

HERNANDO CARES



BEHAVIORAL HEALTH
RESOURCE GUIDE

RESOURCE GUIDE FOR MENTAL HEALTH AND/OR SUBSTANCE ABUSE SERVICES.

hope / restoration / relief



HERNANDOCARES.ORG

Hernando Cares Prevention Partnership



About the Guide

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

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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

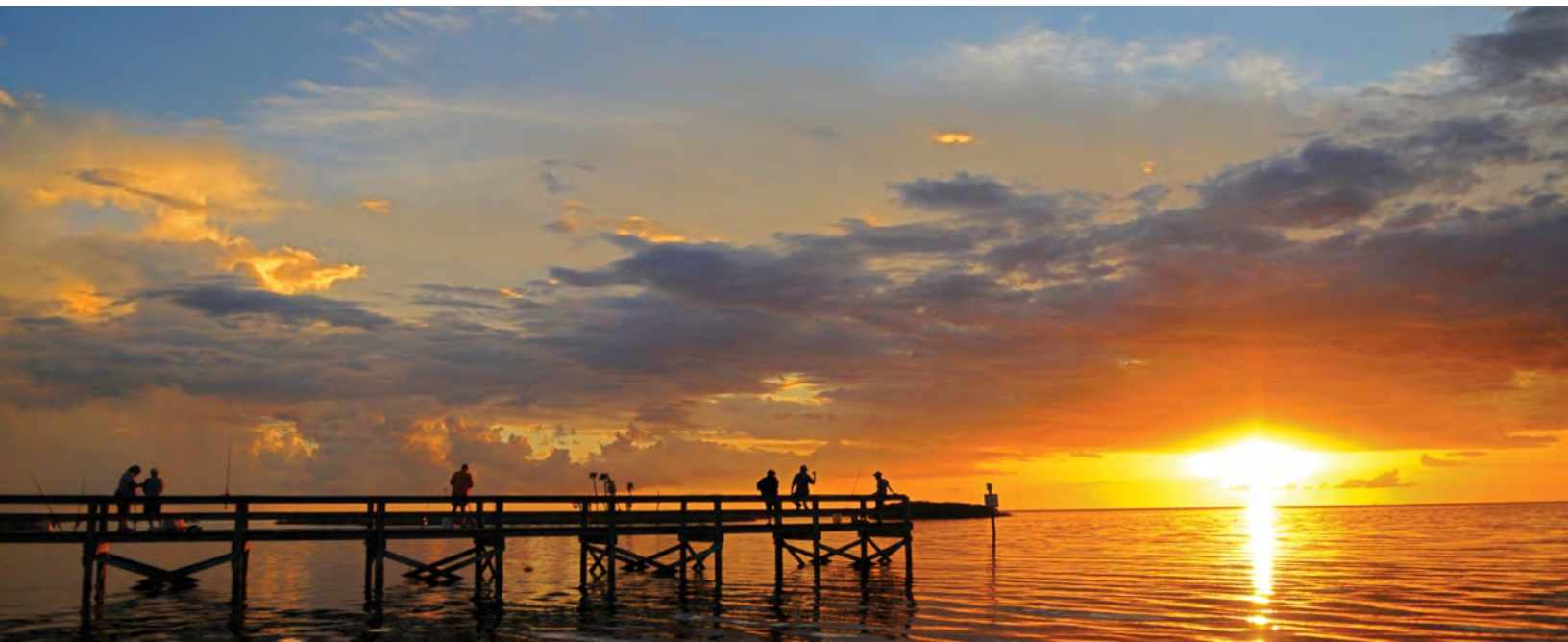
SequelCare of Florida
Solace Behavioral Health, LLC
Springbrook Hospital (Inpatient)
Springbrook Hospital (Outpatient)
STEPS to Recovery
Tampa Community Hospital
Tampa Metro Treatment Center
The Centers

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



**Less waiting where it matters most –
our emergency room.**

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

RESTRATION

Inpatient Services for Mental Health and/or Substance Abuse- In County

Eckerd Youth Challenge : 352-799-5621

Website: <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

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/>

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

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

Website: <http://www.bayfrontbrooksville.com/medical-services/new-vision-service>

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

Springbrook Hospital: 352-596-4306

Website: <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

Westbridge: 603-634-4446

352-678-5553

Website: <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



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



New Vision™ 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®.

Inpatient Services for Mental Health and/or Substance Abuse- Out of County

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

GracePointe: 813-272-2882

Website: <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

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

Website: <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

**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



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.achievethegroup.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.

BayCare Behavioral Health: 1-866-762-1743

Established Clients Line: 352-540-9335

Website: www.baycare.org

Email: behavioralhealth.registrationcenter@baycare.org

Address: 15311 Cortez Blvd., Brooksville, FL 34613

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

Operation PAR Inc., Medication Assisted Patient Services: 352-666-5709

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

Pathways Counseling Center: 352-686-3188

Website: www.pathwayscounselingcenter.net

Address: 1265 Kass Circle, Spring Hill, FL 34606

About: Mental Health and Substance Abuse services including: Counseling, Psychotherapy, Consulting, Personal Coaching, and Workshops.

Serves: Individuals, Couples, Families, Groups, Children (ages 2 and up)

Payments Accepted: Takes most insurances, self-pay, employee assistance plans

Referral Needed? No

Solace Behavioral Health, LLC: 352-678-5550

Website: www.solacebh.com

Address: 17222 Hospital BLVD. Suite 116, Brooksville, FL 34601

Fax: 352-678-5551

Email: contact@solacebh.com

About: Psychiatry- Medication Management, Individual Therapy, Group Therapy, Trans-cranial Magnetic Stimulation

Serves: 18 and older

Payments Accepted: Medicare, Commercial Insurances, Self-Pay

Referral Needed? No

Springbrook Psychiatric Hospital: 352-596-4306 or 352-597-8877

Website: <http://www.springbrookhospital.org/>

Address: 7007 Grove Rd., Brooksville, FL 34609

About: A psychiatric hospital with therapists for mental health and addiction services.

Serves: Ages 18 and older

Payment Accepted: Medicare, Managed Medicaid, BCBS, Commercial Insurance /HMO

Referral Needed? No



Trinity Psychiatric: 352-596-4562

Website: 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

Wellspring Counseling Center: 352-592-7740

Website: <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

Westbridge: 603-634-4446

352-678-5553

Website: <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

Find the provider who's right for you.

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



Nathan Devabose, M.D.

*Board Certified,
Internal Medicine*

352-686-5255

8425 Northcliffe Boulevard
Suite 112
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



Heather Schramm, M.D. PhD

*Board Certified,
Pediatrics*

352-684-5567

10441 Quality Drive
Suite 201
Spring Hill



Bayfront Health Medical Group

BayfrontMedicalGroup.com

Outpatient Services for Mental Health and/or Substance Abuse - Out of County

ACAS Counseling, LLC Albert Slickers, LMHC, CAP: 813-777-8253

Website: 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

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

Website: 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

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

Website: 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>

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/>

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



Services for Veterans

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

STEPS to Recovery, Inc. 727-234-8117

Email: tgraham@hernandocounty.us

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.

Vincent Academy Adventure Coast



Vincent Academy will promote the Recovery Through Work model of Vincent House, a successful grassroots approach that ends the cycle of dependency by helping adults with a mental illness lead independent and productive lives.



Help us launch Vincent Academy

- Become an Ambassador to spread the word.
(vincenthouse.org) go to about us for Discovery Tours
- Purchase a square foot of the new facility - \$200
- Name a room at the new facility



For more information contact

Elliott Steele

(727)543-5021

vincenthouse-elliott@verizon.net

Dianne Steele

(727)543-5022

vincenthouse-dianne@verizon.net



Support Groups

Al-Anon: 352-697-0497

Website: <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

Alcoholics Anonymous: 352-683-4597

Website: 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

Crosspoint Church- Celebrate Recovery: 352-650-0092

Website: 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

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

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

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 Detera 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 Detera 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

EDUCATE

- **Know the Law-** a onetime 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



**Struggling with depression, anxiety or harmful thoughts?
Find Help. Find Hope.**

 **NAMI** | **Hernando**
National Alliance on Mental Illness

352-684-0004 • www.flnamihernando.org



RELIEF



Additional Community Support Services - In County

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.gnache.org

Email: sthompson@гнаhec.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!

Speak Out Against
Sexual Assault

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

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

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



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

Email: Lesley.hersey@lsfnet.org

About: Substance Abuse and Mental Health Funder and resource provicers

Serves: Indigent

Payments Accepted: Provides funding for mental health and substance abuse programs through the Department of Children and Families.

Mid Florida Homeless Coalition:

352-860-2308

Housing Assessment: 352-697-3671

Website: www.midfloridahomeless.org

Address: 104 E. Dampier St., Iverness, 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:

352-942-9763

Address: 237 Forest Wood Ct., Spring Hill, FL 34609

Website: 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): 352-684-0004

Website: 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/>

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

Tampa Bay Sober Living: 727-657-0444

Website: 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

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