

# Sussex County Clinician Directory

A Guide of Local Resources  
for Adolescents and Families

*Sussex County  
School Counselor's Association*

Created by:



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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](mailto:jenn@centerforprevention.org) with any changes or questions.*

## 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, Bipolar, Lack of Impulse Control, Anger Management, Bullying, Conflict Resolution, Peer Communication, Social skills for children and teens with Autism, Asperger's, 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.

## Advanced Behavioral Counseling of NNJ, LLC

**Clinician Name-** Deborah Drumm, Sandra Winters, Doreen Rasp, Kathleen Kilcoyne, Molly Hird, and Elizabeth Patterson

**Credentials/Licensures-** Psychiatric Advanced Practice Nurse, Certified Practitioner in Clinical Aromatherapy, Family Nurse Practitioner, Licensed Professional Counselor, Licensed Clinical Social Worker

**Address-** 55 Newton- Sparta Road, Suite 103, 104, Newton, NJ 07860

**Phone-** 973-579-9394

**E-mail-** [help@abcnnj.com](mailto:help@abcnnj.com)

**Website-** [www.abcnnj.com](http://www.abcnnj.com)

**Can you do school risk assessment-** Yes (Molly Hird)

**Insurance coverage-** Medicare, will work with out of network plans

**Is sliding scale available-** On a limited basis

**Counseling specialty-** Depression, Sleep Disorders, Anxiety, Bipolar and various mood disorders, Severe persistent mental illness

**Are emergency services available-** Limited

**How quickly can patients be seen-** Varies often within 1-2 weeks

**Office hours-** Monday, Tuesday, Friday 11 am – 6 pm. Call for availability, some evenings and weekends

**Psychiatric affiliate-** Bridgeway Rehabilitation Services, Atlantic Health Systems, Advanced Behavioral Counseling,

**Comments-** Pharmacological Management

## Affiliated Psychotherapists

**Clinician Name-** Marvin Chartoff

**Credentials/Licensures-** Licensed Psychologist, Licensed Professional Counselor,  
Licensed Alcohol and Drug Counselor

**Address-** 21 Main Street, Sparta, NJ 07871

**Phone-** 973-729-5535

**E-mail-** acenterforchange@gmail.com

**Website-** www.acenterforchange.com

**Can you do school risk assessment-** No

**Insurance coverage-**In-Network Provider for all insurance companies including BC/BS, Aetna, Cigna, United Health Care, Optum, QualCare, Multi Plan, ValueOptions, Magellan, and Medicare

**Is sliding scale available-** Yes

**Counseling specialty-** Child and Adolescent Counseling, Drug and Alcohol Counseling and Evaluation, Marital and Family Counseling, Parenting Skills Training

**Are emergency services available-** Yes

**How quickly can patients be seen-** Within 24 Hours

**Office hours-** M-F 9 AM- 8 PM, Sat 9 AM- 1 PM

**Psychiatric affiliate-** None

**Comments-** As In-Network Providers for most insurance companies, we are committed to providing quality care at the convenience of the client at reasonable fees.

## Live Well Psychology Center, LLC of Sparta

**Clinician Name-** Alexandra Miller Clark, Psy.D, MSCP, Hillary Grennan, LCSW, Heidi Keller, PhD, Brittany Wool, LPC

**Address-** Lake Mohawk- 48 Woodport Road, (2<sup>nd</sup> Floor, Suite 22), Sparta, NJ 07871

**Phone-** 973-726-5200

**E-mail-** [alexandra@livewellpsychologycenter.com](mailto:alexandra@livewellpsychologycenter.com)

[hsgrennen@gmail.com](mailto:hsgrennen@gmail.com), [kellerhe18@yahoo.com](mailto:kellerhe18@yahoo.com), [boverland314@gmail.com](mailto:boverland314@gmail.com)

**Website-** [www.livewellpsychologycenter.com](http://www.livewellpsychologycenter.com)

**Can you do school risk assessment-** Yes

**Insurance coverage-** BCBS, Aetna, Cigna, Medicare

**Is sliding scale available-** Yes

**Counseling specialty-**

Alexandra Miller Clark, Psy.D: Families are my favorite

Hillary Grennan- Loves providing children and adolescents the tools they need to help overcome anxiety

Heidi Keller, PhD- Comprehensive ADHD Evaluations and Reports; teens and adults with ADHD

Brittany Wool, LPC- Enjoys being an outlet to help empower children, teens and adults to learn tools to help manage their anxiety and depression

**Are emergency services available-** Yes

**How quickly can patients be seen-** Within one week

**Office hours-** Monday-Sunday, daytime and evenings

**Psychiatric affiliate-** Multiple

**Comments-** Our practice also handles all of the insurance research and “hassle” to make the process easier for patients. It’s our pleasure to be of service to our wonderful community!



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-**

## Atlantic Behavioral Health/Newton Medical Center

**Clinician Name-** Seven outpatient therapists treating children, adolescents and adults

**Credentials/Licensures-** Licensed Psychologists, Licensed Clinical Social Workers and Licensed Clinical Social Workers

**Address-** 175 High Street, Newton NJ 07860

**Phone-** 1-888-247-1400

**E-mail-** scott.maclean@atlanticealth.org

**Website-** www.atlanticealth.com/newton

**Can you do school risk assessment-** No

**Insurance coverage-** All Insurances, Medicaid, Charity Care, Medicare

**Is sliding scale available-** No

**Counseling specialty-** DBT (Dialectical Behavior Therapy), Depression Group and Cognitive Behavior Therapy. Co-Occurring services provided by our LCADC.

**Are emergency services available-** Yes, Psychiatric Emergency Services (PES)

**How quickly can patients be seen-** Immediately in Emergency Room

**Office hours-** MWF 8 AM- 5 PM Tu &Th 8 AM- 9 PM.

**Psychiatric affiliate-** Newton Medical Center

**Comments-**

## 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

**Counseling specialty-** Adolescent issues: Harassment, intimidation/bullying, relationship, social skills. Parenting concerns/ family problems/ divorce/ single parenting. Mental health (Post Psychiatric Hospitalization needs; Depression, Anxiety, ADHD, etc) Learning Disabilities/Developmental Disabilities/Asperger's Syndrome, School Behavior Issues. Chronic Medical Illness, Terminal Illness for patient and caregiver; families. Bereavement, grief and ongoing loss. LGBTQ issues. Christian counseling, spirituality issues.

**Are emergency services available-** Yes

**How quickly can patients be seen-** Within 7 days

**Office hours-** Monday-Friday

**Psychiatric affiliate-** On-line (Virtual) therapy available by request

**Comments-**

## 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

Carly Herschman, LCSW

**Credentials/Licensures-** Certified School Social Worker, Licensed Clinical Social Worker

**Address-** 2 West Hanover Avenue, Suite 203, Randolph, NJ 07869

**Phone-** 862-432-8649

**E-mail-** carly.herschman@gmail.com

**Website-** <https://www.psychologytoday.com/us/therapists/carly-herschman-randolph-nj/285992>

**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-**

## 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-** Sussex County- 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](mailto:jessica.large@centerforeval.org)

**Website-** [www.centerforeval.org](http://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 (TSP) 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-**

## Center for Family Services (Formerly Family Intervention Services)

**Clinician Name-** Various

**Credentials/Licensures-** LSW/LAC, LCSW/LPC

**Address-** 55 Mill Street, Newton, NJ 07860

**Phone-** 973-940-0105

**E-mail-** [ingrid.vaca-bullaro@centerffs.org](mailto:ingrid.vaca-bullaro@centerffs.org) or [kristen.lauber@centerffs.org](mailto:kristen.lauber@centerffs.org)

**Website-** <https://www.centerffs.org/>

**Can you do school risk assessment-** No

**Insurance coverage-** Yes- Medicaid provider for Children 18 and under as well as Adults

**Is sliding scale available-** Yes

**Counseling specialty-** Children/Family Therapy, Adult Outpatient Services, Children's Mobile Response

**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-** APN available

**Comments-** Promoting Success Program is open to provide counseling to any family with a child(ren) under 18 not involved with DCP&P or CMO. Sussex County Outpatient In home sessions are provided. Program is open to any individual child/youth/adult and/or their families who have Medicaid (NJ Family Care). Must travel to our Rockaway office for in-person sessions.

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

Center for Mindful Change, LLC

**Clinician Name-** Kathryn A. Griffiths, MSW, LCSW, BCD

**Credentials/Licensures-** MSW, LCSW, BCD,

**Address-** The Creamery Center, 51 Route 206, Suite 103, Augusta, NJ 07822

**Phone-** 973-257-5666

**E-mail-** [Kathryn@centerformindfulchange.com](mailto:Kathryn@centerformindfulchange.com)

**Website-** [www.centerformindfulchange.com](http://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.



## Center for Prevention and Counseling

**Clinician Name-** listed below

**Credentials/Licensures-**listed below

**Address-** 61 Spring Street, Newton NJ 07860

**Phone-** 973-383-4787

**E-mail-** pat@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 2-10 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. Telehealth counseling services available as needed. Additionally, recovery support services available, which for parents and families of a loved one struggling with a substance use disorder.

1. Christine Michlik, Director of Clinical Services, LPC, LCADC, ACS, CCS
2. Patricia White, Clinical Supervisor, Clinician, MA, LCADC, CCS
3. Ava LaMorte, CADC
4. Steve Higgins, MA, LAC, LCADC intern
5. Lauren Montalvo, CADC Intern, Intake Specialist
6. Deanne Rieger, LCADC Intern
7. Kristina Thompson, CADC
8. Jenn Wroblewski, MA, LAC, LCADC Intern
9. Natalie Yanoff-Smith, CADC

Center for Prevention and Counseling- TAG (Think, Act, Grow) Program

**Clinician Name-** Jennifer Wrobleski

**Credentials/Licensures-** MA, LAC, TAG Coordinator

**Address-** 61 Spring Street, 1<sup>st</sup> Floor, Newton, NJ 07860

**Phone-** 973-383-4787

**E-mail-** [jenn@centerforprevention.org](mailto:jenn@centerforprevention.org)

**Website-** [www.centerforprevention.org](http://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-**

Christopher Belz, Psy.D.

**Clinician Name-** Christopher Belz, Psy.D.

**Credentials/Licensures-** Licensed (NJ) Clinical Psychologist

**Address-** 350 Sparta Ave, C-8 Sparta, NJ 07871

**Phone-** 908-812-3532

**E-mail-** chris.belz@gmail.com

**Website-** christopherbelzpsyd.com

**Can you do school risk assessment-** No

**Insurance coverage-** Cigna, Medicaid and Medicare

**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, Tuesday, Wednesday, Thursday, Friday by appointment

**Psychiatric affiliate-**

**Comments-** Only providing telehealth sessions at this time

## Coordinated Treatment Solutions, LLC

**Clinician Name-** James Cuccio

**Credentials/Licensures-** Licensed Social Worker

**Address-** 904 B2- 909 A2 Pompton Avenue, Cedar Grove, NJ 07009

**Phone-** 973-239-4848

**E-mail-** [coordinatedtreatment@gmail.com](mailto:coordinatedtreatment@gmail.com)

**Website-** [www.facebook.com/CoordinatedTreatment](http://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.

## 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.

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

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-**

## 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.



## 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-** 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

## Center for Family Services (Formerly Family Intervention Services)

**Clinician Name-** Various

**Credentials/Licensures-** All clinicians are licensed LSW, LAC, LPC or LCSW

**Address-** 55 Mill Street, Newton, NJ 07860

**Phone-** 973-940-0105

**E-mail-** [ingrid.vaca-bullaro@centerffs.org](mailto:ingrid.vaca-bullaro@centerffs.org) or [katherine.acosta@centerffs.org](mailto:katherine.acosta@centerffs.org)

**Website-** <https://www.centerffs.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- Adult Outpatient Services

**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-** APN available

**Comments-** Sussex County Outpatient Program is open to any individual-child/youth/adult and/or their families who have Medicaid (NJ Family Care). Must be able to travel to our Rockaway offices for in-person services.

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

## First Light Counseling

**Clinician Name-** Edward Blevins

**Credentials/Licensures-** Licensed Professional Counselor (LPC), Licensed Clinical Alcohol and Drug Counselor (LCADC), 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.

## Full Circle Counseling

**Clinician Name-** Jordan O'Neill, LSW Nadine Jordan, LPC

**Credentials/Licensures-** Licensed Social Worker and Licensed Professional Counselor, Certified Mental Health Screener, Crisis Counselor, Grief Recovery Specialist, Clinical Supervisor, Perform Care Provider

**Address-** 59 Beaverbrook Road, Suite 302C, Lincoln Park, NJ

**Phone-** 862-248-9442

**E-mail-** jordanconnects@gmail.com

**Website-** www.jordanconnects.com

**Can you do school risk assessment-** Yes

**Insurance coverage-** Yes

**Is sliding scale available-** Yes

**Counseling specialty-** Crisis, Adolescent, Anxiety, Relationships, Parenting, Depression

**Are emergency services available-** Yes

**How quickly can patients be seen-** Within 48 hours

**Office hours-** Varies- In home counseling

**Psychiatric affiliate-**

**Comments-** We are mainly an in home counseling group. We will come to the client in Sussex County and see children and adults.

Gia N. Leo

**Clinician Name-** Gia N. Leo

**Credentials/Licensures-** LCSW, LCADC

**Address-** 43 Main Street, Suite 101, Sparta, NJ 07871

**Phone-** 862-268-3101

**E-mail-** gianicole20@gmail.com

**Website-**

**Can you do school risk assessment-** Yes

**Insurance coverage-** Out of network, Generous sliding scale

**Is sliding scale available-** Yes

**Counseling specialty-** Adolescent, Adult, Family

**Are emergency services available-** Yes

**How quickly can patients be seen-** Within 24 hours

**Office hours-** 8 AM – 10 PM

**Psychiatric affiliate-** ABC Counseling Northern NJ, Deborah Drumm, APN

**Comments-**

## Ginnie's House Sussex Children's Advocacy Center

**Clinician Name-** Shawn Welty, Community Resource Specialist, MDT  
Coordinator/Clinician and Natalia Olarte, Child and Family Therapist

**Credentials/Licensures-** LPC, LCSW

**Address-** 4 High Street, POB Box 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-** Within 24-48 hours

**Office hours-** M-F 9 AM- 5 PM and other appointments as warranted

**Psychiatric affiliate-** None

**Comments-** Ginnie's House provides free trauma informed mental health services and forensic medical evaluations when child abuse is suspected, disclosed or reported. We also provide psychoeducational support to non-offending caregivers. We work both internally and 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, consultation with school staff and resources for the community as needed.

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-**

## 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](mailto:angelahollanderlcsw@gmail.com)

**Website-** [www.hollandercounselingandconsulting.com](http://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



## 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-**

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.

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-**

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.

Kristy Lavin

**Credentials/Licensures-** LCSW

**Address-** 225 Route 23 North, Hamburg, NJ 07419

**Phone-** 973-250-2367

**E-mail-** klavintherapy@yahoo.com

**Website-**

**Can you do school risk assessment-**

**Insurance coverage-** Out of network provider

**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-** Weekdays (virtual) and Sunday (in-person)

**Psychiatric affiliate-**

**Comments-**

## Lakeside Counseling Associates

**Clinician Name-** Danah Rumble, LPC ACS Director & Melissa Pirnos, LPC ACS Director  
Melanie Iacobino, LPC ACS Supervisor, Joanne D'Agosta, LCSW, Deanna Wilpert, LMFT,  
Jon Boschen, LCSW, LCADC, Carmelo Colon, LCSW Elizabeth Conran, LAC  
Lisa Coppola, LPC, Cynthia Brusco, LPC, Meredith Holick, LPC, Cara Pagan, LAC  
Josephine Schiff, LCSW, Caitlyn Song, LPC, Phil Lane, LSW, Ashley Allen, LPC,  
Lydia Buchalsi, LCSW, LCADC, Holly Aschoff, LCSW, Kelsey Cox, LAC, Jeany Lally, LPC  
Jodina Brizell, LPC, LCADC, Tasha Wehrenberg, LAC, Jennifer Obermiller, LPC

**Credentials/Licensures-** All our providers are master level clinicians that are licensed in the state of New Jersey. These licenses include LPC, LAC, LCSW, LMFT, LCADC

**Address-** 350 Sparta Avenue Suite C-2A, Sparta, NJ 07871 and 30 Moran Street, 2<sup>nd</sup> Floor, Newton NJ 07860

**Phone-** 973-726-4533- Sparta 973-862-6066- Newton

**E-mail-** [drumble@lakesidecounselingassociates.com](mailto:drumble@lakesidecounselingassociates.com), [mpirnos@lakesidecounselingassociates.com](mailto:mpirnos@lakesidecounselingassociates.com)

**Website-** [www.lakesidecounselingassociates.com](http://www.lakesidecounselingassociates.com)

**Can you do school risk assessment-** Yes, and same day please call 862-432-5306 or 973-600-3558 for same day appointment

**Insurance coverage-** Horizon, BCBS, Emblem, Anthem, Beacon, Cigna, United, Oxford, Optum, Aetna, Meritain, Magellan, Amerihealth, Tricare, Health Partners and Medicare

**Is sliding scale available-** Yes

**Counseling specialty-** We are a multi-specialty group private practice, offering behavioral health services to adults, children and adolescents. We provide individual counseling, couples counseling, family therapy and group therapy in a calm and relaxing outpatient setting. Our diverse team of mental health professionals are dedicated to providing the highest quality of care, personalized for each individual's needs. All of our therapists are experienced licensed professionals with a wide range of specialties and qualifications. Some areas of expertise include child and adolescent therapy, substance abuse evaluations and counseling, risk assessments and evaluations for schools.

**Are emergency services available-** Yes

**How quickly can patients be seen-** Same day for risk assessments, all others 48-72 hrs

**Office hours-** Monday- Saturday 8 AM – 9 PM

**Psychiatric affiliate-** Yes- Hamilton Behavioral Health

**Comments-** We provide telehealth services which is a video chat on a HIPAA secure platform for clients who prefer an alternative to in-office visits

## Lauren Cardinale

**Clinician Name-** Lauren Cardinale

**Credentials/Licensures-** CMS-CHT, FIBH, CPC

**Address-** Primarily telehealth but can arrange in-person sessions

**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.

## Lauren Palumbo, LPC

**Credentials/Licensures-** Licensed Professional Counselor

**Address-** 409 Main Street, Chester, NJ

**Phone-** 908-505-8770

**E-mail-** [laurenpalumbolpc@gmail.com](mailto:laurenpalumbolpc@gmail.com)

**Website-** See profile on psychology today website- therapist finder

**Can you do school risk assessment-** No

**Insurance coverage-** Out of network provider, I do all of the billing and accept deferred payment from the insurance company

**Is sliding scale available-** Yes

**Counseling specialty-** Anxiety, depression, social/peer issues, life transitions. I see adolescents, college students and adults, utilizing CBT and a mindfulness approach

**Are emergency services available-** No

**How quickly can patients be seen-** Usually within one week

**Office hours-** Tuesdays and Wednesdays 4-8, Saturday's 9-2

**Psychiatric affiliate-** None

**Comments-** Certified School Counselor



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.

## Sapphire Counseling, LLC

**Clinician 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-** No

**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 am offering online services to students aged 15 and up

## 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-**

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 (Main Office), 973-632-6617 (Cell Phone)

**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](http://www.marklittman) for detailed information about my practice.

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-**

## 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.

## MJC Institute

**Clinician Name-** listed below

**Credentials/Licensures-**

**Address-** 190 Main Street, Ogdensburg, NJ 07439

**Phone-** 973-827-1646

**E-mail-** [mjcphd@earthlink.net](mailto: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](mailto:leabrooke@hotmail.com)
3. Margaret J. Castagna, LPC
4. Sara Mendez Emma, LCSW- [sara23@hotmail.com](mailto:sara23@hotmail.com)
5. Jane Esposito, LPC, Licensed school psychologist- [dr.janeesposito@gmail.com](mailto:dr.janeesposito@gmail.com)
6. Susan Prager, LPC

## 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

**Counseling specialty-** Preschool aged children to adolescents and adults. Couples and families. Experience with attachment related problems, behavioral problems, anxiety, social issues, parenting, at risk youth.

**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.



Myra J. Rowland, LPC

**Credentials/Licensures-** Licensed Professional Counselor

**Address-** 110 Mudtown Road, Sussex, NJ 07461

**Phone-** 973-702-0066

**E-mail-** myrajrowland@yahoo.com

**Website-**

**Can you do school risk assessment-** No

**Insurance coverage-** Some Accepted

**Is sliding scale available-** Yes

**Counseling specialty-** I specialize in children and adolescents as well as women's issues and marriage and family counseling

**Are emergency services available-** Yes

**How quickly can patients be seen-** Often times that day

**Office hours-** Open based on clients' needs

**Psychiatric affiliate-** None

**Comments-**

Nelson L. Hadler, LLC

**Clinician Name-** Nelson L. Hadler

**Credentials/Licensures-** LCSW, LCADC, ICCS

**Address-**

**Phone-** 973-713-7957

**E-mail-** nelsontdi@aol.com

**Website-** nelsonhadler.com

**Can you do school risk assessment-** Yes

**Insurance coverage-** Out of Network

**Is sliding scale available-** Yes

**Counseling specialty-** Adolescents, Families, Co-occurring Disorders

**Are emergency services available-** Yes

**How quickly can patients be seen-** Within 7 days

**Office hours-** Flexible

**Psychiatric affiliate-**

**Comments-** Telehealth only

## New Discoveries Behavioral Health

**Clinician Name-** Kathleen Burke, Tanya Leonhardt, Tiffany Moss, Joe Schweighardt, Ginny Dinsmore, Megan Williams

**Credentials/Licensures-** Approved Clinical Supervisor, Licensed Professional Counselor, Licensed Clinical Social Worker, Licensed Associate Counselor, Licensed Social Worker, Certified School Social Worker, Certified School Psychologist, Certified School Counselor.

**Address-** 117 Seber Road, Unit 2A, Hackettstown, NJ 07840 (Doctors Park complex)

**Phone-** 862-324-1232

**E-mail-** NewDiscoveriesBH@gmail.com

**Website-** www.NewDiscoveriesBH.com

**Can you do school risk assessment-** No

**Insurance Coverage-** Most major insurances accepted

**Is sliding scale available-** No

**Counseling specialty-** Our diverse staff has the experience and expertise to provide counseling and therapy for mood disorders, anxiety, depression, bipolar, marital and family counseling, parenting skills, and adolescent and teen issues such as impulse control, conflict resolution, communication skills, and social skills.

**Are emergency services available-** No

**How quickly can patients be seen-** One to two weeks

**Office hours-** Monday through Saturday, including evenings.

**Psychiatric affiliate-** None

**Comments-** Our team of highly qualified professionals offers mental health services to children, adolescents, and adults in Northern New Jersey. We provide individual psychotherapy and family counseling to help individuals and families struggling with anxiety, depression, stress, trauma, and relationships. Our therapists are dedicated to helping people develop the skills and strategies to make positive changes in thoughts, attitudes, and behaviors that will improve their lives.

## NewBridge Services

**Clinician Name-** Multiple

**Credentials/Licensures-** LCSW, LSW, APN

**Address-** 70 Sparta Avenue, Sparta, NJ 07871 (Also have O/P offices in Haskell & Parsippany)

**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 Medicaid, NJ Family Care and Medicare

**Is sliding scale available-** Yes

**Counseling specialty-** Children, adolescents, adults and seniors. Focus on mental health and wellness with individual, family, and psychiatric services; trauma-focused, wellness and recovery; and medication monitoring. Children's medication monitoring is managed out of Parsippany office (telehealth available).

**Are emergency services available-** Yes, for current clients via after-hours call system

**How quickly can patients be seen-** Varies, up to 4 months

**Office hours-** M-Th 9 AM – 9 PM, F 9 AM – 5 PM.

**Psychiatric affiliate-** APN on staff for adults. Children's medication monitoring is managed out of Parsippany office (telehealth available).

**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 mental health, and one psychiatric advanced practice nurse.

## New HOPE Counseling Services, LLC

**Clinician Name-** Lisa Frisbie

**Credentials/Licensures-** Med, LPC

**Address-** Lafayette Professional Building, 168 Route 15 North, Lafayette, NJ 07848

**Phone-** 973-903-3215

**E-mail-** [newhopecounselingservicesllc@gmail.com](mailto: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 young adults and adults to identify challenges, determine goals, establish plans for what they have control over and gain acceptance for what they do not. Counseling emphasis on boundaries, making healthy decisions and forging positive relationships, with extensive experience in the issues of, body image, grief and loss, divorced/blended families, and the impact of a friend or family member's harmful substance use. Specialty in supporting parents through childrearing, separation/divorce, and life transitions.

**Are emergency services available-** No

**How quickly can patients be seen-** Within several days

**Office hours-** Tuesday in person, Wednesdays virtual

**Psychiatric affiliate-**

**Comments-**

## Newton Medical Center- Psychiatric Emergency Services

**Address-** 175 High Street, Newton, NJ 07860

**Phone-** 973-383-0973

**Website-** <https://www.atlantichealth.org/conditions-treatments/behavioral-health/crisis-intervention.html>

**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-** 25 Hours

**Psychiatric affiliate-** On staff

North Jersey Counseling Associates, LLC/ Deborah Kopko Vitale

**Clinician Name-** Deborah Kopko Vitale, MS, PhD, BCC, MFT, NCC, LPC, LCADC, ACS

**Credentials/Licensures-** (LPC) Licensed Professional Counselor, (MFT) Marriage and Family Therapist, (LCADC) Licensed Clinical Addiction Counselor, (ACS) Approved Clinical Supervisor

**Address-** 804 Rt. 517, Glenwood, NJ 07418; 92 Route 23 North, Riverdale, NJ 07457; 49E Midland Avenue, Paramus, NJ 07652

**Phone-** 973-764-8845

**E-mail-** northjerseycounseling@yahoo.com

**Website-** northjerseycounseling.com

**Can you do school risk assessment-** Yes

**Insurance coverage-** Blue Cross Blue Shield, Cigna, EAP, United Behavioral Health, Oxford, Optum, Beacon Health Services/Value Options, Out of Network plans

**Is sliding scale available-** Yes, for private pay clients

**Counseling specialty-** Individual, Couple and Family Therapy; Specializing in Trauma, Mental Health, and Co-Occurring, Ages 6 and up, children, adolescents, adults and geriatrics

**Are emergency services available-** No

**How quickly can patients be seen-** Within 1 week or less

**Office hours-** Monday 10am-7pm, Tuesday 10am-7pm, Wednesday 10am-7pm, Thursday 10am-4 pm; By appointment only

**Psychiatric affiliate-** Referrals are made to local psychiatrists for medication management or psychiatric services

**Comments-** Telehealth services available

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.



## 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-**

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-**

## 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-** [highlandpsychiatric@gmail.com](mailto:highlandpsychiatric@gmail.com) Sparta location and [sanjeevanijainmd@gmail.com](mailto: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-**

Shirley de Knecht-Kuzik

**Clinician Name-** Shirley de Knecht-Kuzik

**Credentials/Licensures-** LCSW, LCADC

**Address-** 37 Main Street, Suite 1091, Sparta, NJ 07871

**Phone-** 973-945-1322

**E-mail-** sdeknechtkuzik@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-** No

**How quickly can patients be seen-** Within 2 days

**Office hours-** T-Th 9 AM- 9 PM

**Psychiatric affiliate-** None

**Comments-**

## Silver Lining Services, LLC

**Clinician Name-** Christine Webber, Kate Ravielli, Megan Jerome, Jessica Gallego, Allison McCurry, Katy Szatkiewicz

**Credentials/Licensures-** MSW/LSW/LCSW, MA/LAC

**Address-** remote (offering telehealth and in-home therapy)

**Phone-** 862-432-3453

**E-mail-** silverliningbilling@gmail.com

**Website-** <https://christine-webber.clientsecure.me/>

**Can you do school risk assessment-** Yes- for existing clients

**Insurance coverage-** Out of Network (Courtesy billing offered)

**Is sliding scale available-** Yes

**Counseling specialty-** Individual and family therapy in these areas: anxiety, OCD, family conflict, sports performance, trauma, peer issues and self-esteem issues. 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-** Flexible scheduling around school, sports & work schedules; weekends available

**Psychiatric affiliate-** None

**Comments-** Our seasoned clinicians have experience working with children and families in many settings including schools, non-profit child welfare agencies and outpatient mental health agencies.

## Skylands Wellness, LLC

**Clinician Name-** Nicole Bognini, Jaime Solano

**Credentials/Licensures-** LCSW, PMH-C

**Address-** Stanhope, NJ & Telehealth

**Phone-** 973-527-4539

**E-mail-** [nicole@skylandswellness.com](mailto:nicole@skylandswellness.com)

**Website-** [www.skylandswellness.com](http://www.skylandswellness.com)

**Can you do school risk assessment-** No

**Insurance coverage-** Out of Network

**Is sliding scale available-** Yes, limited slots available

**Counseling specialty-** Outpatient therapy, with a focus on parenting therapy, family therapy, perinatal mental health, attachment/bonding.

**Are emergency services available-** No

**How quickly can patients be seen-** Same week as referral

**Office hours-** Monday – Saturday, evening and weekend appointments available

**Psychiatric affiliate-** Referrals provided

**Comments-** Visit our website for more information

## 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](mailto:ninakooper@primehealthcare.com)

**Website-** [www.saintclares.org](http://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 100 school contracts in Morris, Sussex and Essex Counties to do risk assessments.

## 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.



## Summit Behavioral Health (Formerly Treatment Dynamics)

**Clinician Name-** Stephanie Kresch

**Credentials/Licensures-** All of our clinicians are master's 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.

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-** susanherschman@gmail.com

**Website-** [www.psychologistsusanherschman.com](http://www.psychologistsusanherschman.com)

**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-**

## Sussex County Child and Family Counseling

**Clinician Name-** Charles J. Carroll

**Credentials/Licensures-** L.C.S.W.

**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-** Most Horizon plans, Cigna, many union plans

**Is sliding scale available-** Yes

**Counseling specialty-** Families and children, AD/HD, Behavior disorders and Social Development Issues

**Are emergency services available-** No

**How quickly can patients be seen-** Within 48 hours

**Office hours-** M-F 9 AM- 7 PM, Sat 8 AM- 2 PM (excluding summers)

**Psychiatric affiliate-** Robert M. Parinello, M.D.

**Comments-**

## The Family Center for Behavioral Health

**Clinician Name-** Dr. Bob DeYoung

**Credentials/Licensures-** Licensed in Pennsylvania and New York (LPC/LMHC), Credentialed Alcohol and Substance Abuse Counselor, as well as Gambling Counselor, and OASAS Approved DWI Evaluator (NY)

Certified in Biofeedback (BCIA), EMDR, and HeartRate Variability Training (HRV)

Certified Marriage & Family Therapist

Certified Advanced Graduate Studies (CAGS) in Cognitive Behavior Therapy (PCOM)

**Address-** 104 West High Street, Milford, PA, 18337

**Phone-** 570-296-3825

**E-mail-** rrdy123@yahoo.com

**Website-** www.drbobdeyoung.com

**Can you do school risk assessment-** Yes, I have completed many throughout the years- usually within several days to one week of referral

**Insurance coverage-** Out of Network Coverage

**Is sliding scale available-** Regular fee is \$150 per 1 hour session (a bit more for evaluations), and in extreme case, I'll provide a sliding scale.

**Counseling specialty-** I have been in the Mental Health field since 1978, and I'm credentialed/certified in Marriage and Family Therapy, CBT, EMDR, HRV, Hypnosis, Alcohol/Substance Abuse, Gambling, Biofeedback, etc.

**Are emergency services available-**

**How quickly can patients be seen-** Within 1 to 2 weeks

**Office hours-** M-F 9 AM-8 PM, Sat 8 AM- 2 PM

**Psychiatric affiliate-** None

**Comments-** I am not affiliated with any other professionals, and I am in private practice- full time, so arranging appointments within a reasonable time is not a problem.

## 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-**

## 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](http://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 can schedule clients in the same week they call. We also handle all the insurance needs to take the guess work out of the equation. TCBC also has an IIC division through the Children's 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.

## True Colors for Creative Therapy LLC

**Clinician Name-** Jennifer Whitlock

**Credentials/Licensures-** MA, LPC, ACS

**Address-** Telecounseling as well as in-person services in Easton, PA

**Phone-** 973-222-3750- Jennifer

**E-mail-** [jen@jenwhitlock.com](mailto:jen@jenwhitlock.com)

**Website-** [www.jenwhitlock.com](http://www.jenwhitlock.com)

**Can you do school risk assessment-** No

**Insurance coverage-** Aetna, Horizon non-medicaid

**Is sliding scale available-** No

**Counseling specialty-** Teenagers, Gender Variant individuals, and LGBT youth. My website describes my approach to gender nonconforming individuals.

<http://www.jenwhitlock.com/genderservices.html>

**Are emergency services available-** No

**How quickly can patients be seen-** 1-7 days. Jen offers a free 15-minute consult to see if a client is a good match, which can be scheduled with this link: <https://jennifer-whitlock4284.clientsecure.me/>

**Office hours-** M-F 11 AM- 7 PM, Other times available upon request. No weekend appointments available

**Psychiatric affiliate-** None

**Comments-**

## 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-**



## 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-** Irein@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

**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-**

## Wellness Therapy Services LLC

**Clinician Name-** Jolene Hegarty

**Credentials/Licensures-** EdS, MA, LPC

**Address-** 52 Newton Sparta Road, Newton, NJ 07860

**Phone-** 973-229-9469

**E-mail-** wellnesstherapyservicesllc@gmail.com

**Website-** <https://jolene-hegarty.clientsecure.me/>

**Can you do school risk assessment-** No

**Insurance coverage-** Out of Network Provider

**Is sliding scale available-** No

**Counseling specialty-** Anger Management, Anxiety, Bullying, Chronic Illness, Codependency, Conflict Resolution, Coping Skills, Depression, Divorce, Grief, Internet and/or Video Game Addiction, Lack of Impulse Control, Life Transitions, Peer Communication, School Refusal, Self-Esteem and Stress Management.

**Are emergency services available-** No

**How quickly can patients be seen-** Within 7 days

**Office hours-** Varies

**Psychiatric affiliate-** Fiorella Paradisi, MSN, DNP ©, PMHNP, SANE

**Comments-** I know it can be hard to get to the point where you do not know what else to do, so please do not hesitate to reach out for help for yourself or a loved one. I am a Licensed Professional Counselor with extensive experience within the school system and in the mental health field working with children, adolescents and families with diverse needs. I use an integrative methodology including a Strengths-Based Approach, Cognitive Behavioral Therapy (CBT), and Systems Theory (working with peers, family, school, work and community) which include creative techniques that are individual to each client.

## Willow Tree Therapy Services, LLC

**Clinician Name-** Multiple clinicians with varying degrees

**Credentials/Licensures-** Ph.D., LPC's, LMFT's, LCSW's, and LCADC's

**Address-** 25 Main Street, Rear Entrance, Sparta, NJ 07871

**Phone-** 973-903-5431

**E-mail-** willowtreetherapy2@gmail.com

**Website-** <https://www.willowtreetherapyservices.com/>

**Can you do school risk assessment-** Yes

**Insurance coverage-** Out of network, generous sliding scale

**Is sliding scale available-** Yes

**Counseling specialty-** Family, child, adolescent, adult, couples

**Are emergency services available-** Yes

**How quickly can patients be seen-** 24 hours

**Office hours-** 8 AM – 10 PM

**Psychiatric affiliate-** Advanced Behavioral Counseling Northern New Jersey- Deborah Drumm

**Comments-** We offer a wide range of mental health and substance use services. In addition, we have specialized trauma treatment, couples therapy, and child therapy from age 3+. We have several highly skilled clinicians, both full time and part time. We are an Intoxicated Drivers Resource Center affiliate and specialize in substance use treatment, evaluations and urine drug screens for children and adults. Someone will answer your call immediately and address individualized needs on a case-by-case basis. We can provide safe and comfortable in person therapy as well as telehealth to suite any individual or family need. If we cannot assist someone, we will refer to the community therapists that we are familiar with that can work with a particular issue.

## Youth Advocate Program Morris Sussex

**Clinician Name-** various

**Credentials/Licensures-** LAC/LSW; LPC/LCSW

**Address-** 328 Sparta Avenue, Suite E; Sparta, NJ 07871

**Phone-** 973-729-3617

**E-mail-** [nraftopoulos@yapinc.org](mailto:nraftopoulos@yapinc.org)

**Website-** <https://www.yapinc.org/Locations/Morris-Sussex>

**Can you do school risk assessment-** no

**Insurance coverage-** Medicaid only

**Is sliding scale available-** Yes, for those without mental health insurance coverage

**Counseling specialty-** Some therapists provide TF-CBT (trauma); all therapists can provide CBT; individual and family therapy

**Are emergency services available-** No

**How quickly can patients be seen-** 4 weeks

**Office hours-** M-F 9 am – 8 pm; Sat. varies; Telehealth/Virtual services also available

**Psychiatric affiliate-** YAP has a Nurse Practitioner now available every Tuesday, 11 am – 7 pm for psychiatric evaluations and medication monitoring

**Comments-** Services provided for ages 5 - adult

## Sussex County Resource Numbers For Adolescent Substance Abuse Treatment

Ambulance/Police/Overdose	911
<a href="#">National Suicide &amp; Crisis Lifeline</a>	988
<a href="#">Psychiatric Emergency Services</a>	<a href="#">973-383-0973</a>
<i>Sussex County Mental Health Crisis Intervention Hotline</i>	
<a href="#">Early Intervention Support Services Wellness Hub</a> (18 and older)	<a href="#">973-840-1850</a>
<i>Mental Health Urgent Care and Drop-in Support Center</i>	
 <b>INFORMATION/REFERRALS/SUPPORT</b>	
<a href="#">Caring Partners of Morris &amp; Sussex</a>	<a href="#">973-770-5505</a>
<a href="#">NJ Children's System of Care Hotline - PerformCare</a>	<a href="#">877-652-7624</a>
<a href="#">NJ Addiction Services and Referral Hotline</a>	<a href="#">844-276-2777</a>
<a href="#">Partnership to End Addiction</a>	Text CONNECT to 55753
<a href="#">ReachNJ Addiction Helpline</a>	<a href="#">844-732-2465</a>
<a href="#">Sussex County Recovery Helpline</a> (Center for Prevention & Counseling)	<a href="#">844-722-5327</a>
<a href="#">Sussex County Division of Community &amp; Youth Services</a>	<a href="#">973-940-5200</a> X 1379
 <b>OUTPATIENT SUBSTANCE USE TREATMENT</b>	
<a href="#">Aspire Counseling Services</a> , Pompton Plains	<a href="#">973-737-8400</a>
<i>Substance Use Counseling, IOP, PHP</i>	
<a href="#">Center for Prevention &amp; Counseling</a> , Newton	<a href="#">973-383-4787</a>
<i>Substance Use Screening, Evaluation, Counseling and IOP</i>	
<a href="#">High Focus Centers</a> , Parsippany	<a href="#">877-792-6430</a>
<i>Substance Use and Mental Health Counseling and IOP</i>	
<a href="#">Lakeside Counseling Associates</a> , Newton/Sparta	<a href="#">973-726-4533</a>
<i>Mental Health and Substance Use Counseling</i>	
<a href="#">NewBridge Counseling</a> , Sparta	<a href="#">973-726-0697</a>
<i>Mental Health and Substance Use Counseling</i>	
<a href="#">New Pathway</a> , Pine Brook	<a href="#">201-436-1022</a>
<i>Mental Health and Substance Use Counseling, PHP</i>	
<a href="#">Willow Tree Therapy Services</a> , Sparta/Andover	<a href="#">973-903-5431</a>
<i>Substance Use and Mental Health Evaluation and Counseling</i>	
<b>OUTPATIENT MENTAL HEALTH TREATMENT</b>	
<a href="#">Atlantic Behavioral Health</a> , Newton	<a href="#">888-247-1400</a>
<i>Psychotherapy and Medication Management</i>	
<a href="#">Center for Evaluation and Counseling</a> , Sparta	<a href="#">973-512-3700</a>
<i>Mental health evaluation and treatment</i>	
<a href="#">Psychological Associates of North Jersey</a> , Andover	<a href="#">908-979-1144</a>
<i>Mental health evaluation and treatment</i>	
<a href="#">St. Clare's</a> , Boonton	<a href="#">973-299-5436</a>
<i>Partial Hospitalization Program</i>	
<b>INPATIENT/RESIDENTIAL TREATMENT</b>	
<a href="#">New Hope</a> , Marlboro	<a href="#">732-946-3030</a> X 3
<i>Withdrawal management and intensive inpatient</i>	
<a href="#">Carrier Clinic East Mountain Youth Lodge</a> , Belle Meade	<a href="#">800-933-3579</a>
<i>Residential</i>	
<b>OTHER</b>	
<a href="#">Recovery High School</a> , Roselle	<a href="#">732-381-4100</a>

Center for Prevention and Counseling, 61 Spring St., Newton, NJ 07860  
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