

## CHESAPEAKE COMMUNITY RESOURCES

- \* Please call your insurance company and obtain a list of mental health providers in your area. Your insurance company can assist you to match your needs to a provider. If your child has Medicaid, you can obtain a list of providers by calling Magellan at 1-800-424-4536.
- \* Please see attached list for additional mental health providers serving your community.
- \* The below list may include some acronyms that you are not familiar with, here are a few examples:
  - PTSD= Post Traumatic Stress Disorder
  - ADD/ADHD= Attention Deficit Disorder/Attention Deficit Hyperactivity Disorder
  - OCD= Obsessive-Compulsive Disorder
  - LGBT Issues= Lesbian, Gay, Bi-Sexual, Transgendered Issues
  - TF-CBT= Trauma Focuses-Cognitive Behavioral Therapy (treatment type)
  - PCIT= Parent Child Interaction Therapy (treatment type)
  - CBT= Cognitive Behavioral Therapy (treatment type)
  - DBT= Dialectical Behavioral Therapy (treatment type)
  - EMDR= Eye Movement Desensitization and Reprocessing (treatment type)
- \* Please note the listed providers are not vetted and we cannot guarantee that every therapist will work effectively with every child/family. Therefore, we encourage you to select a provider with appropriate training and qualifications in addressing your child's specific needs. We have included a hand-out that details questions that should be asked of potential mental health providers. Please contact your child's case manager if you have any questions about how to determine which therapist is a good match for your child.

**Chesapeake Integrated Behavioral Healthcare (CSB):** (757) 547-9334, 224 Great Bridge Blvd, Chesapeake 23320

- A. Clinicians: Several
- B. Modality/Concentration: Counseling encompasses a wide range of services and treatments.
- C. Mobile Crisis is available 24 hours a day by calling the same phone number, an answering service takes calls after hours and pages clinician on call.
- D. Age: All

**Greenbrier**

**1. Coastal Counseling Center:** 757-436-0605, 1417 N. Battlefield Blvd #260, Chesapeake 23320

<ul style="list-style-type: none"> <li>A. Clinician: Judy Griffin, LCSW</li> <li>B. Modality/Concentration: Grief/Loss, Domestic Violence, Sexual Abuse, Anger Management, Depression, Anxiety, ADD/ADHD</li> <li>C. Age: 8 years+</li> <li>D. Telehealth only</li> </ul>
<ul style="list-style-type: none"> <li>A. Clinician: Robin Shelton, LCSW</li> <li>B. Modality/Concentration: Trauma, Sexual/Physical Abuse, Depression, Grief/Loss, Military Family Issues, Anger Management, Self-Harm</li> <li>C. Age: 16+</li> <li>D. Telehealth only</li> </ul>
<ul style="list-style-type: none"> <li>A. Clinician: John Copeland, LPC</li> <li>B. Modality/Concentration: Depression, Anxiety, PTSD, Grief/Loss, DBT</li> <li>C. Age: 16+</li> <li>D. In person and Telehealth</li> </ul>
<ul style="list-style-type: none"> <li>A. Clinician: Dorothy Goulart, LCSW</li> <li>B. Modality/Concentration: Trauma, Anxiety, Depression, Grief/Loss, Sexual/Physical Abuse, Play Therapy, Military Family Issues</li> <li>C. Age: 2+</li> <li>D. Telehealth</li> </ul>
<ul style="list-style-type: none"> <li>A. Sam Harriss, NP</li> <li>B. Modality/Concentration: Adjustment disorders, Anxiety, Grief, Behavior changes</li> <li>C. Age: 16+</li> <li>D. In person and Telehealth</li> </ul>

**2. King Jones & Associates:** 757-436-2444, 1403 Greenbrier Parkway Suite 200, Chesapeake 23320

- A. Clinician: Dr. Patricia King-Jones
- B. Modality/Concentration: Psychiatric Services, Medication Management, ADD/ADHD
- C. Age: 6 years+

**3. Rawles Psychological Services:** 757-493-2912, Email: [info@drportiarawles.com](mailto:info@drportiarawles.com), website: [rawlespsych.com](http://rawlespsych.com) ; 2010 Old Greenbrier Road, Suite J, Chesapeake, VA 23320

- a. Takes Medicaid and other insurances

**4. Chesapeake Psychological Associates:** 757-420-0530, 640 Independence Parkway #100, Chesapeake 23320; website: [chespsych.com](http://chespsych.com); **NOT CURRENTLY TAKING CLIENTS 5.10.2022**

<p>A. Clinician: Lynnette Widgeon-Hammonds, LCSW                  B. Modality/Concentration: ADD/ADHD, Depression, Anxiety, Grief/Loss, PTSD, Sexual Abuse, EMDR, CBT                  C. Age: 6+                  D. Not taking new clients</p>
<p>A. Clinician: Nilima Nirmul, Psy. D                  B. Modality/Concentration: School Issues, Identity Issues, Mental Health Evaluations                  C. Age: 13+</p>
<p>A. Clinician: Sandra Jarvis, LCSW                  B. Modality/Concentration: Trauma, PTSD, Depression, Anxiety                  C. Age: 11+                  D. Telehealth Only</p>
<p>A. Clinician: Arlene L. Brown, Psy.D                  B. Modality/Concentration: Child &amp; adolescent concerns, Anxiety, Depression, Mood Disorders, Adjustment issues, relationship difficultueis, life transitions and trauma</p>

**5. Genesis Counseling Center:** 757-965-5886, 638 Independence Parkway Suite #240, Chesapeake 23320; website- [genesiscounselingcenter.com/Chesapeake/](http://genesiscounselingcenter.com/Chesapeake/)

<p>A. Clinician: Noelle Lowry, PhD, LPC                  B. Modality/Concentration: Anxiety, Depression, ADHD, grief/loss, Parenting, Oppositional/Conduct                  C. Age: 7+                  D. Telehealth only</p>
<p>A. Clinician: Krista Zohorsky, LPC                  B. Modality/Concentration: Anxiety, Trauma and Abuse, Suicidal Ideation and Self-Harm, Children and Teens                  C. Age: All                  D. Telehealth only</p>
<p>A. Clinician: Carey Savage, LCSW                  B. Modality/Concentration: PTSD, Anger Management, Family Therapy, Parenting, Loss/Grief                  C. Age: Males 8-13                  D. Telehealth only                  E. After 5PM appointments available</p>
<p>A. Clinician: Cynthia Tidwell, LCSW                  B. Modality/Concentration: Anxiety, Depression, Grief/Loss, Sexual Abuse                  C. Age: 13+                  D. Telehealth only</p>
<p>A. Clinician: Karis Holder, LPC                  B. Modality/Concentration: At-risk youth, ADHD, sexual abuse recovery, trauma recovery, Depression, Anxiety                  C. Age: 8+                  D. Telehealth only</p>
<p>Practice provides a Teen Group: DBT Skills Training.</p>

**6. Roots & Wings Connections Family Counseling:** 757-758-3042, 1403 Greenbrier Parkway #225, Chesapeake 23320, website: [rootsandwingsconnections.com](http://rootsandwingsconnections.com)

- A. Clinician: Amber Jones, LPC, NCC
- B. Modality/Concentration: EMDR, Gottman Method Couples Therapy
- C. Age: All

- A. Clinician: Eve Glenn, LPC-R
- B. Modality/Concentration: Trauma, Grief, Depression, Anxiety, Suicidal Ideation, Substance Abuse, LGBTQIA+ friendly
- C. Age: All

**Churchland/Western Branch**

1. **Churchland Psychological Center (Churchland):** 757-483-3404, 3101 American Legion Road Suite 21B, Chesapeake 23321, website: [counselinghr.com](http://counselinghr.com)

<ul style="list-style-type: none"> <li>A. Clinician: Susan Asprey, LCSW, CSAC</li> <li>B. Modality/Concentration: DBT, Substance Abuse, PTSD, Stress Disorders, Anxiety</li> <li>C. Age: 8+</li> <li>D. Telehealth only</li> </ul>
<ul style="list-style-type: none"> <li>A. Clinician: Muriel Ricker, LMFT</li> <li>B. Modality/Concentration: Children Coping with Parental Divorce, Marital Counseling, Co-Parenting Counseling, Anxiety, Depression, Developmental Issues, CBT</li> <li>C. Age: 5+</li> <li>D. In Person and Telehealth</li> </ul>
<ul style="list-style-type: none"> <li>A. Clinician: Malka Rudin, LCSW</li> <li>B. Modality/Concentration: DBT, Sandplay Therapy, ADD/ADHD, Depression, Anxiety, Trauma, Grief/loss</li> <li>C. Age: 4+</li> <li>D. Telehealth only</li> </ul>

2. **Bonheur & Associates:** 757-484-4025, 5939 Village Street, Portsmouth, VA 23703, website: [bonheurassociatescounselingcenterltd.com](http://bonheurassociatescounselingcenterltd.com)

- A. Clinicians: Ronald Bonheur, Ph. D. and Sheila Hunt, LCSW
- B. Modalities: Trauma, EMDR, Anxiety, Depression, ADD/ADHD
- C. Age: Bonheur 2+, Hunt 5+
- D. In Person and Telehealth
- E. After 5PM appointments available

**Great Bridge**

1. **Stephen Ganderson, Psy. D:** 757-717-6326, 505 Cedar Drive, Suite B-1, Chesapeake 23323
  - A. Modality/Concentration: Problematic Sexual Behaviors, CBT, Psychological Testing
  - B. Age: 13+
2. **CHKD Behavioral Health:** 757-668-7525, 500 Discovery Drive, Chesapeake 23320  
 Only provides TF-CBT with children who have experienced medical trauma. General mental health services are available to children who have co-occurring medical and mental health conditions AND currently see a CHKD network pediatrician.

**Multiple Locations**

1. **Social Butterflies Club:** 757-422-6342, Multiple locations in Virginia Beach and Chesapeake; website: [socialbutterfliesclub.com](http://socialbutterfliesclub.com)
  - A. SBC provides social communication therapy and groups for children in a fun, structured environment. The unique structure of the program also develops speech, language, fine motor, gross motor, and social/play skills.

- B. Children served include those with speech-language delays, gross-fine motor delays, cognitive delays, ADHD/ADD, Autism Spectrum Disorders (ASD), or delayed development in the area of play skills resulting from limited opportunities to interact with other children.
- C. Self-Pay Only – No Insurance Accepted