



## CHILDREN AND ADOLESCENTS 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 **Cardinal Innovations Healthcare** toll-free at (800) 939-5911 [www.cardinalinnovations.org](http://www.cardinalinnovations.org).

<p><b>Daymark Recovery Services</b>  <i>Siler City Office</i>          1105 E Cardinal Street          Siler City, NC 27344          P (919) 663-2955  <a href="http://www.daymarkrecovery.org/locations/chatham-center">www.daymarkrecovery.org/locations/chatham-center</a>  <i>Please call to discuss any questions or concerns.</i></p> <p><b>24-hour, Toll-free Access Call Center (800) 939-5911</b></p> <p>Starting July 3, 2017, Daymark will be Chatham County's community mental health and substance abuse provider.</p>	<p>Services provided Monday-Friday 8am-5 pm at the Siler City office include:</p> <ul style="list-style-type: none"> <li>▪ Walk-in assessment/referral (includes emergency response via outpatient assessment or referral to MCM)-recommend to arrive prior to 3:00 pm if possible to allow for paperwork and assessment on same date</li> <li>▪ Mental health evaluations</li> <li>▪ Mental health and substance abuse treatment for adults, teens, and children 3 years and older</li> <li>▪ Outpatient individual and group therapy for both mental health and substance abuse (children 3-18 years old)</li> <li>▪ Comprehensive clinical assessments</li> <li>▪ Middle and high school groups</li> <li>▪ Medication management</li> <li>▪ Intensive in-home services for children and families</li> <li>▪ Psychiatric evaluations</li> </ul> <p><i>*Provides early childhood services*</i></p> <p>Interpreters available for Spanish speaking clients.</p> <p><i>Most major private insurance and Medicaid/Medicare accepted. Sliding-scale fees based on household income is available for individuals without insurance (fees can be as low as \$0). Clients meet with trained staff to review service fees prior to first appointment.</i></p>
<p><b>Freedom House</b>  <b>Child and Adolescent Outpatient Clinic</b>          104 New Stateside Drive          Chapel Hill, NC 27516          P (919) 942-2803  <a href="http://www.freedomhouserecovery.org">www.freedomhouserecovery.org</a></p>	<p>Services provided include:</p> <ul style="list-style-type: none"> <li>▪ Comprehensive Clinical Assessment</li> <li>▪ Individual and Family Outpatient Therapy</li> <li>▪ Peer Group Therapy</li> <li>▪ Medication Management</li> <li>▪ Parenting Workshops and Trainings</li> <li>▪ Intensive-In Home Therapy</li> <li>▪ Substance Abuse Intensive Outpatient Therapy (SAIOP)</li> <li>▪ Support services for children and adolescents with a parent struggling with mental illness or substance abuse</li> </ul>

List Created by Chatham Health Alliance Mental Health Subcommittee  
 Send updates or changes to [anna.stormzand@chathamnc.org](mailto:anna.stormzand@chathamnc.org)  
[www.chathamnc.org/publichealth](http://www.chathamnc.org/publichealth)

Updated May 2019



## CHILDREN AND ADOLESCENTS MENTAL HEALTH RESOURCE LIST

<p><b>El Futuro, Inc.</b>          401 N. Ivey Avenue          Siler City, NC 27344          (919) 688-7101 ext. 600          F (919) 688-7102          Serves Spanish speakers  <a href="http://www.elfuturo-nc.org">www.elfuturo-nc.org</a></p>	<p>Bilingual mental health and substance abuse services available on Mondays and Thursdays 10:00am-6:00pm and Wednesdays 10:00am-5:00pm in the Siler City office (with lunch hour 12:00pm-1:00pm). Services also available in Durham. Hours vary by location. Services provided include:</p> <ul style="list-style-type: none"> <li>▪ Mental Health Evaluations</li> <li>▪ Individual, Family and Group Therapy</li> <li>▪ Psychiatric Treatment</li> <li>▪ Substance Abuse Evaluation and Treatment</li> <li>▪ Trauma Treatment (all ages)</li> </ul> <p><i>Medicaid, Health Choice, and Medicare accepted. Uninsured patients accepted (based on county of residence). For further questions surrounding payment, clients are encouraged to call the clinic.</i></p>
<p><b>Peak Professional Services</b>  <b>Counseling for Growth, Transformation &amp; Inspiration</b>  <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  <a href="http://www.peakprofessionalgroup.com">www.peakprofessionalgroup.com</a></p>	<p>Services provided include:</p> <ul style="list-style-type: none"> <li>▪ Individual Counseling</li> <li>▪ Couples Counseling</li> <li>▪ Family Therapy</li> <li>▪ Group Therapy</li> <li>▪ Y.E.S. Program- Youth: Empowered &amp; Supported- A school-based Mental Health Counseling Program</li> </ul> <p>Bilingual counseling available. <i>Medicaid accepted.</i></p>
<p><b>Pinnacle Family Services</b>  <b>Formerly NC Mentor</b>  <i>Asheboro Office</i>          P (888) 867-8979  <i>Raleigh Office</i>          P (919) 790-8580          F (919) 790-8065  <a href="http://www.pinnaclefamilyservices.org">www.pinnaclefamilyservices.org</a></p>	<p>Provides home and community-based programs for at-risk youth and their families including:</p> <ul style="list-style-type: none"> <li>▪ Therapeutic and medically complex foster care</li> <li>▪ Family preservation services</li> <li>▪ School-based services</li> <li>▪ Juvenile offender programs</li> <li>▪ Early intervention</li> <li>▪ Adoption services</li> </ul> <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>



## CHILDREN AND ADOLESCENTS MENTAL HEALTH RESOURCE LIST

<p><b>Private Practice</b>  <b>Renaissance Wellness Services, LLC</b>  <b>Dr. Karen Barbee, LPC, LCASA, NCC</b>          288 East Street Suite 1001-F7          Pittsboro, NC 27312          P (919) 259-5308  <a href="mailto:rwellnessservices@gmail.com">rwellnessservices@gmail.com</a>  <a href="http://rwellnessservices.com">http://rwellnessservices.com</a></p>	<p>Services include: Individual counseling, couples counseling, group counseling, school-based counseling, and substance abuse counseling for youth and adults.</p> <p><i>Medicaid and private insurance accepted (BCBS, Cigna, Aetna, and United). Uninsured patients accepted. A sliding-scale fee based on household income is available. Clients may meet with trained staff to determine service fees prior to their first appointment.</i></p>
<p><b>Private Practice</b>  <b>Julie Daul, LCSW</b>          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>*Provides early childhood services*</i></p> <p><i>Medicaid accepted.</i></p>
<p><b>Private Practice</b>  <b>Jackie Petty, MA, LPC</b>          P O Box 1336          Pittsboro, NC 27312          P (919) 770-4588  <a href="mailto:jackiepetty@windstream.net">jackiepetty@windstream.net</a></p>	<p>Office and home based individual and family therapy.</p> <p><i>*Provides early childhood services*</i></p> <p><i>Medicaid, Health Check, and private insurance accepted.</i></p>
<p><b>Private Practice</b>  <b>Christian Fisher, LCSW</b>          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><b>Private Practice</b>  <b>Susanne Saunders, LCSW</b>          35 Thompson Street, Suite 201          Pittsboro, NC 27312          P (919) 444-1779          F (919) 542-6184  <a href="mailto:susannesaunders@gmail.com">susannesaunders@gmail.com</a>  <a href="http://www.susannesaunders.com">www.susannesaunders.com</a></p>	<p>Provides psychotherapy to individuals and families across the lifespan.</p> <p>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>*Provides early childhood services*</i></p> <p><i>Cash, Check, Health Savings Account, Mastercard, Visa, Medicaid, and private insurance accepted.</i></p>



## CHILDREN AND ADOLESCENTS MENTAL HEALTH RESOURCE LIST

<p><b>Private Practice</b>  <b>Sandra Wickham, LCSW</b>          110 B Village Lake Road          Siler Business Park Building #1, Suite B          Siler City, NC 27344          P (919) 542-4952          sawick913@gmail.com  <a href="http://www.sandrawickhamcswlcsw.com">www.sandrawickhamcswlcsw.com</a></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>*Provides early childhood services*</i></p> <p><i>Medicaid, Health Check, and private insurance accepted.</i></p>
<p><b>Private Practice</b>  <b>Heather Brewis-Scheffler</b>          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>