

**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.**

**Winter, 2016-2017  
Third 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"> <li>• Confused thinking</li> <li>• Prolonged depression (sadness or irritability)</li> <li>• Feelings of extreme highs and lows</li> <li>• Excessive fears, worries and anxieties</li> <li>• Social withdrawal</li> <li>• Dramatic changes in eating or sleeping habits</li> <li>• Strong feelings of anger</li> <li>• Delusions or hallucinations</li> <li>• Growing inability to cope with daily problems and activities</li> <li>• Suicidal thoughts</li> <li>• Denial of obvious problems</li> <li>• Numerous unexplained physical ailments</li> <li>• Substance misuse</li> </ul>	<ul style="list-style-type: none"> <li>• Substance misuse</li> <li>• Inability to cope with problems and daily activities</li> <li>• Changes in sleeping and/or eating habits</li> <li>• Excessive complaints of physical ailments</li> <li>• Defiance of authority, truancy, theft, and/or vandalism</li> <li>• Intense fear of weight gain</li> <li>• Prolonged negative mood, often accompanied by poor appetite or thoughts of death</li> <li>• Frequent outbursts of anger</li> </ul>	<ul style="list-style-type: none"> <li>• Changes in school performance</li> <li>• Poor grades despite strong efforts</li> <li>• Excessive worry or anxiety (i.e. refusing to go to bed or school)</li> <li>• Hyperactivity</li> <li>• Persistent nightmares</li> <li>• Persistent disobedience or aggression</li> <li>• Frequent temper tantrums</li> </ul>

## 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%).

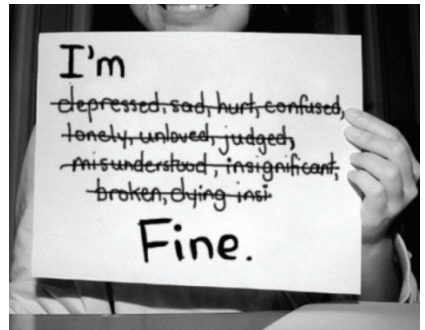
Depression can be difficult to diagnose in teens because adults may expect teens to act moody. Also, adolescents do not always understand or express their feelings very well. When adolescents are depressed, they have a tough time believing that their outlook can improve. But professional treatment can 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](http://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](http://www.mentalhealthamerica.net)*

## Depression in Men

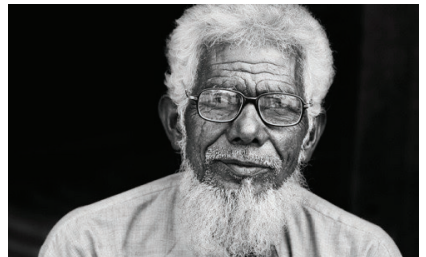
Both men and women get depression. But men can experience it differently than women. Men may be more likely to feel very tired and irritable, and lose interest in their work, family, or hobbies. They may be more likely to have difficulty sleeping than women who have depression. And although women with 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](http://www.mentalhealthamerica.net)*

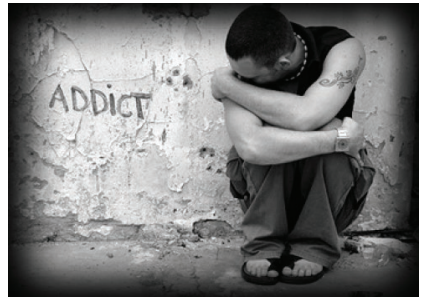
## Substance Misuse

### 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](http://www.mentalhealthamerica.net)*

## 2-STRIVE, LLC

Dr. Barry E. Daly, EdD, LMHC, BCBA-D, CAP

800 South Eustis Street, Suite G

Eustis, FL 32726

www.2-strive.com

### Payment Options:

- Self Pay
- Medicaid
- Private Insurance

**Services:** Individual, Group & Family Therapies, Behavioral Analysis Services, Couples Therapy, Anger Management Group, Substance Misuse Groups, Parenting Classes, Mentoring

## MENTAL HEALTH COUNSELING

### Agnes Served:

Children, Teens, Adults

**Phone:** 321-436-8445

**Languages:** English

## ADVANCED BEHAVIORAL HEALTH CENTER

Jeanine 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

### Agnes Served:

Children, Teens, Adults

**Phone:** 352-742-8300

**Languages:** English

## AGAPE COURT & COUNSELING SERVICES

Danielle Archer, EdD, LMC

P.O. Box 2186

Minneola, FL 34755

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, Alcohol & Drug Awareness, Men's Batterer Intervention, Women's Trauma Recovery & Empowerment, Women's Domestic Violence Education

## MENTAL HEALTH COUNSELING

### Agnes Served:

Children, Teens, Adults

**Phone:** 352-638-6437

**Languages:** English

## ART THERAPY SERVICES

Jasmine Parker, MA, ATR

Eustis, FL 32726

### Payment Options:

- Self Pay
- Medicaid

**Services:** Individual, Couples, Family & Group Art Therapy, Individual Mental Health Counseling, Leadership Training, Communication & Teambuilding, Adolescent & Adults Art Therapy Workshops

## MENTAL HEALTH COUNSELING

**Ages Served:**  
Children, Teens, Adults

**Phone:** 321-837-9784

**Languages:** English

## Kimberly Capstraw, LMFT, MS

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

[www.counselingmountdora.com](http://www.counselingmountdora.com)

### Payment Options:

- Self Pay
- Private Insurance

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

## 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

Chrissann Reid, LCSW

Carmen A. Reyes, LCSW

Helen E. Schuster, LCSW

## SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

**Ages Served:**  
Children, Teens, Adults

**Phone:** 352-365-6506

**Languages:**  
English & Spanish

1514 West Main Street  
Leesburg, FL 34748

270 Campbell Avenue  
The Villages, FL 32162

[www.counseling-health.com](http://www.counseling-health.com)

*Central Florida Counseling & Psychological Services continued on pg 6*

**Payment Options:**

- Self Pay
- Medicaid
- Medicare
- Private Insurance

**Scott Berg Services:**

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 Services:**

Cognitive Behavioral Therapy

**Karen Judd Services:**

Cognitive Behavioral Therapy

**Chrisann Reid Services:**

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 Services:**

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

**Helen E. Schuster Services:**

Cognitive Behavioral Therapy





## CENTRAL FLORIDA PSYCHOLOGY (aka Central Florida Psychological Consultants)

1114 West Dixie Avenue  
Leesburg, FL 34748

609 West Montrose Street  
Clermont, FL 34711

1050 Old Camp Road  
The Villages, FL 32162

[www.centralfloridapsychology.com](http://www.centralfloridapsychology.com)

### Payment Options:

- Self Pay
- Medicare
- Private Insurance

**Services:** Counseling

### MENTAL HEALTH COUNSELING

#### Ages Served:

Children, Teens, Adults

**Phone:** 352-365-2243

**Languages:** English

## CHILDREN'S HOME SOCIETY

1601 West Gulf Atlantic Hwy  
Wildwood, FL 34785

[www.chsfl.org](http://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:

Children, Teens, Adults

**Phone:** 352-748-9999

**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, 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

Dr. Richard Hoffer, MD, Psychiatrist

Dr. Thomas Valente, MD, Psychiatrist

340 Heald Way, Suite 208  
The Villages, FL 32163

www.lsbc.net

### Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

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

**Dr. Richard Hoffer Services:** Alcohol Dependence, Bipolar Disorder, Drug Dependence, Gender Dysphoria, Depression, Psychiatric Diseases, Psychosis Due To Mental Illness, Schizophreniform & Schizoaffective Disorder

**Dr. Thomas Valente Services:** 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

It's Time to  
Talk



*1 in 3 teens*

will experience dating violence

Will you start the  
conversation today?

### Warning Signs of a Problem

- Extreme Jealousy or insecurity
- Constant belittling or put-downs
- Explosive temper
- Isolation from family and friends
- Making false accusations
- Erratic mood swings
- Physically inflicting pain or hurt in any way
- Possessiveness
- Telling someone what to do

## COMPREHENSIVE PSYCHOLOGICAL & ASSESSMENT SERVICES

Dr. Maxine Ruddock, PhD

322 North Barrow Avenue  
Tavares, FL 32778

[www.cpasounseling.com](http://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](http://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



The Connection Helpline

*Connecting People Who Care with Those in Need*

## COUNSELING & DEVELOPMENT CENTER

### Dr. Patrick J. Ward, PhD

---

101 East Maud Street  
Tavares, FL 32778

[www.counselinganddevelopment.com](http://www.counselinganddevelopment.com)

#### Payment Options:

- Self Pay
- Medicare
- Private Insurance

**Services:** Counseling & Substance Misuse

---

## COUNSELING FOR YOUR SUCCESS

### Sandra Moenssens, MS, LMHC, LMFT

---

17307 Pagonia Road  
Clermont, FL 34711

[www.counselingforyoursuccess.com](http://www.counselingforyoursuccess.com)

#### Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

**Services:** Behavioral Issues, Depression, Anxiety, Mood Disorders, OCD, Emotional Disturbances, Bipolar

---

## CREATIVE THERAPY ASSOCIATES, LLC

### Christine Harris MSW, LCSW

---

200 East Highland Avenue, Suite 3  
Clermont, FL 34711

[www.creativetherapyflorida.com](http://www.creativetherapyflorida.com)

#### Payment Options:

- Self Pay
- Medicare
- Private Insurance

**Services:** EMDR, Co-parenting Counseling, Parent Education For Children, Adolescents & Teens, Pre-marital Counseling

### SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

#### Ages Served:

Children, Teens, Adults

**Phone:** 352-253-9348

**Languages:** English

### MENTAL HEALTH COUNSELING

#### Ages Served:

Children, Teens, Adults

**Phone:** 321-230-0740

**Languages:** English

### MENTAL HEALTH COUNSELING

#### Ages Served:

Children, Teens, Adults

**Phone:** 407-399-8855

**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 Counsel

## SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

### Agnes Served:

Children, Teens, Adults

**Phone:** 321-231-0329

**Languages:** English

## DEAS CONSULTING

### Dr. Isaac B. Deas, II, MEd, EdD, LMHC

385 Alfred Street  
Tavares, FL 32778

[www.deasconsulting.com](http://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

### Agnes Served:

Children, Teens, Adults

**Phone:** 352-406-1264

**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. D. Greg Nute, PhD, LCCP, LMHC, RPT/S

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

### Dr. Norma S. Shearin, PhD, LMHC

611 South Main Avenue  
Groveland, FL 34736

[www.gfccounseling.com](http://www.gfccounseling.com)

319 West Seminole Avenue (Satellite Office)  
Bushnell, FL 33153

## SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

### Agnes Served:

Children, Teens, Adults

**Phone:** 352-429-5600

### Languages:

English/Spanish

*GFC Family And Crisis Counseling continued on pg 12*

**Payment Options:**

- Self Pay
- Medicaid
- Private Insurance

**Overall Services:**

Addictive & Compulsive Behavior Counseling, Anger Management, Anxiety, Depression & Stress Management Counseling, Batters 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 Services:**

DUI/Substance Misuse Counseling, Sex Offender Therapy, Personal Counseling, Batters Intervention Program, Mental Health Evaluations, Parenting Skills Classes, Shoplifting Program, Marriage & Family Counseling

**Bushnell (Satellite Office) Services:**

Substance Misuse Treatment, Anger Management, Batterer's Intervention Program, PTSD, Postpartum Depression & Anxiety, Mental Health Evaluation, Parenting Classes, Shoplifting Course

---

**FAMILY LIFE COUNSELING CENTER**  
**Sandi Burchfield, MS, IMT-1129**

13806 CR 33  
Groveland, FL 34736

**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:** 352-536-4158

**Languages:** English

## Dr. J.P. Gold, PhD

---

16770 South US Hwy 441, Suite 609 (Bailey Plaza)  
Summerfield, FL 34491

### Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

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

---

## MENTAL HEALTH COUNSELING

### Ages Served:

Adults

**Phone:** 352-561-8977

**Languages:** English

## HARMONY UNITED PSYCHIATRIC CARE Dr. Adil A. Mohammed, MD

---

104 East Dixie Avenue  
Leesburg, FL 34748

[www.harmonyunitedhc.com](http://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

## HBA CENTER FOR MENTAL HEALTH Michelle Asencio, MS, LMHC

---

244 East Highland Avenue  
Clermont, FL 34711

### Payment Options:

- Self Pay

**Services:** Individual Counseling (Adolescents & Adults), Couples, Pre-marital, Marriages Who Present Symptoms Of A Variety Of Mental Health Disorders/Issues Including Depression, Anxiety, Conflict, Self-Esteem & LGBT Issues Among Others

## MENTAL HEALTH COUNSELING

### Ages Served:

Teens, Adults

**Phone:** 352-459-2909

### Languages:

English & Spanish

## LAKE CENTER OF HOPE Dr. Nick Ungston, MD, Psychiatrist

---

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

---

## 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

---

## LIFE AND HOPE COUNSELING CENTER

---

4400 North Hwy 19A, Suite 5

Mount Dora, FL 32757

[www.lifeandhopecounseling.com](http://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, PTSD & Trauma

## SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

### Ages Served:

Adults

**Phone:** 352-787-0081

**Languages:** English

## MENTAL HEALTH COUNSELING

### Ages Served:

Children, Teens, Adults

**Phone:** 407-209-7492

### Languages:

English & Spanish

## 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.

1217 Hufstetler Street  
Eustis, FL 32726

### COUNSELING

#### Ages Served:

School Aged Children

**Leesburg Ph:** 352-315-7816

**Eustis Ph:** 352-483-1652

**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:

11-21

**Phone:** 352-636-1045

**Languages:** English

## 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.

---

## LIFESTREAM BEHAVIORAL CENTER: CROSSROADS II ADULT

---

2018 Tally Road  
Leesburg, FL 34748  
www.lsbcc.net

201 Magnolia Avenue  
Eustis, FL 32726

### 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.

---

## 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:** 352-315-7900

**Languages:** English

### COUNSELING

**Ages Served:**

Adults

**Leesburg Ph:** 352-315-7400

**Eustis Ph:** 352-357-1550

**Languages:** English

### 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.lsbcb.net

### Payment Options:

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

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

---

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

---

2018 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).

---

## LIFESTREAM BEHAVIORAL CENTER: GERIATRIC RESIDENTIAL TREATMENT SERVICES

---

2018 Tally Road  
Leesburg, FL 34748

www.lsbcb.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.

## SUBSTANCE MISUSE PROGRAMS

### Ages Served:

Parents of Children  
Ages 3-10

**Phone:** 352-315-7413

**Languages:** English

## SUBSTANCE MISUSE PROGRAMS

### Ages Served:

All

**Phone:** 352-315-7402

**Languages:** English

## 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.lsbcb.net

### 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 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 34749  
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.

---

## LIFESTREAM BEHAVIORAL CENTER: PHOENIX HOUSE SOUTH

---

P.O. Box 491000  
Leesburg, FL 34749  
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.

## SUBSTANCE MISUSE PROGRAMS

### Agnes Served:

Adults

**Phone:** 352-315-7401

**Languages:** English

## INPATIENT/ RESIDENTIAL MENTAL HEALTH

### Agnes Served:

Teens

**Phone:** 352-315-7800

**Languages:** English

## INPATIENT/ RESIDENTIAL MENTAL HEALTH

### Agnes Served:

Adults

**Phone:** 352-315-7800

**Languages:** English

## LIFESTREAM BEHAVIORAL CENTER: PSYCHIATRIC HOSPITAL

---

2020 Tally Road  
Leesburg, FL 34748  
www.lsbcb.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.

---

## LIFESTREAM BEHAVIORAL CENTER: SOUTH LAKE OUTPATIENT CENTER

---

2140 North Wickham Drive  
Clermont, FL 34711  
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.

---

## 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.

## INPATIENT/ RESIDENTIAL MENTAL HEALTH

### Ages Served:

Children, Teens, Adults

**Phone:** 352-315-7800

**Languages:** English

## COUNSELING

### Ages Served:

4 & Up

**Phone:** 352-394-5922

**Languages:** English

## 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.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.

---

## 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.

---

## 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.

## COUNSELING

### Ages Served:

4 & Up

**Phone:** 352-793-4126

**Languages:** English

## SUBSTANCE MISUSE PROGRAMS

### Ages Served:

Varied

**Phone:** 352-315-7400

**Languages:** English

## SUBSTANCE MISUSE PROGRAMS

### Ages Served:

Children, Teens

**Phone:** 352-315-3923

**Languages:** English

## LUTHERAN COUNSELING SERVICES

---

1050 Boyd Drive  
Mount Dora, FL 32757

[www.lcsfl.org](http://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

---

## MID FLORIDA COMMUNITY COUNSELING AT CHILDREN'S HOME SOCIETY

**Nancy Avalone, LMHC**

---

1300 South Duncan Drive  
Tavares, FL 32778

[www.chsfl.org](http://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:** 407-644-4692

**Languages:** English

### MENTAL HEALTH COUNSELING

#### Ages Served:

Children, Teens, Adults

**Phone:** 352-742-6185

#### Languages:

English & Spanish



**MILESTONE COUNSELING**  
**Susan Mulvaney, MS**  
**Geron Rogers, Mdiv, MS, LMHC**  
**Valerie Rogers, MS, LMHC**  
**Cynthia Wanberg, LMHC**

---

200 East Washington Street  
Minneola, FL 34715

[www.milestone-counseling.com](http://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

---

**Susan Petrie, MS, LMHC**

---

10760 SE 95th Terrace  
Bellevue, FL 34420

**Payment Options:**

- Self Pay
- Medicaid
- Medicare
- Private Insurance

**Services:** ADHD, Anxiety, Depression, Divorce, Domestic Abuse, Sexual Abuse, Mood Disorders, Trauma/PTSD

**MENTAL HEALTH  
COUNSELING**

**Ages Served:**  
Children, Teens, Adults  
**Phone:** 352-348-8858  
**Languages:** English

**MENTAL HEALTH  
COUNSELING**

**Ages Served:**  
Teens, Adults  
**Phone:** 352-587-5543  
**Languages:** English



## PITTMAN COUNSELING SERVICES

Josh Pittman, LMHC, CTT, CSAT

---

3854 East County Road 466  
Oxford, FL 34484

### Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

**Services:** Co-occurring Addictions, PTSD, Emotional & Behavioral Issues, Relationship Problems, Anxiety Depression

---

## REFLECTIONS OF RECOVERY

Pamela Hand, LCSW, CAP

---

4400 Hwy 19A, Suite 6  
Mount Dora, FL 32757  
[www.reflectionsofrecovery.com](http://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:** 352-275-5968

**Languages:** English

## SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

### Ages Served:

Adults

**Phone:** 352-308-8281

**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

## 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

**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:** Individuals & Couples

### SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

**Ages Served:**  
Teens, Adults  
**Phone:** 407-694-0501  
**Languages:** English

## SUMMIT MENTAL HEALTH SERVICES

Ashlea Johnson, LCSW

---

214 E  
Clermont, FL 34711  
www.summitmentalhealthservices.com

**Payment Options:**

- Self Pay
- Private Insurance

**Services:** Individual, Family & Marriage Counseling

---

## 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

---

## TRINITY ESCAPE COUNSELING & COACHING SERVICES

Marla Castrilli, MS

---

240 Mohawk Road  
Clermont, FL 34715  
www.trinityescape.com

**Payment Options:**

- Self Pay

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

### MENTAL HEALTH COUNSELING

**Ages Served:**  
Children, Teens, Adults  
**Phone:** 352-638-6639  
**Languages:** English

### MENTAL HEALTH COUNSELING

**Ages Served:**  
Adults  
**Phone:** 407-504-8197  
**Languages:** English

### SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

**Ages Served:**  
Teens, Adults  
**Phone:** 352-404-8921  
**Languages:** English

## U.S. DEPARTMENT OF VETERANS AFFAIRS OUTPATIENT CLINIC

**Dr. Mark Poff, DO, Psychiatrist**

8900 SE 165th Mulberry Lane  
The Villages, FL 32162

### Payment Options:

- Self Pay
- Medicaid
- 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

## VAI'DATHA

**Dr. Jenenne R. Valentino-Bottaro**

Lady Lake, FL 32159

[www.voidathahealingpaths.com](http://www.voidathahealingpaths.com)

### Payment Options:

- Self Pay

**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.

### SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

#### Ages Served:

Children, Teens, Adults,  
Elderly

**Phone:** 352-636-5466

**Languages:** English

## VILLAGES COUNSELING CENTER

**Debra Brown, LCSW**

416 Teaque Trail

Lady Lake, FL 32159

[www.villagescounselingcenter.com](http://www.villagescounselingcenter.com)

### 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

## VILLAGES COUNSELING CENTER

Patricia Goodrich, LCSW

---

416 Teaque Trail  
Lady Lake, FL 32159

[www.villagescounselingcenter.com](http://www.villagescounselingcenter.com)

### 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:** 352-350-5552

**Languages:** English

## VILLAGES COUNSELING CENTER

Grace Ireland, LCSW

---

416 Teaque Trail  
Lady Lake, FL 32159

[www.villagescounselingcenter.com](http://www.villagescounselingcenter.com)

### 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, Women's Issues

---

### SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

#### Ages Served:

Children, Teens, Adults

**Phone:** 352-350-5552

**Languages:** English

## VILLAGES COUNSELING CENTER

Dawn Kokernak, LCSW

---

416 Teaque Trail  
Lady Lake, FL 32159

[www.villagescounselingcenter.com](http://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

### 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](http://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

---

## VILLAGES MIND AND BODY INSTITUTE

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

---

324 South Hwy 441  
Lady Lake, FL 32159

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

#### Payment Options:

- Self Pay

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

---

## 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

### SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

#### Ages Served:

Adults

**Phone:** 352-350-5552

**Languages:** English

### SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

#### Ages Served:

Adults

**Phone:** 352-405-6733

**Languages:** English

### MENTAL HEALTH COUNSELING

#### Ages Served:

Adults

**Phone:** 352-223-8148

**Languages:** English



## TO REGISTER A CLASS:

### Contact:

**Dr. Jenenne Valentino-Bottaro, Director of Prevention**

**Phone Number: 352-636-5466**

**Email: [Jenenne@BeFreeLake.Org](mailto:Jenenne@BeFreeLake.Org)**



**Idalia Barlow, Prevention Specialist**

**Phone Number: 765-499-8444**





**Email: [Idalia@BeFreeLake.Org](mailto:Idalia@BeFreeLake.Org)**

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.

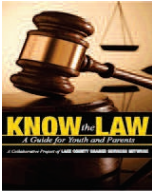
Learn how to apply the Mental Health First Aid action plan in a variety of situations, including when someone is experiencing panic attacks, suicidal behaviors, acute psychosis or reaction to trauma. The opportunity to practice — through role plays, scenarios, and activities — makes it easier to apply 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.

### 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



"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](http://www.befreelake.org)

To be included in the 2017 Behavioral Resource Guide,  
or to request additional copies, contact

Debi MacIntyre at [debi@befreelake.org](mailto:debi@befreelake.org) or 352-408-2009.

Be Free Lake is a 501c3, tax exempt organization.

Donations supporting Be Free Lake's work in Lake County  
are tax deductible.

---