-315-7460

Languages: English

LIFESTREAM BEHAVIORAL CENTER: INTENSIVE OUTPATIENT PROGRAM ADULT

2018 Tally Road
Leesburg, FL 34748

www.lsbcc.net

Payment Options:

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

SUBSTANCE MISUSE PROGRAMS

Ages Served:

Adults

Phone: 352-315-7401

Languages: English

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

P.O. Box 491000
Leesburg, FL 34748

www.lsbcc.net

Payment Options:

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

INPATIENT/RESIDENTIAL MENTAL HEALTH

Ages Served:

Teens

Phone: 352-315-7800

Languages: English

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.

LIFESTREAM BEHAVIORAL CENTER: PHOENIX HOUSE SOUTH

P.O. Box 491000
Leesburg, FL 34748

www.lsbcc.net

Payment Options:

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

INPATIENT/RESIDENTIAL MENTAL HEALTH

Ages Served:

Adults

Phone: 352-315-7800

Languages: English

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.

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

INPATIENT/RESIDENTIAL MENTAL HEALTH

Ages Served:

Children, Teens, Adults

Phone: 352-315-7800

Languages: English

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

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

COUNSELING

Ages Served:

4 & Up

Phone: 352-394-5922

Languages: English

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

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: STRONG UNITED RESILIENT FAMILIES (SURF) PREVENTION PROJECT

2018 Tally Road
Leesburg, FL 34748

www.lsbcb.net

Payment Options:

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

Services: Prevention program for parents and children in high risk families offers parenting skills, children's life skills, and family skills training courses taught together in fourteen 2 hour group sessions.

SUBSTANCE MISUSE PROGRAMS

Ages Served:

Children, Teens

Phone: 352-315-7821

Languages: English

LIFESTREAM BEHAVIORAL CENTER: SUMTER OUTPATIENT CENTER

119 North Market Street
Bushnell, FL 33513

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: 352-793-4126

Languages: English



The Connection Helpline

The Connection Helpline is a free service provided to our community to help people identify problems, explore options, and connect with appropriate resources.

To speak with a trained, caring person who is willing to listen empathetically and non-judgmentally, call:

352-483-2800
or
1-800-884-0585

Connecting people who care with those in need.

LIFESTREAM BEHAVIORAL CENTER: TURNABOUT

2018 Tally Road
Leesburg, FL 34748

www.lsbcc.net

Payment Options:

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

SUBSTANCE MISUSE PROGRAMS

Ages Served:

Varied

Phone: 352-315-7400

Languages: English

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.

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

SUBSTANCE MISUSE PROGRAMS

Ages Served:

Children, Teens

Phone: 352-315-3923

Languages: English

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.



Be Free Lake

Your Community Drug Free Coalition Promoting Health & Wellness

LUTHERAN COUNSELING SERVICES

1050 Boyd Drive
Mount Dora, FL 32757

www.lcsfl.org

Payment Options:

- Self Pay
- Private Insurance

MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 407-644-4692

Languages: English

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

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

MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults

Phone: 352-742-6185

Languages: English & Spanish

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

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.

MILESTONE COUNSELING

Susan Mulvaney, MS
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

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

658 West Ave, Unit B

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
Bellevue, FL 34420

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

MENTAL HEALTH COUNSELING

Ages Served:

Teens, Adults

Phone: 352-587-5543

Languages: English

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

REFLECTIONS OF RECOVERY

Pamela Hand, LCSW, CAP

4820 Hwy 19A #2
Mount Dora, FL 32757

www.reflectionsofrecovery.com

Payment Options:

- Self Pay
- Private Insurance

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Adults

Phone: 352-508-4357

Languages: English

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.

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.

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

Cher Myers, LCSW, MSW

41025 Thomas Boat Landing
Umatilla, FL 32784

Payment Options:

- Self Pay
- Private Insurance

**MENTAL HEALTH
COUNSELING**

Ages Served:

Children, Teens, Adults

Phone: 352-669-1012

Languages: English

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.

SOUTHEAST INTEGRATED MEDICAL

Dr. Joyce Smolarski, MD, Psychiatrist

929 North US Hwy 441, Suite 104
Lady Lake, FL 32159

Payment Options:

- Self Pay
- Medicare
- Private Insurance

**MENTAL HEALTH
COUNSELING**

Ages Served:

Adults

Phone: 352-753-6887

Languages: English

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

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

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

Payment Options:

Self Pay

**SUBSTANCE MISUSE &
MENTAL HEALTH
COUNSELING**

Ages Served:

Adults

Phone: 407-749-0153

Languages: English

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

SUMMIT MENTAL HEALTH SERVICES

Ashlea Johnson, LCSW

214 East Washington Street #A
Minneola, FL 34715

www.summitmentalhealthservices.com

Payment Options:

Self Pay

Private Insurance

**MENTAL HEALTH
COUNSELING**

Ages Served:

Children, Teens, Adults

Phone: 407-456-8595

Languages: English

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

THE ART OF HEALING

Jenny Clarke, MA, RYT

230 Mohawk Road
Clermont, FL 34715

Payment Options:

Self Pay

**MENTAL HEALTH
COUNSELING**

Ages Served:

Adults

Phone: 407-504-8197

Languages: English

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

TRINITY ESCAPE COUNSELING & COACHING SERVICES

Marla Castrilli, MS

240 Mohawk Road
Clermont, FL 34715

www.trinityescape.com

Payment Options:

Self Pay

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Agnes Served:

Teens, Adults

Phone: 352-404-8921

Languages: English

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

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

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Agnes Served:

Adults

Phone: 352-674-5000

Languages: English & Spanish

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

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



VAI'DATHA

Dr. Jenenne R. Valentino-Bottaro

Lady Lake, FL 32159

www.viadathahealingpaths.com

Payment Options:

Self Pay

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Children, Teens, Adults, Elderly

Phone: 352-636-5466

Languages: English

Services: Programs include drum facilitation, dance programs, equine mindfulness programs and self-awareness retreats which are designed to meet the needs of various populations that include Parkinson's Disease, Alzheimer's, dementia, movement limitations, substance abuse and child/family relationship building. Drum and dance programs are provided at schools, mental health facilities, offices and health practitioner settings.

VILLAGES COUNSELING CENTER

Debra Brown, LCSW

416 Teaque Trail

Lady Lake, FL 32159

www.villagescounselingcenter.com

Payment Options:

Self Pay

Medicare

Private Insurance

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Adults

Phone: 352-458-4578

Languages: English

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

VILLAGES COUNSELING CENTER

Patricia Goodrich, LCSW

416 Teaque Trail
Lady Lake, FL 32159

www.villagescounselingcenter.com

Payment Options:

- Self Pay
- Medicare
- Private Insurance

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Agnes Served:

Adults

Phone: 352-350-5552

Languages: English

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

VILLAGES COUNSELING CENTER

Grace Ireland, LCSW

416 Teaque Trail
Lady Lake, FL 32159

www.villagescounselingcenter.com

Payment Options:

- Self Pay
- Medicare
- Private Insurance

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Agnes Served:

Children, Teens, Adults

Phone: 352-350-5552

Languages: English

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

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.

VILLAGES COUNSELING CENTER

Dawn Kokernak, LCSW

416 Teaque Trail
Lady Lake, FL 32159

www.villagescounselingcenter.com

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: 352-350-5552

Languages: English

VILLAGES COUNSELING CENTER

Dr. Brad Palermo, PsyD

416 Teaque Trail
Lady Lake, FL 32159

www.villagescounselingcenter.com

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: 352-350-5552

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

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:

Adults

Phone: 352-415-8300

Languages: English

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

WELL BEING CENTER

Rachel Williams, LCSW

1175 Lucerne Drive
Mount Dora, FL 32757

Payment Options:

Self Pay

Medicare

Private Insurance

MENTAL HEALTH COUNSELING

Ages Served:

Adults

Phone: 352-332-8148

Languages: English

Services: Treatment For Depression & Anxiety, Life Transition



TO REGISTER A CLASS:

Contact:





Be Free Lake

Phone Number: 352-383-2099

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

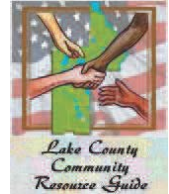
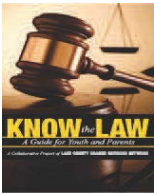
Just as CPR helps you assist an individual having a heart attack – even if you have no clinical training – Mental Health First Aid helps you assist someone experiencing a mental health related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and 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 Project AWARE social media campaign 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. The program can be taught to the youth in a one 2- hour setting or broken down into a six- week course 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
P.O. Box 64
Yalaha, FL 34797
(352) 383-2099