Clinician Directory

A Guide of Local Resources for Adolescents and Families

Brought to you by:
The Sussex County School Counselor’s Association

Created by:
The Center for Prevention & Counseling
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Note: Information was provided directly from therapists and counselors who treat adolescents and families. It is not inclusive of all Sussex County providers, only those who replied to request inclusion. Please email jenn@centerforprevention.org with any changes or questions.
Name of Agency- Action Arts Center- Creative Arts Therapy
Clinician Name- Allyn Sitjar
Credentials/Licensures- MA, RDT, LCAT
Address- 43 Main Street, Suite 101, Sparta, NJ 07871
Phone- 201-415-5329 (Cell/Text) 973-726-0695 (Office)
E-mail- Actionartscenter@gmail.com
Website- www.actionartscenter.com
Can you do school risk assessment- No
Insurance coverage-
Is sliding scale available- Yes
Counseling specialty- Trauma, domestic violence, PTSD, Social Anxiety, Depression, Bi-polar, Lack of Impulse Control, Anger Management, Bullying, Conflict Resolution, Peer Communication, Social skills for children and teens with Autism, Aspergers, Individuals looking to develop greater skills and resources to creatively manage life’s stresses and challenges.
Are emergency services available- No
How quickly can patients be seen- Within a day
Office hours- Monday-Thursday & Sundays, 10:30 AM- 7:30 PM
Psychiatric affiliate- None
Comments- Action Arts Center specializes in Creative Arts Therapy for children, adolescents, and adults. We offer drama therapy, art therapy, music therapy, movement therapy, play therapy, sand tray therapy, and the use of writing and journaling. We are also certified in Girls Circle/Boys Council workshops. Action Arts Center also offers Professional Theatre Training Classes. Creative Arts Therapy involves the intentional use of music, art, movement, or drama within a therapeutic relationship to facilitate growth and healing. Through engagement within creative experiences, people of diverse ages, abilities, cultures, and backgrounds are supported in developing their own creative potential. Expressive pathways are formed through which people can move toward greater health, well-being, and capacities for living a full and meaningful life. Creative Arts Therapists are Board Certified within their own disciplines and are bound by professional codes of ethics. Each discipline has a strong and growing body of research, which informs best practices.
Name of Agency- Advanced Behavioral Counseling of NNJ, LLC
Clinician Name- Deborah Drumm and Doreen Rasp
Credentials/Licensures- APN, PMHNP
Address- 55 Newton- Sparta Road, Suite 104, Newton, NJ 07860
Phone- 973-579-9394
E-mail- abcdebrumm@yahoo.com, doreenrasp123@gmail.com
Website- www.deborahdrummapn.com
Can you do school risk assessment- No
Insurance coverage- Medicare: will bill out of network if person has coverage
Is sliding scale available- Call
Counseling specialty- Mood disorders, Bipolar, Depression, Anxiety, etc. Working with ages 18 and up. Doreen with treat adolescence through adulthood. Medication management. Treating the “whole” person, focusing on wellness, health and improved immunity.
Are emergency services available- No
How quickly can patients be seen- Within 1 week
Office hours- T & F, W- evening 1-2 Saturdays a month
Psychiatric affiliate- Atlantic Health- Newton Medical Center. Bridgeway Rehabilitation Services
Comments- Also does aromatherapy and herbal treatments as well as psychopharmacology. I am a Board Certified Advanced Practice Psychiatric-Mental Health Nurse.
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<tr>
<th><strong>Name of Agency</strong></th>
<th>Affiliated Psychotherapists</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Clinician Name</strong></td>
<td>Marvin Chartoff</td>
</tr>
<tr>
<td><strong>Credentials/Licensures</strong></td>
<td>Licensed Psychologist, Licensed Professional Counselor, Licensed Alcohol and Drug Counselor</td>
</tr>
<tr>
<td><strong>Address</strong></td>
<td>21 Main Street, Sparta, NJ 07871</td>
</tr>
<tr>
<td><strong>Phone</strong></td>
<td>973-729-5535</td>
</tr>
<tr>
<td><strong>E-mail</strong></td>
<td><a href="mailto:acenterforchange@gmail.com">acenterforchange@gmail.com</a></td>
</tr>
<tr>
<td><strong>Website</strong></td>
<td><a href="http://www.acenterforchange.com">www.acenterforchange.com</a></td>
</tr>
<tr>
<td><strong>Can you do school risk assessment</strong></td>
<td>No</td>
</tr>
<tr>
<td><strong>Insurance coverage</strong></td>
<td>In-Network Provider for all insurance companies including BC/BS, Aetna, Cigna, United Health Care, Optum, QualCare, Multi Plan, ValueOptions, Magellan, and Medicare</td>
</tr>
<tr>
<td><strong>Is sliding scale available</strong></td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Counseling specialty</strong></td>
<td>Child and Adolescent Counseling, Drug and Alcohol Counseling and Evaluation, Marital and Family Counseling, Parenting Skills Training</td>
</tr>
<tr>
<td><strong>Are emergency services available</strong></td>
<td>Yes</td>
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<tr>
<td><strong>How quickly can patients be seen</strong></td>
<td>Within 24 Hours</td>
</tr>
<tr>
<td><strong>Office hours</strong></td>
<td>M-F 9 AM- 8 PM, Sat 9 AM- 1 PM</td>
</tr>
<tr>
<td><strong>Psychiatric affiliate</strong></td>
<td>None</td>
</tr>
<tr>
<td><strong>Comments</strong></td>
<td>As In-Network Providers for most insurance companies, we are committed to providing quality care at the convenience of the client at reasonable fees.</td>
</tr>
</tbody>
</table>
Name of Agency- Alexandra Miller, Live Well Psychology Center, LLC
Clinician Name- Alexandra Miller
Credentials/Licensures- Psy.D. (Psychology), Ed.S. (Marriage and Family Therapy),
Clinical Pharmacology Post Doc Masters (Pending)
Address- 48 Woodport Road, Suite 22, Sparta, NJ 07871
Phone- 973-726-5200  Text only-908-399-2773
E-mail- alexandra7777@me.com, boverland314@gmail.com
Website- None
Can you do school risk assessment- Yes
Insurance coverage- In Network for BCBS and Aetna.
Is sliding scale available- Yes
Counseling specialty- CBT expertise, Family Systems expertise, Addiction
treatment, addiction prevention, At-risk youth
Are emergency services available- Yes
How quickly can patients be seen- Varies
Office hours- Varies
Psychiatric affiliate- Collaborate with many
Comments- Patients describe me as warm and knowledgeable. I am also a mother
of four and a healthy, happy individual. It’s a privilege to be working in this
wonderful field. Live Well Psychology Center offers psychological testing through
Lucille Verina, specifically for Autism/Developmental Delays, Learning Disabilities
(Dyslexia/Dysgraphia/Dyscalculia) and ADHD.
Other Staff Members:
  1. Brittany A. Overland, LPC
  2. Lucille Verina, Psy.D.
Name of Agency - Andrey Byers, LCSW
Clinician Name - Andrey Byers
Credentials/Licensures - LCSW
Address - 46 Main Street, Suite 401 Sparta, NJ 07871
Phone - 973-726-4809
E-mail - acbyers@embarqmail.com
Website - None
Can you do school risk assessment - No
Insurance coverage - Aetna
Is sliding scale available - Yes
Counseling specialty - Adults, Teens, Marital-Anxiety/Mood/Personality Disorders, School Phobia
Are emergency services available - No
How quickly can patients be seen - Within 2 weeks
Office hours - MW 9 AM - 9 PM, Th 9 AM - 12 PM
Psychiatric affiliate - None
Comments -
Name of Agency- Atlantic Behavioral Health/Newton Medical Center
Clinician Name- Four outpatient therapists treating children and adolescents
Credentials/Licensures- Licensed Psychologists and Licensed Clinical Social Workers
Address- 175 High Street, Newton NJ 07860
Phone- 1-888-247-1400
E-mail- mary.stanley@atlantichealth.org
Website- www.atlantichealth.com/newton
Can you do school risk assessment- Yes
Insurance coverage- All Insurances, Medicaid, Charity Care, Medicare
Is sliding scale available- No
Counseling specialty- Adolescent DBT (Dialectical Behavior Therapy), Voices Group and Cognitive Behavior Therapy
Are emergency services available- Yes
How quickly can patients be seen- Immediately
Office hours- MWF 8 AM- 5 PM T&Th 8 AM- 9 PM.
Psychiatric affiliate- Newton Medical Center
Comments-
Name of Agency- Beth Answorth
Clinician Name- Beth Answorth
Credentials/Licensures- LCSW, Psychotherapist, School Social Worker, Mental Health Screener, Clinical Social Work Supervisor
Address- 25 Main Street, Rear Suite A, Sparta, NJ 07871
Phone- 973-729-9515
E-mail- bethansworthlcsw@gmail.com
Website- 
Can you do school risk assessment- Yes
Insurance coverage- Most commercial insurances accepted, Out-of-Network
Is sliding scale available- Yes
Are emergency services available- Yes
How quickly can patients be seen- Within 7 days
Office hours-
Psychiatric affiliate-
Comments-
Name of Agency- Highlands Psychological Services LLC
Clinician Name- Bonnie Dirkson
Credentials/Licensures- LPC, NJ School Psychologist, School Guidance Counselor, Early Childhood Certification, Elementary School Certification, Teacher of the Handicapped
Address- 5 Fenwick Road, Augusta, NJ 07822
Phone- 973-715-7671
E-mail- bonniedirkson@embarqmail.com
Website- None
Can you do school risk assessment- Yes
Insurance coverage- Cigna, BC/BS, Aetna, and others
Is sliding scale available- Yes
Counseling specialty- As an LPC, I do counseling in every area except substance abuse, but would consider childhood anxiety a specialty.
Are emergency services available- Yes
How quickly can patients be seen- Within 24 hours
Office hours- Tuesday, Wednesday, Thursday 4 PM- 8 PM
Psychiatric affiliate- Dr. Jain of Highlands Psychiatric
Comments- Small private practice out of home office
Name of Agency-
Clinician Name- Carly Herschman, LSW
Credentials/Licensures- Certified School Social Worker, Licensed Social Worker
Address- 31 Fairmount Avenue, Chester, NJ 07930
Phone- 732-742-0329
E-mail-
Website- www.risasimpsondavis.com
Can you do school risk assessment- Yes
Insurance coverage- Out of Network Provider
Is sliding scale available-
Counseling specialty- Focus on working with children, adolescents and adults with a variety of issues including depression, anxiety, stress and relationship conflicts utilizing a variety of psychotherapeutic approaches to meet client needs.
Are emergency services available-
How quickly can patients be seen- Within 1 week
Office hours- Monday- Friday after 3 PM
Psychiatric affiliate- Works with several psychiatrists
Comments-
Name of Agency- Center for Evaluation and Counseling, Inc (CEC)
Clinician Name- Jessica Large, MA, Ed.S, LPC, ACS
Credentials/Licensures- LPC and LCSW mental health professionals on staff
Address- 191 Woodport Road, Suite 209, Sparta, NJ 07871
Address- Morris County- 1719 Route 10 East, Parsippany, NJ 07054
Phone- 973-829-6960
E-mail- jessica.large@centerforeval.org
Website- www.centerforeval.org
Can you do school risk assessment- Yes
Insurance coverage- Aetna, Cigna, Concern, Horizon Blue Cross/Blue Shield, United Healthcare, ValueOptions
Is sliding scale available- Yes (for private insurance clients and supervised visitation)
Counseling specialty- CEC provides outpatient mental health counseling services for children, adolescents, adults, family and couples. Private insurance clients welcomed. CEC conducts forensic, cognitive, psychosexual, psychological risk, fire setter evaluations and substance abuse assessments. CEC’s Therapeutic Supervised Parenting Program (TSPP) provides services to children from birth to age 18 who are caught in the middle of custody/parenting disputes who may be “at risk” of harm by non-custodial parents or where mutual parenting arrangements are not available. Parenting sessions must be court ordered.
Are emergency services available- No
How quickly can patients be seen- Within 5 business days
Office hours- M-Th 9 AM- 8 PM, F 9 AM- 5 PM
Psychiatric affiliate- None
Comments-
Name of Agency- Center for Mindful Change, LLC
Clinician Name- Kathryn A. Griffiths, MSW, LCSW, BCD
Laura J. Murray, MSW, LSW
Caitlin Zarro, MA, LPC, ACS
Beth Schulaka, MSW, LCSW
Janine Heinis, MA, LPC
Credentials/Licensures- MSW, LCSW, BCD, MSW, LSW, MA, LPC
Address- The Creamery Center, 51 Route 206, Suite 103, Augusta, NJ 07822 and
550 West Main Street, Boonton, NJ 07005
Phone- 973-257-5666
E-mail- Kathryn@centerformindfulchange.com,
laura@centerformindfulchange.com, cait@centerformindfulchange.com,
beth@centerformindfulchange.com, janine@centerformindfulchange.com
Website- www.centerformindfulchange.com
Can you do school risk assessment- Yes
Insurance coverage- In- Network for Medicare, Out-of- Network for other
insurance plans
Is sliding scale available- Yes
Counseling specialty- Families, parenting help, children, adolescents, couples,
anxiety, depression, trauma, EMDR, hypnosis, weight, substance abuse, LGBTQI
issues, performance enhancement, attachment issues, panic disorders.
Are emergency services available- Yes
How quickly can patients be seen- Within 24 Hours
Office hours- Flexible, M-F 8 AM- 9 PM
Psychiatric affiliate- Yes
Comments- The Center for Mindful Change, LLC is dedicated to counseling and
coaching others so they can find their path to mindfulness, reflection, recovery
and a well attended life or career.
Name of Agency- Center for Prevention and Counseling
Clinician Name- see below
Credentials/Licensures- see below
Address- 61 Spring Street, Newton NJ 07860
Phone- 973-383-4787
E-mail- rachel@centerforprevention.org
Website- www.centerforprevention.org
Can you do school risk assessment- No
Insurance coverage- Medicaid, Grant funding or Self Pay
Is sliding scale available- Yes
Counseling specialty- Adolescents, Adults, Addiction, Recovery, Specialized Treatment Groups (Co-Occurring Disorders, Gender Specific, Anger Management and Trauma)
Are emergency services available- No
How quickly can patients be seen- Within 7-10 days
Office hours- Varied, morning, afternoon, & evening appointments available
Psychiatric affiliate- None on staff, will refer out if necessary
Comments- The Center is staffed by a range of professionals who can treat substance use disorders, and mild to moderate co-occurring mental health disorders.

1. Rachel Wallace, LCSW, LCADC- Director of Clinical Services
2. Jenn Boyle, Counselor Intern
3. Heather Dunn, MSW
4. Deborah Kopko Vitale, LPC, LCADC
5. Ava LaMorte, CADC
6. Jane Lupo, CADC
7. Kristina Adamson-Thompson, Counselor Intern
8. Kim Westley, Counselor Intern
9. Natalie Yanoff-Smith, CADC
10. Jecksenia Chaparro, Counselor Intern
11. Carlos Hidalgo, Counselor Intern
Name of Agency- Center for Prevention and Counseling
Clinician Name- Gina Marra
Credentials/Licensures- MA, LPC, TAG Coordinator
Address- 61 Spring Street, 1st Floor, Newton, NJ 07860
Phone- 973-383-4787
E-mail- gina@centerforprevention.org
Website- www.centerforprevention.org
Can you do school risk assessment- No
Insurance coverage- Program is free
Is sliding scale available- Program is free
Counseling specialty- The TAG program provides free individual and group psychoeducation, along with case management services to “at risk” or court involved adolescents ages 12 to 21 in Sussex County. Psychoeducational groups include Anger Management/Conflict Resolution, Job Readiness, Life Skills, and Positive Youth Development.
Are emergency services available- No
How quickly can clients be seen- Within 3 days
Office hours- M- Th 9 AM- 8 PM, F 9 AM- 5 PM
Psychiatric affiliate- None
Comments-
Name of Agency - Christine Koenig-Webber, LCSW
Clinician Name - Christine Koenig-Webber
Credentials/Licensures - MSW, LCSW
Address - 122 Main Street, Suite 101 Newton, NJ 07860
Phone - 862-377-5072
E-mail - chrissyjkoenig@gmail.com
Website - None
Can you do school risk assessment - No
Insurance coverage - Cigna, Oxford, United Health Care and Out-of Network Benefits
Is sliding scale available - Yes
Counseling specialty - Individual (children, adolescents, and adults) and family therapy in these areas: anxiety, depression, child/adolescent trauma, family conflict, behavioral modification, parenting skills training, social skills training, anger management, peer conflicts, self-esteem issues, divorce issues, self-harm. Therapeutic techniques used include cognitive-behavioral therapy, solution-focused therapy, and play therapy.
Are emergency services available - No
How quickly can patients be seen - Within 7 days
Office hours - Tuesdays, Thursdays and Saturdays
Psychiatric affiliate - None
Comments - I have experienced working with children and families in many settings including schools, non-profit child welfare agencies, outpatient mental health agencies. I try very hard to be flexible with scheduling for busy families, after school, evening and weekend appointments are available.
Name of Agency- Christopher Belz, Psy.D.
Clinician Name- Christopher Belz, Psy.D.
Credentials/Licenses- Licensed (NJ and NY) Clinical Psychologist
Address- 350 Sparta Ave, C-8 Sparta, NJ 07871
Phone- 908-812-3532
E-mail- chris.belz@gmail.com
Website-
Can you do school risk assessment- No
Insurance coverage- None currently; Cigna and Aetna in application process
Is sliding scale available- Yes
Counseling specialty- Dialectical Behavioral Therapy with ages 12+ with anxiety, depression, peer and family relationship difficulties, for parenting support, academic problems, anger issues, psychosis, trauma, coping with physical health problems
Are emergency services available- No
How quickly can patients be seen- Within 2 weeks
Office hours- Monday, Wednesday, Friday, Saturday by appointment
Psychiatric affiliate-
Comments-
Name of Agency- Coordinated Treatment Solutions, LLC
Clinician Name- James Cuccio
Credentials/Licenses- Licensed Social Worker
Address- 904 B2- 909 A2 Pompton Avenue, Cedar Grove, NJ 07009
Phone- 973-239-4848
E-mail- coordinatedtreatment@gmail.com
Website- www.facebook.com/CoordinatedTreatment
Can you do school risk assessment- No
Insurance coverage- None
Is sliding scale available- Yes
Counseling specialty- Children and Adolescents
Are emergency services available- Yes
How quickly can patients be seen- Within 7 days
Office hours- M-Th 8:30 AM- 9:30 PM, F 8:30 AM- 5 PM, Sat by appointment
Psychiatric affiliate- Dr. Ellen Platt
Comments- My services are part of the spectrum of psychiatric counseling, and behavioral services offered by Coordinated Treatment Solutions, LLC for children and adolescents with developmental disabilities and mental health disorders.
Name of Agency- Coordinated Treatment Solutions, LLC
Clinician Name- Ellen Platt
Credentials/Licensures- Licensed Physician
Address- 904 B2- 908 A2 Pompton Avenue, Cedar Grove, NJ 07009
Phone- 973-239-4848
E-mail- coordinatedtreatment@gmail.com
Website- www.facebook.com/CoordinatedTreatment
Can you do school risk assessment- Yes
Insurance coverage- Medicare
Is sliding scale available- Yes
Counseling specialty- Psychiatry (child, adolescent, & adult); individual, group, and family psychotherapy
Are emergency services available- Yes
How quickly can patients be seen- Within 7 days
Office hours- M-Th 8:30 AM- 9:30 PM, F 8:30 AM- 5 PM, Sat by appointment
Psychiatric affiliate- Dr. Ellen Platt Psychiatric Services
Comments- My services are part of the psychiatric counseling and behavioral services offered by Coordinated Treatment Solutions, LLC, for children and adolescents with developmental disabilities and mental health disorders.
Name of Agency-
Clinician Name- Debra Koss
Credentials/Licensures- Board Certified Child and Adolescent Psychiatrist
Address- 46 Main Street- Suite 201, Sparta, NJ 07871
Phone- 973-726-4137
E-mail-
Website- www.drdebkoss.com
Can you do school risk assessment- Yes, but only for clients currently under my care
Insurance coverage - Out of Network Provider
Is sliding scale available-
Counseling specialty- Board Certified Child and Adolescent Psychiatrist
Are emergency services available- Yes, but only for clients currently under my care
How quickly can patients be seen-
Office hours- Monday- Friday
Psychiatric affiliate-
Comments-
Name of Agency- DJB Counseling
Clinician Name- Dejaye Botkin
Credentials/Licensures- Master of Arts in Counseling Psychology, Licensed Professional Counselor, National Board of Certified Counselors, Mental Health Screener, Certified Mediator, Certified Clinical Supervisor, Certified School Counselor, Certified Stress Management Life Coach, Member of the NJ Association of Professional Mediators, The NJ Counseling Association, Member of the Sparta Chamber of Commerce and Member of the Association of Trauma Professionals
Address- Distance therapy
Phone- 203-609-1714
E-mail- familycrisiscounseling@yahoo.com
Website- http://www.familycounselingnj.org
Can you do school risk assessment- Yes
Insurance coverage- Aetna
Is sliding scale available- Yes
Counseling specialty- Family Crisis Intervention and Mediation. I see individuals, couples, and families who are struggling with an identified problem, adjustment, and/or life change that may be causing them distress. I also treat adolescents with poor coping skills and/or self-injury. I counsel parents of children who are struggling from self-injury and/or substance abuse. I offer conflict resolution and mediation services with families and I also do divorce mediation and parenting plans. I also specialize in family reunification and parent coaching. Stress management life coach. Please visit my website for more services available.
Are emergency services available- Yes
How quickly can patients be seen- Within 24 Hours
Office hours- Flexible including one weekend a month
Psychiatric affiliate- Dr. Jenny Blanchard
Comments- I am the founder of Sparta Teen Talk, a group for teens in Sussex County. Sparta Teen Talk is on Saturday’s 4:30 – 5:45 PM for adolescents aged 11-18.
Name of Agency - Dominic J. Carbone, PhD/Private Practice
Clinician Name - Dominic J. Carbone, PhD
Credentials/Licensures - Psychologist, Psychotherapist, Cognitive Behavioral, NJ, NY and PA
Address - 46 Main Street, Suite 401 Sparta, NJ 07871
Phone - 917-544-9361
E-mail - DominicJCarbonePhD@gmail.com
Website -
Can you do school risk assessment - Yes
Insurance coverage - Yes
Is sliding scale available - Yes
Counseling specialty - Individuals, Family, Couples, Anxiety, Depression, PTSD, Sexuality, & GLBTQ issues
Are emergency services available - No
How quickly can patients be seen - Within 7 days
Office hours - Thursdays all day
Psychiatric affiliate - None
Comments - I work using CBT, EMDR, & REBT
Name of Agency- Emily Brislin, PsyD
Clinician Name- Emily Brislin, PsyD
Credentials/Licensures- Licensed (NJ and PA) Clinical Psychologist
Address- 350 Sparta Ave, C-8 Sparta, NJ 07871
Phone- 973-975-3641
E-mail- emily.e.brislin@gmail.com
Website- www.dremilybrislin.com
Can you do school risk assessment- No
Insurance coverage- BC/BS PPO, Cigna, United HealthCare, Medicare
Is sliding scale available- No
Counseling specialty- Cognitive Behavioral Therapy with ages 16+ including depression, anxiety, relationship difficulties, academic problems; Neuropsychological evaluations for ages 16+ including ADHD evals and learning disabilities.
Are emergency services available- No
How quickly can patients be seen- Within 2 weeks
Office hours- Tuesday/Thursday by appointment
Psychiatric affiliate- None
Comments-
Name of Agency- Empowerment through Self Psychological Counseling, LLC
Clinician Name- Tamara Siegel, MA, LPC
Credentials/Licensures- Licensed Professional Counselor
Address- 58 Big Spring Road, Franklin, NJ 07416
Phone- 973-713-7055
E-mail- tamara@empowermentthroughself.org
Website- www.empowermentthroughself.org
Can you do school risk assessment- No
Insurance coverage- A variety of insurances are accepted, please call to confirm
Is sliding scale available- Yes
Counseling specialty- I treat clients experiencing oncology related issues, anxiety disorders and social phobias, depressive disorders, academic underachievement, anger management, chronic impulsivity, coping skills, emotional disturbance, sleep disorders, self-esteem issues, interpersonal/relationship issues, career problems and challenges, obsessive-compulsive disorders, post-traumatic stress disorder, parenting issues, grief, eating disorders, sexual abuse, family conflicts/issues and more.
Are emergency services available- Yes
How quickly can patients be seen- I provide quick availability
Office hours- Monday-Friday 9 AM – 6:30 PM/ Saturday 9 AM – 3 PM
Psychiatric affiliate- None
Comments- I am a Licensed Professional Counselor (LPC) who utilizes a client-centered approach, meaning I want to know your history, feelings and emotions, while fostering strategies for self-realization. In this way counseling becomes an assisting process, rather than dependence association. I strive for the client to find their own way, but at the same time I recognize when direction, guidance and information are needed. The therapeutic relationship that I develop with the client is our foundation from which to build.
My counseling environment is safe, non-judgmental, confidential and in a private setting. During a counseling session there is: self-expression, exploration, reflection and clarification of feelings, better understandings of self and others, the realization of options and consideration of all choices, and helping to create and make changes for a better life.
**Name of Agency**- Eric S. Herschman  
**Clinician Name**- Eric S. Herschman  
**Credentials/Licensures**- Licensed Psychologist #3085/Certified School Psychologist  
**Address**- 46 Main Street, Suite 201 Sparta, NJ 07871, 2 West Hanover Ave, Suite 203, Randolph, NJ 07869  
**Phone**- 973-983-8321  
**E-mail**- escjeh@optonline.net, drericherschman@gmail.com  
**Website**- www.drericherschman.com  
**Can you do school risk assessment**- Yes  
**Insurance coverage**- None  
**Is sliding scale available**- No  
**Counseling specialty**- Child/Adolescent, ADHD, Parenting/Child Management, Mood Disorders, Depression, Anxiety, Phobia, Asperger’s/Autism, ODD, Conduct Disorder, Reactive Attachment Disorder, etc.  
**Are emergency services available**- Yes  
**How quickly can patients be seen**- Within 7 days  
**Office hours**- MWF 2:45 PM- later  
**Psychiatric affiliate**- Yes for children, adolescents, and adults  
**Comments**- Parenting specialist
Name of Agency- Family Intervention Services
Clinician Name- Ingrid Vaca-Bullaro, LPC
Credentials/Licensures- All clinicians are licensed LSW, LAC, LPC or LCSW
Address- 376 Lafayette Road, Sparta NJ 07871
Phone- 973-940-0105
E-mail- ivaca-bullaro@fisnj.org
Website- www.fisnj.org
Can you do school risk assessment- No
Insurance coverage- Yes- Medicaid provider for Families with Children under the age of 18
Is sliding scale available- Yes
Counseling specialty- Children/Family Therapy
Are emergency services available- Yes
How quickly can patients be seen- Within 2 weeks
Office hours- M-F 9 AM- 5 PM, Evening Hours Available and Saturday (limited)
Psychiatric affiliate-
Comments- Sussex County Outpatient Program is open to any child and their family who have Medicaid (NJ Family Care). Services include:
  ➢ Assessment & Evaluation
  ➢ Individual, Group and Family Therapy
  ➢ Psycho Education Services
  ➢ Psychiatric Services via APN for Evaluations and Medication Monitoring
  ➢ Linkage and follow-up
Name of Agency: First Light Counseling
Clinician Name: Edward Blevins
Credentials/Licensures: Licensed Professional Counselor (LPC), Licensed Clinical Alcohol and Drug Counselor (LCAD), Approved Clinical Supervisor (pending)
Address: 25 Main Street, Rear Suite A, Sparta, NJ 07871
Phone: 908-669-4976
E-mail: edwardcblevins@gmail.com
Website:
Can you do school risk assessment: No
Insurance coverage: I accept deferred payment through out of network benefits, allowing your families to receive services without expending their limited resources while waiting for reimbursement.
Is sliding scale available: Yes
Counseling specialty: Children and families, substance use, HIB (victim and aggressor), anxiety, anger management, social skills development, grief, and school avoidance
Are emergency services available: No
How quickly can patients be seen: Within 48 hours
Office hours: By appointment
Psychiatric affiliate: No, but good connections for adolescent medication management.
Comments: I’m a genuinely warm and empathetic counselor with 25 years of school based and 12 years of agency and private practice based experience. I am very comfortable providing clinical services for individuals with special needs, as well as for the general population.
Name of Agency- Ginnie’s House Children’s Advocacy Center
Clinician Name- Judy Spinney and Paige Ortega
Credentials/Licensures- Counselors hold- LCSW, RPT-S and LSW
Address- 4 High Street, POB 3156 Newton NJ 07860
Phone- 973-579-0770
E-mail- info@ginnieshouse.org
Website- www.ginnieshouse.org
Can you do school risk assessment- No
Insurance coverage- No fee for services
Is sliding scale available- No fee for services
Counseling specialty- Childhood sexual abuse and trauma
Are emergency services available- Yes
How quickly can patients be seen- Immediately
Office hours- M-F 9 AM- 5 PM
Psychiatric affiliate- None
Comments- Ginnie’s House provides free mental health services and medical evaluations when child abuse is suspected, disclosed or reported. We work with a variety of agencies to create a safe and comforting environment for children. We also provide free education in the community for prevention of childhood sexual abuse.
Name of Agency- Holistic Therapy by Design LLC
Clinician Name- Lori Petry
Credentials/Licensures- LCSW
Address- 30 Moran Street, Newton, NJ 07860
Phone- 973-903-1038
E-mail- lspetrylcsw@aol.com
Website-
Can you do school risk assessment- No
Insurance coverage- Aetna, Value Options and Victims of Crime Compensation
Is sliding scale available- Yes
Counseling specialty- Adolescents and trauma
Are emergency services available- Yes
How quickly can patients be seen- 24-48 Hours
Office hours- Flexible
Psychiatric affiliate- None
Comments-
Name of Agency - Hollander Counseling and Consulting, LLC
Clinician Name - Angela Hollander
Credentials/Licensures - MSW, LCSW
Address - Offices in Newton and Mountain Lakes
Phone - 973-519-3369
E-mail - angelahollanderlcsw@gmail.com
Website - www.hollandercounselingandconsulting.com
Can you do school risk assessment - Yes
Insurance coverage - Yes, call to confirm
Is sliding scale available - Yes
Counseling specialty - Adolescents, adults, families, trauma & resiliency, depression, anxiety, mood disorders, personality disorders, life transitions, managing conflict, LGBTQI topics, workplace issues, behavioral manifestations such as self-injury, suicidal ideations, school issues and conduct issues.
Are emergency services available - On occasion
How quickly can patients be seen - Within 2 days
Office hours - Days, Evenings, Some weekends
Psychiatric affiliate - None
Comments - Please call for a free phone consultation
Name of Agency- Howard M. Gooblar, Ph.D.
Clinician Name- Howard M. Gooblar
Credentials/Licensures- NJ Licensed Psychologist
Address- 270 Sparta Avenue, Suite 203 Sparta, NJ 07871
Phone- 973-729-7628
E-mail- h.gooblar@gmail.com
Website- None
Can you do school risk assessment- Yes
Insurance coverage- BC/BS
Is sliding scale available- Yes
Counseling specialty- Parenting
Are emergency services available- Yes
How quickly can patients be seen- Within 7 days
Office hours- M-Th
Psychiatric affiliate- Debra Koss, M.D.
Comments- In private clinical practice in Sparta since 1982 specializing in child psychology, emphasizing parental approach to children’s problems. Affiliated with Dr. Debra Koss for child psychiatric care when needed.
Name of Agency- Inner-Peace Counseling
Clinician Name- Anne Nedelka
Credentials/Licensures- LPC
Address- 55 Newton-Sparta Road, Suite 104
Phone- 973-600-9032
E-mail- innerpeace@earthlink.net
Website- www.innerpeacecounseling.com
Can you do school risk assessment- Yes
Insurance coverage- Yes
Is sliding scale available- Yes
Counseling specialty- CBT, DBT
Are emergency services available- No
How quickly can patients be seen- Within 2 weeks, sometimes immediately
Office hours- Monday-Friday 2 PM- 9 PM, some Saturdays available
Psychiatric affiliate- Deborah Drumm, APN for adults Lisa Koutler NYU Hackensack for children and adolescents
Comments-
Name of Agency- Jeanne Smetana
Clinician Name- Jeanne Smetana
Credentials/Licensures- NJ Licensed Clinical Social Worker, Certified School Social Worker
Address- 46 Main Street, Suite 201, Sparta NJ 07871
Phone- 973-729-9522 ext. 1
E-mail-smetanalcsw@gmail.com
Website- None
Can you do school risk assessment- No
Insurance coverage- Out-of-Network
Is sliding scale available- Yes
Are emergency services available- No
How quickly can patients be seen- Within 2 weeks
Office hours- Mondays and Wednesdays
Psychiatric affiliate- Dr. Debra Koss
Comments-
Name of Agency- Jill Burns, LCSW
Clinician Name- Jill Burns
Credentials/Licensures- LCSW
Address- 529 Route 515, Suite 204 Vernon, NJ 07462
Phone- 973-764-4304
E-mail- jpburns@ptd.net
Website- therapists.psychologytoday.com
Can you do school risk assessment- No
Insurance coverage- Aetna, BC/BS, Concern, Magellan Behavioral Health, AmeriHealth, Cigna, Empire BC/BS, and out of network insurance
Is sliding scale available- Yes
Counseling specialty- I work with children (ages 5 and up), adolescents, and adults dealing with life stressors, stressful relationships, family issues, school issues, work issues, peer relationships, depression, anxiety, anger management, co-dependency, grief/loss.
Are emergency services available- No
How quickly can patients be seen- Within 1 week
Office hours- Day, Evening, and Weekend hours are available
Psychiatric affiliate- None
Comments- I work with children, adolescents and adults in helping them to achieve balance in their lives. In addition to working in the counseling profession for 14+ years, I have a background in the in-home family counseling, domestic violence, and adolescent residential treatment work.
Name of Agency- Judy Spinney
Clinician Name- Judy Spinney
Credentials/Licensures- LCSW, RPT-S
Address- 225 Route 23, Hamburg, NJ 07419
Phone- 973-827-6465
E-mail- jspinney@ptd.net
Website- www.judyspinney.com
Can you do school risk assessment- Yes
Insurance coverage-
Is sliding scale available- Yes
Counseling specialty- Trauma focused CBT for documented sex/child abuse or witness to violence
Are emergency services available- Yes
How quickly can patients be seen- Within 5 days
Office hours- T, F, Sat
Psychiatric affiliate- None
Comments-
Name of Agency- Kris H. Imbrie
Clinician Name- Kris H. Imbrie
Credentials/Licensures- LCSW, DVS
Address- 3 Theater Center, Sparta NJ 07871
Phone- 973-729-3722
E-mail- kipie52@gmail.com
Website- www.healingforchange.vpweb.com
Can you do school risk assessment- No
Insurance coverage- Accept all insurances with Out-of-Network benefits
Is sliding scale available- Yes
Counseling specialty- Children, Adolescents, Trauma, Domestic Violence, EMDR certified Level II, Energy Psychology
Are emergency services available- Yes
How quickly can patients be seen- Within 7 days
Office hours- MWF 11 AM- 7:30 PM, Sat 9 AM- 4 PM
Psychiatric affiliate-
Comments- I specialize in "difficult" students. I believe many students have been effected by traumatic experiences in their lives and are struggling to manage very difficult residual dysregulated feelings in their bodies. My approach is 3 pronged: #1 Traumatic resolution work, #2 Body Awareness, #3 Developing a personal "Toolkit" to handle those difficult feelings. These methods may help to avoid the pitfall of the psychiatric diagnosis and medication cycle. This work is especially important for young people who might tend to use substances, cutting, sexual acting out etc.... to deal with their overwhelming feelings. Empowering them now with effective tools can help give them a leg up to a healthy, productive and satisfying future.
Name of Agency -
Clinician Name - Kristy Lavin
Credentials/Licensures - LCSW
Address - 529 Route 515, Suite 204 Vernon, NJ 07462
Phone - 973-250-2367
E-mail - klavintherapy@yahoo.com
Website - www.psychassocnj.com

Can you do school risk assessment -
Insurance coverage - Aetna and Horizon Blue Cross/Blue Shield-PPO
Is sliding scale available - Yes
Counseling specialty - Child/adolescent, Family, Abuse, Trauma, Post-traumatic stress and Substance abuse in families
Are emergency services available - No
How quickly can patients be seen -
Office hours -
Psychiatric affiliate -
Comments -
Name of Agency- Lakeside Counseling Associates, LLC
Clinician Name- Danah Rumble and Melissa Pirnos
Credentials/Licensures- LPC
Address- 350 Sparta Avenue Suite C-2A, Sparta, NJ 07871
Phone- 973-726-4533
E-mail- drumble@lakesidecounselingassociates.com
mpirnos@lakesidecounselingassociates.com
Website- www.lakesidecounselingassociates.com
Can you do school risk assessment- Yes, and same day
Insurance coverage- Aetna, Cigna, Optum, Horizon, Medicare, Tricare, BCBS, EAPs
Is sliding scale available- Yes
Counseling specialty- We treat all age groups including: children, adults and the geriatric population. We provide individual, groups, family and couples therapy. Treatment includes a variety of issues including but not limited to the following: depression, anxiety, trauma, PTSD, ADD, ADHD and ODD.
Are emergency services available- Yes
How quickly can patients be seen- Promptly, same day for risk assessments, 24-48 hours for other appointments.
Office hours- Monday- Sunday 9 AM – 9 PM
Psychiatric affiliate-
Comments-
Name of Agency- Lauren Cardinale
Clinician Name- Lauren Cardinale
Credentials/Licensures- CMS-CHT, FIBH, CPC
Address- 51 US Highway 206, Suite 101 Augusta, NJ 07822
Phone- 973-418-2170
E-mail- lauren@laurencardinale.com
Website- www.laurencardinale.com
Can you do school risk assessment- No
Insurance coverage- No
Is sliding scale available- Yes
Counseling specialty- Hypnotherapy- Pain Management, Trauma, Medical Issues
Are emergency services available- No
How quickly can patients be seen- Within 48 Hours
Office hours- Monday through Friday by appointment
Psychiatric affiliate- None
Comments- I work with my clients using hypnotherapy to help self-regulate pain more easily, neutralize traumatic experiences, reduce stress and anxiety, and aid in the body healing itself more rapidly. With the changes in protocol for Schedule II controlled substances, self-regulation through complementary modalities is a key component for success- when provided by a hypnotherapist with the proper training. I specialize in pain management and a variety of medical issues, such as cancer, overactive bladder and rheumatoid arthritis, and work as an adjunct to my clients’ conventional medical treatment as directed by a physician or therapist.
Name of Agency- Leslie B. Malnak
Clinician Name- Leslie B. Malnak
Credentials/Licensures- MSW, LCSW, LCADC
Address- 67 Route 15 South, Lafayette, NJ 07848
Phone- 973-586-2548
E-mail- lesliemalnak@gmail.com
Website- None
Can you do school risk assessment- Yes
Insurance coverage- Out of Network only
Is sliding scale available- Yes
Counseling specialty- Adolescents, Substance abuse, Family
Are emergency services available- Yes
How quickly can patients be seen- Within 3 days
Office hours- During the school year M, W, Th, F afterschool and Sat mornings.
Flexible in summer
Psychiatric affiliate- None
Comments- I have the ability to do urine testing. I have a number of self-harm
clients. I do not work with eating disorders. I am also available to speak/do
trainings on substance abuse, parenting, self-care and other topics.
Name of Agency- Sapphire Counseling, LLC
Clinic Name- Lois Ferguson
Credentials/Licensures- Licensed Professional Counselor, Disaster Response Crisis Counselor
Address- 10 Poplar Tree Lane, Sparta, NJ 07871
Phone- 973-534-9807
E-mail- sapphirecounseling@outlook.com
Website- profile available on psychologytoday.com
Can you do school risk assessment- Yes
Insurance coverage- In-Network with Cigna. Out-of-Network with Blue Cross/Blue Shield and Aetna. I will also work with clients eligible for Victims of Crime Compensation Office funding.
Is sliding scale available- No
Counseling specialty- Crisis intervention, Trauma treatment, Crime victims, Anxiety, Depression
Are emergency services available- Yes
How quickly can patients be seen- Within 7 days
Office hours- Hours vary and are flexible
Psychiatric affiliate- None. Referrals will be provided to clients in need.
Comments- I work with both adults and children ages 5+
Name of Agency- Mark Imbrie
Clinician Name- Mark Imbrie
Credentials/Licensures- Psy.D.
Address- 288 Newton Sparta Road, Newton, NJ 07860
Phone- 973-579-4934
E-mail- mark@originalskateboards.com
Website- None
Can you do school risk assessment- Yes
Insurance coverage- Yes, call to check coverage
Is sliding scale available- Yes
Counseling specialty- I enjoy working with families, older children and teenagers, serious psychiatric challenges, trauma
Are emergency services available- Yes
How quickly can patients be seen- Within 2 weeks
Office hours- T- Sat. Some evenings
Psychiatric affiliate- None
Comments-
Name of Agency- Mark Littman, MA
Clinician Name- Mark Littman
Credentials/Licensures- Licensed Professional Counselor (LPC)
Address- 952 Mt. Benevolence Road, Newton NJ 07860
Phone- 973-300-5338, 973-632-6617
E-mail- marklittman1@gmail.com
Website- www.marklittman.com
Can you do school risk assessment- Yes
Insurance coverage- Aetna, Cigna, Out-of-Network, EAP
Is sliding scale available- Determined on a case by case basis
Counseling specialty- Adolescent, Family, Parenting, Couples, Mid-Life Crisis, Pet Therapy and Hypnosis
Are emergency services available- No
How quickly can patients be seen- Usually within 2 days
Office hours- M-Th 9 AM- 8 PM
Psychiatric affiliate- Referral to local psychiatrists as needed
Comments- Please visit www.marklittman for detailed information about my practice.
Name of Agency- Mary Jane Aulicino, MSW, LCSW, LLC
Clinician Name- Mary Jane Aulicino
Credentials/Licensures- MSW, LCSW, Certified EMDR therapist
Address- 46 Main Street, Suite 106, Sparta, NJ 07871
Phone- 973-534-9481
E-mail- mjaulicinolcsw@yahoo.com
Website- maryjaneaulicino.com
Can you do school risk assessment- No
Insurance coverage- BC/BS NJ and Out of Network
Is sliding scale available- Yes
Counseling specialty- Children through adults- Recent or long term/complex trauma, behavioral issues, attachment wounds, parenting, anxiety, depression, grief and loss. I utilize EMDR therapy and IFS (internal family systems) models to create an integrative and individualized approach to treatment.
Are emergency services available- No
How quickly can patients be seen- Within week
Office hours- 9 AM – 8 PM, Weekend hours available
Psychiatric affiliate-
Comments-
Name of Agency- Mindful Living Counseling Services, LLC
Clinician Name- Mary Helen Kellam
Credentials/Licensures- NBCC, LPC
Address- 17 Woodport Road, Suite 2D, Sparta, NJ 07871
Phone- 201-317-4539
E-mail- mindful.living.counselor@gmail.com
Website- www.mindfullivingcounselingservicesnj.com
Can you do school risk assessment- No
Insurance coverage- Cigna, Qualcare, United Health and Out of Network for other insurances
Is sliding scale available- Yes
Counseling specialty- Self injury, suicide prevention, anxiety, depression, grief/loss, couples counseling, adults and adolescents. I am Trauma, CBT and DBT informed.
Are emergency services available- Yes
How quickly can patients be seen- Within a few hours
Office hours- By appointment every day of the week except Saturday and Sunday
Psychiatric affiliate- None
Comments- I have approximately 17 years of experience in the field of counseling. I have worked as a High School Counselors for 13 years along with having experience working with students with disabilities at the community college level and have previous agency counseling experience as well.
Name of Agency- MJC Institute
Clinician Name-
Credentials/Licensures-
Address- 190 Main Street, Ogdensburg, NJ 07439
Phone- 973-827-1646
E-mail- mjcphd@earthlink.net
Website- None
Can you do school risk assessment- Yes
Insurance coverage- Yes
Is sliding scale available- Yes
Counseling specialty- Children, Adolescents, and Adults
Are emergency services available- No
How quickly can patients be seen- Within 7 days
Office hours- M-Sat Morning, Afternoon, and Evening hours available
Psychiatric affiliate- None
Comments-
  1. Deborah Arundel, LCSW
  2. Brooke Kennedy Cashion, LPC- leabrooke@hotmail.com
  3. Margaret J. Castagna, LPC
  4. Sara Mendez Emma, LCSW- sara23@hotmail.com
  5. Jane Esposito, LPC, Licensed school psychologist- dr.janeesposito@gmail.com
  6. Susan Prager, LPC
Name of Agency- Meaningful Living, LLC
Clinician Name- Monica Camarate
Credentials/Licensures- Licensed Professional Counselor and National Certified Counselor
Address- 10 Poplar Tree Lane, Sparta NJ 07871
Phone- 973-670-6145
E-mail- mmbcam@yahoo.com
Website- psychologytoday.com Find a Therapist listing
Can you do school risk assessment- No
Insurance coverage- Aetna, Cigna, BC/BS, Magellan, Concern EAP
Is sliding scale available- Yes
Are emergency services available- No
How quickly can patients be seen- Within 7 days
Office hours- M-F 8 AM – 8 PM
Psychiatric affiliate- None
Comments- Certified in Adoption Counseling from Rutgers University and Certificate in Trauma- Focused Cognitive Behavioral Therapy from the FIS Training Institute.
Name of Agency-
Clinician Name- Nelson L. Hadler
Credentials/Licensures- MSW, LCSW, LCADC, CCS
Address- 101 Main Street, Sparta NJ 07871
Phone- 973-713-7957
E-mail- nelsontdi@aol.com
Website-
Can you do school risk assessment- With notice
Insurance coverage- Self Pay
Is sliding scale available- Yes
Counseling specialty- Adult, adolescent, family, substance use, co-occurring and other life issues
Are emergency services available- No
How quickly can patients be seen- Usually within 7 days
Office hours- Tuesdays 9 AM – 9 PM
Psychiatric affiliate-
Comments- Also treating co-dependency and offering consults to individuals and loved ones matching the clients
Name of Agency- NewBridge Counseling
Clinician Name- See description below
Credentials/Licensures- LCSW, LPC, LSW, APN
Address- 70 Sparta Avenue, Sparta, NJ 07871
Phone- 973-316-9333
E-mail- services@newbridge.org
Website- www.newbridge.org
Can you do school risk assessment- No
Insurance coverage- Most insurances accepted, including NJ FamilyCare and Medicare
Is sliding scale available- Yes
Counseling specialty- Children, adolescents, adults and seniors. Focus on mental health and co-occurring disorders; individual, family, group, psychiatric services; trauma-focused, wellness and recovery; and medication monitoring.
Are emergency services available- Yes, through the after-hours call system
How quickly can patients be seen- 7-21 days
Office hours- M-Th 9 AM – 9 PM, F 9 AM – 5 PM. Weekends by appointment
Psychiatric affiliate- APN on staff for adults; NewBridge child/adolescent psychiatrist available for consults.
Comments- Access to services is through the NewBridge Access Department (phone number above). A specialist speaks with each person seeking assistance to understand their immediate need, and to connect them with a clinician to arrange the initial meeting. NewBridge Counseling in Sparta is staffed by four clinicians who hold credentials in the mental health and addictions fields, and one psychiatric advanced practice nurse.
Name of Agency- New HOPE Counseling Services, LLC
Clinician Name- Lisa Frisbie
Credentials/Licensures- MEd, SAC, LAC
Address- 25 Main Street, Rear Suite, Sparta, NJ 07871
Phone- 908-291-8466
E-mail- newhopecounselingservicesllc@gmail.com
Website-
Can you do school risk assessment- No
Insurance coverage- Out of Network Provider
Is sliding scale available- Yes
Counseling specialty- Assisting adolescents and teens to make healthy decisions and forge positive relationships, with extensive experience in the issues of; school (behavior and academic), peers, body image, grief and loss, divorced/blended families, and the impact of being affected by a friend or family member’s harmful substance use.
Are emergency services available- No
How quickly can patients be seen- Within several days
Office hours- Tuesday and Wednesday afternoons
Psychiatric affiliate-
Comments- I am currently a Licensed Associate Counselor working under the supervision of Edward Blevins of First Light Counseling, LLC. I have 30 years of experience in the school setting working with young adults ages 11-19 as a Health Educator, Student Assistance Coordinator, Guidance Counselor, and HIB Specialist.
Name of Agency - Newton Medical Center - Psychiatric Emergency Services
Clinician Name - Denise Merusi-King
Credentials/Licensures - M.A., Certified Mental Health Screener
Address - 175 High Street, Newton NJ 07860
Phone - 973-383-0973
E-mail - denise.merusi-king@atlantichealth.org
Website - Atlantic Health System > Behavioral Health > Crisis Intervention
Can you do school risk assessment - Yes
Insurance coverage - Yes
Is sliding scale available - Yes
Counseling specialty - Psychiatric Emergency Risk Assessment
Are emergency services available - Yes
How quickly can patients be seen - Immediately
Office hours - 24 Hours
Psychiatric affiliate - On staff
Comments -
Name of Agency - North Jersey Counseling Associates, LLC
Clinician Name - Deborah Kopko Vitale, MS, PhD, HS-BCP, BCC, MFT, NCC, LPC
Credentials/Licensures - Licensed Professional Counselor, Marriage and Family Therapist, Addiction Counselor
Address - 804 Rt. 517, Glenwood, NJ 07418
Phone - 973-764-8845
E-mail -
Website - northjerseycounseling.com
Can you do school risk assessment - Yes
Insurance coverage - Blue Cross Blue Shield, Cigna, Multiplan
Is sliding scale available - Yes
Counseling specialty - Individual, Couple and Family Therapy, Mental Health, Trauma and Co-Occurring
Are emergency services available - No
How quickly can patients be seen - Within 1 week
Office hours - Call for appointment
Psychiatric affiliate - Referrals are made to Newbridge Services, Newton Mental Health and Debra Drumm, APN
Comments -
Name of Agency - Paul Rockwood, Ph.D
Clinician Name - Paul Rockwood
Credentials/Licensures - Ph.D, LCSW, LMFT
Address - 350 Sparta Ave. C-8, Sparta, NJ 07871
Phone - 973-729-1966
E-mail - prockwo@gmail.com
Website - www.drpaulrockwood.com

Can you do school risk assessment - Yes. I worked on CST and as a Crisis Counselor for many years in the school setting

Insurance coverage - I am on numerous panels

Is sliding scale available - Yes

Counseling specialty - Adolescents exhibiting behavior problems, substance abuse, Asperger symptoms, social skills issues, and IEP-504 issues: Marriage and Family Therapy

Are emergency services available - Can be called or texted 24/7

How quickly can patients be seen - Patients can be seen within 24 hours or same day, if necessary

Office hours - Monday - Thursday 12PM - 9 PM

Psychiatric affiliate - D. Drumm, J. Blanchard, and L. Suckno

Comments - I have been working with children, adolescents and families all my career in the public school setting, mental health settings and in my private practice. I utilize principals of Cognitive, Reality and Family Systems therapy.
Name of Agency- Psychological Associates of Northern NJ, LLC
Clinician Name- Jamie Walsh, Roberta Fallig
Credentials/Licensures- Staff members are licensed and permitted psychologists, clinical social workers, school psychologists, testing specialists, drug and alcohol counselors, etc
Address- 39 B Newton/Sparta Road, Andover Twp., NJ 07860,
254 B Mountain Avenue, Suite 202 Hackettstown, NJ 07840
Phone- 908-979-1144 ext. 24
E-mail- jwalshmsw@gmail.com
Website- www.psychassocnj.com
Can you do school risk assessment- No
Insurance coverage- Yes
Is sliding scale available- Yes
Counseling specialty- The practice addresses a wide variety of issues and serves all age groups. The contact person will be able to guide clients to a therapist that would best fit their needs.
Are emergency services available- No
How quickly can patients be seen- Within 7 days
Office hours-
Psychiatric affiliate-
Comments-
Name of Agency- Gia N. Leo, LCSW, LCADC LLC & Psychological Associates of North Jersey
Clinician Name- Gia N. Leo
Credentials/Licensures- LCSW, LCADC
Address- 25 Main Street (Rear Entrance A), Sparta, NJ 07871 and
39, Suite C, Newton Sparta Road, Newton, NJ 07860
Phone- 862-268-3101
E-mail- gianicole20@gmail.com
Website-
Can you do school risk assessment- Yes
Insurance coverage- Aetna, Medicare, and Out of Network Plans (cost deferment for out of network if necessary)
Is sliding scale available- Yes
Counseling specialty- Substance Use, Trauma, Depression, Anxiety, Bipolar Disorder, OCD, Anger Management, Impulse Control, ADHD, Self-Harm Behaviors
Are emergency services available- Yes
How quickly can patients be seen- Varies (Available via text or call)
Office hours- Varies (Saturday Availability)
Psychiatric affiliate- ABC of Northern NJ, New Bridge (when available), Dr. Lee Suckno
Comments- I do not work with children under the age of 10. Drug screening is available at a low cost.
Name of Agency-
Clinician Name- Rosemary A. Menger, LPC, LCADC
Credentials/Licensures- LPC, LCADC
Address- 21 Main Street, Sparta NJ 07871
Phone- 908-852-1324 (Office), 973-903-9483 (Cell)
E-mail- rmenger@centurylink.net
Website-
Can you do school risk assessment- Yes
Insurance coverage- Yes
Is sliding scale available- Yes
Counseling specialty- Counseling- children, adolescents, adults, marital therapy
Are emergency services available- Yes
How quickly can patients be seen- Within 24-48 Hours
Office hours- M-F 9 AM- 6 PM, Saturday 9 AM- 2:30 PM
Psychiatric affiliate- I have several I will refer to if necessary
Comments-
Name of Agency- Highland Psychiatric Associates and J&J Healthcare
Clinician Name- Sanjeevani Jain
Credentials/Licensures- MD
Address- 70 Sparta Avenue, Suite 206-208, Sparta, NJ 07871, and 1575 Route 517, Building B, Suite 300 Hackettstown, NJ 07840
Phone- 973-729-2991- Sparta 908-852-4084- Hackettstown
E-mail- highlandspsychiatric@gmail.com Sparta location and sanjeevanijainmd@gmail.com Hackettstown location
Website- None
Can you do school risk assessment- Yes
Insurance coverage- QualCare
Is sliding scale available- No
Counseling specialty- Psychiatric evaluation, diagnosis, and medication management, ADHD testing. Children, adolescents, and adults
Are emergency services available- Yes
How quickly can patients be seen- Within 24 Hours
Office hours- M-F Morning, Afternoon, and Evening appointments available
Psychiatric affiliate- Comments-
Name of Agency- Shirley de Knegt-Kuzik
Clinician Name- Shirley de Knegt-Kuzik
Credentials/Licensures- LCSW, LCADC
Address- 25 Main Street, Sparta, NJ 07871
Phone- 973-945-1322
E-mail- sdeknegtkuzik@gmail.com
Website- None
Can you do school risk assessment- No
Insurance coverage- Yes, most insurances accepted
Is sliding scale available- Yes
Counseling specialty- Mental health/Substance abuse
Are emergency services available- Yes
How quickly can patients be seen- Within 2 days
Office hours- T-Th 9 AM- 9 PM
Psychiatric affiliate- None
Comments-
Name of Agency- St. Clare’s Hospital
Clinician Name- Nina Kooper
Credentials/Licensures- MA, CSW Operations Manager Behavioral Health Evaluation and Referral Services and Case Management Departments
Address- 130 Powerville Road, Boonton, NJ 07005
Phone- 888-626-2111 for appointments or call Nina Kooper at 973-316-1977
E-mail- ninakooper@primehealthcare.com
Website- www.saintclares.org
Can you do school risk assessment- Yes
Insurance coverage- Yes. Not in network with United Health Care, Optum, Oxford, GHI, PHS, NJ Carpenters Health Fund and some TriCare up to this date.
Is sliding scale available- No
Counseling specialty- Intakes for children through geriatric population
Are emergency services available- Yes
How quickly can patients be seen- Most same day appointments for level of care evaluation or risk assessment for schools or within 24 hours
Office hours- 8:30 AM – 6 PM Closed holidays and weekends
Psychiatric affiliate- On Staff
Comments- We now have 73 school contracts in the area for our risk assessments which we can do same day.
Name of Agency- Strength for Change, LLC
Clinician Name- Paul DePinto and Bernie Ivin
Credentials/Licensures- LCSW, LPC
Address- 22 Howard Blvd. Suite 101, Mount Arlington, NJ 07856
Phone- 973-770-7600
E-mail- strengthforchange@verizon.net
Website- www.strengthforchange.com
Can you do school risk assessment- Yes
Insurance coverage- Out-of-Network
Is sliding scale available- No
Counseling specialty- Adolescents and Adults struggling with a wide array of life difficulties including depression, anxiety, substance abuse, ADHD/ODD and personality issues.
Are emergency services available- No
How quickly can patients be seen- Within 7 days
Office hours- M-F 9 AM- 10 PM, weekend appointments available
Psychiatric affiliate- Katherine Feingold, Lee Suckno, Bruce Friedma, and Salvatore Moreno
Comments- Please visit our website for detailed information on clinicians and services.
Name of Agency- Summit Behavioral Health (Formerly Treatment Dynamics)
Clinician Name- Stephanie Kresch
Credentials/Licensures- All of our clinicians are masters level and most are dually licensed.
Address- 256 Columbia Turnpike, Suite 100 N, Florham Park, NJ 07932
Phone- 973-593-0090
E-mail- stephaniekresch@summithelps.com
Website- summitbehavioralhealth.com
Can you do school risk assessment- No
Insurance coverage- 
Is sliding scale available- Possibly
Counseling specialty- Substance abuse, adolescents, co-occurring disorder, multiple levels of care
Are emergency services available- No
How quickly can patients be seen- Within 5 days
Office hours- M-F 9 AM -9 PM
Psychiatric affiliate- David Goldbloom
Comments- Adult and adolescent treatment. Full continuum of care, individual, family, IOP, PHP, on site psychiatrist. Transportation available for adolescents.
Name of Agency -
Clinician Name - Dr. Susan Herschman
Credentials/Licensures - Licensed Psychologist and Certified School Psychologist
Address - 2 West Hanover Avenue, Suite 203, Randolph, NJ 07869
Phone - 973-983-8321 Fax - 973-983-2680
E-mail - susan herschman@gmail.com
Website -
Can you do school risk assessment - Yes
Insurance coverage - Out of Network Provider
Is sliding scale available - No
Counseling specialty - Conducts psychological testing, individual, couple and family psychotherapy. Specializes in work with children, adolescents and parenting/child management. Works with anxiety, depression, stress, school refusal/avoidance, anger, mood disorders, gender issues and family conflict.
Are emergency services available - Yes
How quickly can patients be seen - Within 1 week
Office hours - Monday, Tuesday, Wednesday and Friday after 3 PM
Psychiatric affiliate - Works with several psychiatrists
Comments -
Name of Agency- Sussex County Child and Family Counseling
Clinician Name- Charles J. Carroll
Credentials/Licensures- LCSW
Address- 101 Main Street, Suite 1 Sparta, NJ 07871
Phone- 973-729-6333
E-mail- cjcarrolljr@yahoo.com
Website- None
Can you do school risk assessment- No
Insurance coverage- Aetna, Cigna, Horizon BlueCard, ValueOptions, others
Is sliding scale available- Yes
Counseling specialty- ADHD, anxiety, depression, social skills development
Are emergency services available- No
How quickly can patients be seen- Within 2 days
Office hours- M-F 9 AM- 9 PM, Sat 8 AM- 2 PM
Psychiatric affiliate- None
Comments- Stand up! Social skills development for boys program designed in part to address issue of peer-to-peer bullying in schools. Since 2002 well over 100 boys have participated with consistently positive feedback from parents, school personnel and the boys themselves.
Name of Agency- The Family Center for Behavioral Health
Clinician Name- Bob DeYoung
Credentials/Licensures- Ph.D.
Address- 311 Pennsylvania Ave, Matamoras PA 18336
Phone- 570-491-4117
E-mail-
Website- www.drbobdeyoung.com
Can you do school risk assessment- Yes
Insurance coverage-
Is sliding scale available- Yes
Counseling specialty- Anxiety/Depression, Addictions, Trauma, Families/Marriage
Are emergency services available-
How quickly can patients be seen-
Office hours- M-F 9 AM-8 PM, Sat 8 AM- 2 PM
Psychiatric affiliate- None
Comments-
Name of Agency- Tree House Therapy Services, LLC
Clinician Name- Gina Adone, PsyD and Jessica Platt, PhD
Credentials/Licensures- Licensed Clinical Psychologists
Address- 225 Route 23 North, Hamburg NJ and 50 Wilson Drive, Sparta NJ
Phone- 973-864-2800
E-mail- gmlamana@yahoo.com
Website- www.treehousetherapy.org
Can you do school risk assessment- Yes
Insurance coverage- Medicaid for children only, rest are Out of Network
Is sliding scale available- Yes
Counseling specialty- Children and families, trauma and women’s health
Are emergency services available- Varies
How quickly can patients be seen- Varies
Office hours- Varies
Psychiatric affiliate- None
Comments-
Name of Agency - Tri-County Behavioral Care
Clinician Name - Multi-Specialty Group Practice with 2 locations and 15 providers
Credentials/Licensures - LCSW/LPC
Address - 172 Woodport Road Suite E, Sparta, NJ 07871 and 3155 Route 10 East Suite LL 100, Denville, NJ 07834
Phone - 973-691-3030
E-mail - kellyc.tcbc@gmail.com
Website - www.tbcllc.org
Can you do school risk assessment - Yes
Insurance coverage - We accept all private insurance including Medicare. We do not accept Medicaid as we are a private practice and therefore not allowed on the Medicaid panel.
Is sliding scale available - Yes
Counseling specialty - Child, Teen, Adult, Couple, Family, Group
Are emergency services available - No
How quickly can patients be seen - Within 48 Hours
Office hours - 9 am – 9 pm M-Th, 9 am – 6 pm Friday. Saturday hours available
Psychiatric affiliate - N/A.
Comments - TCBC is a multispecialty group practice with 2 locations. We are easily accessible in Sussex and Morris Counties. Our therapists are highly training in their area of expertise. They are warm, welcoming and ready to meet the needs of their clients. Our dedicated administrative staff assists clients with scheduling needs. We are able to schedule clients in the same week they call. We also handle all of the insurance needs to take the guess work out of the equation. TCBC also has an IIC division through the Childrens System of Care to provide Intensive In-Community Psychotherapy. Our IIC serves children and families in Morris, Sussex, Warren, Hunterdon, Somerset, Bergen, Passaic and Union Counties.
Name of Agency- True Colors for Creative Therapy LLC
Clinician Name- Jennifer Whitlock and Heather Kosen
Credentials/Licensures- MA, LPC, ACS, LAC
Address- 93 Main Street, Newton NJ 07860
Phone- 973-222-3750
E-mail- jen@jenwhitlock.com
Website- www.jenwhitlock.com
Can you do school risk assessment- Yes
Insurance coverage- Aetna, MHN, Value Options, Horizon BC/BS PPO, and QualCare
Is sliding scale available- Yes
Counseling specialty- Teenagers, Gender Variant, and LGBT youth. True Colors Center for Creative Therapy provides expressive therapies, such as art therapy, psychodrama and play therapy.
Are emergency services available- Yes
How quickly can patients be seen- Within 1 day
Office hours- M-F 11 AM- 9PM, Sat 11 AM- 2 PM, Other times available upon request
Psychiatric affiliate- None
Comments- Currently offering groups for Gender Variant and Transgender youth and a separate group for their parents; Social Confidence for teen girls (for social anxiety issues) and for Parents of Teens. Contact me for details.
Name of Agency-Vernon Counseling Services
Clinician Name- Patricia DeCoste
Credentials/Licensures- LPC, LCADC
Address- 529 Route 515, Suite 204, Vernon, NJ 07462
Phone- 973-557-6242
E-mail- patdecoste@gmail.com
Website- None
Can you do school risk assessment- No
Insurance coverage- We take insurance or self-pay
Is sliding scale available- Yes
Counseling specialty- Adolescents, Adults, Families. Mental health issues including depression, anxiety, OCD, trauma, self-injury, school refusal, substance abuse issues including evaluations and co-dependency issues. EMDR certified.
Are emergency services available- No
How quickly can patients be seen-
Office hours-
Psychiatric affiliate-
Comments-
Name of Agency- Vernon Counseling Services
Clinician Name- Lois Reinhardt
Credentials/Licensures- RN, LPC/NCC
Address- 529 Route 515, Suite 204 Vernon, NJ 07462
Phone- 973-764-5000 ext. 1
E-mail- lrein@ptd.net
Website- None
Can you do school risk assessment- Yes
Insurance coverage- All major insurances
Is sliding scale available- Yes
Counseling specialty- Family therapy, individual child and adult therapy, EMDR
Are emergency services available- Yes
How quickly can patients be seen- Within 7 days
Office hours- M-F 9 AM- 9 PM, Sat on request
Psychiatric affiliate- Yes
Comments-
Sussex County Resource Numbers
For Adolescent Substance Abuse Treatment

Ambulance/Police/Overdose 911
Helpline (NJ Residents) 211
ALCOHOL HOTLINE: AA & Al anon meetings statewide (24 hours) 800-238-2333
Al-Anon/Alateen Information Service of Northern NJ 973-744-8686
Capitol Care 973-426-1440
Carrier Clinic (detox/in-patient) 800-933-3579
Children’s Mobile Response (Crisis) 1-877-652-2873
Center for Prevention and Counseling 973-383-4787

(For Evaluations/Referral/Counseling/Drug Screens)
DAYTOP Adolescent Services- Mendham, NJ (in and out-patient) 973-543-5656
Hackettstown Community Hospital (adolescent/adult services) 908-850-6810
High Focus, Parsippany, NJ (adolescent/adult services) 800-877-3628
Lighthouse (in-patient, adolescent) 800-852-8851
Narcotics Anonymous 800-992-0401
National Help Lines 800-662-HELP (4357)
New Bridge Services (adolescent/adults services) 888-746-9333
New Life Recovery of West Milford (adolescent) 973-728-7788
Newton Medical Center Behavioral Health (adolescent/adult services) 973-383-1533
Newton Psychiatric Emergency Services 973-383-0973
St. Clare’s (adolescent, alcohol/chemical dependency) 888-626-2111 or/973-316-1889
Summit Oaks (adolescent in-patient) 800-753-5223/908-522-7071
Sunrise House 973-383-6300
Sussex County Division of Community and Youth Services 973-940-5200 ext. 1383
Sussex County Narcotic Task Force 973-948-2345
Sussex County CLEAR (Community Law Enforcement Addiction Recovery, 18 yrs.+) 1-844-SC-CLEAR
Treatment Dynamics (adolescent out-patient) 973-940-7306
White Deer Run- Allenwood, PA (adolescent program) 800-255-2335

Sussex County Coalition for Healthy & Safe Communities
A program of the Center for Prevention and Counseling, 61 Spring St., Newton, NJ 07860
973-383-4787; info@centerforprevention.org; www.centerforprevention.org