



## 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** toll-free at (800) 939-5911 [www.cardinalinnovations.org](http://www.cardinalinnovations.org).

*Beginning July 3, 2017, Daymark will be the provider of Mental Health and Substance Abuse in the Chatham County community. They will provide a full-service clinic located at 1105 E Cardinal Street, Siler City. Please call 919-663-2955 to make an appointment.*

### **Access and Crisis Line**

#### **24-hour, Toll-free Access Call Center (800) 939-5911**

For deaf or hard of hearing, dial 711 for NC Relay.

Cardinal Innovations is able to help connect anyone in Chatham County with people and agencies who can help with mental health, substance abuse, and developmental disabilities needs. If someone is experiencing a mental health crisis, Cardinal Innovations can get someone to help any time of day.

Cardinal Innovations Healthcare has a 24-hour, toll-free number. Use this number to get information, find someone who can help, or to get help or advice in a crisis. Professionals who can help answer the phone at the Access Call Center 24 hours a day, 7 days a week and 365 days a year for the following needs:

- Telephone assessments and enrollment of individuals for mental health, intellectual and developmental disabilities, and substance use disorder services.
- Information on community resources for mental health, intellectual and developmental disabilities and substance use disorder.
- Crisis intervention by telephone or to arrange for an emergency face-to-face clinical assessment related to a crisis.
- Referral for services to Cardinal Innovations Healthcare local network of providers.

Please visit this [webpage](#) for more information.



## MENTAL HEALTH RESOURCE LIST

### **Daymark Recovery Services**

*Siler City Office*

1105 E Cardinal Street

Siler City, NC 27344

P (919) 663-2955

[www.daymarkrecovery.org/locations/chatham-center](http://www.daymarkrecovery.org/locations/chatham-center)

*Please call to discuss any questions or concerns.*

### **24-hour, Toll-free Access Call Center**

**(800) 939-5911**

Starting July 3, 2017, Daymark will be Chatham County's community mental health and substance abuse provider.

Everyone living in Chatham County can walk-in to Daymark to get help with mental health and substance abuse needs. They have doctors and therapists available. If they are not able to help, they will get you connected with someone who can.

Services provided Monday-Friday 8am-5pm include:

- Walk-in assessment/referral (includes emergency response via outpatient assessment or referral to MCM)- recommended to arrive prior to 3:00pm if possible to allow for paperwork and assessment on same date
- 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 (children 3-18 years old)
- Substance Abuse Intensive Outpatient Services (SAIOP)
- Comprehensive clinical assessments
- Group for adult child
- Medication management (doctor services)
- Intensive in-home services for children and families
- Psychiatric evaluations

Interpreters available for Spanish speaking clients.

*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.*



## MENTAL HEALTH RESOURCE LIST

### **El Futuro, Inc.**

401 N. Ivey Avenue  
 Siler City, NC 27344  
 (919) 688-7101 ext. 600  
 F (919) 688-7102  
 Serves Spanish speakers  
[www.elfuturo-nc.org](http://www.elfuturo-nc.org)

El Futuro has a doctor and therapist who can work with individuals and families. They have classes that help with many different areas of need, like parenting and social skills, as well as some that are more specialized. They can also complete substance abuse evaluations, which include alcohol and drug assessments.

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:

- Mental Health Evaluations
- Individual, Family and Group Therapy
- Psychiatric Treatment
- Substance Abuse Evaluation and Treatment
- Trauma Treatment (all ages)

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.

### **Peak Professional Group**

#### ***Counseling for Growth, Transformation & Inspiration***

*Pittsboro Office*  
 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](http://www.peakprofessionalgroup.com)

Peak Professional Group has many therapists who are able to meet many different mental health needs. They can meet in their office or in schools where a child in need attends. If you want them to meet you at a school, you can call your or your child's school counselor.

Services provided include:

- Individual Counseling
- Couples Counseling
- Family Therapy
- Group Therapy
- Y.E.S. Program- Youth: Empowered & Supported- A school-based Mental Health Counseling Program

Bilingual counseling available. *Medicaid accepted.*



## MENTAL HEALTH RESOURCE LIST

### **Chatham Recovery**

1758 E. 11th Street, Suite E  
 Siler City, NC 27344  
 P (919) 663-3303

[www.morseclinics.com/locations/chatham-recovery](http://www.morseclinics.com/locations/chatham-recovery)

Chatham Recovery can help people with the side effects of stopping opioids (pain medicine, heroin). They can also help with recovering when stopping others drugs through counseling. They have drug counselors and doctors who are trained to help.

Chatham Recovery is an opioid (pain medicine, heroin) treatment program that provides medication assisted therapy and counseling to help people overcome addiction to heroin and opiates. Services for individuals over the age of 18 include opioid treatment, substance abuse counseling, and psychiatric services.

- Methadone Treatment
- Buprenorphine Treatment
- Substance Abuse Counseling
- Medication Management
- Individual and group counseling
- Urine drug screens
- Referral Services

*Medicaid (Cardinal and Sandhills) and private insurance accepted. Uninsured patients accepted.*

### **Pinnacle Family Services**

*Asheboro Office*  
 P (888) 867-8979  
*Raleigh Office*  
 P (919) 790-8580  
 F (919) 790-8065

[www.pinnaclefamilyservices.org](http://www.pinnaclefamilyservices.org)

Pinnacle Family Services provides many services to children and families. They give counseling, intensive in-home treatment, and therapy to individuals, which can be done at school or in your home. You can't see Pinnacle's doctors unless you are receiving intensive in-home. They also provide support for ADHD, domestic violence, depression, family conflict, and school challenges.

Provides home and community-based programs for at-risk youth and their families including:

- Therapeutic and medically complex foster care
- Family preservation services
- School-based services
- Juvenile offender programs
- Early intervention
- Adoption services

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.

*Medicaid accepted.*



## MENTAL HEALTH RESOURCE LIST

### UNC Center for Women’s Mood Disorders

101 Manning Drive  
 Department of Psychiatry  
 First Floor, Neurosciences Hospital  
 P (984)-974-5217 (with confidential voicemail)  
[www.womensmooddisorders.org](http://www.womensmooddisorders.org)

UNC Center for Women’s Mood Disorders helps women and girls who have mental health needs because of their periods, pregnancy, hormone changes, or menopause and are really hard to deal with. They have doctors and psychologists who can help.

### Private Practice

**Renaissance Wellness Services, LLC**  
**Dr. Karen Barbee, LPC, LCASA, NCC**  
 288 East Street Suite 1001-F7  
 Pittsboro, NC 27312  
 P (919) 259-5308  
[rwellnessservices@gmail.com](mailto:rwellnessservices@gmail.com)  
<http://rwellnessservices.com>

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

Bilingual therapists are available for Spanish speaking clients.

*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.*

### New Beginnings Counseling Services, PLLC

Pittsboro Office  
 288 East St., Suite 1007  
 Pittsboro, NC 27312  
 P (919) 542-0047

Siler City Office  
 1756-A 11th St.  
 Siler City, NC 27344  
 P (919) 663-3332

Please call the Sanford office at 919-718-1597 to schedule an appointment at either location.

[www.newbeginningscounselingservices.net/](http://www.newbeginningscounselingservices.net/)

Services for children, adolescents, and adults include:

- Comprehensive diagnostic assessment
- Individual, family, and group therapy
- Substance Abuse Counseling, including individual and group therapy
- Substance Abuse Programs
- Parenting Workshops
- Trauma Counseling
- Medication Management (provided by a licensed medical doctor who specializes in child/adult psychiatry)

*Most major private insurance, Medicaid, and Medicare are accepted. Sliding-scale fees based*



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	<p><i>on household income is available for individuals without insurance.</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>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>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. 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>



## MENTAL HEALTH RESOURCE LIST

***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](mailto:sawick913@gmail.com)  
[www.sandrawickhamcswlcsw.com](http://www.sandrawickhamcswlcsw.com)

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.

*Medicaid, Health Check, and private insurance accepted.*

***Private Practice***

**Heather Brewis-Scheffler**

Psychologist, PhD, HSP-P  
310 West Street  
Pittsboro, NC 27312  
P (919) 794-8856

Child and Adolescent Psychology (Assessment and Therapy) and Assessments for ADHD, Learning Disorders, IQ, and Adaptive Functioning FOR ALL AGES.

*Cash, Check, Health Savings Account, Mastercard, Visa, Medicaid, and private insurance accepted.*