

**LAKE AND SUMTER COUNTIES**

# **Behavioral Health Resource Guide**



## **Mental Health and Substance Misuse Treatment Professionals**

*Presented By:*



**Lake County Substance Misuse and Violence Prevention  
Community Coalition.**

**2021-2022  
Seventh Edition**





Every known practice in Lake and Sumter counties was invited to be represented in this book free of charge. Only the practices that had responded to the invitation, by time of printing, are included in this publication.

This guide is brought to you by BE FREE LAKE, a community coalition focused on substance misuse and violence prevention for the youth and families of Lake County. The purpose of the guide is to connect Lake and Sumter citizens with quality local counseling centers and practitioners who can offer help during difficult times.

BE FREE LAKE continues working toward the vision of “creating a community focused on educating and advocating health and wellness” in Lake County and surrounding communities through many activities and programs. The following table<sup>1</sup> gives an overview of recent activities and key accomplishments:

Activities	Key Accomplishments – Year 2
Mental health awareness training activities	<p>Instructor Certifications for <b>Mental Health First Aid (MHFA)</b>:</p> <ul style="list-style-type: none"> <li>• 1 person – AMHFA completed 10/11/19</li> <li>• 5 persons - MHFA 2.0 Certification- Teaching Blended/Virtual for Dual Certified Instructors</li> </ul> <p>MHFA Trainings held</p> <ul style="list-style-type: none"> <li>• 10 Adult MHFA classes held</li> <li>• 12 Youth MHFA classes held</li> </ul> <p>Mental Health Awareness Training for Youth</p> <ul style="list-style-type: none"> <li>• 3 cohorts of students; 5 sessions each cohort</li> </ul> <p>Other Mental Health Awareness Trainings for Adults</p> <ul style="list-style-type: none"> <li>• Racial and Cultural Trauma – 1 class</li> <li>• Microaggressions and the Invisible Harm– 1 class</li> <li>• What's your Blindspot? Confronting Unconscious Bias– 1 class</li> <li>• Clinical Issues with Substance Use</li> <li>• LGBTQ + 101– 1 class</li> <li>• Every Mind Matters at Work! Mental Health in the Workplace– 1 class</li> <li>• Personality Disorders– 1 class</li> </ul>

<sup>1</sup> Source: *Mental Health Awareness Training (MHAT), Annual Progress Report September 30, 2019 to September 29, 2020*

Activities	Key Accomplishments – Year 2
	<ul style="list-style-type: none"> <li>• Adult Mental Health Awareness -2 classes</li> </ul>
<p>Development of resources &amp; referral processes</p>	<p>Continued updating, distributing, and promoting our Behavioral Health Resource Guide with resources for Lake and Sumter residents in-person and/or online:</p> <p>2,154 printed copies distributed:</p> <ul style="list-style-type: none"> <li>• 847 printed copies to 9 partnering agencies and First Aiders</li> <li>• 1,270 printed copies at community events</li> <li>• 6,349 unique users accessed the online version of the guide with 12,565 pages views</li> </ul> <p>Included in quarterly survey to First Aiders was questions regarding how and type of referrals made. Responses included:</p> <ul style="list-style-type: none"> <li>• 15 First Aiders were MH service providers</li> <li>• 42 First Aiders referred persons to services through their job</li> <li>• 44 First Aiders referred persons to services through a provider they knew of in the community</li> <li>• 41 First Aiders provided someone a copy of the Behavioral Health Resource Guide to locate services</li> <li>• 50 First Aiders spoke with someone about how to locate services</li> <li>• 20 First Aiders reported other ways in which they attempted to link someone with services, including other healthcare professionals and non-traditional therapies</li> </ul>
<p>Social marketing and awareness campaigns</p>	<ul style="list-style-type: none"> <li>• 2 teen ads running each month thru FB and Instagram</li> <li>• 94,786 reached, 152,029 impressions</li> <li>• 147 You're Not Alone high school students were reached through text messaging</li> </ul> <p>Three high schools participated in events, hung posters, distributed informational materials, and received promotional items such as t-shirts and pens.</p>

Activities	Key Accomplishments – Year 2
Community outreach and engagement activities	<p>Be Free Lake participated in 17 major community events promoting Mental Health Awareness and First Aid classes.</p> <ul style="list-style-type: none"> <li>• 25 in-person community events promoting MHFA and MH awareness/resources, 1,090 persons reached (Oct-March)</li> <li>• 27 virtual community meetings promoting MHFA (April-Sept)</li> <li>• Be Free Lake conducted a radio talk show addressing 28,000 listeners throughout central Florida on May 14<sup>th</sup> promoting our resources and MHFA classes</li> </ul> <p>2 ads ran each month on Facebook and Instagram promoting MHFA trainings and links to resources on the Be Free Lake website.</p> <ul style="list-style-type: none"> <li>• 93,854 persons reached, 154,076 total impressions</li> </ul>
Collaborative partnerships and/or advisory team activities	<p>In addition to year one MHAT partners, the following agencies/organizations partnered throughout the year to help us reach community members: United Way; Spring Creek Charter School; South Lake High School; Eastridge High School; Oxford Assembly of God Church; St. Edwards Church; Lady Lake Police Department; and the Ocala Police Department</p>
Other:	<p>9 trainers instructed AMHFA, YMHFA and/or other mental health trainings throughout the year, a total 59 times.</p>

To learn more about BE FREE LAKE, visit our website at <https://BeFreeLake.org> or contact us by telephone at (352) 383-2099.

# Mental Health and Behavioral Health Options for Parents

What should I do if I am concerned about my child’s behavioral or mental health?  
(I live in Marion, Lake, Sumter, Citrus or Hernando County)

★ Starting Point is With My Child’s Health Insurance Plan ★

**DIAGNOSIS?** Does my child need an evaluation to understand my child’s behavior or mental health needs and to identify services that can help?

➔ **CONTACT** the child’s health insurance plan and ask for behavioral health coordination or case management to help find providers and get linked to services for my child.

**TREATMENT?** Does my child already have a diagnosis and my child needs services? Or is my child receiving services and the services are not working or my child may need more intensive services?

➔ **CONNECT** with my child’s pediatrician or psychiatrist for referrals for evaluations and/ or services.  
Additionally, Children with Medicaid - ASK for a referral for Targeted Case Management to help with getting services.

Is my child involved with other agencies?

- Ask the agency representative if that agency offers any evaluations or services?
- Which agency representative can be my champion to help connect to the other

State Agency Systems	Additional Resources	
❖ Department of Children & Families (DCF)	Parenting Support/ Resources? Human Trafficking Concerns? Adoptive family? <a href="https://myfloridamyfamily.com/">https://myfloridamyfamily.com/</a> DCF Hotline 1-800-962-2873 / Kids Central Inc. Post-Adoption Support 352-857-7297	
❖ Department of Juvenile Justice (DJJ)	Arrested? Runaway or Ungovernable youth? <a href="http://www.djj.state.fl.us/youth-families/for-parents">http://www.djj.state.fl.us/youth-families/for-parents</a> 1-866-757-0634	
❖ School System	Struggling in school? <a href="http://www.sednetfl.info/Regions.aspx">http://www.sednetfl.info/Regions.aspx</a> 1-727-314-3906	
❖ Children’s Mental Health	Baker Acts? Mental Health Needs? <a href="https://www.myflfamilies.com/service-programs/samh/get-help.shtml">https://www.myflfamilies.com/service-programs/samh/get-help.shtml</a> Lutheran Services FL 877-229-9098	<u>Mobile Response Teams:</u> Lifestream (Lake, Sumter, Citrus): 352-408-6625 The Centers (Marion): 352-402-2890 BayCare (Hernando): 352-467-6529
❖ Agency for Persons with Disabilities (APD)	Intellectual disabilities (IQ under 70), Autism, Spina Bifida, Cerebral Palsy, Prader-Willi, down syndrome, Phelan-Dermid? <a href="https://resourcedirectory.apd.myflorida.com/">https://resourcedirectory.apd.myflorida.com/</a> (352) 330-2739 / Family Care Council 1-800-470-8101	

## I'm overwhelmed! How can I get help?

- ❖ Call or text the Family Support Line (7a.m. to 11 p.m. ET) **1-888-733-6303** or call **NAMI (800) 950-6264**
- ❖ Work with your health insurance plan service navigator – helps schedule evaluations and find resources
- ❖ Other trusted adults that can help me? <https://www.befreelake.org/index.php/about-us/power-of-attorney-form>
- ❖ Sports or clubs my child can participate to provide an outlet for the child?
- ❖ Florida Network Youth Shelters [www.floridanetwork.org](http://www.floridanetwork.org) **1-850-922-4324**
- ❖ Florida Association of Christian Child-Caring Agencies [www.faccca.com](http://www.faccca.com) **1-850-542-1776**
- ❖ Therapeutic Boarding School Finder [www.therapeuticboardingschools.org](http://www.therapeuticboardingschools.org)
- ❖ NOTE: Inpatient Residential Treatment is NOT an Emergency Placement but if you believe your child needs this then you must work with your child's health insurance plan.

## Applying for Medicaid, Healthy Kids or Social Security

**Medicaid** 850-300-4323 <https://dcf-access.dcf.state.fl.us/access/index.do>

**DCF Community Partner Network** - <https://access-web.dcf.state.fl.us/CPSLookup/search.aspx>

**Healthy Kids** 888-540-KIDS (5437) - <https://www.healthykids.org/>

**Supplemental Security Income (SSI)** - <https://www.ssa.gov/benefits/disability/apply-child.html>

### Developmental Concerns for Young Children:

Children Age 0-3 yrs: **FL Early Steps** <http://www.cms-kids.com/home/contact/earlysteps.pdf>

Children Age 4+ yrs: **FDLRS** <https://www.fdlrs.org/>

<b>To Switch Plans – Choice Counseling Main Line</b> 1-877-711-3662		Please be advised that phone numbers are subject to change. Please visit the MMA Plan's member handbook
<b>MEDICAID &amp; HEALTHY KIDS PLANS</b>	<b>BEHAVIORAL HEALTH COORDINATION</b>	<b>TRANSPORTATION</b>
Florida Community Care	1-833-FCC- PLAN	1-833- FCC-PLAN
Humana Medical Plan	1-888-778-4651	LogistiCare 1-866-779-0565
Staywell - Wellcare	1-855-606-3622	Logisiticare/ModivCare 1-877-659-8412
Children's Medical Services - Wellcare	1-888-491-5252	1-844-399-9469
Sunshine Health	1-866-796-0530	LogistiCare 1-877-659-8420
Sunshine Health - Child Welfare Plan	1-855-463-4100	LogistiCare Reservations: 1-877-659-8420
UnitedHealthcare	1-800-791-9233	LogistiCare 1-866-372-9891
Aetna – Healthy Kids	1-844-513-4954	Non-ER Not Covered 1-844-528-5815
Simply Healthcare Plan – Healthy Kids	1-855-861-2142	Non-ER Not Covered 1-844-405-4298

Source: Mental Health & Behavioral Health Options for Parents<sup>2</sup>

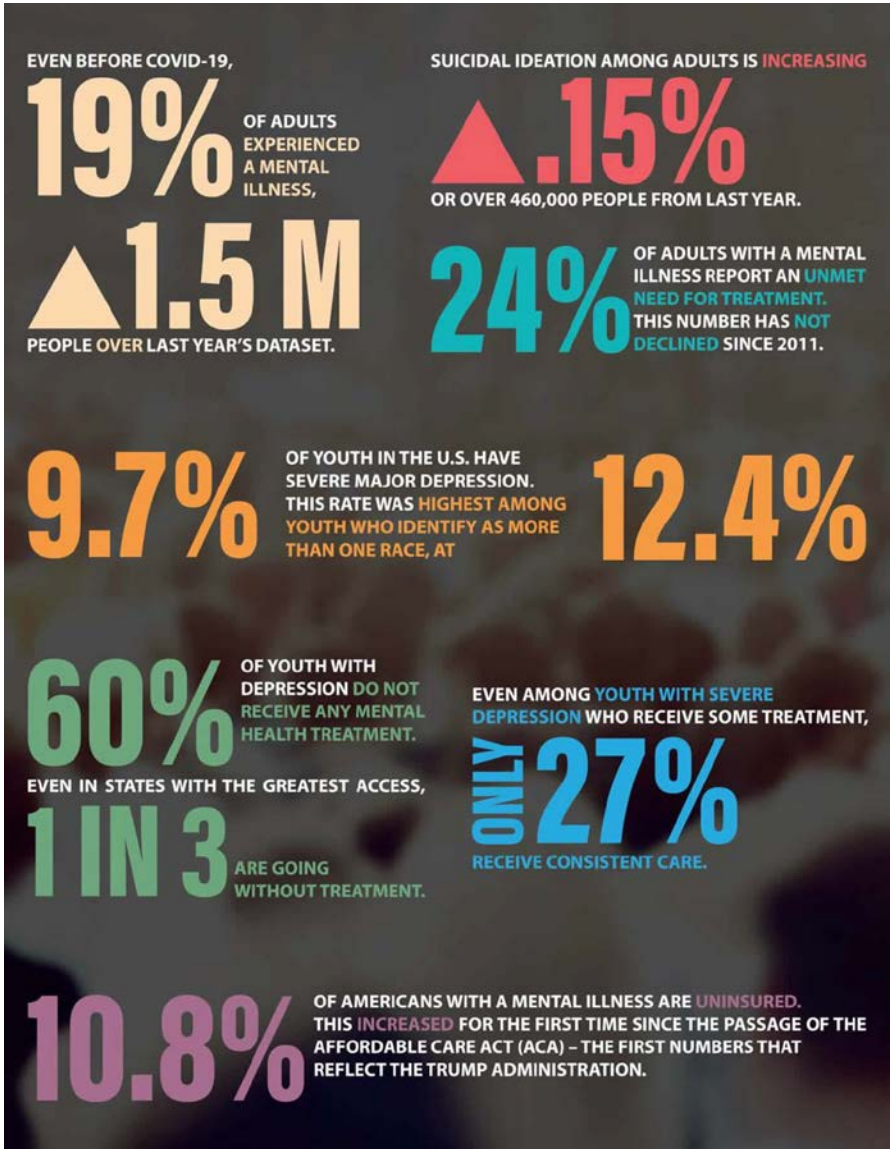
<sup>2</sup> Source: Florida Department of Children and Families, Circuit 5 Community Development, [www.myflfamilies.com](http://www.myflfamilies.com)



# Facts About Mental Health

Mental health disorders are real, common and treatable. In the United States during 2021, it is estimated that 19% American adults (over 47 million adults) were experiencing a diagnosable mental health disorder in that year.

Major Findings from the 2021 *State of Mental Health in America*<sup>3</sup> report:



<sup>3</sup> Source: National Institute of Mental Health, [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net). 2021

## What to Expect<sup>4</sup>

Depending on your situation, therapy can be fairly short or longer-term. Often, people see their therapists once a week for 50 minutes. Your first session will be different from future visits. The initial visit is more of a "getting to know you" session and will help your therapist get an idea of how to proceed with your treatment.

You have a right to feel safe and respected in therapy. If you're concerned, you can ask about confidentiality. Usually, though, it's understood that a therapist respects your privacy; and that group members do too, if you're meeting in a group. Therapy should address your needs, goals, concerns and desires. If you're going to be talking to someone about your most personal thoughts, you want to feel comfortable.

You can think about what traits might make you feel more comfortable with a therapist. For example, would you prefer to see:

- a man or woman
- someone older or younger
- someone from your cultural background
- someone with a style that's more formal or friendly

## Getting the Most Out of Therapy

Therapy likely will work best if there is a partnership between you and the therapist. Don't just sit there! Take an active part in your sessions.

You can strengthen your therapy in many ways.

- **Tell your provider your goals for treatment.** Think about whether there are certain behaviors or issues you care about most.
- **Keep an open mind.** Be willing to consider new ways of behaving and thinking that might improve the quality of your life. We all resist change, so don't be surprised if you are tempted to quit right before some real changes happen.
- **If you think you're not making progress,** you should tell your provider. A good therapist will want to work with you so you can get the most out of your sessions. After discussing your concerns, if you're still not comfortable, you might consider meeting with another therapist for advice and possibly switching.
- **Be open and honest.** Your therapist can't really help you if you don't share the whole picture. Don't say you're fine if you're not.
- **Take your therapy home.** You might consider keeping a journal or other ways to focus on what you've been discussing in therapy. Think about ways to use ideas from therapy in your daily life.

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<sup>4</sup> Source: National Institute of Mental Health, [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net), 2019

## 2-STRIVE, LLC

Dr. Barry Daley, EdD, LMHC, MAC, BCBA-D, CAP

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800 South Eustis Street, Suite G  
Eustis, FL 32726

www.2-strive.com

### Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

### Evaluations:

- Drugs/Alcohol

**Services:** ADD, ADHD, Depression, Bipolar, ODD, Individual, Group, & Family Therapies, Behavioral Analysis Services, Court Mediation, Couple Therapy, Anger Management Group, Substance Abuse Groups, Parenting Classes, Mentoring

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### MENTAL HEALTH COUNSELING

#### Ages Served:

Children, Teens, Adults

**Phone:** 352-357-7750

**Languages:** English

## ADVANCED BEHAVIORAL HEALTH CENTER

Jenine D'Onofrio, MA, PhD (aba)

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1799 Salk Avenue  
Tavares, FL 32778

### Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

### Evaluations:

- Drugs/Alcohol

**Services:** Psychotherapy for Individuals, Couples & Family, Personality Disorders, Childhood Disorders, Talk Therapy, Guided Imagery, Cognitive Restructuring, Compassion Fatigue, Hoarding Disorder

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### MENTAL HEALTH COUNSELING

#### Ages Served:

Children, Teens, Adults

**Phone:** 352-742-8300

**Languages:** English

## ARCHER COUNSELING SERVICES

Danielle Archer, EdD, LMHC

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1635 E. Highway 50 #201-205  
Clermont, FL 34711

[www.archercounseling.com](http://www.archercounseling.com)

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Evaluations:

- Drugs/Alcohol

Services: Co-parenting/Parenting, Reunification, Divorce, Military/First Responders, Crisis Counseling, PTSD, Trauma, Abuse, Bereavement, Anger Management, Women's Trauma Recovery & Empowerment, Women's Domestic Violence Education

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### MENTAL HEALTH COUNSELING

**Ages Served:**

Children, Teens, Adults

**Phone:** 352-708-5120 x701

**Languages:** English

Debra Brown, LCSW

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11782 Couty Road 201  
Oxford, FL 34884

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Evaluations:

- Drugs/Alcohol

Services: LGBTQ, Depression, Anxiety, Life Transitions, Grief, Substance Misuse

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### SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

**Ages Served:**

Adults

**Phone:** 352-458-4578

**Languages:** English

**Cherie Burgess, M.Ed, LMHC512 South Palm Avenue**

207 N US Highway 27  
Minneola, FL 34715

www.cherieburgess.com

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Evaluations:

- Drugs/Alcohol

Services: Anxiety & Depression Related to Difficult Life Transitions, Overcoming Childhood Trauma and Feelings of Shame & Vulnerability, Suicide Risk Assessment & Safety Planning, Life Coaching

## MENTAL HEALTH COUNSELING

**Ages Served:**

Children, Teens, Adults

**Phone:** 321-804-1119

**Languages:** English

## Monitor Your Meds Campaign



A public awareness campaign designed to educate the public on the dangers of prescription drug misuse and the importance of securing and disposing of medications.

**CENTRAL FLORIDA COUNSELING &  
PSYCHOLOGICAL SERVICES, INC.**  
Chrisann Reid, LCSW

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1514 West Main Street  
Leesburg, FL 34748

270 Campbell Avenue  
The Villages, FL 32162

[www.counseling-health.com](http://www.counseling-health.com)

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Evaluations:

- Drugs/Alcohol

Services: Suzanne Howard: Cognitive Behavioral Therapy

Karen Judd: Cognitive Behavioral Therapy

Melinda Nemiroff: Cognitive Behavioral Therapy

Carmen A. Reyes: Individual, Couples & Family Therapy, Substance Misuse Disorders & Recovery, Women's Trauma & Self-Esteem Groups, Depression, Anxiety, Trauma, Grief & Loss, Life Challenges

Helen E. Schuster: Cognitive Behavioral Therapy

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**SUBSTANCE MISUSE & MENTAL  
HEALTH COUNSELING**

**Ages Served:**

Children, Teens, Adults

**Phone:** 352-365-6506

**Languages:** English & Spanish



**No One's House** is a parent-to-parent campaign that works to reduce the amount of parents in a community who are providing teens with alcohol and/or allowing teens to drink in their homes. By pledging, you agree that you will not provide teens alcohol and will not willingly allow teens to drink alcohol at your home.

## COMPREHENSIVE PSYCHOLOGICAL & ASSESSMENT SERVICES

Dr. Maxine Ruddock, PhD

322 N. Barrow Avenue  
Tavares, FL 32778

www.cpasounseling.com

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Evaluations:

- Drugs/Alcohol

Services: Individual, Couples & Family Counseling, Christian Counseling, (Grief & Loss), Parenting & Family Issues, Marital & Relationship Issues, Addiction & Recovery, Comprehensive Behavioral Health Assessments, Targeted Case Management, Psychological Evaluations, Stress Management, Crisis Counseling, Life Skills Coaching, Domestic Violence Victims, Women's Empowerment Group, Women's Issues, Corporate Counseling

## SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

**Ages Served:**

Children, Teens, Adults

**Phone:** 352-508-5399

407-286-5022

800-361-1153

**Languages:** English

## Mental Health First Aid Certification Training



Be Free Lake provides **Mental Health First Aid** certification training, an 8-hour public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews appropriate supports. Participants learn how to offer initial help in a mental health crisis and connect people to the appropriate professional, peer, social and self-help care.

If you are interested in taking this training to become Mental Health First Aid certified, or for more information, visit <http://BeFreeLake.org>, or call **352 - 383- 2099**.

## CORNERSTONE HOSPICE & PALLIATIVE CARE

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2445 Lane Park Road  
Tavares, FL 32778

[cornerstonehospice.org](http://cornerstonehospice.org)

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Evaluations:

- Drugs/Alcohol

Services: Bereavement services and support groups for individuals and families.

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### MENTAL HEALTH COUNSELING

**Ages Served:**

Children, Teens, Adults

**Phone:** 866-742-6655

**Languages:** English

## COUNSELING & DEVELOPMENT CENTER

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**Dr. Patrick J. Ward, PhD**

101 East Maud Street  
Tavares, FL 32778

[www.counselinganddevelopment.com](http://www.counselinganddevelopment.com)

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Evaluations:

- Drugs/Alcohol

Services: Anxiety, Depression, PTSD, Conflict, Eating Disorders, EMDR, Family Therapy, Lesbian/Gay Grief Counseling, ADHD

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### SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

**Ages Served:**

Children, Teens, Adults

**Phone:** 352-641-0930

352-253-9348

**Languages:** English



## COUNSELING FOR YOUR SUCCESS

Sandra Moenssens Lynch, MS, LMHC, LMFT

17307 Pagonia Road, Suite 100  
Clermont, FL 34711

[www.counselingforyoursuccess.com](http://www.counselingforyoursuccess.com)

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Evaluations:

- Drugs/Alcohol

Services: Behavioral Issues, Depression, Anxiety, Mood Disorders, OCD, Emotional Disturbances, Bipolar Disorder, EMDR and Post-Traumatic Stress Disorder

### MENTAL HEALTH COUNSELING

**Ages Served:**

Children, Teens, Adults

**Phone:** 321-230-0740

**Languages:** English

Alcohol abuse can have a devastating effect on the public, business and employees. Serving responsibly produces safer roads and neighborhoods, and a more profitable business.

**The Responsible Vendor Training (RVT)** class teaches employees, managers and owners of establishments that sell alcohol how to keep it out of the hands of minors and not sell alcohol to obviously intoxicated persons. By participating in the class, alcohol vendors will be equipped with the knowledge needed to avoid arrest, fines and jail time for alcohol violations. Additionally, businesses are eligible for a 10% discount on their insurance.

The intention of this training is to:

1. Eliminate the sale and service of alcoholic beverages to underage patrons.
2. Reduce alcohol related injuries and deaths.
3. Encourage prudent serving practices.
4. Promote professionalism and responsibility of staff.

*Florida Statute 561.702*



## CREATIVE THERAPY ASSOCIATES, LLC

Christine Harris, MSW, LCSW

Rebecca Caskey, MA, LMHC

### MENTAL HEALTH COUNSELING

#### Ages Served:

Children, Teens, Adults

**Phone:** 407-399-8855

**Languages:** English

600 S. Main Avenue  
Minneola, FL 34715

[www.creativetherapyflorida.com](http://www.creativetherapyflorida.com)

#### Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

#### Evaluations:

- Drugs/Alcohol

Services: CBT, LGBTQ, Mood Disorders, EMDR, Co-parenting Counseling, Divorce, Self-Esteem, PTSD, Grief, Parent Education for Children, Adolescents, & Teens, Pre-marital Counseling, ADD, ADHD, Asperger's, Adoption

### **“Got Drugs? Pitch Your Pills”**

Proper disposal prevents abuse, protects the environment and reduces risk of accidental poisoning. Dispose your unused or unwanted medications today.

For more information about proper drug disposal and discover the Pitch Your Pills Campaign, please visit our website at [www.befreelake.org](http://www.befreelake.org)



**Brandon M. Crotty, LMHC, CAP, PA**

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3115 Citrus Tower Boulevard, Suite C  
Clermont, FL 34711

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Evaluations:

- Drugs/Alcohol

Services: Drug/Alcohol Evaluation & Treatment, Mental Health Evaluation, Marital & Family Counseling, Parenting Coordination, On-site Drug Testing, Child Adjustment & Attachment Disorder, Anger Management Counseling

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**SUBSTANCE MISUSE & MENTAL  
HEALTH COUNSELING**

**Ages Served:**

Children, Teens, Adults

**Phone:** 321-231-0329

**Languages:** English

## **Deterra Bags/ Prescription Drug Campaign**



These bags dissolve unwanted medications, and Be Free Lake provides them FREE to 55+ communities to help with the proper disposal of unwanted medications.

## DEAS CONSULTING

Dr. Isaac B. Deas, II, Med, EdD, LMHC

385 Alfred Street  
Tavares, FL 32778

deas.consulting

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Evaluations:

- Drugs/Alcohol

Services: Mental Health Christian Counseling, Anger/Conflict Resolution, Substance Misuse, Marital/Pre-marital Counseling, Mental Health Issues (Anxiety, Stress, Depression), Family/Individual Counseling, Motivational Speaking, Group Facilitator, Workshop Facilitator (Various Topics), Domestic Violence

## SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

**Ages Served:**

Children, Teens, Adults

**Phone:** 352-406-1264

**Languages:** English



**No One's House** is a parent-to-parent campaign that works to reduce the amount of parents in a community who are providing teens with alcohol and/or allowing teens to drink in their homes. By pledging, you agree that you will not provide teens alcohol and will not willingly allow teens to drink alcohol at your home.

## **FAMILY LIFE COUNSELING CENTER**

**Sandi Burchfield, MS, IMT-1129**

1230 Oakley Seaver Drive  
Clermont, FL 34781

202 Hatteras Avenue  
Clermont, FL 34711

858 S. Duncan Drive  
Tavars, FL 32778

### **MENTAL HEALTH COUNSELING**

#### **Ages Served:**

Children, Teens, Adults

**Phone:** 352-988-6673

**Languages:** English

#### Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

#### Evaluations:

- Drugs/Alcohol

Services: Teens & Children (Including Infant Mental Health), Anxiety (Including PTSD), Autistic Spectrum Disorder, Childhood Trauma, Co-parenting, Divorce, Depression, Domestic Violence, Gender & Identity, Grief/Loss, HIV/AIDS Support, Infertility, Marriage & Pre-marital, Mood Disorders, Sexual Addictions, Spirituality

## **KNOW THE LAW**

### ***A Program for Youth, Parents, and Community***

This FREE one-hour presentation is hosted by BE FREE LAKE and a member of our local law enforcement. Learn about the differences between misdemeanors and felonies, crimes against people and property, and the consequences for violating the law.



For more information and to schedule this interactive class session for your community, please contact Be Free Lake at 352-383-2099

## GFC FAMILY AND CRISIS COUNSELING

Rev. Kevin M. Drinka, BMin, LPC, CSAC

Dr. Max High, DTh, LCMFTA

Dr. Joseph Wm. Nussbaumer, Jr, Ph.D., c/psy

Sonnia G. Wagner, MCC, LCCT

Feliciano Felix Ramirez, MS-LCMFT

## SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

### Ages Served:

Children, Teens, Adults

Phone: 352-429-5600

Languages: English & Spanish

611 S Main Avenue  
Groveland, FL 34736

[www.gfccounseling.com](http://www.gfccounseling.com)

### Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

### Evaluations:

- Drugs/Alcohol

Services: Addictive & Compulsive Behavior Counseling, Anger Management, Anxiety, Depression & Stress Management Counseling, Batterer's Intervention, Child Custody Evaluation, Drug & Alcohol abuse Counseling, Suicide Prevention Counseling, Parenting Skills Classes, PTSD, Postpartum Depression & Anxiety, Personal & Spiritual Counseling  
Dr. Joseph Wm. Nussbaumer: DUI/Substance abuse Counseling, Sex Offender Therapy, Personal Counseling, Batterer's Intervention Program, Mental Health Evaluations, Parenting Skills Classes, Shoplifting Program, Marriage & Family Counseling  
Bushnell (Satellite Office): Substance abuse Treatment, Anger Management, Batterer's Intervention Program, PTSD, Postpartum Depression & Anxiety, Mental Health Evaluation, Parenting Classes, Shoplifting Course



## Be Free Lake

Your Community Drug Free Coalition  
Promoting Health & Wellness

## HARMONY UNITED PSYCHIATRIC CARE

Dr. Adil A. Mohammed, MD

305 Skyline Drive, Suite 1  
Lady Lake, FL 32159

www.harmonyunitedhc.com

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Evaluations:

- Drugs/Alcohol

Services: Depression, Bipolar Disorder, PTSD, Substance Misuse, Anxiety Disorder, ADHD, Memory Problems, Suicidal Thoughts & Tendencies, Emotional Problems

## SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

**Ages Served:**

Children, Adults

**Phone:** 352-431-3940

**Languages:** English

## FUN WITHOUT DRUGS AND ALCOHOL

**Friday Night Done Right** is a successful campaign in Lake County to ensure our youth have the opportunity to thrive and help create a strong community presence.

This program demonstrates to young people that they can socialize and have a great time **without drugs, alcohol or tobacco**. It empowers teens by promoting positive alternatives for them to make better choices about how they can spend their evenings out. While we focus this program on a Friday Night, middle school and high school kids who want to spend time with friends can attend a planned 'fun' event without harmful substances at other times as well.

Because of school, community, and local Law Enforcement promotions, "Friday Night Done Right" is becoming a common mantra for teens in Lake County. This initiative is another way that the BE FREE LAKE can offer and support activities that are fun and educational while "growing our kids." If you are interested in having us help you provide one of these events to your group, please contact

**Delrita Meisner, Executive Director at 352-383-2099.**



## LAKE CENTER OF HOPE

Dr. Nick Ungson, MD

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33057 Professional Drive, Suite 102  
Leesburg, FL 34788

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Evaluations:

- Drugs/Alcohol

Services: Anxiety, Bipolar Disorder, Non-Dependent Drug & Alcohol Misuse, Phobia, Psychiatric Diseases

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### SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

**Ages Served:**

Adults

**Phone:** 352-787-0081

**Languages:** English

## LAKE PSYCHOEDUCATIONAL CENTER

Dr. Grace Pena, PsyD, LMHC

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600 North Hwy 27, Suite 1  
Minneola, FL 34715

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Evaluations:

- Drugs/Alcohol

Services: Psychotherapy & Family Counseling To Children, Teens & Adults For Emotional Development & Behavioral Related Issues

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### MENTAL HEALTH COUNSELING

**Ages Served:**

Children, Teens, Adults

**Phone:** 407-209-7492

**Languages:** English & Spanish



## LIFE AND HOPE COUNSELING CENTER

Nadine Bridges, MS, LMHC

Terri Harper, MA, LMHC

Brandi Lefler, MA, LMHC

Rachael Golub, MSW, LCSW

Cindy Wanburg, LMHC

Dawn Cohen, LCSW

### MENTAL HEALTH COUNSELING

#### Ages Served:

Children, Teens, Adults

Phone: 352-742-4747

Languages: English & Spanish

820 S Duncan Dr, Tavares  
Tavares, FL 32778

[www.lifeandhopecounseling.com](http://www.lifeandhopecounseling.com)

#### Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

#### Evaluations:

- Drugs/Alcohol

Services: ADHD, Autism, Anxiety, Bipolar Disorder, Bullying, Conduct Disorder Of Childhood, Depression, Disabilities, Divorce Recovery, Family Conflict, Grief Counseling, Marital & Relationship Counseling, Oppositional Defiant Disorder, Parenting, Porn Addicttion, PTST & Trauma



"**You're Not Alone**" is a Be Free Lake social norming campaign and program aimed to educate our youth in understanding that the words, "Mental Health" are not bad words and it is ok to ask for help when experiencing feelings of sadness or stress. The focus of the campaign is to reduce the stigma on mental illness and provide suicide preventative measures.

## LIFE AND HOPE COUNSELING CENTER

Nadine Bridges, MS, LMHC

Terri Harper, MA, LMHC

Brandi Lefler, MA, LMHC

Rachael Golub, MSW, LCSW

Cindy Wanburg, LMHC

Dawn Cohen, LCSW

### MENTAL HEALTH COUNSELING

#### Ages Served:

Children, Teens, Adults

Phone: 352-357-1955

Languages: English & Spanish

4400 North Hwy 19A, Suite 5  
Mount Dora, FL 32757

[www.lifeandhopecounseling.com](http://www.lifeandhopecounseling.com)

#### Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

#### Evaluations:

- Drugs/Alcohol

Services: ADHD, Autism, Anxiety, Bipolar Disorder, Bullying, Conduct Disorder Of Childhood, Depression, Disabilities, Divorce Recovery, Family Conflict, Grief Counseling, Marital & Relationship Counseling, Oppositional Defiant Disorder, Parenting, Porn Additction, PTST & Trauma

## Monitor Your Meds Campaign



A public awareness campaign designed to educate the public on the dangers of prescription drug misuse and the importance of securing and disposing of medications.

## LIFE AND HOPE COUNSELING CENTER

Nadine Bridges, MS, LMHC

Terri Harper, MA, LMHC

Brandi Lefler, MA, LMHC

Rachael Golub, MSW, LCSW

Cindy Wanburg, LMHC

Dawn Cohen, LCSW

### MENTAL HEALTH COUNSELING

#### Ages Served:

Children, Teens, Adults

Phone: 352-432-8990

Languages: English & Spanish

4300 S Highway 27, Suite 205C  
Clermont, FL 34711

[www.lifeandhopecounseling.com](http://www.lifeandhopecounseling.com)

#### Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

#### Evaluations:

- Drugs/Alcohol

Services: ADHD, Autism, Anxiety, Bipolar Disorder, Bullying, Conduct Disorder Of Childhood, Depression, Disabilities, Divorce Recovery, Family Conflict, Grief Counseling, Marital & Relationship Counseling, Oppositional Defiant Disorder, Parenting, Porn Additction, PTST & Trauma



**No One's House** is a parent-to-parent campaign that works to reduce the amount of parents in a community who are providing teens with alcohol and/or allowing teens to drink in their homes. By pledging, you agree that you will not provide teens alcohol and will not willingly allow teens to drink alcohol at your home.

## LIFESTREAM BEHAVIORAL CENTER

Dr. David Dada, MD, Psychiatrist

2018 Tally Road  
Leesburg, FL 32163

www.lsbc.net

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Evaluations:

- Drugs/Alcohol

Services: Anxiety, Phobia, Schizophreniform & Schizoaffective Disorder, ADD, Autism, Bipolar Disorder, Schizophrenia & Schizoaffective Disorder, Phobia, Independent Opioid & Cocaine Abuse

## SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

**Ages Served:**

Adults

**Phone:** 352-315-7421

**Languages:** English & Spanish

## Mental Health First Aid Certification Training



Be Free Lake provides **Mental Health First Aid** certification training, an 8-hour public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews appropriate supports. Participants learn how to offer initial help in a mental health crisis and connect people to the appropriate professional, peer, social and self-help care.

If you are interested in taking this training to become Mental Health First Aid certified, or for more information, visit <http://BeFreeLake.org>, or call 352 - 383- 2099.

## LIFESTREAM BEHAVIORAL CENTER: ADULT CHOICE

2018 Tally Road  
Leesburg, FL 34748

www.lsbcc.net

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance - Call for Information

Evaluations:

- Drugs/Alcohol

Services: 16 bed substance abuse residential level 2 facility for adults with substance misuse and/or co-occurring mental health disorders. In addition to clinical services, emphasis is placed on services that address the client's vocational needs, social functioning, and need for stable housing upon discharge. Other services provided include educational groups, occupational and recreational activities.

## INPATIENT RESIDENTIAL MENTAL HEALTH

**Ages Served:**

Adults

**Phone:** 352-315-7470

**Languages:** English

Alcohol abuse can have a devastating effect on the public, business and employees. Serving responsibly produces safer roads and neighborhoods, and a more profitable business.

**The Responsible Vendor Training (RVT)** class teaches employees, managers and owners of establishments that sell alcohol how to keep it out of the hands of minors and not sell alcohol to obviously intoxicated persons. By participating in the class, alcohol vendors will be equipped with the knowledge needed to avoid arrest, fines and jail time for alcohol violations. Additionally, businesses are eligible for a 10% discount on their insurance.

The intention of this training is to:

1. Eliminate the sale and service of alcoholic beverages to underage patrons.
2. Reduce alcohol related injuries and deaths.
3. Encourage prudent serving practices.
4. Promote professionalism and responsibility of staff.

*Florida Statute 561.702*



**LIFESTREAM BEHAVIORAL CENTER:  
CHILDREN'S CLINICAL ON-SITE SERVICES**

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2020 Tally Road  
Leesburg, FL 34748

www.lsbcc.net

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance - Call for Information

Evaluations:

- Drugs/Alcohol

Services: Counseling Services are provided for children in the school or at home for those who are referred for intensive therapy.

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<b>COUNSELING</b>
<b>Ages Served:</b> School Aged Children
<b>Phone:</b> 352-315-7816
<b>Languages:</b> English

**LIFESTREAM BEHAVIORAL CENTER:  
CHILDREN'S CLINICAL ON-SITE SERVICES**

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201 East Magnolia Avenue  
Eustis, FL 32726

www.lsbcc.net

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance - Call for Information

Evaluations:

- Drugs/Alcohol

Services: Counseling Services are provided for children in the school or at home for those who are referred for intensive therapy.

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<b>COUNSELING</b>
<b>Ages Served:</b> School Aged Children
<b>Phone:</b> 352-357-1550
<b>Languages:</b> English

**LIFESTREAM BEHAVIORAL CENTER:  
COMMUNITY ACTION TEAM (CAT)**

2018 Tally Road  
Leesburg, FL 34748

www.lsbcc.net

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance - Call for Information

Evaluations:

- Drugs/Alcohol

Services: An integrated service delivery approach that utilizes a team of professionals to comprehensively address the needs of young people and their family. Designed as an alternative to out-of-home placement for youth with serious behavioral health issues.

**SUBSTANCE MISUSE  
PROGRAMS**

**Ages Served:**

Children, 11 - 21

**Phone:** 352-315-7800

**Languages:** English

**“Got Drugs? Pitch Your Pills”**

Proper disposal prevents abuse, protects the environment and reduces risk of accidental poisoning. Dispose your unused or unwanted medications today.

For more information about proper drug disposal and discover the Pitch Your Pills Campaign, please visit our website at [www.befreelake.org](http://www.befreelake.org)



**LIFESTREAM BEHAVIORAL CENTER:  
COMMUNITY MENTAL HEALTH  
OUTPATIENT CENTER**

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215 North 3rd Street  
Leesburg, FL 34748

www.lsbcc.net

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance - Call for Information

Evaluations:

- Drugs/Alcohol

Services: Individual and group counseling. Also provides medication management by a psychiatrist if needed.

---

**COUNSELING**

**Ages Served:**

4 & Up

**Phone:** 352-315-7500

**Languages:** English

**Deterra Bags/ Prescription Drug Campaign**



These bags dissolve unwanted medications, and Be Free Lake provides them FREE to 55+ communities to help with the proper disposal of unwanted medications.



## LIFESTREAM BEHAVIORAL CENTER: CROSSROADS II ADULT

201 Magnolia Avenue  
Eustis, FL 32726

www.lsbcc.net

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance - Call for Information

Evaluations:

- Drugs/Alcohol

Services: Individual, family and group counseling and educational services. Treatment goals, objectives and services are aimed at eliminating alcohol or other drug use and improving functioning areas.

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### COUNSELING

**Ages Served:**

Adults

**Phone:** 352-357-1550

**Languages:** English

## **KNOW THE LAW**

### ***A Program for Youth, Parents, and Community***

This FREE one-hour presentation is hosted by BE FREE LAKE and a member of our local law enforcement. Learn about the differences between misdemeanors and felonies, crimes against people and property, and the consequences for violating the law.



For more information and to schedule this interactive class session for your community, please contact Be Free Lake at 352-383-2099

**LIFESTREAM BEHAVIORAL CENTER:  
CROSSROADS II ADULT - OUTPATIENT**

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2018 Tally Road  
Leesburg, FL 34748

www.lsbcc.net

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance - Call for Information

Evaluations:

- Drugs/Alcohol

Services: Individual, family and group counseling and educational services. Treatment goals, objectives and services are aimed at eliminating alcohol or other drug use and improving functioning areas.

---

**COUNSELING**

**Ages Served:**

Adults

**Phone:** 352-315-7400

**Languages:** English



**Be Free Lake**

Your Community Drug Free Coalition  
Promoting Health & Wellness

**LIFESTREAM BEHAVIORAL CENTER:  
EUSTIS OUTPATIENT CENTER**

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201 Magnolia Avenue  
Eustis, FL 32726

www.lsbcc.net

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance - Call for Information

Evaluations:

- Drugs/Alcohol

Services: Individual and group counseling. Also provides medication management by a psychiatrist if needed.

---

**COUNSELING**

**Ages Served:**

4 & Up

**Phone:** 352-357-1550

**Languages:** English

**LIFESTREAM BEHAVIORAL CENTER:  
FAMILY BEHAVIORAL THERAPY TEAM**

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2018 Tally Road  
Leesburg, FL 34748

www.lsbcc.net

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance - Call for Information

Evaluations:

- Drugs/Alcohol

Services: In-home substance misuse treatment programs targeting: alcohol and drug abuse, behavior programs, mood disorders, family dysfunction, unemployment or underemployment, inadequate communication skills, anger management and poor school performance.

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**SUBSTANCE MISUSE  
PROGRAMS**

**Ages Served:**

Parents of Children Ages 3 - 10

**Phone:** 352-315-7413

**Languages:** English

## LIFESTREAM BEHAVIORAL CENTER: FAMILY INTERVENTION RESOURCE SERVICES TEAM (FIRST)

2020 Tally Road  
Leesburg, FL 34748

www.lsbcc.net

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance - Call for Information

Evaluations:

- Drugs/Alcohol

Services: Provides support and linkage to services for families when substance misuse or mental health problems threaten the stability of the home. The FIRST program provides case management and referral for treatment, housing benefits and Temporary Assistance for Needy Families (TANF).

### SUBSTANCE MISUSE PROGRAMS

**Ages Served:**

All

**Phone:** 352-315-7800

**Languages:** English

Alcohol abuse can have a devastating effect on the public, business and employees. Serving responsibly produces safer roads and neighborhoods, and a more profitable business.

**The Responsible Vendor Training (RVT)** class teaches employees, managers and owners of establishments that sell alcohol how to keep it out of the hands of minors and not sell alcohol to obviously intoxicated persons. By participating in the class, alcohol vendors will be equipped with the knowledge needed to avoid arrest, fines and jail time for alcohol violations. Additionally, businesses are eligible for a 10% discount on their insurance.

The intention of this training is to:

1. Eliminate the sale and service of alcoholic beverages to underage patrons.
2. Reduce alcohol related injuries and deaths.
3. Encourage prudent serving practices.
4. Promote professionalism and responsibility of staff.

*Florida Statute 561.702*



## LIFESTREAM BEHAVIORAL CENTER: GERIATRIC RESIDENTIAL TREATMENT SERVICES

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2020 Tally Road  
Leesburg, FL 34748

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

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance - Call for Information

Evaluations:

- Drugs/Alcohol

Services: 12-bed residential facility serving primarily seniors who are severely and persistently mentally ill. Programs offer rehabilitative services, wellness and recovery planning and activities in a supportive environment.

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### INPATIENT/RESIDENTIAL MENTAL HEALTH

**Ages Served:**

Adults

**Phone:** 352-315-7800

**Languages:** English



**No One's House** is a parent-to-parent campaign that works to reduce the amount of parents in a community who are providing teens with alcohol and/or allowing teens to drink in their homes. By pledging, you agree that you will not provide teens alcohol and will not willingly allow teens to drink alcohol at your home.

## LIFESTREAM BEHAVIORAL CENTER: INTENSIVE OUTPATIENT PROGRAM ADULT

---

2018 Tally Road  
Leesburg, FL 34748

www.lsbcc.net

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance - Call for Information

Evaluations:

- Drugs/Alcohol

Services: Provides level of care between inpatient and traditional outpatient treatment. Those served receive a recovery based, rehab treatment program found in a 28 day program, except the participants that live at home and continue management of their life without the interruption of living inpatient.

---

### SUBSTANCE MISUSE PROGRAMS

**Ages Served:**

Adults

**Phone:** 352-315-7800

**Languages:** English

## Mental Health First Aid Certification Training



Be Free Lake provides **Mental Health First Aid** certification training, an 8-hour public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews appropriate supports. Participants learn how to offer initial help in a mental health crisis and connect people to the appropriate professional, peer, social and self-help care.

If you are interested in taking this training to become Mental Health First Aid certified, or for more information, visit <http://BeFreeLake.org>, or call 352 - 383- 2099.

## LIFESTREAM BEHAVIORAL CENTER: OUR TURNING POINT RANCH - UMATILLA

---

P.O. Box 491000  
Leesburg, FL 34748

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

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance - Call for Information

Evaluations:

- Drugs/Alcohol

Services: A therapeutic group home for girls who exhibit emotional and behavioral challenges that can be served in a group home treatment setting. The goal is successful re-integration into the community.

---

### INPATIENT/RESIDENTIAL MENTAL HEALTH

**Ages Served:**

Teens

**Phone:** 352-315-7800

**Languages:** English

### **“Got Drugs? Pitch Your Pills”**

Proper disposal prevents abuse, protects the environment and reduces risk of accidental poisoning. Dispose your unused or unwanted medications today.

For more information about proper drug disposal and discover the Pitch Your Pills Campaign, please visit our website at [www.befreelake.org](http://www.befreelake.org)



## LIFESTREAM BEHAVIORAL CENTER: PHOENIX HOUSE SOUTH

411 US-301  
Sumterville, FL 33585

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

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance - Call for Information

Evaluations:

- Drugs/Alcohol

Services: 12 bed residential facility for adults with mental illness designed to increase their level of functioning by providing training and skills in the areas of residential and independent living.

---

### INPATIENT/RESIDENTIAL MENTAL HEALTH

**Ages Served:**

Adults

**Phone:** 352-793-7002

**Languages:** English

## Deterra Bags/ Prescription Drug Campaign



These bags dissolve unwanted medications, and Be Free Lake provides them FREE to 55+ communities to help with the proper disposal of unwanted medications.



## LIFESTREAM BEHAVIORAL CENTER: PSYCHIATRIC HOSPITAL

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2020 Tally Road  
Leesburg, FL 34748

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

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance - Call for Information

Evaluations:

- Drugs/Alcohol

Services: Provides children and adult crisis stabilization units, adult detoxification unit, adult psychiatric care and geriatric unit.

---

### INPATIENT/RESIDENTIAL MENTAL HEALTH

**Ages Served:**

Children, Teens, Adults

**Phone:** 352-315-7800

**Languages:** English

## LIFESTREAM BEHAVIORAL CENTER: SOUTH LAKE OUTPATIENT CENTER

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2140 North Wickham Drive  
Clermont, FL 34711

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

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance - Call for Information

Evaluations:

- Drugs/Alcohol

Services: Individual and group counseling. Also provides medication management by a psychiatrist if needed.

---

### COUNSELING

**Ages Served:**

4 & Up

**Phone:** 352-394-5922

**Languages:** English

## LIFESTREAM BEHAVIORAL CENTER: TURNABOUT

2018 Tally Road  
Leesburg, FL 34748

www.lsbcc.net

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance - Call for Information

Evaluations:

- Drugs/Alcohol

Services: Individual treatment allows teenagers to explore psychological factors that may be contributing to drinking and drug use. Family therapy is also recommended to help families break down common defenses to facilitate discussion and share solutions.

## SUBSTANCE MISUSE PROGRAMS

**Ages Served:**

Varied

**Phone:** 352-315-7400

**Languages:** English

## **KNOW THE LAW**

### ***A Program for Youth, Parents, and Community***

This FREE one-hour presentation is hosted by BE FREE LAKE and a member of our local law enforcement. Learn about the differences between misdemeanors and felonies, crimes against people and property, and the consequences for violating the law.



For more information and to schedule this interactive class session for your community, please contact Be Free Lake at 352-383-2099

**LIFESTREAM BEHAVIORAL CENTER:  
YOUTH AND FAMILY RECOVERY  
PROGRAM**

2018 Tally Road  
Leesburg, FL 34748

www.lsbcc.net

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance - Call for Information

Evaluations:

- Drugs/Alcohol

Services: Provides services to youth who are misusing substances who would be appropriate for outpatient care. Treatment involves individual sessions and family/caregiver sessions. Program goal is to connect youth with positive activities and reinforce healthy interests and peer groups.

**SUBSTANCE MISUSE  
PROGRAMS**

**Ages Served:**

Children, Teens

**Phone:** 352-315-3923

**Languages:** English



**Be Free Lake**

Your Community Drug Free Coalition  
Promoting Health & Wellness

## LIFESTREAM BEHAVIORIAL CENTER: SUMTER OUTPATIENT CENTER

---

119 North Market Street  
Bushnell, FL 33513

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

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance - Call for Information

Evaluations:

- Drugs/Alcohol

Services: Individual and group counseling. Also provides medication management by a psychiatrist if needed.

---

### COUNSELING

**Ages Served:**

4 & Up

**Phone:** 352-793-4126

**Languages:** English

## MID FLORIDA COMMUNITY COUNSELING AT CHILDREN'S HOME SOCIETY

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1300 South Duncan Drive  
Tavares, FL 32778

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

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Evaluations:

- Drugs/Alcohol

Services: Mental Health Assessments, Individual & Family Counseling, In-home/In-school Services

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### MENTAL HEALTH COUNSELING

**Ages Served:**

Children, Teens, Adults

**Phone:** 352-742-6170

**Languages:** English & Spanish

## MILESTONE COUNSELING

Geron Rogers, Mdiv, MS, LMHC

Valerie Rogers, MS, LMHC

---

205 Hatteras Avenue  
Clermont, FL 34711

[www.milestone-counseling.com](http://www.milestone-counseling.com)

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Evaluations:

- Drugs/Alcohol

Services: Children & Family, Transition & Crisis, Testing & Assessment, Parenting & Individual Therapy, Relationship Counseling, Christian Counseling, Substance Abuse Counseling

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## MENTAL HEALTH COUNSELING

**Ages Served:**

Children, Teens, Adults

**Phone:** 352-348-8858

**Languages:** English

**Irma S. Nyack, BSN, RN, MSN, MBA**

---

606 West Ave  
Clermont, FL 34711

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Evaluations:

- Drugs/Alcohol

Services: A Private Nurse Practitioner providing Respite Care services for children with Prader-Willi Syndrome, approved by Agency for Persons with Disabilities.

---

## MENTAL HEALTH COUNSELING

**Ages Served:**

Children 5 - 17

**Phone:** 407-484-2303

**Languages:** English

**Susan Petrie, MS, LMHC**

---

10760 SE 95th Terrace  
Bellevue, FL 34420

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Evaluations:

- Drugs/Alcohol

Services: ADHD, Anxiety, Depression, Divorce, Domestic Abuse, Sexual Abuse, Mood Disorders, Trauma/PTSD, Anger Management, Self Harm, Suicide, Women's Issues

---

**MENTAL HEALTH COUNSELING**

**Ages Served:**

Teens, Adults

**Phone:** 352-587-5543

**Languages:** English

**S.A.D.L.E.S. RANCH**

**Cher Myers, LCSW, MSW**

---

41025 Thomas Boat Landing  
Umatilla, FL 32784

sadlesranch.com

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Evaluations:

- Drugs/Alcohol

Services: Equine-assisted therapy, uniquely powerful treatment where you connect with horses in rich, organic setting.

---

**MENTAL HEALTH COUNSELING**

**Ages Served:**

Children, Teens, Adults

**Phone:** 352-669-1012

**Languages:** English

## SIMEDHEALTH

Dr. Joyce Smolarski, MD, Psychiatrist

---

929 North US Hwy 441, Suite 404  
Lady Lake, FL 32159

simedhealth.com

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Evaluations:

- Drugs/Alcohol

Services: Anxiety, ADHD, Bipolar Disorder, OCD, Panic Disorder, Personality Disorder, PTSD, Psychiatric Diseases, Situational Depression

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**Karen D. Stange, MA, LMHC, LMFT, NCC**

---

117 N US Hwy 441, Suite 205  
Lady Lake, FL 32159

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Evaluations:

- Drugs/Alcohol

Services: Addiction, Adoption, Anxiety, Alcohol, OCD, Drug Use, Eating Disorder, Grief, PTSD, Self-Esteem, Women's Issues

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### MENTAL HEALTH COUNSELING

**Ages Served:**

Adults

**Phone:** 352-753-6887

**Languages:** English

### SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

**Ages Served:**

Adults

**Phone:** 407-749-0153

**Languages:** English

## SUMMIT MENTAL HEALTH SERVICES

Ashlea Johnson, LCSW

---

214 East Washington Street #A  
Minneola, FL 34715

[www.summitmentalhealthservices.com](http://www.summitmentalhealthservices.com)

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Evaluations:

- Drugs/Alcohol

Services: Individual, Family & Group Counseling, Premarital Counseling, Self-Esteem, Depression, Anxiety, OCD, PTSD, Parenting, Aspergers, Children, Career, Grief

---

### MENTAL HEALTH COUNSELING

**Ages Served:**

Children, Teens, Adults

**Phone:** 352-347-2385

**Languages:** English

## THE ART OF HEALING

Jenny Clarke, MA, RYT

---

230 Mohawk Road  
Clermont, FL 34715

[www.nourishcreatetransform.com](http://www.nourishcreatetransform.com)

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Evaluations:

- Drugs/Alcohol

Services: Life Coaching, Yoga, Reiki, Transpersonal Psychology, Holistic Healing, Group Workshops

---

### MENTAL HEALTH COUNSELING

**Ages Served:**

Adults

**Phone:** 407-504-8197

**Languages:** English



## U.S. DEPARTMENT OF VETERAN'S AFFAIRS CLINIC

805 Oakley Seaver Drive  
Clermont, FL 34711

### Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

### Evaluations:

- Drugs/Alcohol

Services: For Veterans: ADD, ADHD, Depression, Bipolar Disorder, Insomnia, Schizophrenia, Anxiety, Schizoaffective Disorder, PTSD, OCD, Trauma

## SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

### Ages Served:

Adults

**Phone:** 352-536-8200

**Languages:** English & Spanish

## Mental Health First Aid Certification Training



Be Free Lake provides **Mental Health First Aid** certification training, an 8-hour public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews appropriate supports. Participants learn how to offer initial help in a mental health crisis and connect people to the appropriate professional, peer, social and self-help care.

If you are interested in taking this training to become Mental Health First Aid certified, or for more information, visit <http://BeFreeLake.org>, or call **352-383-2099**.

## U.S. DEPARTMENT OF VETERAN'S AFFAIRS CLINIC

1390 E Burleigh Blvd  
Tavares, FL 32778

### Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

### Evaluations:

- Drugs/Alcohol

Services: For Veterans: ADD, ADHD, Depression, Bipolar Disorder, Insomnia, Schizophrenia, Anxiety, Schizoaffective Disorder, PTSD, OCD, Trauma

## SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

### Ages Served:

Adults

Phone: 352-253-2900

Languages: English & Spanish

## FUN WITHOUT DRUGS AND ALCOHOL

**Friday Night Done Right** is a successful campaign in Lake County to ensure our youth have the opportunity to thrive and help create a strong community presence.

This program demonstrates to young people that they can socialize and have a great time **without drugs, alcohol or tobacco**.

It empowers teens by promoting positive alternatives for them to make better choices about how they can spend their evenings out. While we focus this program on a Friday Night, middle school and high school kids who want to spend time with friends can attend a planned 'fun' event without harmful substances at other times as well.

Because of school, community, and local Law Enforcement promotions, "Friday Night Done Right" is becoming a common mantra for teens in Lake County. This initiative is another way that the BE FREE LAKE can offer and support activities that are fun and educational while "growing our kids." If you are interested in having us help you provide one of these events to your group, please contact

**Delrita Meisner, Executive Director at 352-383-2099.**



## Dr. Thomas Valente, Psychiatrist

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404 Webster Street  
Leesburg, FL 34747

2020 Tally Road  
Leesburg, FL 34748

www.lsbcc.net

### Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

### Evaluations:

- Drugs/Alcohol

Services: Drug & Alcohol Dependence, Mental Disorders, Anxiety, Amphetamine & Other Psychostimulant Dependence, Psychological Pharmacology, ADHD, Autism, Bipolar Disorder, Conversion Disorder, Mood Disorders, PTSD, Schizophrenia & Schizoaffective Disorder, Phobia, Independent Opioid & Cocaine Abuse

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## SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

### Ages Served:

Adults

**Phone:** 352-360-6506

**Languages:** English & Spanish

## **KNOW THE LAW**

### ***A Program for Youth, Parents, and Community***

This FREE one-hour presentation is hosted by BE FREE LAKE and a member of our local law enforcement. Learn about the differences between misdemeanors and felonies, crimes against people and property, and the consequences for violating the law.



For more information and to schedule this interactive class session for your community, please contact Be Free Lake at 352-383-2099

## VILLAGE COUNSELING CENTER

Scott Shelton, LCSW  
Dr. Brad Palermo, PsyD  
Grace Ireland, LCSW  
Karen Hayes, LCSW

416 Teaque Trail  
Lady Lake, FL 32159

villagecounselingcenter.org

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Evaluations:

- Drugs/Alcohol

Services: Marriage, Couples, and Relationship Issues, Depression/Bipolar, Anxiety, Stress, Anger, Substance Abuse and Addictions, Eating Disorders, Adjusting to Life Changes and Transitions, Grief and Loss, Trauma

## SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

**Ages Served:**

Children 5 - 17, Adults

**Phone:** 352-478-0407

**Languages:** English

Alcohol abuse can have a devastating effect on the public, business and employees. Serving responsibly produces safer roads and neighborhoods, and a more profitable business.

**The Responsible Vendor Training (RVT)** class teaches employees, managers and owners of establishments that sell alcohol how to keep it out of the hands of minors and not sell alcohol to obviously intoxicated persons. By participating in the class, alcohol vendors will be equipped with the knowledge needed to avoid arrest, fines and jail time for alcohol violations. Additionally, businesses are eligible for a 10% discount on their insurance.

The intention of this training is to:

1. Eliminate the sale and service of alcoholic beverages to underage patrons.
2. Reduce alcohol related injuries and deaths.
3. Encourage prudent serving practices.
4. Promote professionalism and responsibility of staff.

*Florida Statute 561.702*



## VILLAGE MIND AND BODY INSTITUTE

Dr. Dennis Brady, PsyD, DCH, EdD

219 W McClendon Street  
Lady Lake, FL 32159

villagemindandbodyinstitute.com

Payment Options:

- Self Pay
- Medicaid
- Medicare
- Private Insurance

Evaluations:

- Drugs/Alcohol

Services: Depression & Anxiety, Grief, Counseling, Work & Career Issues, Stress Management, Addictions & Recovery Management, Sleep Issues, Anger, Trauma/PTSD, Domestic Misuse

### SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

**Ages Served:**

Adults

**Phone:** 352-405-6733

**Languages:** English

### **“Got Drugs? Pitch Your Pills”**

Proper disposal prevents abuse, protects the environment and reduces risk of accidental poisoning. Dispose your unused or unwanted medications today.

For more information about proper drug disposal and discover the Pitch Your Pills Campaign, please visit our website at [www.befreelake.org](http://www.befreelake.org)





## TO REGISTER A CLASS:





### Contact:

Be Free Lake  
Phone Number: 352-383-2099  
Email: Delrita@BeFreeLake.org

Website: <http://BeFreeLake.org>



### What You Learn:

-  Signs of addictions and mental illnesses
-  Impact of mental and substance use disorders
-  5-step action plan to assess a situation and help
-  Local resources and where to turn for help

Just as CPR helps you assist an individual having a heart attack – even if you have no clinical training – Mental Health First Aid helps you assist someone experiencing a mental health related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

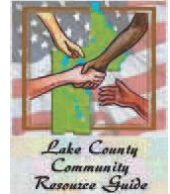
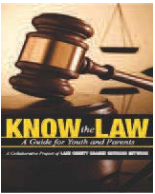
Taught by two certified instructors, Mental Health First Aid teaches about [recovery](#) and [resiliency](#) – the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well.

Learn how to apply the Mental Health First Aid action plan in a variety of situations, including when someone is experiencing panic attacks, suicidal behaviors, acute psychosis or reaction to trauma. The opportunity to practice – through role plays, scenarios, and activities – makes it easier to apply these skills in a real-life situation. The **8 Hour Course includes:** Workbook, Certificate of Certification. The cost is free for Adult Mental Health First Aid in Lake and Sumter Counties or for Youth Mental Health First Aid in the counties making up Circuit 5.



"You're Not Alone" is our social norming campaign and program aimed to educate our youth in understanding that the words, "Mental Health" are not bad words and it is ok to ask for help. The focus of the campaign is to reduce the stigma on mental illness and provide suicide preventative measures by encouraging youth to reach out to talk to someone when experiencing feelings of sadness or stress. Be Free Lake delivers the program to youth in five 1-hour sessions taught within classrooms, agencies or in community settings. Combined with Mental Health First Aid training for the community and You're Not Alone for the youth, the suicide preventative measures taught can assist the youth to reach out to not only help themselves but to help their peers and have the adults trained to assist the youth asking for help. By reaching the youth and the adults, the community together can reduce the stigma of mental illness and work towards suicide prevention.





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## JOIN THE REVOLUTION... BE FREE LAKE!

We invite you to explore our website at <https://BeFreeLake.org>  
To be included in the next edition of the Behavioral Resource Guide,  
or to request additional copies, call  
Be Free Lake at 352-383-2099.

Be Free Lake is a 501c3, tax exempt organization.  
Donations supporting Be Free Lake's work in Lake County  
are tax deductible.

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**Be Free Lake**  
**1050 Boyd Drive**  
**Mount Dora, FL 32757**  
**(352) 383-2099**