The purpose of this guide is to link Hernando County residents in need of mental health and substance abuse services, as well as additional support services, to an agency/organization that can help. You can refer to this guide if you, or a friend or family member, is in need of services and you are not sure where to find the appropriate help. This guide is divided into three sections, Hope, Restoration, and Relief.

**HOPE:** Emergency numbers and services to use in case of crisis.

**RESTORATION:** Mental health and substance abuse services.

**RELIEF:** Other community resources to support those suffering and in need of help.

For more information, contact any of the resources listed in the guide through the phone numbers, emails, and/or websites provided.

Edits or additions to the resources in this guide be available to download and print on HernandoCares.org in future versions.

**Hernando Cares Committee**

Jennifer Siem-Systems Director of Marketing, Bayfront Health Network in Hernando County

Tresa Watson- Executive Director, HCCADC

Tina Kinney- Executive Director, NAMI Hernando

April Johnson- Community Engagement Coordinator, Dawn Center

Matt Walters-Service Coordinator, New Vision at Bayfront Health Brooksville

Dr. Eddie Williams, Ed.D, LMHC, NCC, CAP, Instructor, Human Services, Pasco Hernando State College

All information provided in the Hernando Cares - Behavioral Health Resource Guide is offered for informational purposes only and does not constitute a legal contract between any of the Hernando Cares partners or any person or entity unless otherwise specified. Information in the Hernando Cares - Behavioral Health Resource Guide is subject to change without prior notice. Although every reasonable effort is made to present current and accurate information, the partners makes no guarantees of any kind.
Resource List

HOPE

911
Bayfront Health Brooksville
Bayfront Health Spring Hill
Brooksville Police Department
Hernando County Sheriff’s Office

OAK HILL HOSPITAL
Poison Control Line
Springbrook Hospital
Suicide Crisis Line

RESTORATION

Achieve Wellness Group, LLC
ASAC Counseling, LLC
Al-Anon
Alcoholics Anonymous
American Addiction Centers
BayCare Behavioral Health
Brooksville VA Community-Based Outpatient Clinic
Clemente Counseling
Community Crescent Clinic
Crosspoint Church
Deborah A. Martin, Inc.
Denise Schonwald, LLC
Eckerd Challenge Program
For Each 1 Reach 1 Mentoring Program
Florida Department of Health- Hernando County
GracePointe

Groveland Family and Crisis Counseling
Hernando Community Coalition/Hernando County Community Anti Drug Coalition
Hernando County Veteran Services
Jericho Road Ministries
Johns Hopkins All Children’s Hospital-Psychiatry Program
Narcotics Anonymous
NAMI Hernando-Support Groups
NAMI Hernando (National Alliance on Mental Illness)
New Visions-Bayfront
Northcliffe Baptist Church
North Tampa Behavioral Health
Northside Mental Health Center
Operation PAR
Pathways Counseling Center
R J Recovery Center
SequelCare of Florida
Solace Behavioral Health, LLC
Springbrook Hospital (Inpatient)
Springbrook Hospital (Outpatient)
STEPS to Recovery
Tampa Community Hospital
Tampa Metro Treatment Center
The Centers

Trinity Psychiatric
Turning Point of Tampa
Vista Behavioral Health
Wellspring Counseling Center
Westbridge Inpatient
Westbridge Outpatient
Windmoor Healthcare Psychiatric Hospital

Children’s Advocacy Center of Hernando County
Dawn Center
Gulfcoast North Area Health Education Center
Florida Department of Children and Families
Health and Human Resources
Florida Runaway Hot-line
Lutheran Services Florida Health
Mid Florida Homeless Coalition

NAMI Hernando (National Alliance on Mental Illness)
Nealynn Enterprises, LLC
New Beginnings Youth Shelter
People Helping People
Terlep Chiropractic/Vitality Physicians
Sunrise of Pasco County
Tampa Bay Sober Living
United Way Crisis Line
Youth and Family Alternatives
Signs of Mental Illness

Each illness has its own symptoms, but common signs of mental illness in adults and adolescents.

- 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
- Changes in sex drive
- 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 (mostly in adolescents)

Warning Signs Among Youth

Symptoms in children may include the following:

- Changes in school performance
- Excessive worry or anxiety, for instance fighting to avoid bed or school
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums

See more at: http://www.nami.org/Learn-More/Know-the-Warning-Signs
Signs and Symptoms of Substance Abuse

Physical:
- Deterioration of physical appearance
- Complaints of vaguely defined illness
- Chronic medical problems (colds, flu, stomach aches)
- Sleepiness, exhaustion, fatigue
- Slurred speech
- Unsteady movements & shaky hands, the “Monday morning shakes”
- Dilated pupils
- Unusual weight gain or loss
- Evidence of alcohol or drugs i.e., odor of alcohol on the breath
- Heavy use of perfume or mouthwash
- Wears long sleeves inappropriately

Social Habits:
- Talking about financial problems; borrowing money excessively
- Avoidance of family & friends
- Frequent complaints about problems at home and/or work
- Arguments or trouble with co-workers, family, and/or friends
- Excessive talkativeness or acting withdrawn
- Unwillingness or inability to communicate feelings
- Gets intoxicated at work or social functions

Emotional/Mental:
- Irritability or argumentative
- Over reactive to criticism
- Depression
- Suspicious or paranoid attitude
- Emotional behavior
- Mood swings after lunch or breaks
- Poor concentration
- Difficulty remembering things or events

Source: http://www.specialcarecorp.com/patients-families
Emergency Numbers/Hotlines

**Emergency:** 911

**Poison Control Line:** 1-800-222-1222

**Suicide Crisis Line:** 1-800-SUICIDE or 273-8255

**Brooksville Police Department (Baker Act Immediate Crisis):**
352-540-3800

**Hernando County Sheriff’s Office (Baker Act Immediate Crisis):**
352-754-6830

Local Emergency Rooms

**Bayfront Health Brooksville:**
352-796-5111
http://www.BayfrontBrooksville.com/
17240 Cortez Blvd., Brooksville, FL 34601

**Bayfront Health Spring Hill:**
352-688-8200
http://www.BayfrontSpringhill.com/
10461 Quality Dr., Spring Hill, FL 34609

**Oak Hill Hospital:** 352-596-6632
http://oakhillhospital.com/
11375 Cortez Blvd,
Brooksville, FL 34613

**Springbrook Hospital:** 352-596-4306
http://www.springbrookhospital.org/
7007 Grove Rd., Brooksville, FL 34609
In a medical emergency, every minute matters. So, at Bayfront Health Brooksville and Spring Hill, you’ll find faster care in the emergency room. We work diligently to have you initially seen by a medical professional* in 30 minutes – or less. And, with a team of dedicated medical specialists, we can provide a lot more care, if you need it.

The 30-Minutes-Or-Less E.R. Service Pledge – only at

Bayfront Health Brooksville • Spring Hill
BayfrontBrooksville.com • BayfrontSpringHill.com

*Medical professionals may include physicians, physician assistants and nurse practitioners.
Eckerd Youth Challenge: 352-799-5621

**Website:** [http://www.eckerd.org/programs-services/residential-services/residential-substance-abuse-services-for-boys/](http://www.eckerd.org/programs-services/residential-services/residential-substance-abuse-services-for-boys/)

**Address:** 201 Culbreath Road, Brooksville, FL 34602

**About:** Juvenile justice services are available to boys ages 13-19 involved in the juvenile justice system and who need mental health, behavioral health and substance abuse treatment. Services include social and vocational skills training, anger management and participation in community service projects.

**Serves:** Boys ages 13-19

**Payment Accepted:** Sponsored by Eckerd Kids and the State of Florida Department of Juvenile Justice

**Referral Needed?** Yes

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Jericho Road Ministries- The New Life Program: 352-799-2912 ext. 110

Men's Shelter: 352-799-2912 ext. 103

Women's Shelter (Mary's House): 352-799-2912 ext. 109

**Website:** [http://www.jericho-road.net/services/the-shelters/the-shelter-program/](http://www.jericho-road.net/services/the-shelters/the-shelter-program/)

**Address:** 1163 Howell Avenue, Brooksville, FL 34601

**About:** Religion based Rehabilitation program- 11-month program. Attendees must agree to counseling, anger management, working part time at the Jericho Road thrift stores, doing chores and Bible study.

**Serves:** Men and Women

**Payment Accepted:** Free

**Referral Needed?** No
**Westbridge**: 603-634-4446  
352-678-5553  

**Website**: [http://www.westbridge.org/](http://www.westbridge.org/)  
**Address**: 7300 Grove Road, Brooksville, Florida 34613  
**Email**: admissions1@westbridge.org  

**About**: WestBridge focuses on helping males age 18 and older who experience serious mental illness (such as schizophrenia or bipolar disorder) and co-occurring substance use disorders.  

**Serves**: Men 18 and older  
**Payment Accepted**: Self-Pay  
**Referral Needed?** No

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**Springbrook Hospital**: 352-596-4306  

**Website**: [http://www.springbrookhospital.org/](http://www.springbrookhospital.org/)  
**Address**: 7007 Grove Rd, Brooksville, FL 34609  
**Fax**: Admissions: 855-803-1695  
Administration: 352-596-4336  

**About**: Intensive Treatment Services also known as Critical Care Unit provides crisis stabilization and symptom reduction for individuals 18 years or older who are in acute psychiatric distress. Springbrook Hospital is a **Baker Act receiving facility** which address both mental health and substance abuse issues.  

**Serves**: Ages 18 and older  
**Payment Accepted**: Medicare, Managed Medicaid and All Major Insurances.  
**Referral Needed?** No

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**New Vision-Bayfront Health Brooksville (Detox)**: 352) 797-4649  

**Address**: 17240 Cortez Blvd., Brooksville, FL, 34601  

**About**: New Vision™ at Bayfront Health Brooksville is a medical stabilization service for people with drug, alcohol and health related issues.  

**Serves**: Children and Adults  
**Payment Accepted**: Accepts most insurance plans, Medicaid and Medicare plans.  
**Referral Needed?** No
CLARITY IS THE FIRST STEP TOWARD RECOVERY

WITHDRAWAL RELIEF AND STABILIZATION IN A HOSPITAL ENVIRONMENT

352-797-4649 • WE CAN HELP!

Call: Matthew Walters, LPN at Bayfront Health Brooksville.
For locations across the U.S., call: 800-939-2273
specialcarecorp.com

Bayfront Health Brooksville

NEWVISION® is a medically supervised, hospital-based service for adults who experience acute withdrawal symptoms due to alcohol and/or drug abuse. Only a licensed physician can determine those who qualify. SpecialCare Hospital Management administers New Vision for the hospital, and has a financial interest in this service. New Vision, Inner Vision and New Vision for Expectant Mothers is a trademark brand of SpecialCare Hospital Management Corporation 2015®.
**GracePointe:** 813-272-2882

**Website:** [http://gracepointwellness.org/](http://gracepointwellness.org/)

**Address:** 5707 N. 22nd Street, Tampa, FL 33610 (Located in Hillsborough County)

**About:** In-patient treatment programs for those experiencing a mental health emergency needing 24-hour care in a safe supportive environment.

**Serves:** Children 5 to 17 and adults

**Payments Accepted:** Gracepoint accepts cash, Visa, Mastercard, Discover and American Express. Also, accepts insurance - check for coverage.

**Referral Needed?** No

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**North Tampa Behavioral Health (Detox):** 1-877-297-2192

**Website:** [http://www.northtampabehavioralhealth.com/](http://www.northtampabehavioralhealth.com/)

**Address:** 29910 SR-56, Wesley Chapel, FL 33543 (Located in North Tampa)

**About:** Mental health and substance abuse in-patient treatment center. North Tampa Behavioral Health offers both inpatient and outpatient psychiatric and co-occurring treatment, including a Partial Hospital Program and an Intensive Outpatient Program.

**Serves:** Men and Women ages 18 and up.

**Payment Accepted:** Most Insurances

**Referral Needed?** No

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**American Addiction Centers:** 813-545-5428

**Address:** 12 Locations, address varies

**Email:** AOlah@ContactAAC.com

**About:** Detox & Residential Treatment; 30+ days, Dual Diagnosis; Substance Abuse

**Serves:** Adults

**Payments Accepted:** All Commercial Insurance; InN & OoN benefits (Aetna, Cigna, UHC, BCBS, etc.), private insurance, Private Pay; varies depending on location

**Referral Needed?** Please contact Treatment Consultant; Anika Olah directly on cell at 813-545-5428
Tampa Community Hospital -
The Oasis: 1-866-We-Detox (1-866-933-3869)

Website: http://tampacommunityhospital.com/service/the-oasis-at-tampa-community-hospital
Address: 6001 Webb Rd, Tampa, FL 33615 (Located in Hillsborough County)
About: The Oasis at Tampa Community Hospital is Hillsborough County’s only hospital based detox unit in Tampa.
Serves: Children and Adults
Payment Accepted: May be covered by insurance.
Referral Needed? No

The Centers: 352-291-5555

Website: http://www.thecenters.us/
Address: 3238 S Lecanto Highway, Lecanto, FL 34461
5664 SW 60th Avenue Ocala, FL 34474 (Locations in Marion and Citrus Counties)
About: Services include child and adult crisis stabilization, adult residential substance abuse treatment, a drop-in center and model clubhouse for those living with mental illness, targeted case management for children and adults, medication management, and individual and group counseling in outpatient, in-home, and in-school settings.
Serves: All
Payment Accepted: Self Pay, Medicaid, Medicare, Blue Cross
Referral Needed? No

Turning Point of Tampa:
(813) 882-3003 or (800) 397-3006

Website: www.RehabisforQuitters.com
Address: 6227 Sheldon Rd, Tampa, FL 33615
Email: admissions@tpoftampa.com
Fax: (813) 885-6974
About: Turning Point is a licensed residential, PHP, Intensive Out Patient treatment center treating substance abuse, eating disorders and dual diagnosis.
Serves: Men and Women 18 and older
Payments Accepted: In-Network with major medical insurances, Self-pay rate
Referral Needed? No
Windmoor Health Care Psychiatric Hospital: 727-541-2646

Website: http://www.windmoor.com/

Address: 11300 U.S. 19 North, Clearwater, FL 33764 (Located in Pinellas County)

About: Windmoor provides a full range of psychiatric and chemical dependency services, offering intensive treatment of dual diagnosis issues. Responding to a critical statewide need, Windmoor Healthcare of Clearwater has developed an affordable 28-day inpatient treatment program for those with alcohol, drug abuse and compulsive gambling addictions.

Serves: Children and Adults

Payments Accepted: Windmoor Healthcare accepts most insurance policies, including Medicare.

Referral Needed? No

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Poison Help
1-800-222-1222

Suicide Prevention Lifeline
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Hernando County Crime Stoppers
Help Stop Crime - Make the Call - Remain Anonymous
Crime Doesn't Pay... Crime Stoppers Does
Call 866 990 TIPS (8477)
Outpatient Services for Mental Health and/or Substance Abuse - In County

Achieve Wellness Group, LLC: 352-515-6914
Website: www.achievelnessgroup.net
Address: 10441 Quality Dr. Suite 206, Spring Hill, FL 34609
Fax: 352-515-6916
About: Provides mental health services - psychology/psychiatry
Serves: Adults 18 and older
Payment Accepted: Medicare, Self-pay, Private Insurance: TriCare, United Healthcare, Aetna, BC/BS of Florida
Referral Needed? No

Clemente Counseling: 727-858-6192
Website: mytherapist.biz
Address: 4090 Deltona, Spring Hill, FL 34606
Email: zenchukk@yahoo.com
About: Mental health counseling
Serves: Children, teens, families, adults
Payment Accepted: Self-Pay - sliding scale, private insurance, Medicaid
Referral Needed? If required by insurance

BayCare Behavioral Health: 1-866-762-1743
Website: www.baycare.org
Email: behavioralhealth.registrationcenter@baycare.org
Address: 15311 Cortez Blvd., Brooksville, FL 34613
About: Board Certified Adult and Child Psychiatrists offer outpatient psychiatric services. Services include Psychiatric evaluations, medications and medication management.
Serves: Children and adults
Payment Accepted: Medicaid, Medicare, Private Insurance, Uninsured
Referral Needed? No, but referrals are accepted. Limited capacity for new patients. Must meet eligibility criteria. State priority populations take precedent.
Program: Adult Outpatient Mental Health Services

About: Outpatient treatment includes mental health and co-occurring services designed specifically for adults. Treatment plans include assessment and individual, group, and family and couples counseling. Specialized counseling is offered for sexual abuse, trauma, veterans, parenting, social skills, anger management behavior therapy skills training, alternative to incarceration, and child welfare.

Program: Adult Outpatient Substance Abuse Services

About: Outpatient treatment includes substance abuse and co-occurring services designed specifically for adults. Treatment plans include assessment and individual, group, family and couples counseling and enhanced outpatient services. Specialized counseling is offered for sexual abuse, trauma, veterans, parenting, social skills, anger management, relapse prevention, behavior therapy skills training, alternative to incarceration, and child welfare.

Programs Serve: Adults

Payment Accepted: Commercial and Health Exchange Plans (excluding Blue Select), Medicare, Medicaid, and Kidcare Plans, Governmental Payers/Community-Based Plans, Self-Pay on a sliding scale

Referral Needed? No

Program: Adolescent Outpatient Mental Health Services

About: Outpatient treatment provides mental health and co-occurring services designed specifically for children and adolescents. Treatment plans include assessment and individual, group, family, play therapy, and Child-Parent Psychotherapy. Specialized counseling is offered for sexual abuse, trauma, infant mental health, social skills, anger management, and involvement in the department of juvenile justice and child welfare.

Program: Adolescent Outpatient Substance Abuse Services

About: Outpatient treatment provides substance abuse and co-occurring services designed specifically for children and adolescents. Treatment plans include assessment and individual, group, and family. Specialized counseling is offered for sexual abuse, trauma, social skills, anger management, and involvement in the department of juvenile justice and child welfare.

Programs Serve: Children

Payment Accepted: Commercial and Health Exchange Plans (excluding Blue Select), Medicare, Medicaid, and Kidcare Plans, Governmental Payers/Community-Based Plans, Self-Pay on a sliding scale

Referral Needed? No
Crescent Community Clinic: 352-610-9916
Website: www.crescentclinic.org
Address: 5244 Commercial Way, Spring Hill, FL, 34606
Email: admin@crescentclinic.org
About: Healthcare for non-elderly
Serves: Ages 18 to 64
Payment Accepted: No Insurance including no Medicaid
Referral Needed? Application for services on website

Denise Schonwald, LLC: 352-666-4766
Website: www.schonwaldllc.com
Address: 10441 Quality Road, Spring Hill, FL 34609
Fax: 352-666-4366
Email: Denise.Schonwald@gmail.com
About: Mental health counseling: Anxiety, depression, trauma, grief, family counseling, marriage counseling
Serves: Children and Adults
Payment Accepted: Self pay and Medicaid
Referral Needed? No

Florida Department of Health- Hernando County: 352-540-6800
Website: http://hernando.floridahealth.gov/
Address: 7551 Forest Oaks Blvd, Spring Hill, FL 34606
About: The Florida Department of Health in Hernando County and the Nature Coast Community Health Center can provide primary health care for conditions within the scope of assistance that the Department/Health Center is qualified to provide. Provides mental health, substance abuse help.
Serves: Children and Adults
Payment Accepted: Accepts all individuals regardless of ability to pay. All payer mixes; those uninsured, under-insured, and self-pay are welcome.
Referral Needed? No

1-888-PAR-NEXT
Website: www.operationpar.org
Address: 1245 Kass Circle, Springhill, FL 34606
About: For individuals addicted to opiates (pain pills, heroin, Oxycontin, etc.) Operation PAR’s MAPS have a proven track record for improving the quality of life for patients. We offer Methadone Maintenance, Methadone Detox, Buprenorphine Maintenance and Detox, and other medication assisted treatments.
Serves: Individuals addicted to opiates
Payments Accepted: Self-Pay, Medicaid, Private Insurance
Referral Needed? No
<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
<th>Website</th>
<th>Address</th>
<th>About</th>
<th>Serves</th>
<th>Payments Accepted</th>
<th>Referral Needed?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pathways Counseling Center</td>
<td>352-686-3188</td>
<td><a href="http://www.pathwayscounselingcenter.net">www.pathwayscounselingcenter.net</a></td>
<td>1265 Kass Circle, Spring Hill, FL 34606</td>
<td>Mental Health and Substance Abuse services including: Counseling, Psychotherapy, Consulting, Personal Coaching, and Workshops.</td>
<td>Individuals, Couples, Families, Groups, Children (ages 2 and up)</td>
<td>Takes most insurances, self-pay, employee assistance plans</td>
<td>No</td>
</tr>
</tbody>
</table>
**Westbridge**

**Trinity Psychiatric:** 352-596-4562

**Website:** [www.trinitypsychiatricassociates.com](http://www.trinitypsychiatricassociates.com)

**Address:** 12200 Cortez Blvd Brooksville, FL 34613

**About:** Provides psychiatric services including psychiatric evaluations, diagnosis, and treatment.

**Serves:** Adults

**Payment Accepted:** Medicare, Medicare HMOs, most commercial insurances, Tricare

**Referral Needed?** No

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**Wellspring Counseling Center:** 352-592-7740

**Website:** [http://www.gethelpatwellspring.com/index.html](http://www.gethelpatwellspring.com/index.html)

**Address:** 12128 Cortez Blvd, Brooksville, FL 34613

**About:** Counselors, Therapists for Marriage Counseling, Abuse, Addictions, ADHD, Anxiety, Depression, Stress, Relationships

**Serves:** Adults, Children - Adolescents, Elderly

**Payments Accepted:** most insurance plans including many Employee Assistance Plans (EAP's). For those without insurance, many of our counselors offer a sliding scale fee schedule.

**Referral Needed?** No

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**Westbridge:** 603-634-4446

**352-678-5553**

**Website:** [http://www.westbridge.org/](http://www.westbridge.org/)

**Address:** 7300 Grove Road, Brooksville, Florida 34613

**Email:** admissions1@westbridge.org

**About:** WestBridge focuses on helping males age 18 and older who experience serious mental illness (such as schizophrenia or bipolar disorder) and co-occurring substance use disorders.

**Serves:** Men 18 and older

**Payment Accepted:** Self-Pay

**Referral Needed?** No
Bayfront Health Medical Group is expanding to meet our community’s growing needs. We now provide primary care, pediatric care, internal medicine and sports medicine, as well as lab and diagnostic services. Most insurance plans, including Medicare, are accepted. Same-day appointments are often available. To schedule an appointment with any of these providers, please see their contact info below.

**Michael Baehr, M.D.**  
**Medical Director**  
*Board Certified, Family Medicine*  
**352-683-5141**  
8425 Northcliffe Boulevard  
Suite 109  
Spring Hill

**Michael Hancock, ARNP**  
*Family Medicine*  
**352-688-6346**  
8425 Northcliffe Boulevard  
Suite 104  
Spring Hill

**David Lopez, M.D.**  
*Board Certified, Pediatrics*  
**352-684-5567**  
10441 Quality Drive  
Suite 201  
Spring Hill

**Brian Roebuck, M.D.**  
*Board Certified, Family Medicine*  
**352-596-5052**  
11329 Cortez Boulevard  
Brooksville

**Daisy Saavedra, M.D.**  
*Board Certified, Family Medicine*  
**352-683-7362**  
8425 Northcliffe Boulevard  
Suite 105  
Spring Hill

**Nathan Devabose, M.D.**  
*Board Certified, Internal Medicine*  
**352-686-5255**  
8425 Northcliffe Boulevard  
Suite 112  
Spring Hill

**Heather Schramm, M.D. PhD**  
*Board Certified, Pediatrics*  
**352-684-5567**  
10441 Quality Drive  
Suite 201  
Spring Hill
### ACAS Counseling, LLC Albert Slickers, LMHC, CAP: 813-777-8253

- **Website:** [www.acascounseling.com](http://www.acascounseling.com)
- **Email:** aslickers@acascounseling.com
- **Address:** 2718 Letap Ct #101 Land O Lakes, FL 34638 (Pasco County)
- **Fax:** 813-475-4794
- **About:** Outpatient Mental health counseling/therapy Outpatient Substance abuse counseling/therapy.
- **Serves:** 12 & UP
- **Payment Accepted:** Some Commercial insurance, EAP’s, and Medicaid
- **Referral Needed?** No

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### Deborah A. Martin, Inc.: 352-228-4969

- **Website:** [www.Deborahamartin.com](http://www.Deborahamartin.com)
- **Address:** 708 NE 6th Street, Crystal River, FL 34428 (Citrus County)
- **Fax:** 352-228-8901
- **About:** Mental Health & Substance Abuse Counseling
- **Payment Accepted:** Self-pay, Medicare, private insurance- Blue Cross Blue Shield, United Health Care, etc., Most Medicaid HMO
- **Referral Needed?** No

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### Groveland Family and Crisis Counseling (GFC): 352-429-5600

- **Website:** [www.gfccounseling.com](http://www.gfccounseling.com)
- **Address:** 611 S. Main Avenue, Groveland, FL 34736 (Lake County)
- **Fax:** 352-429-1206
- **About:** Psychological Evaluations, Diagnostic & Temperament Testing, Child Custody Evaluations, Crisis Intervention, Self-harm & Suicide Prevention, Pre-Marital & Marriage Counseling, Alcohol & Drug Evaluations, Substance Abuse Treatment, STOP Class, Anger Management, Batterer’s Intervention Program, Parenting Skills, Divorced Parenting, Spiritual Counseling, Depression & Anxiety, Women’s Issues, and Self-harm & Suicide Prevention. Christian-based program.
- **Serves:** Individuals & Families, children & youth, adults of all ages.
- **Payments Accepted:** Self-Pay (sliding scale), Private Insurance, Local Churches
- **Referral Needed?** No, unless required by insurance
**Johns Hopkins All Children’s Hospital- Psychiatry Program:** 727-767-8477  
**Website:** [https://www.hopkinsallchildrens.org/services/psychiatry](https://www.hopkinsallchildrens.org/services/psychiatry)  
**Address:** 880 6th Street South Suite 420, St. Petersburg, FL 33701 (Pinellas County)  
**About:** The Johns Hopkins All Children’s Hospital Pediatric Psychiatry Program treats children and teens with a variety of mental health problems, including ADHD, anxiety, depression, psychoses, eating disorders and behavioral problems. Services include new patient evaluation, medication management, and psychotherapeutic evaluation and management.  
**Serves:** Patients from age four years through their seventeenth birthday.  
**Payment Accepted:** Insurance, cash, personal checks and major credit cards are accepted.  
**Referral Needed?** No

**Northside Mental Health Center:** 813-977-8700  
**Website:** [http://www.northsidebhc.org/](http://www.northsidebhc.org/)  
**Address:** 12512 Bruce B. Downs Blvd., Tampa, FL 33612 (Hillsborough County)  
**About:** Provides therapeutic services including assessment, individual, group, and family therapy.  
**Serves:** Children and Adults  
**Payments Accepted:** Northside Outpatient Counseling Services are available to those with Medicaid, Medicare, or other insurance. Other Outpatient Services are available on a county-wide basis and when clients meet the criteria for program services. Services are available to those who live in Hillsborough County and the Sun Coast Region.  
**Referral Needed?** No

**R J Recovery Center, Inc:** 727-842-2730  
**Website:** rjrecoverycenter.com  
**Address:** 5745 Main St. Suite 203 New Port Richey, FL 34652 (Pasco County)  
**Email:** rjrecoverycenter@gmail.com  
**About:** Outpatient and Intensive Outpatient Substance Abuse Counseling Individual, group, and family therapy sessions  
**Serves:** Adults and adolescents 14 years and older  
**Payments Accepted:** Self-pay. Sliding scale available  
**Referral Needed?** No
SequelCare of Florida: 727-494-7609
Website: http://www.sequelyouthservices.com/html/community-florida.html
Address: 9550 US 19 Suite 202 Port Richey, FL 34668 (Pasco County)
Email: carisa.flissner@sequelyouthservices.com
About: Mental health counseling services in home or office, targeted case management, and medication management services.
Serves: 4-90
Payments Accepted: Self-Pay, Medicaid
Referral Needed? No

Tampa Metro Treatment Center: 813-236-1182
Website: www.Methadonetreatment.com
Address: 2707 North Nebraska Avenue, Tampa, FL 33604 (Hillsborough County)
Fax: 813 236 7551
Email: Tampa.fl@cmglp.com
About: Medication Assisted Treatment (Opioid Dependence)
Payments Accepted: Self-pay only
Referral Needed? No

Vista Behavioral Health, PLLC: 813-390-4176
Address: 2718 Letap Court, Unit 1, Land O’ Lakes, FL 34636 (Pasco County)
Fax: 813-475-4794
Email: mdali88@hotmail.com
About: Child, Adolescent and Adult Psychiatry
Payments Accepted: Medicare, Humana, UHC, Baycare, Cigna, Florida Blue
Referral Needed? No
Brooksville VA Community-Based Outpatient Clinic: 352-597-8287

Website: http://www.tampa.va.gov/

Address: 14540 Cortez Blvd., Suite 108, Brooksville, FL 34613

About: Primary care services for veterans in the Hernando County area. Ancillary services including Nursing, Clinical Pharmacy Consultations (including comprehensive medication management), Point of Care Testing for anticoagulation medication monitoring, Laboratory (including phlebotomy services), Audiology consultations, Nutritional consultations, Podiatric consultations, Psychiatry consultations, Psychological and Psycho Social consultations and Social Work.

Serves: Veterans of Hernando County

Payments Accepted: If you served in the active military, naval or air service and are separated under any condition other than dishonorable, you may qualify for VA health care benefits. Current and former members of the Reserves or National Guard who were called to active duty (other than for training only) by a federal order and completed the full period for which they were called or ordered to active duty may be eligible for VA health care as well. More information available at: http://www.tampa.va.gov/patients/eligibility.asp

Referral Needed? No

Hernando County Veteran Services: 352-754-4033

Website: www.co.hernando.fl.us/veteran_services/

Address: 7479 Forest Oaks Blvd, Spring Hill, Florida 34606

Fax: 352-754-4726

Email: tgraham@hernandocounty.us

About: Hernando County Veteran Services Department provides assistance to veterans, their spouses, and families in obtaining both state and federal benefits, to which they may be entitled.

Serves: Veterans of Hernando County

Payments Accepted: No cost, claims assistance

Referral Needed? No
**About:** STEPS is a Not-For-Profit organization (501(c)(3)) that provides services for homeless veterans. The ultimate goal of our organization is to help homeless veterans achieve sustained recovery, find and maintain permanent housing and become responsible members of the community. Services include substance abuse, mental health, medical, educational/vocational training, financial assistance, and permanent housing.

**Serves:** Homeless Veterans

**Payments Accepted:** Free

**Referral Needed?** Potential residents are identified through aggressive outreach in the community, intensive networking of agency providers (including the VA, veterans organizations and the judicial system). Potential candidates must be medically and psychiatrically stable. If necessary, they will be referred to a detox facility or to the VA in-patient Medical or Behavioral Health unit prior to admission to our emergency housing.
Support Groups

**Al-Anon:** 352-697-0497

**Website:** [http://www.nfldistrict5.com/](http://www.nfldistrict5.com/)

**About:** Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else’s drinking, regardless of whether that person is still drinking or not.

**Serves:** Open to all

**Payment Accepted:** Free

**Referral Needed?** No

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**Alcoholics Anonymous:** 352-683-4597

**Website:** [www.aahernandocounty.com](http://www.aahernandocounty.com)

**Address:** 4118 Lamson Ave, Spring Hill, FL 34608

**About:** Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problems and help others recover from alcoholism.

**Serves:** Some meetings open to all, as well as closed meetings.

**Payment Accepted:** Free

**Referral Needed?** No

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**Crosspoint Church- Celebrate Recovery:** 352-650-0092

**Website:** [www.crosspointlive.com](http://www.crosspointlive.com)

**Email:** ericgoucher74@gmail.com

**Address:** 13470 Chambord St., Brooksville, FL

**About:** Celebrate Recovery is a Christ-centered program with foundations firmly established in biblical truth. The 12 Steps and the 8 Principles work seamlessly together, trying historical recovery to timeless Biblical teaching.

**Serves:** All

**Payment Accepted:** Free

**Referral Needed?** No
**For Each 1 Reach 1 Mentoring Program, Inc.:** 352-556-2768

**Website:** Foreach1reach1.com  
**Address:** 7318 Sunshine Grove Road, Brooksville, FL 34613  
**Fax:** 877-330-4468  
**Email:** Foreach1reach1@msn.com

Mentoring, Education, Tutoring, Parent Support, Boot Camp, Military Structured program, summer program, book club, homework assistance

**Serves:** Youth and parents  
**Payments Accepted:** Self-pay, Camelot, Children Medical Services- Sliding Fee Scale.  
**Referral Needed?** No

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**NAMI Hernando (National Alliance on Mental Illness):** 352-684-0004

**Website:** www.flnamihernando.org  
**Email:** namihernando@tampabay.rr.com  
**Address:** 10554 Spring Hill Drive, Spring Hill, FL 34608

**Group: Connections Recovery Support Groups**

**About:** A confidential and safe support group for adults living with mental illness. Mondays: 7:00pm to 8:30pm; Wednesdays 3:00pm to 4:30pm; Fridays 6:30pm to 8:00pm; and Saturdays: 10:00am to 11:30am

**Group: Family Support Groups**

**About:** Support for anyone with a loved one living with a mental illness. Wednesdays 3:00pm to 4:30pm and Saturdays: 10:00am to 11:30am

**Programs Serve:** Adults  
**Payment Accepted:** Free  
**Referral Needed?** No

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**Narcotics Anonymous:** 352-754-7200

**Website:** http://rivercoastareana.org/

**About:** The River Coast Area of Narcotics Anonymous consists of Hernando County and parts Sumter County in Florida. There are approximately 20 regularly scheduled NA meetings each week.

**Serves:** Anyone in recovery- NA’s approach makes no distinction between drugs including alcohol.

**Payment Accepted:** Membership is free  
**Referral Needed?** No

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**Northcliffe Baptist Church:** 352-683-5882

**Website:** http://northcliffeonline.org/Grief  
**Address:** 10515 Northcliffe Blvd Spring Hill, FL 34608

**About:** Grief Ministry, Recovery groups

**Serves:** Those experiencing the death of a love one

**Payment Accepted:** Free  
**Referral Needed?** No
Prevention/Intervention Services for Substance Use

Hernando Community Coalition: 352-596-8000
Website: www.hernandocommunitycoalition.org
Address: 13194 Spring Hill Drive, Spring Hill, Florida 34609
Fax: 352-596-8002
Email: tresa@cenaps.com

About: The Hernando Community Coalition (HCC), formerly known as the Hernando County Community Anti-Drug Coalition, is committed to reducing the problems of alcohol and other drug use and abuse and related consequences in Hernando County. Projects include: Friday Night Done Right alcohol and drug free events for teens at the YMCA, a Know the Law course, Responsible Vendor Training, the Be ABOVE Bullying program, the distribution of Deterra Systems- for safe disposal of prescription drugs, alcohol and other drug presentations, and more.

Serves: Focus on youth, serves all
Payments Accepted: Mainly free programs
Referral Needed? No
MAKE A DIFFERENCE!

Help us prevent and reduce alcohol and other drug use in Hernando County.

JOIN US
- General Membership
- Legislative Committee
- Tobacco Free Hernando Partnership
- SWAT- Students Working Against Tobacco
- Ad Hoc Committees

The coalition is made up of youth, parents, teachers, law enforcement officers, businesses, etc., and any community member who wants to get involved!

CHANGE YOUR ENVIRONMENT
- Help create tobacco free workplaces and dwellings
- Get free Deterra Bags- an easy way to safely dispose of prescription drugs in the home.
- Participate in a social norming campaign changing misconceptions about alcohol and other drugs

Hernando Community Coalition
A Behavioral Health Partnership

EDUCATE
- Know the Law- a one time educational course that teaches youth and parents the laws surrounding alcohol and other drugs.
- AlcoholEDU- an online course for high school students that takes a public health approach to preventing alcohol abuse, incorporating evidence-based prevention methods to create a highly engaging user experience.
- Responsible Vendor Training- a course for alcohol vendors that teaches proper practices and sales laws.
- Mental Health First Aid- an 8-hour training course designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis.

For more information call 352-596-8000, email tresa@cenaps.com or visit www.hernandocommunitycoalition.org
Prevention/Intervention Services for Mental Health

NAMI Hernando (National Alliance on Mental Illness): 352-684-0004
Website: www.flnamihernando.org
Address: 10554 Spring Hill Drive, Spring Hill, FL 34608

PROGRAMS:

FAMILY TO FAMILY is a free 12-wk course for anyone with an adult loved one living with a mental health condition.

PEER-to-PEER is a free, unique, and experiential learning program for people living with a serious mental illness who are interested in establishing and maintaining their wellness and recovery.

Serves: Adults
Payment Accepted: Free
Referral Needed? No, but registration required

PROGRAM: NAMI Basics is a free 6-week education program for parents and caregivers of children and adolescents living with mental illness. The course covers basic brain biology, causes, symptoms, communication skills, problem-solving and advocating for your child with providers, schools, and juvenile justice systems.

Serves: Parents and Caregivers
Payment Accepted: Free
Referral Needed? No, but registration required
Children’s Advocacy Center of Hernando County: 352-754-8809
or 352-754-6154

Website: www.mfcs.us.com
Address: 711 Benton Ave, Brooksville, FL 34601
Email: jhammett@mfcs.us.com
About: Child welfare/abuse/social services, provides free therapy to child sex abuse victims
Serves: Children ages 0-17 who are victims of alleged physical or sexual abuse, victims of neglect, human trafficking victims, drug endangered children, or children who witness domestic violence. Non-offending caregivers may also be eligible for services.
Payment Accepted: Free
Referral Needed? Yes

Dawn Center: 24-hour crisis hotline: 352-686-8430
Administrative Office: 352-592-1288
Website: http://www.dawncenter.org/
Address: P.O. Box 6179, Spring Hill, FL 34611
About: Dawn Center of Hernando County is a certified domestic and sexual violence center providing no cost supportive services for victims/survivors to heal and plan their futures.
Serves: and are available to women, men, and children.
Payments Accepted: Free
Referral Needed? No

Gulfcoast North Area Health Education Center:
813-929-1000
Address: 17819 State Road 52, Land O’ Lakes, FL 34638
Website: www.gnachec.org
Email: sthompson@gnachec.org
About: Tobacco Cessation Classes-free classes and products
Serves: All
Payments: Free
Referrals Needed? No
From the Outside Looking in, you can never understand it. From the inside looking out you can never explain it.
-Byrlyne Van Dyke 2015

LOVE SHOULDN'T HURT
HELP US END DOMESTIC VIOLENCE

OUR MISSION!
To break the cycle of domestic and sexual violence by providing supportive services and leadership that promotes social change.

Speak Out Against Sexual Assault

Services Available:
* 24 Hour Crisis Hotline
* Outreach Services for Survivors and Families
* Group and Individual Counseling
* Emergency Shelter Program
* Legal Advocacy and Court Accompaniment
* Prevention Education for Youth and Community Awareness

24 Hour Crisis Hotline (352) 686-8430
Administration Office (352) 684-7191
Outreach & Awareness (352) 592-1288

LIVE UNITED
United Way
United Way of Hernando County

We are an equal opportunity services provider. We do not discriminate. All services are offered free of charge.

Dawn Center
Domestic & Sexual Violence Services
### Lutheran Services Florida Health Systems

**Access to Care Line:** 877-229-9098  
**Address:** 9438 Baymeadows Road, Building III, Suite 320, Jacksonville, FL 32256  
**Website:** [www.lsfnet.org](http://www.lsfnet.org)  
**Email:** Lesley.hersey@lsfnet.org  
**About:** Substance Abuse and Mental Health Funder and resource providers  
**Serves:** Indigent  
**Payments Accepted:** Provides funding for mental health and substance abuse programs through the Department of Children and Families.

### Mid Florida Homeless Coalition

**Telephone:** 352-860-2308  
**Housing Assessment:** 352-697-3671  
**Website:** [www.midfloridahomeless.org](http://www.midfloridahomeless.org)  
**Address:** 104 E. Dampier St., Inverness, FL 34450  
**About:** Services for homeless persons, housing, centralized intake  
**Serves:** Men, Women, families, unaccompanied youth in Citrus, Hernando, Lake and Sumter counties.  
**Payments Accepted:** Free Services  
**Referral needed:** No

### Nealynn Enterprises, LLC

**Telephone:** 352-942-9763  
**Address:** 237 Forest Wood Ct., Spring Hill, FL 34609  
**Website:** [www.nealynnbackgroundscreenings.com](http://www.nealynnbackgroundscreenings.com)  
**Email:** info@nealynnbackgroundscreenings.com  
**About:** Employment Background screenings and mobile drug screening (urine)  
**Payments Accepted:** Payor Source the agency or group that requests background screenings and drug testing.  
**Referral needed?** No

### NAMI Hernando (National Alliance on Mental Illness)

**Telephone:** 352-684-0004  
**Website:** [www.flnamihernando.org](http://www.flnamihernando.org)  
**Address:** 10554 Spring Hill Drive, Spring Hill, FL 34608  
**About:** FAMILY TO FAMILY: Free 12-wk course for anyone with an adult loved one living with a mental health condition. PEER-to-PEER is a free, unique, and experiential learning program for people living with a serious mental illness who are interested in establishing and maintaining their wellness and recovery.  
**Serves:** Adults  
**Payment Accepted:** Free  
**Referral Needed?** No
New Beginnings Youth Shelter: 352-726-8333
Website: http://www.yfainc.org/locations/hernando-county
Address: 18377 Sheriff Mylander Way, Brooksville, FL 34601
About: Runaway/youth crisis program for troubled or at-risk youth between 10 and 17 (Hernando, Citrus, Sumter)
Serves: Youth 10-17
Payments Accepted: Free
Referral Needed? Yes, call for information

People Helping People: 352-686-4466
Website: www.phpinhc.org
Email: mailbox@phpinhc.org
Address: P.O. Box 6182, Spring Hill, FL 34611
About: People Helping People has four programs designed to help end hunger in our community. Each Blessings program is directed to the most vulnerable groups in our county. Provides food, clothing, toiletries, etc.
Serves: Elderly, the unemployed and families, children, homeless
Payments Accepted: Free
Referral Needed? No

Terlep Chiropractic/Vitality Physicians: 352-666-2222 or 352-683-3333
Website: www.drterlep.com
Fax: 352-683-7284
Email: terlppr@tampabay.rr.com
About: Alternative to Pain Medications, Chiropractic, Medical, Physical Therapy and all basic patient needs.
Serve: Hernando, Citrus, and North Pasco
Payments Accepted: Most insurance and Self-Pay
Referral needed? No

Youth and Family Alternatives: 352-540-6015
Website: http://www.yfainc.org/locations/hernando-county
Address: 18377 Sheriff Mylander Way, Brooksville, Florida 34601
About: Runaway, Homeless and Youth Crisis Shelters serve youth and their families promoting positive family interactions, resource referrals, and temporary residential care.
Serves: Youth age 10 through 17 who: Are runaway or homeless; Are "locked out" or "kicked out" of their home by parents or guardians; Need short-term respite or crisis placement due to family conflict; Need emergency shelter placement due to abuse and/or neglect; Need emergency placement due to foster home placement disruption
Payments Accepted: Families pay no fee for program services.
Referrals Needed? No
Additional Community Support Services - Out of County

**Sunrise of Pasco County:** 24 Hour Hotline: 352-521-3120

**Website:** [http://www.sunrisepasco.org/](http://www.sunrisepasco.org/)

**Address:** P.O. Box 928, Dade City, Florida 33526 (Pasco County)

**About:** A domestic and sexual violence center that offers comprehensive services such as advocacy, counseling and legal resources for survivors

**Serves:** All

**Payments Accepted:** Free

**Referral needed?** No

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**Tampa Bay Sober Living:** 727-657-0444

**Website:** [www.tampabaysoberliving.org](http://www.tampabaysoberliving.org)

**Address:** 1270 Rogers St., Clearwater, FL 33756 (Pinellas County)

**Fax:** 727-754-4226

**Email:** rtztampasoberliving@gmail.com

**About:** Safe and Supportive Housing. All areas served, situational living.

**Payments Accepted:** $250 admin fee & $600 monthly Lincoln home for men $500 monthly - Only Self-Pay

**Referral needed?** No

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**Other Useful Numbers**

**Florida Department of Children and Families:** 352-754-6640

**Florida Runaway Hot-line:** 1-800-RUN-AWAY

**Health and Human Resources Translation Services:** 352-540-4338

**Health and Human Resources Prescription Drug Assistance:** Please call 352-540-4338 for eligibility.

**United Way Crisis Line:** 211 or 1-800-790-7770