



YOUTH MENTAL HEALTH RESOURCE LIST

Providers serve all Chatham County residents unless otherwise stated. **If you are experiencing a life-threatening emergency or crisis, call 911 immediately.**

To verify the information provided in this list, please contact our local care management entity **Cardinal Innovations** at (919) 913-4000 or toll-free at (800) 939-5911 www.cardinalinnovations.org.

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| <p>El Futuro, Inc. 319 A E 3rd Street Siler City, NC 27344 P (919) 799-2625 F (919) 663-0264 Serves Spanish speakers www.elfuturo-nc.org</p> | <p>Bilingual mental health and substance abuse services are available on Tuesdays 9:00am-7:00pm and Wednesdays 9:00am-5:00pm in the Siler City office. Other locations available in Carrboro and Durham. Accepts children 6 and older for services. Services provided include:</p> <ul style="list-style-type: none"> ▪ Mental Health Evaluations ▪ Individual, Family and Group Therapy ▪ Psychiatric Treatment ▪ Parenting classes, social skills classes and DBT Skill Classes ▪ Substance Abuse Evaluation and Treatment ▪ Trauma Treatment (all ages) <p><i>Medicaid, Health Choice, and private insurances accepted. Uninsured patients accepted.</i> For further questions surrounding payment, clients are encouraged to attend an orientation appointment.</p> |
| <p>Freedom House Child and Adolescent Outpatient Clinic 104 New Stateside Drive Chapel Hill, NC 27516 P (919) 442-1844 www.freedomhouserecovery.org</p> | <p>Services provided include:</p> <ul style="list-style-type: none"> ▪ Comprehensive Clinical Assessment ▪ Individual and Family Outpatient Therapy ▪ Peer Group Therapy ▪ Medication Management ▪ Parenting Workshops and Trainings ▪ Intensive-In Home Therapy ▪ Substance Abuse Intensive Outpatient Therapy (SAIOP) ▪ Support services for children and adolescents with a parent struggling with mental illness or substance abuse |
| <p>Peak Professional Services Counseling for Growth, Transformation & Inspiration <i>Pittsboro Office</i> 200 Sanford Road, Suite 2 Pittsboro, NC 27312 P (919) 335-3105 P Spanish Speakers (919) 412-5685 C (919) 412-5685 www.peakprofessionalgroup.com</p> | <p>Services provided include:</p> <ul style="list-style-type: none"> ▪ Individual Counseling ▪ Couples Counseling ▪ Family Therapy ▪ Group Therapy ▪ Y.E.S. Program- Youth: Empowered & Supported- A school-based Mental Health Counseling Program <p>Bilingual counseling available. <i>Medicaid accepted.</i></p> |

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| <p>Pinnacle Family Services Formerly NC Mentor <i>Asheboro Office</i> P (888) 867-8979 <i>Raleigh Office</i> P (919) 790-8580 F (919) 790-8065 www.pinnaclefamilyservices.org</p> | <p>Provides home and community-based programs for at-risk youth and their families including:</p> <ul style="list-style-type: none"> ▪ Therapeutic and medically complex foster care ▪ Family preservation services ▪ School-based services ▪ Juvenile offender programs ▪ Early intervention ▪ Adoption services <p>Services include individual counseling, day treatment programs, and therapeutic support (may be provided in school or at home). Pinnacle can also support families experiencing challenges with: behavior; domestic violence; ADHD; substance abuse; depression/anxiety; divorce; family conflict; and school challenges.</p> <p><i>Medicaid accepted.</i></p> |
| <p>Daymark Recovery Services <i>Siler City Office</i> 1105 E Cardinal Street Siler City, NC 27344</p> <p>Starting July 3, 2017, Daymark will be Chatham County's community mental health and substance abuse provider. You can make an appointment now for dates after July 3 by calling Daymark's Sanford clinic at 919-774-6521. You also can see a therapist at the Sanford clinic before July 3 and have records transferred to Siler City later.</p> | <p>Starting July 3, 2017, services provided Monday-Friday 8am-5 pm at the Siler City office include:</p> <ul style="list-style-type: none"> ▪ Walk-in assessment/referral (includes emergency response via outpatient assessment or referral to MCM) ▪ Mental health evaluations ▪ Mental health and substance abuse treatment for adults, teens, and children 3 years and older ▪ Outpatient individual and group therapy for both mental health and substance abuse ▪ Comprehensive clinical assessments ▪ Group for adult child ▪ Medication management ▪ Intensive in-home services for children and families ▪ Psychiatric evaluations <p>24-hour, Toll-free Access Call Center (800) 939-5911</p> <p>Interpreters available for Spanish speaking clients. <i>Medicaid accepted.</i></p> |
| <p>Private Practice Julie Daul, LCSW 35 Thompson Street Pittsboro, NC 27312 P (919) 542-6183</p> | <p>Parent Child Interactive Therapy, Trauma Focused-Cognitive Behavioral Therapy, EMDR. Bilingual – English/Spanish.</p> <p><i>Medicaid accepted.</i></p> |



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| <p>Private Practice Jackie Petty, MA, LPC P O Box 1336 Pittsboro, NC 27312 P (919) 770-4588 jackiepetty@windstream.net</p> | <p>Office and home based individual and family therapy.</p> <p><i>Medicaid, Health Check, and private insurance accepted.</i></p> |
| <p>Private Practice Christian Fisher, LCSW 35 Thompson Street, Suite 202 Pittsboro, NC 27312 P (919) 883-7771 F (919) 695-0079</p> | <p>Office and school based individual and family therapy.</p> <p><i>Medicaid, Health Check, and private insurance accepted.</i></p> |
| <p>Private Practice Susanne Saunders, LCSW 35 Thompson Street, Suite 201 Pittsboro, NC 27312 P (919) 444-1779 F (919) 542-6184 susannesauanders@gmail.com www.susannesauanders.com</p> | <p>Provides psychotherapy to individuals and families across the lifespan. Clinical issues include: anxiety, depression, phobias, ADHD, trauma, abuse, grief, relationship issues, life transitions, domestic violence, anger management, separation and divorce, blended families, parenting issues, parent/child conflict, family conflict, adoption, peer conflict, bullying, and separation anxiety in children.</p> <p><i>Cash, Check, Health Savings Account, Mastercard, Visa, Medicaid, and private insurance accepted.</i></p> |
| <p>Private Practice Sandra Wickham, LCSW 110 B Village Lake Road Siler Business Park Building #1, Suite B Siler City, NC 27344 P (919) 542-4952 sawick913@gmail.com www.sandrawickhamcswlcsww.com</p> | <p>Specializes in working with children ages 4 to 11 by providing play therapy, art therapy, and other projective techniques. This helps children to deal with behavior issues, traumatic events, adoption/ foster care, and other childhood concerns. Works in close partnership with parents, foster parents, schools, and medical providers to maintain a uniform and comprehensive course of treatment. Individual and couple sessions can be arranged as needed. Ages 5 to adult. School-based in Chatham.</p> <p><i>Medicaid, Health Check, and private insurance accepted.</i></p> |
| <p>Private Practice Heather Brewis-Scheffler Psychologist, PhD, HSP-P 310 West Street Pittsboro, NC 27312 P (919) 794-8856</p> | <p>Child and Adolescent Psychology (Assessment and Therapy) and Assessments for ADHD, Learning Disorders, IQ, and Adaptive Functioning FOR ALL AGES.</p> <p><i>Cash, Check, Health Savings Account, Mastercard, Visa, Medicaid, and private insurance accepted.</i></p> |

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Private Practice

Renaissance Wellness Services, LLC

Dr. Karen Barbee, LPC, LCASA, NCC

288 East Street Suite 1001-F7

Pittsboro, NC 27312

P (919) 413-3722

<http://rwellnessservices.com>

Services include: Individual counseling, couples counseling, group counseling, school-based counseling, and substance abuse counseling for youth and adults.

Medicaid and private insurance accepted (BCBS of NC, Aetna, Medcost, First Health, and Coventry).

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