

## **REFERRAL RESOURCES (2021-2022)**

### **Chesapeake Counseling Associates, PC**

**(804) 695-2557**

7296 York Avenue, Gloucester, VA 23061

Major insurances accepted.

#### Therapists:

- Jenny Pritchett, LPC, CSAC, CCTP
- Linda Hodges, LCSW
- Carolyn South, LPC, LMFT
- Carol Dolan, LPC, LMFT
- Eva Abel, LCP
- Kit Leffel, LPC, CSAC
- Michelle Lawrence, LPC
- Rachel Cunningham, LPC, CSAC
- Eleni Braxton, LCSW
- Jessica Peay, LPC
- Jenny John, M.A.
- Rachael Caffrey, M. Ed.
- Philippa Chin, M.Ed., NCC
- Candace Mickelborough, MSW

#### Services Offered:

- Outpatient individual, family and couples counseling
- Adolescent/child therapy
- Substance abuse groups/individual-IOP and Standard, SASSI, Partnering with Diamond Healthcare for IOP
- Sexual and physical abuse
- Mental Health Evaluations
- Parenting Capacity Evaluations
- Depression, Anxiety, ADHD, PTSD, RAD, EMDR
- Anger Management Group/individual
- Domestic Violence Group, Batterer Intervention Program (BIP)
- Parenting and Co-parenting
- Crisis Intervention
- Court reporting and testimony
- Supervised visitation

**New Horizons Family Counseling Center****(757) 221-2363**

301 Monticello Avenue  
Williamsburg, VA

- No charge to families of students in Gloucester Schools  
Referral from school personnel is required. Sessions may be scheduled at the College of William and Mary or a location in Gloucester.

**Middle Peninsula/Northern Neck Counseling Center (804) 693-5057**

Gloucester (Route 17 North) 9228 George Washington Hwy.  
<http://www.mpnnscsb.org/>

**Hampton Roads Counseling Center****(757) 877-9140**

6515 George Washington Memorial Hwy, Yorktown, VA.

<https://hamptonroadscounselinginc.com/>

- Laura Bronstein LCSW – anxiety, stress, depression and parenting issues
- Gary Baker, LCSW
- Catherine Smithson, LCSW – older teens and adults, anxiety, depression, codependency, and PTSD
- Connie Peachey, LCSW
- Phyllis Pugh, LPC, CSAC – relationship issues, emotional crisis, personal growth, substance abuse related issues
- Dr. Anita Tieman, Ed.D., LPC, LMFT – adolescents, mental health issues, and gender communications

**Steider & Associates****804-210-1104**

Counseling and Psychotherapy  
6810 Teagle Lane  
Gloucester, VA 23061

<https://www.steiderassociates.com/therapists>

- Merlin Steider, LCSW - diverse populations, client centered
- Amanda Ward, LPC - children, adolescents and family
- Anthony Foy, LCSW – specializes in EMDR and CBT
- Valerie Sikes-Nova, Psy.D – clinical needs of women and children
- V. Morgan Moss, Jr., LPC, LMFT, CCFC, NCC
- Penny Patton, LPC – adults and youth
- Eleanor Woollard, LPC - individual, couples, depression, anxiety
- Regina Gerstman, PhD., LSCW
- Stephen Simmons, LPC, CSAC

## **Clinical Associates of Tidewater**

**(757) 877-7700**

12695 McManus Blvd.  
Building 8  
Newport News, VA 23602  
<http://catnn.com>  
Major insurance accepted

- Dr. Howard Bierenbaum (Psychologist) – children and adolescents, ADHD
- Dr. Frieden (Psychologist) – stress, depression, anxiety, ADHD, and autism spectrum disorders.
- Dr. Naomi Goldblum (Psychologist) –ADHD, depression, anxiety, loss or trauma
- Alison Mascalo (Psychologist) – eating disorders, sexual abuse, depression, and adolescents
- Dr. Cathleen Rea (Psychologist) –ADHD, family loss, autism spectrum disorders and learning problems
- Michelle Lange - (Psychologist) – family concerns, support for military spouses
- Cathy Cook – pediatric psychology - behavioral, developmental, mood, anxiety, adjustment, and health-related disorders in children and adolescents.
- Dr. David Deaver (Psychologist) –EMDR, anxiety
- Lana Mahgoub (Psychologist) - behavioral, academic, emotional, and/or interpersonal challenges in youth

## **Williamsburg Family Living Institute**

**(757) 229-7927**

1307 Jamestown Road,  
Suite 202,  
Williamsburg, VA 23185  
<http://familylivinginstitute.com>

- Dr. S. Zafar Ahsan (Psychiatrist) children, adolescents and adults
- Hasmukh Vyas, (Psychiatrist) adult, adolescent, and geriatrics acute care
- Elsa Beck, LPC, Licensed Play Therapist - Children, Adolescents and Adults; Divorce, Couples; Anxiety and other Mood Disorders; Anger Management; Trauma
- Sarah Bisconer (Psychologist) works with individuals 17 and older
- Dr. Brent Peterson (Psychologist) – anxiety, depression, ADHD, trauma
- Melvin Snead, MS – anger management, mood disorders, family
- Brendina Tobias, LCSW, MSW – ADHD, bereavement due to violence
- Jamie Ware-Jondreau, LPC - domestic violence prevention, anger management substance abuse education and prevention, self-injury, and trauma-related areas.
- Joelle Griffin Russell, LPC - children, adolescents and adults dealing with mood disorders, life transitions, anxiety, grief, relationship conflict, and other issues
- Deborah Vick, LPC - Grief and Loss, Relationship Issues, Mood Disorders, Anxiety Disorders, Infertility, PTSD, Sexual Trauma, and Co-Occurring Disorders

## **Child & Family Psychology**

**(757) 833-8144**

Mary Immaculate

710 Denbigh BLVD Suite 6A  
Newport News, VA  
Major Insurances

- Dr. Doug Riley – ADD/ADHD, Opposition & Defiant Disorder, Depression

**Genesis Counseling Center**

**757-598-2244**

Yorktown Office  
4034 George Washington Mem. Hwy  
Yorktown, VA 23320  
<http://genesiscounselingcenter.com/>

**Rock Landing Psychological Group PLC**

**(757) 873-1736**

The James Building  
11825 Rock Landing Drive  
Newport News, VA 23606  
<http://www.rocklandingtherapy.com>

- Attention Deficit Hyperactivity Disorder (ADHD)
- Behavior Problems
- Tantrums & Aggression
- Depression
- Divorce/Blended Family Issues
- Adoption & Foster Care
- Reactive Attachment Disorders
- Childhood Separation Anxiety
- Anxiety & Obsessive Compulsive Disorder
- Trauma
- Abuse & Neglect Issues
- Social Skills Training/Asperger's Disorder
- Eating Disorders
- Elimination Disorders (Enuresis)
- Borderline & Bipolar Disorders
- Grief and Loss
- Issues Related to Parental Deployment
- Oppositional Behavior & Delinquency

**Riverside Behavioral Health Center**

**(757)827-3670**

<https://www.riversideonline.com/rbhc/index.cfm>

2244 Executive Drive  
Hampton, VA  
Inpatient and outpatient services

**Rachel Teagle, LPC**

17389 Parham Landing Court, Suite 10  
West Point, VA 23181

757-298-4963 cell, 1(800)613-9112 fax

Areas of specialty include: identifying and utilizing strengths and natural supports, understanding and managing the consequences of trauma, parenting through challenging circumstances, navigating transitions, preparing for independence/adulthood, improving communication skills and behaviors, enhancing relationships, and managing difficult and confusing emotions.

**Ashley Murphy, LMFT**

Licensed Marriage and Family Therapist  
40 Court Street  
Mathews, VA 23109  
757-379-8318  
amurphy.lmft@gmail.com

Individual, Couples and Family Counseling

**Pam Minor, LPC LLC**

10880 General Puller Highway, Suite P  
Hartfield, VA 23071  
804-815-3653

Individual, Family, and Group Counseling for Children, Adolescents, and Adults. Accepting most major insurances.

**Lisa R. Query, PhD**

Pointe Counseling  
501 Prince George St., Suite 206  
Williamsburg, VA 23185  
757-769-8522

Areas of specialty: Eating Disorders, anxiety, depression, self-esteem, self-harm

**Sarah Balascio, Med, MPS, ATR-BC**

Williamsburg Counseling  
500 Strawberry Plains Road  
Suite 101  
Williamsburg, Virginia 23185  
[\(757\) 785-0880](tel:7577850880)

Anxiety, depression, life transitions, eating disorders, trauma, grief, addictions, self-harming behaviors, developmental and sensory issues, and autism spectrum disorders. Focused on children, adolescents, and young adults.

**Khara Randall, LPC**

Pine Tree Counseling Services, LLC  
1158 Professional Drive  
Suite N  
Williamsburg, Virginia 23185  
(207) 389-7959

Specialize in working with substance abuse and eating disorders and with mood disorders, anxiety, depression, codependency and life transitions. Utilizes multiple approaches, to include person centered therapy, CBT, mindfulness and forms of experiential therapy.

### **Bacon Street Youth and Family Services**

6523 Main Street  
Gloucester, VA  
(757) 253-0111

They service mental health counseling, substance use counseling, case management/referral Services, SOAR SSI/SSDI, Support and group counseling, bus and child care passes.

### **Coastal Medical & Psychiatric Services**

825 Diligence Drive Suite #206  
Newport News, VA 23606  
(757)310-6900  
<https://cmprva.com/>

Medication management for children, adolescents, and adults, psychotherapy to assist individuals, couples, and groups in meeting life challenges and play therapy to encourage the unique development and emotional growth of children.

- Jessica Adams, MSN, PMHNP-BC – anxiety, depression, psychosis, bipolar illness, ADHD and other mood disorders.
- Baljit S. Gill, MD, D.F.A.P.A.-BC – holistic approach and works with patients of all ages
- Sarah Gaber, MS, APRN, PMHNP-BC – medication management with supportive therapy
- Gayle Young, RN – adolescents and adults who are coping with problems such as depression, ADD/ADHD, anxiety and panic disorders, bipolar disorder, schizophrenia and substance abuse
- Veronica Barnes, DNP, FNP-BC, PMHNP-BC – patient ages 13 and up with anxiety, depression, ADHD, bipolar
- Kathryn Persons, LCSW – Cognitive Behavioral Therapy and a mindfulness based approach
- Valerie Lauzon, LCSW – registered play therapist working with children and families. Autism Spectrum Disorder, anxiety, anger management, ADD/ADHD, behavioral problems, depression, grief and trauma, family difficulties, self-esteem, divorce/family dissolution and school related problems.
- Michael McLane, LPC – CBT, DBT and Mindfulness Based Practices
- Kimberly Goodwin, LPC – ages 12 and up

## **Willow Tree Healing Center LLC**

(757) 296-8794

[Willowtreehealingcenter@gmail.com](mailto:Willowtreehealingcenter@gmail.com)

[Willowtreehealingcenter.org](http://Willowtreehealingcenter.org)

Willow Tree Healing Center LLC is a teletherapy company that offers a variety of individual, couples, and family counseling, working with children/adolescents (2-18), adults, students, employees, and employer groups.

- Mary Willoughby Romm LPC