

Counseling Services Referral List

Major Providers Serving Central Oregon

Kids Center: A non-profit child abuse intervention center serving Central Oregon youth
<http://www.kidscenter.org/>

Deschutes County Behavioral Health - Child and Family Program: Comprehensive county mental health services serving those who reside in Deschutes County
<http://www.deschutes.org/health/page/child-and-family-program> (541) 322-7500

Lutheran Community Services: Agency providing mental health support for children, teens, and adults, primarily serving Crook County

BestCare Treatment Services: Agency providing mental health support for children and adults throughout Central Oregon, and providing state-funded services in Jefferson County.
<http://www.bestcaretreatment.org/>

St. Charles Behavioral Health: Extension of the St. Charles Healthcare system, providing behavioral support throughout Central Oregon.
<https://www.stcharleshealthcare.org/Our-Clinics/Behavioral-Health-Care>

OSU Cascades Free Counseling Clinic: Oregon State University provides free counseling services to individuals through the graduate program's counseling clinic in Bend.
<http://osucascades.edu/free-counseling-community-members>

Family Resource Center of Central Oregon: Nonprofit offering a variety of parental education services throughout the region. <http://frconline.org/>

Both school-based health clinics can assist with mental health/counseling services:

M.A. Lynch School Based Health Clinic

Operated by Mosaic Medical

Phone: (541) 923-5800

HOURS:

Monday – 8:00 a.m. to 5:00 p.m.

Tuesday – 8:00 a.m. to noon.

Wednesday – 8:00 a.m. to 5:00 p.m.

Thursday – 8:00 a.m. to 5:00 p.m.

Friday – 8:00 a.m. to noon.

Redmond High School School-Based Health Clinic

Operated by Mosaic Medical

Phone: (541) 647-2716

HOURS:

Tuesday 1:00 p.m. to 5:00 p.m.

Wednesday 8:00 a.m. to 5:00 p.m.

Thursday Behavior Health Services Provided by Deschutes County only 8:00 a.m. to 5:00 p.m.,

Friday 8:00 a.m. to 5:00 p.m.

Suicide

- For emergencies call 9-1-1 or go to your local emergency room.
- Deschutes County Health Services 24-Hour Crisis Hotline (or to make an appointment), call (541) 322-7500, ext. 9.
- National Suicide Prevention Lifeline, call 1-800-273-TALK (8255) or visit www.suicidepreventionlifeline.org. Available 24/7.
 - For Veterans, press #1
 - Aduda en español llame 1-888-628-9454.
 - Hearing and speech impaired, call 1-800-799-4TTY (4889)

2017 Redmond Private Therapist List

<p>Melissa Adams, LCSW melissaadamsLCSW@gmail.com CentralOregonTherapy.com</p>	<p>541-279-6143</p>	<p>Individual, Families, Adults, Couples, Adolescents, Women's Issues, Trauma, Grief/Loss, Child Abuse, LGBTQ+, Depression, Anxiety</p>	<p>Sliding scale, cash, Providence, BCBS, OHP Other credentialing pending.</p>
<p>Margaret (Peg) Beaton, LCSW</p>	<p>541-598-6881 (phone) 541-923-1936 (fax)</p>	<p>Individual, Couples, Families Adults, Somatic Experiencing, DBT</p>	<p>Aetna, BCBS, Champus, Champ VA, Cigna, Clear One, EBMS, First Choice, IBH, Medicare, MHN, MODA, PBH, Providence, Reliant, Tricare/Triwest, UBH, Western Psych, Pacific Source, UMR</p>
<p>Betty Beaumont, MA, LPC strenghtinhealingcounseling@gmail.com</p>	<p>480-329-2495</p>	<p>Children, Adolescents, Adults and Couples, EMDR</p>	<p>Aetna, MHN, MODA, OHP, Pacific Source, RBH, GEHA</p>
<p>Kat Benitez, BS, CADC II kat@SpirtualRootsRecovery.org</p>	<p>541-610-5929</p>	<p>Adults, Alcohol/Drugs, Abstinence and Harm Reduction, Dual diagnosis, Pain Management, Specializing in Mindfulness-based interventions, Human Development focused.</p>	<p>Sliding Scale</p>
<p>Amy Bordelon-Freeman, MA, LPC amybordelon@hotmail.com</p>	<p>303-880-0287</p>	<p>Individuals, Families, Couples, ASD & Other Neurodev. Dx, In-home family therapy/parent training. Social skills groups Pre-K to Young Adults.</p>	<p>Pacific Source, BCBS, FirstChoice, MODA, Sliding Scale, Scholarships for group. Reduced rates for anyone whose insurance I do not take.</p>
<p>Julie Branaugh, LPC</p>	<p>541-480-0341</p>	<p>Individual, adolescents, adults, EMDR</p>	<p>Aetna, BCBS, Clear One, EBMS, First Choice, MODA, MHN, OHP, Pacific Source, RBH, Tricare/Triwest, UMR, VA</p>
<p>Asa (Gemignani) Aramburo, LCSW</p>	<p>541-610-3913 (phone) 541-504-5805 (fax)</p>	<p>Individuals, Families, Adolescents, Children Birth to Adults</p>	<p>BCBS, OHP, Pacific Source, VA. Sliding scale</p>

Barry Gridley, D. Min., LMFT Works at WaterCup Counseling.	541-527-5802	Adults, Couples, Trauma, Disassociation, Anxiety, Depression, Faith-Based, EMDR	Sliding Scale in place; has applied for insurance credentialing with major Central Oregon Ins. Companies.
Gretchen Hingley, MS dreamingearth.org	(541) 480-0978	Nature based therapy for Groups, Wildland Firefighters, First Responders, Adults, and Adolescents: Trauma, grief, anxiety, transitions, and spirituality.	Fee for service Sliding scale
Nancy Hoffman, LCSW Redmond & Bend Offices	541-390-3299 Fax 541-548-6501	Individuals, families, Adolescents, Children, Birth to Adults. Athletes (performance enhancement)	Ameriben, Asante, Aetna, BCBS, Champus, ChampVA, Cigna, Clear One, Crime Victims, Dept of VA, EBMS, , First Choice, GEHA, IBH,, Medicare, MHN, MODA, Pacific Source, PBH, Phillips Administration, Providence, RBH, Tricare/Triwest, Trillium, UBH, UMR, Western Psychological
Marty Jones, LPC, NCC safepassagegrief@gmail.com	541-279-1006	Grief/loss specialty, EMDR, adults, families	Medicare, Fee for service: Mastercard, Visa, cash, check
Randy Krieger, LPC, MA, M. Div, CADCI	1-503-327-4049	Couples, Individual, Trauma, Depression, Anxiety, Pornography Addiction	Fee for service
Elizabeth Leeberg, PhD	541-408-7740	Individual, Families Adolescents, Adults	BCBS, Champus, Champ VA, Crime Victims, EBMS, First Choice, IBH, Medicare, MODA, Pacific Source, Tricare/Triwest, UMR
Karen Ludwig, LPC	541-923-2654	Individuals,	

Kludwig13@msn.com www.mynewpriorities.com	541-408-7370	couples, Families, Adolescents, Children 6- Adults Mental Health & Alcohol/drug; DUI TX	OHP, A & I, Aetna, BCBS, Cascade Centers, Champus, Champ VA, Cigna, ComPsych, Coventry, Crime Victims, Dept of VA, EBMS, First Choice, GEHA, Health Net, Horizon, IBH, Magellan, MHN, MODA, Pacific Care, Pacific Source, PBH, Providence, RBH, Shasta Admin, Grande Ronde Tribal, Tricare/Triwest, UBH, UMR, United Health Care, United Health Care Military & Veterans. EAP's.
Bill Mahnke, MA Watercup Counseling Services	541-848-0879 852 SW 15 th Redmond, OR	Individual, Marriage, Families	Sliding Scale Non Profit
Gerald Magaro, LMFT Redmond & Bend offices	541-678-8873	Individuals, couples, families, men's issues, mindfulness	Aetna, BCBS, First Choice, IBH, Healthnet, MHN, Magellan, MODA, Providence, IBH, Tricare, PacificSource, Value Options, United Healthcare, EBMS, GEHA, Triwest
Tara Maloney, LCSW	541-279-7900	Individual, Adults, adolescents, EMDR, Trauma	Sliding Scale, BCBS, PacificSource, Samaratin, UBH, Medicare
Ann Martin, LCSW annmartinlcsw@yahoo.com http://www.emdrtherapistnetwork.com	541-504-8970 (phone) 541-504-5805 (fax)	Individuals, Families, Birth to Adult EMDR	AARP, Ameriben, Asante, Aetna, BCBS, Champus, Champ VA, Clear One, Crime Victims, Dept of VA, EBMS, First Choice, GEHA, IBH,, Medicare, MHN, MODA, Pacific Source, PBH, Providence, RBH, UMR, Tricare/Triwest, UBH, UHC,
Jennifer McKague, LPC jennifer.mckaguelpc@bendbroadband.com	541-788-0795	Individuals, Families, Adolescents, Children Birth to Adults, Play therapy, EMDR, Anxiety, Depression, Parenting, Domestic Violence	AETNA, BCBS, EBMS, First Choice Health, MODA, RBH (Pacificsource), OHP, MHN, VA/Triwest
Sarah Nelson, LCSW	541-330-4778 (phone) 541-548-6501 (fax)	Individuals, Families, Adolescents, Children, Children's Groups Birth to Adults, EMDR	Ameriben, Asante, Aetna, BCBS, Champus, Champ VA, Cigna, Clear One, Crime Victims, Dept of VA, EBMS, First Choice, GEHA, IBH, MHN, MODA, OHP, Pacific Source, PBH, Phillips Administration, Providence, RBH, Tricare/Triwest, UBH, UMR, Western Psychological

<p>Laura Robinson, MA, LPCI Water Cup Counseling</p>	<p>541-688-7577</p>	<p>Individual, Depression, anxiety, mood disorders</p>	<p>Fee for Service</p>
<p>Kevin Shaw, LCSW CADC II kevin@brightwayscounseling.com</p>	<p>541-904-5216</p>	<p>Teens, Suicidal Ideations, Eating Disorders, Adult, Addictions</p>	<p>OHP, Medicare, PacificSource, Fee for service</p>
<p>David Stetson, LCSW</p>	<p>541-771-2324</p>	<p>Individuals, Couples, Men, Addictions/Sexual Addictions</p>	<p>Pacific Source, MODA, BCBS, First Choice, Tricare/Triwest, RBH, Medicare</p>