

Mental Health
Resource and
Treatment
Services Directory

Introduction

The Community Awareness and Prevention Association (CAPA) is a unique collaboration between the cities of Brecksville and Broadview Heights and the Brecksville-Broadview Heights City School District.

The coalition is comprised of parents, school and law enforcement personnel, business professionals, religious leaders, health providers and other community activists. Together, CAPA coalition members are dedicated to mobilizing at the local level to make the communities of Brecksville and Broadview Heights safer, healthier, and drug-free for all residents.

CAPA has constructed this resource guide for the Brecksville-Broadview Heights community. Here you will find a comprehensive list of resources, services, and treatment options for individuals and families struggling with mental health issues and disorders.

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There are many types of mental health care professionals who can help you achieve your recovery goals. Finding the right one is easier when you know about their different treatment roles. If you have insurance your plan needs to offer you the care providers you need. If one doctor does not accept insurance, they are obligated to find you another.

Contact your health insurance provider for more information.

Counseling: Working with a counselor can lead to better ways of thinking and living. Counselors assist with developing life skills and improving relationships.

Clinical Social Workers: Clinical social workers have a master's degree in social work and are trained to make diagnoses and provide individual and group counseling, case management and advocacy. Clinical social workers often work in hospitals or clinics or in private practice. Licensed, independent social workers (LICSW) have undergone an extra certification process.

Counselors: Counselors are trained to diagnose and provide individual and group counseling. Counselors may focus on different areas: Licensed Professional Counselor, Mental Health Counselor, Certified Alcohol and Drug Abuse Counselor, Martial and Family Therapist.

Pastoral Counselors: Pastoral counselors are clergy members with training in clinical pastoral education. They are trained to diagnose and provide counseling.

Peer Specialists: Peer specialists have lived experience with a mental health condition or substance use disorder. They have often received training and certification and are prepared to assist with recovery by developing strengths and setting goals.

Social Workers: Social workers (B.A. or B.S.) provide case management, inpatient discharge planning services, placement services and other services to support healthy living.

Emergency Resource Numbers

First Call For Help, United Way Service	(216) 436-2000
24 Hour Suicide Prevention/Mental Health Crisis	(216) 623-6888
National 24 Hour Suicide Prevention Hotline	1-800-273-8255
Crisis Text Line	Text "HOME" to 741741

ALCOHOLISM

Alcoholics Anonymous Cleveland District Office	(216) 241-7387
Meeting Information & Peer Intervention	www.aacleve.org

CHILD ABUSE

Cuyahoga County Department of Childs & Family Services	(216) 696-5437
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DOMESTIC VIOLENCE

Domestic Violence Center & Child Advocacy Center	(216) 229-2420
24 Hour Hotline	(216) 391-4357

DRUG ABUSE

Narcotics Anonymous	1-888-438-4673
Meeting Information & Peer Intervention	1-888-438-4673

FAMILY HELP

Bellflower Center	(216) 431-8200
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SEXUAL ABUSE

Cleveland Rape Crisis Center Hotline (Call or Text)	(216) 619-6194
	Or (440) 423-2020

Additional Resources

NON-CRISIS PEER SUPPORT

Warmline	(440) 886-5950
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(Peer support for mental health, seven days a week from 9:00am to 1:00am)

ADAMHS Board of Cuyahoga County Free Online Mental Health Screenings

<http://adamhsc.org/en-us/online-screenings.aspx>

Warning Signs of Mental Illness

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one’s own feelings, behavior or personality (“lack of insight” or anosognosia)
- Abuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing “aches and pains”)
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance
- Change in school performance

(NAMI)

Mental Illnesses

Anxiety disorders: Persistent feelings of intense fear and distress become overwhelming and prevent an individual from doing everyday activities. Anxiety disorders include: Generalized Anxiety Disorder (GAD), Social Anxiety Disorder, Panic Disorder, and Phobias.

Mood disorders: Persistent and intense periods of feeling empty, sad, and hopeless and/or periods of euphoria and mania. Mood disorders include depression and bipolar disorder.

Eating Disorders: Preoccupation with food and weight issues, abnormal eating behaviors, and body image issues. Eating disorders include anorexia nervosa, bulimia nervosa, and binge eating disorder.

Substance Abuse Disorders: Consistent habit of using a lot of alcohol, prescription or over-the-counter drugs unnecessarily or using illegal drugs that interferes with daily living.

Post-Traumatic Stress Disorder (PTSD): Long term emotional symptoms following a traumatic experience including re-experiencing the event, avoidance, and changes in cognition or mood.

Obsessive Compulsive Disorder (OCD): Repetitive, unwanted, intrusive thoughts (obsessions) and irrational, excessive urges to do certain actions (compulsions)

(NAMI)

Inpatient Treatment Locations

Bellefaire JCB 22001 Fairmount Boulevard Shaker Heights, Ohio 44118	(216) 932-2800
Cleveland Clinic Foundation Department of Psychiatry and Psychology 9500 Euclid Avenue, Cleveland, Ohio 44195	(216) 636-5860
Highland Springs 4199 Mill Pond Dr, Highland Hills, OH 44122 (Must be *18 years or older)	(216) 302-3070
Laurelwood Hospital 35900 Euclid Avenue, Willoughby Ohio 44094	(440) 953-3000
Marymount Hospital Behavioral Health Center 12300 McCracken Road, Garfield Hts. Ohio 44125	(216) 587-8342
The MetroHealth System Center for Behavioral Health, Children and Adolescent Services 2500 MetroHealth Drive, Cleveland Ohio, 44109	(216) 778-3745
Southwest General Health Center Oakview Behavioral Health 18697 Bagley Road, Middleburg Hts. Ohio 44130	(440) 816-8200

Outpatient Services

Agency	Affiliates In Behavioral Health
Address	6133 Rockside Rd, Suite 207 Independence, Ohio 4413
Phone Number	(216) 520-5969
Website	http://www.affiliatesbh.org/
Specialties	
Depression, OCD, Anxiety, Substance Abuse, Trauma, Family Therapy	
ACCEPTED INSURANCE PLANS*:	
Aetna, Antares, Anthem, Apex, Behavioral Health Systems, BlueCross and BlueShield, CareSource, Cigna, ComPsych, GEHA, Humana, Medical Mutual, Medicare, Molina, Summa, TRICARE, United Healthcare, Value options, WellPoint	
*Check with practitioner to confirm which plans they cover	
Agency	Associates in Adult Adolescent & Child Psychotherapy Inc
Address	8223 Brecksville Rd Brecksville, Ohio 44141
Phone Number	(440) 526-4426
Website	N/A
Specialties	
Evaluation, prevention, diagnosis, and treatment of mental, emotional, and behavioral health issues	
ACCEPTED INSURANCE PLANS*:	
N/A	
Agency	Balanced Living Center
Address	16600 Sprague Road, Suite 90 MiddleBurg Heights, Ohio 44130
Phone Number	(440)565-4927
Website	http://thebalancedlivingcenter.com/
Specialties	

Substance Abuse, Relationship Issues, Anxiety, Depression, Trauma and PTSD, Music Therapy

Accepted Insurance Plans*:

Aetna, Anthem, Beacon, Behavioral Health Systems, BlueCross and BlueShield, CareSource, Cigna, GEHA, HealthPartners, MHN, Medical Mutual, Medicare, Molina, Multiplan, Optum, TRICARE, UnitedHealthcare, Value Options, Out of Network

*Check with practitioner to confirm which plans they cover



Agency Behavioral Health Associates

Address 24400 Highpoint Road, Suite 8
Beachwood, Ohio 44122
AND
26777 Lorain Road, Suite 414
North Olmstead, 44070

Phone Number (216) 831-2500

Website <https://www.behavioralhealthassoc.com/>

Specialties

Anxiety, Panic Disorder, Phobias, Depression, Mood Disorders, Substance Abuse, Dual Diagnosis

Accepted Insurance Plans*:

CCN, Choice Care, Cigna, Medical Mutual, Medicare, Mutual Health, WellPoint, Out of Network

*Check with practitioner to confirm which plans they cover



Agency Benhaven Counseling

Address 8227 Brecksville Road, Suite 104
Brecksville, OH, 44141

Phone Number (440) 210-9266

Website <https://benhavencounseling.com/>

Specialties

Mood Disorders, Anxiety, Low Self-Esteem, Behavioral Issues, Substance Abuse, Relationship Issues, Family Therapy

Accepted Insurance Plans*:

Aetna, Anthem, Beacon, Beech Street, Behavioral Health Systems, BlueCross and BlueShield, CareSource, Cigna, Cleveland Clinic, Flora, GEHA, Great-West Life, Humana, Impact EAP, Klais, Medical Mutual, Medicare, Moda Health, TRICARE, The Health Plan, UMR, United Healthcare, ValueOptions, Out of Network

*Check with practitioner to confirm which plans they cover



Agency	Charak Center for Health and Wellness
Address	12395 McCracken Road Garfield Heights, Ohio 44125
Phone Number	(216) 587-6727
Website	https://www.charakcenter.org/

Specialties

Substance Abuse, Dual Diagnosis, Mood Disorders, Anxiety

Accepted Insurance Plans*:

Aetna, Antares, Anthem, Beechstreet, Behavioral Health Systems, Caresource, Cenpatico, CGS, Cigna Behavioral Health, Emerald Health, First Health, Flora, Great West, HealthNet, Humana, Impact EAP, Interplan Health Group, Healthspan, Klais, Lifesynch, Magellan, Medicaid, Medical Mutual, Medicare, Mutual Health Service, National Provider Network, Ohio Burea of Workers Comp, Ohio Health Choice, Ohio Preferred Network, Optum, PPO Next, SummaCare, The Health Plan, Three Rivers Health Plan, TRICARE, Unison, United Behavioral Health, Value Options, Wellcare

*Check with practitioner to confirm which plans they cover



Agency	Drs Chernin & Egan
Address	6505 Rockside Road, Suite 120 Independence, Ohio, 44131
Phone Number	(216) 524-1900
Website	https://www.drscherninandegan.com/

Specialties

Anxiety, Depression, Stress, School Issues, Relationship Issues, Low Self Esteem, Anger Management, Family Therapy	
Accepted Insurance Plans: Aetna, Coventry Health Care, First Health, HealthSpan, Medical Mutual *Check with practitioner to confirm which plans they cover	
Agency	Cornerstone of Hope-Grief Counseling
Address	5905 Brecksville Road, Independence, Ohio 44131
Phone Number	(216) 524-4673
Website	http://www.cornerstoneofhope.org/
Specialties	
Grief Counseling, Art Therapy	
Accepted Insurance Plans: \$40 flat rate per session, no insurance accepted	
Agency	Gabriel Group Counseling
Address	16600 Sprague Road, Suite 245 Middleburg Heights, Ohio 44130
Phone Number	(440) 523-0370
Website	http://www.gabrielgroupcounseling.com/
Specialties	
Self-Esteem, Depression, Anxiety, Anger Management, Stress Management, LGBTQ+ Challenges, Substance Abuse, Family Issues, Depression	
Accepted Insurance Plans: Aetna, Anthem, Behavioral Health Systems, BlueCross and Blue Shield, Ceridian, Cigna, Humana, Managed Health Network, Magellan Behavioral Health, Medical Mutual, United Health Care, TRICARE, Value Options, United Behavioral Health	
Agency	Jay Berk and Associates
Address	23293 Commerce Park

	Beachwood, Ohio 44122
Phone Number	(216) 292-7170
Website	https://jayberkphd.com/
Specialties	
Individual, group, couples, and family therapy for Depression, Anxiety, Anger Management, School Phobia, Oppositional Defiant Disorder, ADHD, Asperger's Syndrome, social skills, electronic addiction and internet gaming disorder, art therapy, Christian counseling, treatment for juvenile sex offenders, drug/alcohol treatment, educational testing, Autism testing, psycho-educational testing, and other related diagnoses, issues, or social problems.	
Accepted Insurance Plans*:	
Aetna HMO, Choice Plus POS II, Blue Cross Blue Shield-Blue Card PPO, Anthem Blue Cross Blue Shield HMO, Anthem Blue Cross Blue Shield PPO, CareSource, The following Cigna plans (Cigna PPO, Great West Healthcare-Cigna PPO, Open Access), Coventry Health Care - Group Plan PPO, First Health (Coventry Health Care) PPO, Humana - Choice Care PPO, Medical Mutual of Ohio POS, MultiPlan - PHCS Network PPO	
*Check with practitioner to confirm which plans they cover	
Agency	Lakeshore Counseling
Address	5475 Liberty Avenue Vermillion, Ohio 44089
Phone Number	(440) 963-0402
Website	https://lakeshorehealthandwellness.com/
Specialties	
Depression, Anxiety, Trauma, PTSD, Addiction, Stress Management, Couples Counseling	
Accepted Insurance Plans*:	
Aetna, Anthem Blue Cross Blue Shield, Cigna, Coventry Health Care, First Health, Humana, MultiPlan	
*Check with practitioner to confirm which plans they cover	
Agency	Lamplight Counseling Services
Address	6133 Rockside Road, Suite 403

	Independence, Ohio 44131
Phone Number	(216) 455-5571
Website	https://www.lamplightcounseling.net/
Specialties	
Substance Abuse, Mood Disorders, Anxiety/Panic Disorders, Attention Deficit Disorder (ADD), Stress Management, Bilingual Therapy	
Accepted Insurance Plans*:	
Aetna, Aetna EAP, Buckeye, Caresource, Cenpatico, Cigna, Humana, Lifeworks EAP, Medical Mutual, MHN, Meritain, Molina, Optum, Paramount, SummaCare, The Health Plan, TRICARE, UnitedHealthCare, United Behavioral Health, ValueOptions *Check with practitioner to confirm which plans they cover	
Agency	Meghan Barlow and Associates
Address	20220 Center Ridge Road, Suite 320 Rocky River, Ohio 44116
Phone Number	(440) 409-0307
Website	http://www.meghanbarlowandassociates.com/
Specialties	
Anxiety, ADD, Autism, Depression, Behavioral Issues, Trauma, Academic Issues, Emotion Regulation, School Refusal Learning Disabilities, Self-Esteem Issues, Relationship Issues, Family Therapy	
Accepted Insurance Plans:	
Does not accept insurance - Out of pocket	
Agency	Murtis Taylor Human Services System
Address	Main Campus: 13422 Kinsman Rd Cleveland, Ohio 44120 And various additional locations (see website)
Phone Number	(216) 283-4400
Website	http://www.murtistaylor.info/
Specialties	

Behavioral issues, Evaluation and Diagnosis, Case Management, Coping Skills, Medication CBT, Trauma Recovery	
Accepted Insurance Plans*: Medicaid *Check with practitioner to confirm which plans they cover	
Agency	Ohio Guidestone
Address	5706 Turney Road Garfield Heights, Ohio 44125
Phone Number	(440) 260-8300
Website	http://www.ohioguidestone.org/
Specialties	
Home-Based Counseling, Outpatient Counseling, Autism Treatment Services, School-Based Services, Psychiatric Services, Psychological Assessment	
Accepted Insurance Plans: Medicaid and most private insurance plans	
Agency	Palmentera & Associates
Address	6785 W Wallings Rd Suite 3B North Royalton, 44133
Phone Number	(440) 230-2564
Website	http://palmentera.com/index.htm
Specialties	
Anxiety, Depression, Abuse, Relationship Issues, Self-Esteem, Trauma, Self-Esteem Issues, Career Counseling, Spiritual Issues, Family Issues	
Accepted Insurance Plans: Must file your own insurance claim	
Agency	P.A.L.S. For Healing
Address	6100 Oak Tree Blvd, Suite 200 Independence, Ohio 44131
Phone Number	(330) 518-8334

Website	https://www.palsforhealing.org/
Specialties	
Trauma, Grief, Mood Disorders, Eating Disorders, Anxiety, Art Therapy, Family Therapy EMDR, DBT	
Accepted Insurance Plans: Aetna, Anthem Blue Cross Blue Shield, Blue Cross Blue Shield, Cigna *Check with practitioner to confirm which plans they cover	
Agency	Partners for Behavioral Health and Wellness
Address	24800 Highpoint Road Beachwood, Ohio, 44122
Phone Number	(216) 342-5496 x301
Website	http://partnersbhwc.com/
Specialties	
Anxiety/Panic Disorders, Attention Deficit Disorder (ADD), Stress Management, Depression, Eating Disorders, Grief, LGBTQ+ Challenges	
Accepted Insurance Plans*: Aetna, Anthem, BlueCross and BlueShield, Cigna, Medical Mutual, SummaCare *Check with practitioner to confirm which plans they cover	
Agency	PsychBC Brecksville
Address	6802 W Snowville Rd, Suite B Brecksville, Ohio 44141
Phone Number	(216) 438-8251
Website	https://psychbc.com/locations/greater-cleveland/brecksville-oh
Specialties	
Anxiety, Depression, Substance Abuse, Relationship Issues, LGBTQ+ Challenges	
Accepted Insurance Plans*: Aetna, Anthem, BlueCross and BlueShield, CareSource, Cigna, ComPsych, Highmark, Humana, Medicaid/Medicare, Medical Mutual,	

Molina, TRICARE, UnitedHealthcare

*Check with practitioner to confirm which plans they cover

Agency	Royalton Psychological Associates
Address	8040 Corporate Circle, Suite 4 North Royalton, Ohio, 44133
Phone Number	(440) 907-1141
Website	http://www.royaltonpsych.com/

Specialties

Family conflict, relationship issues, Trauma and PTSD, Anxiety, Anger, ADHD, Eating Disorders

Accepted Insurance Plans*:

Aetna, Care Source, Maritain, Medicaid, Medical Mutual, Paramount, Summa Health, ValueOptions/Beacon Health

*Check with practitioner to confirm which plans they cover

Agency	Strongsville Psychological Services
Address	7370 Engle Road Middleburg Heights, Ohio 44130
Phone Number	(440) 234-5994
Website	http://strongvillepsychological.com/

Specialties

Depression, Anxiety, Behavior Problems, Family Therapy, CBT, DBT, Family Issues, Family Therapy

Accepted Insurance Plans*:

Aetna, Anthem, Cigna, Emerald Health, Impact, Magellan, Medical Mutual, Medicare, Apex, SummaCare, United Behavioral Health, Value Options

*Check with practitioner to confirm which plans they cover

Agency	Western Reserve Psychological Associates
Address	7650 Chippewa Road (Rt. 82), Suite 306 Brecksville, Ohio 44141
Phone Number	(440) 526-2208

Website	https://www.westernreservepsych.com/ meet.html
Specialties	
Anxiety, Adjustment Issues, Anger Management, Substance Abuse, Depression and Mood Disorders, Relationship Difficulties, Stress Management, Self-Esteem, LGBTQ issues, Sleep Problems, Trauma and PTSD, Grief and Loss, Family Therapy, School Related Problems, Learning Disabilities	
Accepted Insurance Plans*:	
Aetna, BWC, Beacon Health, Cigna, First Health, HealthSmart, MHNet Behavioral Health, Magellan Behavioral Health, Medical Mutual, Medicare, Multiplan, Optum, Summa, TRICARE, UnitedHealthCare, Value Options, Out of Network	
*Check with practitioner to confirm which plans they cover	

Local Counselors and Therapist

Agency/Practitioner	Chris Bedosky
Licensure	Psychologist, PhD
Address	10524 Euclid Ave Cleveland, Ohio 44106
Phone Number	(216) 844-3881
Website	N/A
Specialties	
Anxiety, OCD, Body Dysmorphic Disorder, Skin Picking, Trichotillomania, CBT	
Accepted Insurance Plans: Medicare, Medicaid, Private Insurance	
Agency/Practitioner	Margaret Bohn-Galas
Licensure	Social Worker/Therapist, LISW-S
Address	8748 Brecksville Rd #245 Brecksville, Ohio 44141
Phone Number	(440) 723-2765
Website	N/A
Specialties	
Behavioral Issues, Coping Skills, Relationships Issues	
Accepted Insurance Plans: Aetna, Anthem, Apex, Blue Care Network, Blue Cross, BlueCross and BlueShield, CareSource, Cigna, Cleveland Clinic, Humana, Magellan Behavioral Health, Medical Mutual, Medicare, Optum, Summa, TRICARE, UnitedHealthcare, WellPoint, Out of Network	
Agency/Practitioner	Benita Chernyk
Licensure	Psychologist, PhD
Address	6133 Rockside Road, Suite 207 Independence, Ohio 44131
Phone Number	(216) 350-0534

Website	https://www.benitachernyk.com/
Agency/Practitioner	Benita Chernyk-Continued
Specialties	
Depression, Relationship Issues, Anxiety, Family Therapy, PTSD, Substance Abuse, Eating Disorders, Trauma	
Accepted Insurance Plans:	
Aetna, Allegiance, Anthem, Beacon, Behavioral Health Systems, BlueCross and BlueShield, CCN, CareSource, Cenpatico, Ceridian, Cigna, Cofinity, ComPsych, First Health, Humana, Medicaid, Medical Mutual, Medicare, Multiplan, Optum, Out of Network	
Agency/Practitioner	Cleveland Psychological Wellness Katherine Alouani
Licensure	Psychologist, PsyD
Address	7650 Chippewa Road (Rt. 82), Suite 306 Brecksville, Ohio 44141
Phone Number	(216) 450-6120
Website	https://www.clevelandpsychologicalwellness.com/
Specialties	
Trauma, substance abuse	
Accepted Insurance Plans:	
CareSource, Medical Mutual, Out of Network	
Agency/Practitioner	Wendy Cunningham
Licensure	Psychologist, PhD
Address	16761 Southpark Ctr Strongsville, Ohio 44136
Phone Number	(440) 878-2500
Website	N/A
Specialties	
CBT	
Accepted Insurance Plans:	
Medicare, Medicaid, Private Insurance	

Agency/Practitioner	Effective Counseling Solutions Meredith Lynn Milward
Licensure	Counselor, LPCC-S
Address	10010 Brecksville Rd Brecksville, Ohio 44141
Phone Number	(330) 708-7532
Website	https://effectivecounseling.org/
Specialties	
Anxiety, Depression, Social Problems, Family Distress, Behavioral Issues	
Accepted Insurance Plans: Anthem, Medical Mutual, UnitedHealthcare	
Agency/Practitioner	Humanistic Counseling Center Joseph Sestito
Licensure	Social Worker/Therapist, LISW
Address	8748 Brecksville Road Suite 222 Brecksville, Ohio 44141
Phone Number	(216) 586-6166
Specialties	
Depression, Anxiety, Obsessive-Compulsive (OCD), Anger	
Agency/Practitioner	Humanistic Counseling Center - Continued Joseph Sestito
Accepted Insurance Plans: Aetna , Behavioral Health Systems, BlueCross and BlueShield, Cigna , ComPsych, Humana, Magellan Behavioral Health, Medicaid, Medical Mutual, Medicare, TRICARE, Well Point, Out of Network	
Agency/Practitioner	Infinity Counseling Services Julie Hairston
Licensure	Social Worker/Therapist, LISW-S

Address	13374 Ridge Road North Royalton, Ohio 44133
Agency/Practitioner	Infinity Counseling Services Julie Hairston-Continued
Phone Number	(440) 332-0486
Website	N/A
Specialties	
Anxiety, Depression, Substance Abuse	
Accepted Insurance Plans: American Behavioral, CareSource, ComPsych, Humana, Medical Mutual, Out of Network	
Agency/Practitioner	Inner Harmony Counseling - Katie D'Frantis
Licensure	Counselor, LPC
Address	8180 Brecksville Rd, Suite 205 Brecksville, Ohio 44141
Phone Number	(440) 571-7942
Website	ihcounselingohio.com
Specialties	
Anxiety, Depression, Trauma and Post Traumatic Stress Disorder (PTSD)	
Accepted Insurance Plans: Out of Network	
Agency/Practitioner	Eileen Kennedy
Licensure	Psychologist, PhD
Address	5001 Rockside Road Independence, Ohio 44131
Phone Number	(216) 986-4000
Website	https://my.clevelandclinic.org/staff/3617-eileen-kennedy
Specialties	
Adjustment Disorder, Anxiety Disorder, Depression	
Accepted Insurance Plans:	

Aetna, Anthem Blue Cross Blue Shield, Blue Cross Blue Shield, Cigna, Coventry Health Care, First Health (Coventry Health Care), Multiplan

Agency/Practitioner	Marissa Patsey
Licensure	Counselor, LPC
Address	12417 Cedar Road, Suite 21 Cleveland Heights, Ohio 44106
Phone Number	(440) 683-6216
Website	https://www.marissapatsey.com/
Specialties	
LGBTQ+ Concerns, Anxiety, Depression, Trauma, Grief, Life Transitions, Family Issues	
Accepted Insurance Plans: Does not accept insurance - Out of pocket	
Agency/Practitioner	
Seasons Practice Individual & Family Counseling Veronica Bojerski	
Licensure	Counselor, LPCC
Address	3505 E Royalton Rd, Suite 201 Broadview Heights, Ohio 44147
Phone Number	(216) 930-3113
Website	http://seasonspractice.com/
Specialties	
Stress Management, ADHD, Anxiety, College Transition, Grief/Loss, Co-Dependency, Family Therapy	
Accepted Insurance Plans: Aetna, CareSource, Cigna, Medical Mutual, Mutual Health, Services, Optum, Summa Care, UnitedHealthcare	
Agency/Practitioner	
Jane Steckler	
Licensure	Psychologist, PhD
Address	8771 Brecksville Road, Suite 101 Brecksville, Ohio 44141
Phone Number	(216) 342-5496 x301

Website	N/A
Specialties	
ADHD, Anxiety, Mood Disorders	
Accepted Insurance Plans:	
Aetna, Anthem Blue Cross Blue Shield, Blue Cross Blue Shield, Cigna, MultiPlan	
Agency/Practitioner	Kathryn Turk
Licensure	Psychologist, PhD
Address	7650 Chippewa Road, Suite 300 Brecksville, Ohio 44141
Phone Number	(440) 838-4151
Website	N/A
Specialties	
None identified	
Accepted Insurance Plans:	
Aetna, Anthem, Blue Cross and Blue Shield, Cigna, Coventry Health Care	
Agency/Practitioner	Karen Wallis
Licensure	Counselor, LPCC
Address	7023 Mill Road Brecksville, Ohio 44141
Phone Number	(216) 303-6963
Website	N/A
Specialties	
Depression, Anxiety, Substance Abuse, Trauma, Relationship Issues	
Accepted Insurance Plans:	
CareSource, Medical Mutual, Out of Network	

Group Therapy/Support Groups

Agency/Practitioner	Balanced Living Center
Address	16600 Sprague Road, Suite 90 MiddleBurg Heights, Ohio 44130
Phone Number	(440)565-4927
Website	http://thebalancedlivingcenter.com/group-classes/
Group Topic(s):	
Yoga Classes, Meditation Classes, Group Workshops, Helping Children Through Divorce	
Cost	
Varies based on group	
Agency/Practitioner	Benita Chernyk, PhD
Address	6133 Rockside Road, Suite 207 Independence, Ohio 44131
Phone Number	(216) 350-0534
Website	https://www.benitachernyk.com/
Group Topics	
Women's Seeking Safety Group (treatment for history of trauma and substance abuse), DBT Skills Group	
Cost:	
Varies based on Group	
Agency/Practitioner	Cornerstone of Hope-Grief Counseling
Address	5905 Brecksville Road Independence Ohio, 44131
Phone Number	(216) 524-3787
Website	http://cornerstoneofhope.org/page/support-groups
Group Topic(s)	
Support Groups for: Accidental Overdose Loss, Adult Grief, Child Loss, Complicated Loss, FLIGHT (Families Living in Grief and Healing	

Together), Murder Loss, Perinatal and Infant Loss, Suicide Loss, Military Loss, Young Adult, Bible Study, Transcending Grief	
Cost: No cost (exception: Transcending Grief -\$10 per session fee)	
Agency/Practitioner	Jay Berk PH.D. and Associates
Address	23293 Commerce Park Beachwood, Ohio 44122
Phone Number	(216) 292-7170
Website	https://jayberkphd.com/
Group Topic(s)	
Social Skills and Self Esteem Groups (group goals may include: anger management, making friends, coping skills, anxiety management, impulse control, reducing family conflict)	
Cost: \$50 per group session (most insurance companies supply coverage for group therapy)	
Agency/Practitioner	Lakeshore Counseling
Address	5475 Liberty Avenue Vermillion, Ohio 44089
Phone Number	(440) 963-0402
Website	https://lakeshorehealthandwellness.com/
Group Topic(s)	
Social and Emotion Regulation, DBT for Adolescents	
Cost: Varies based on Group	
Agency/Practitioner	MetroHealth-Parma Medical Center
Address	12301 Snow Road, Conference Room D, enter East Pharmacy Entrance Parma, Ohio 44130
Phone Number	N/A
Website	http://adamhsc.org/en-US/finding-help.aspx

Group Topic(s)	
The Education Group (provides participants with basic information that will assist them in making healthy choices for themselves and those they love), Family Support Group (for those with loved ones struggling with addiction)	
Cost: No cost	
Agency/Practitioner	National Alliance on Mental Illness (NAMI)
Address	2012 West 25 th Street, Suite 600 Cleveland, Ohio 44113
Phone Number	(216) 875-0266
Website	https://namigreatercleveland.org/peer-support-groups/
Group Topic(s)	
Family, Friend, Caregiver Support Groups (Support groups for those close to someone who is mentally ill, includes a dual diagnosis group, spouse support group, faith based support group) Support Group for Wellness (Support groups for adults who are coping with mental illness, includes a dual diagnosis group, faith based group, and a Spanish speaking group)	
Cost: No Cost	
Agency/Practitioner	P.A.L.S. For Healing
Address	6100 Oak Tree Blvd, Suite 200 Independence, Ohio 44131
Phone Number	(330) 518-8334
Website	https://www.palsforhealing.org/support-groups
Group Topic(s):	
Families affected by substance abuse, Families affected by divorce/separation, Families affect by military deployment,	
Cost No Cost	

Religious and Pastoral Counseling

Agency/Practitioner	Reverend Lois Annich
Religious Affiliation	Presbyterian
Address	2537 Lee Road Cleveland Heights, Ohio 44106
Phone Number	(216) 373-2660
Website	N/A
Specialties	
Bereavement, Anxiety, Depression, Relationship Issues, Stress	
Accepted Insurance Plans: N/A	
Agency/Practitioner	Fay Boyer
Religious Affiliation	Christian
Address	21380 Lorain Road, Suite 105 Fairview Park, Ohio 44126
Phone Number	(216) 245-1651
Website	https://www.fayboyer.com/
Specialties	
Anxiety, Depression, Self Esteem, Substance Abuse	
Accepted Insurance Plans: Aetna, Anthem, CareSource, Cenpatico, Cigna, ComPysch, HealthSmart, MHN, Magellan Behavioral Health, Medical Mutual, Molina, Paramount, SummaCare, TRICARE, UnitedHealthcare, Value Options, EAP, Out of Network	
Agency/Practitioner	Hope Behavioral Health
Religious Affiliation	Christian
Address	24100 Chagrin Boulevard, Suite 330 Beachwood, OH 44122* *Online therapy is also offered
Phone Number	(800)-642-4560
Website	https://www.hopebehavioral.com/

Agency/Practitioner - continued	Hope Behavioral Health
Specialties	
Substance Abuse, Depression, Family Therapy, Spiritual Issues	
Accepted Insurance Plans: Anthem Blue Cross Blue Shield, Buckeye Health, CareSource, Cigna, Cleveland Clinic Employee Health, EAP, GEHA, Medical Mutual, Medicare, Molina Healthcare, Paramount, SummaCare, United HealthCare, UMR	
Agency/Practitioner	New Source Counseling
Religious Affiliation	Christian
Address	United Methodist Church of Chagrin Falls 20 S. Franklin Street Chagrin Falls, Ohio, 44022 AND Lighthouse Christian Fellowship 315 Graham Road Cuyahoga Falls, Ohio 44223
Phone Number	(1-800) 323-7174
Website	http://newsourcounseling.com/home
Specialties	
Substance Abuse, Anxiety, Depression, Eating Disorders, Grief, Low Self Esteem, Relationship Issues, Spiritual Issues	
Accepted Insurance Plans: Care Source, Out of Network	

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Assessment

A thorough substance use assessment includes a detailed inventory of the type, amount, frequency, and consequences of the patient's substance use, their perception of their use and readiness to change, an assessment of co-occurring psychiatric disorders, a medical history, physical examination and laboratory tests, the presence of substance use disorder in the patient's family, and review of social factors that may contribute to substance use or facilitate treatment. The assessment will determine the level of care that is most appropriate.

Case Management

Case Management services are designed to assist individuals or groups in gaining access to medical, social and/or educational support services. A case manager may interact with other service providers, the legal system, family members, or other individuals important to those in treatment.

Cognitive/Behavioral Therapy (CBT)

A type of behavioral therapy that seeks to modify negative or self-defeating thoughts and behaviors. Sessions with a psychotherapist or therapist focus on the development of coping mechanisms that allow people to respond and act differently to various sources of stress.

Counseling

Counselors can work individually or in group sessions to identify potential solutions to emotional problems. The goal is to collaborate to improve communication in a way that promotes behavioral change and improves overall mental health.

Dialectical Behavioral Therapy (DBT)

A form of psychotherapy designed to help people suffering from a variety of mental health disorders and/or addiction. This type of therapy seeks to overcome destructive behavior and teaches people how to better manage emotions and impulses.