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.

Be Free Lake is a countywide coalition developed to collaborate with community stakeholders to focus on youth substance misuse reduction and prevention, while maximizing resources and providing opportunities for health and wellness for children and families to be self-sufficient, productive contributors in Lake County and society. Our vision is to create a community focused on educating and advocating health and wellness. The coalition was established in 2001 to help minimize substance misuse among teens and promote mental health awareness among youth and families in Lake County.

Be Free Lake focuses on implementing comprehensive prevention strategies, providing resources and services to members of the community, and educating individuals on the importance of youth abstaining from substance misuse. The *Lake County Behavioral Health Resource Guide* is completely funded and produced by Be Free Lake. All providers listed throughout the guide connect our youth and families to mental health support services and resources. The partners that make up Be Free Lake are continually working together to better the quality of life for residents of Lake County. For more information about the coalition's programs and services, please visit our website at https://befreelake.org.

Published 2026

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.

Helpful Emergency Resouces

(*You may want to cut these out and place them in a prominent place in your home or office*)

LifeStream Mobile Response Team (MRT)

352-408-6625

The Mobile Response Team services are available 24/7 in Lake, Sumter, and Citrus Counties, serving all ages. Mobile Response Team crisis counselors provide on-demand crisis intervention services in any setting in which a behavioral health crisis is occurring, including homes, schools, and emergency departments.

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National Suicide Prevention Lifeline

9-8-8

The 9-8-8 Lifeline provides 24/7:

- Free and confidential support for people in crisis
- Prevention and crisis resources for you or your loved ones
- Best practices for professionals in the United States

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. **No insurance?** Call Lutheran Services FL: 877-229-9098

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 specialty evaluations and/ or services and Children with Medicaid - ASK Health Plan for a referral for Targeted Case Management to help with getting services.

Is my child involved with other state agencies?

- Ask the agency representative if that agency offers any evaluations or services?

State Agency Systems	Additional Resources
☙ Department of Children & Families (DCF)	Parenting Support/ Resources? Human Trafficking Concerns? Adoptive family? www.findhelp.org or www.myflfamilies.com/hopeflorida Parent Needs Assistance 1-800-962-2873 Kids Central Inc. Post-Adoption Support 352-857-7297
☙ Department of Juvenile Justice (DJJ)	Arrested? Runaway or Ungovernable youth? http://www.djj.state.fl.us/youth-families/for-parents 1-866-757-0634
☙ School System SEDNET	Struggling in school? http://www.sednetfl.info/Regions.aspx 1-727-314-3906
☙ Children's Mental Health	Baker Acts? Mental Health Needs? https://www.myflfamilies.com/services/substance-abuse-and-mental-health/get-help-find-local-services/find-local-services-county Lutheran Services FL Access to Care Line: 877-229-9098 24/7 Mobile Response Teams: Lifestream (Lake, Sumter, Citrus) - 352-408-6625 BayCare (Hernando): 352-467-6529 SMA Healthcare (Marion): 352-402-2890
☙ Agency for Persons with Disabilities (APD)	Intellectual disabilities (IQ under 70), Autism, Spina Bifida, Cerebral Palsy, Prader-Willi, down syndrome, Phelan-Dermid? https://resourcedirectory.apd.myflorida.com/ (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**
- ☙ 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?
- ☙ Child with Autism/ ASD Diagnosis – contact Center for Autism and Related Disabilities – **1-800-9-AUTISM**
- ☙ Out of Home Respite - Florida Network Youth Shelters www.floridanetwork.org **1-850-922-4324**
- ☙ Out of Home - Florida Association of Christian Child-Caring Agencies www.faccca.com **1-850-542-1776**
- ☙ Out of Home - Therapeutic Boarding School Finder www.therapeuticboardingschools.org
- ☙ NOTE: Inpatient Residential Treatment is NOT an Emergency Placement but if you believe your child needs in patient residential 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**
Healthy Kids 888-540-KIDS **(5437) - https://www.healthykids.org/**
Supplemental Security Income (SSI) - https://www.ssa.gov/benefits/disability/apply-child.html
Online Resource Directory: www.MyFloridaMyFamily.com

Developmental Concerns for 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/**
Child Diagnosed with Autism (all ages) - **CARD Autism services: guidance; education; resources 1-800-9-AUTISM**

To Switch Plans – Choice Counseling Main Line 1-877-711-3662 or Text: 357662		Please be advised that phone numbers are subject to change. Please visit the MMA Plan's member handbook	
MEDICAID & HEALTHY KIDS PLANS	Behavioral Health Coordination	Non-Emergency Transportation	24/7 Nurse Line
Florida Community Care	1-833-FCC-PLAN	1-833- FCC-PLAN	1-833- FCC-PLAN
Humana Medical Plan	1-888-778-4651	ModivCare 1-866-779-0565	1-800-477-6931
Children's Medical Services	1-866-799-5321	(MTM) Phone: 1-844-399-9469	1-866-799-5321
Sunshine Health & SMI Plan	1-866-796-0530	ModivCare 1-877-659-8420	1-866-796-0530
Sunshine Health CW Specialty Plan	1-855-463-4100	ModivCare 1-877-659-8420	1-855-463-4100
UnitedHealthcare	1-800-582-8220	ModivCare 1-866-372-9891	1-877-552-8105
Clear Health Alliance	1- 844-280-9633	1-877-779-8617	1-844-406-2398
Aetna – Healthy Kids	1-844-528-5815	Not Covered	1-844-528-5815
Sunshine Health – CMS – Healthy Kids	1-866-799-5321	Not Covered	1-866-799-5321
Simply Healthcare Plan – Healthy Kids	1-844-405-4298	Not Covered	1-844-405-4298
Community Care Plan - Healthy Kids	1-866-930-0944	Not Covered	1-833-925-0451
COMMERCIAL INSURANCE	Behavioral Health Coord.	Autism Resources	24/7 Nurse Line
Florida Blue Cross Blue Shield (Commercial Ins)	(New Directions Behavioral Health) 866-287-9569	Autism Resource Program 1-877-563-9347	
Aetna (Commercial)	1-800-424-4660		
Tricare – Humana Military	1-800-615-7332	1-800-444-5445	
Molina Healthcare	1-800-221-5487		1-888-275-8750
AVMED	1-800-972-8633, Option #3		1-888-866-5432
Cigna Health Care	1-866-382-0518		1 (855) 673-3063
United Health Care (Commercial)	Call # on back of ID card		

HOPE FOR HEALING FLORIDA

www.hopeforhealingfl.com/ (850)300-HOPE

Revised 3.13.23

2-STRIVE, LLC

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

800 South Eustis Street, Suite G
Eustis, FL 32726

MENTAL HEALTH COUNSELING

Ages Served:
Children, Teens, Adults
Phone: 352-357-7750
Languages: English

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, Subtance Abuse Groups, Parenting Classes, Mentoring

ADVANCED BEHAVIORAL HEALTH CENTER

Jenine D'Onofrio, MA, PhD (aba)

1799 Salk Avenue
Tavares, FL 32778

MENTAL HEALTH COUNSELING

Ages Served:
Children, Teens, Adults
Phone: 352-742-8305
352-742-8300
Languages: English

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, Cognative Restructuring, Compassion Fatigue, Hoarding Disorder

ART OF HEALING THERAPY CENTER

Samantha Savage

4300 S Highway 27
Suite 203
Clermont, FL 34711

www.artofhealingtherapycenter.com

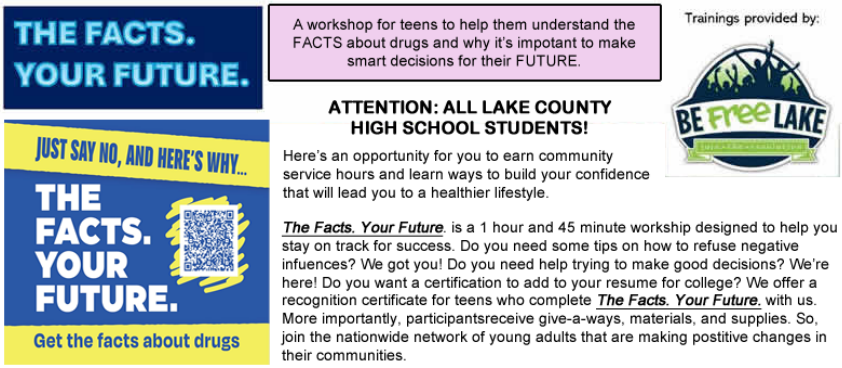
COUNSELING

Ages Served:
Children, Teens, Families
Phone: 352-234-6104
Languages: English

Payment Options:
☑ Self Pay
☐Medicaid
☐Medicare
☐ Private Insurance

Evaluations:
☐ Drugs/Alcohol

Services: Offers therapy services for children, teens, and families in cnetral Florida and online. Using a blend of cognitive-behavioral therapy, expressive arts, and mindfulness-based approaches, sessions are customized to support emotional regulation, anxiety, stress, and life transitions.



BEHAVIORAL HEALTH CENTERS

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:
Adults
Phone: 772-218-5146
Languages: English

7330 Powell Road
Wildwood, FL 34785

behavioralhealth-centers.com/our-center/wildwood/

Payment Options:
☑ Self Pay
☐Medicaid
☐Medicare
☑ Private Insurance

Evaluations:
☐ Drugs/Alcohol

Services: Treatment and support for recovery providing detox, psychiatric/medical practitioners, individual therapy, family therapy, group therapy, and alternative therapies. Various levels of care from inpatient to outpatient.

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***.

BLESSED BEHAVIORAL & HEALTH SERVICES, LLC

Dr. Emma Markey, DNP, PMHNP-BC, FNP-C

222 W Ardice Avenue
Eustis, FL 32726

www.blessedbehavioralhs.com/

MENTAL HEALTH COUNSELING

Ages Served:
Teens, Adults
Phone: 407-801-1966
Languages: English

Payment Options:
☑ Self Pay
☐Medicaid
☑ Medicare
☑ Private Insurance

Evaluations:
☑ Drugs/Alcohol

Services: Depression, Anxiety Disorders, ADHD, Trauma & PTSD, Mood Disorders, Stress & Burnout, Medication Management, Supportive Psychotherapy, Telehealth, Faith-Integrated Support

Brandon M. Crotty, LMHC, CAP, PA

17307 Pagonia Road, Suite 100
Clermont, FL 34711

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:
Teens, Adults
Phone: 321-231-0329
Languages: English

Payment Options:
☑ Self Pay
☑ Medicaid
☐Medicare
☑ Private Insurance

Evaluations:
☐ Drugs/Alcohol

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

CENTRAL FLORIDA PSYCHOLOGICAL CONSULTANTS, INC.

605 West Montrose Street
Clermont, FL 34711

www.centralfloridapsychology.com

MENTAL HEALTH COUNSELING

Ages Served:
Children, Teens, Adults
Phone: 352-365-2243
Languages: English

Payment Options:
☑ Self Pay
☐Medicaid
☑ Medicare
☑ Private Insurance

Evaluations:
☐ Drugs/Alcohol

Services: Family, Couples, Individuals, Depression, Anxiety, Trauma, PTSD, Addiction, Bipolar, Domestic Abuse, LGBTQ, Counseling/Therapy Serivces, Spiritual Wellness, Parenting Services, Forensic Services

Be Free Lake

Your Community Drug Free Coalition
Promoting Health & Wellness

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**.

COMPREHENSIVE PSYCHOLOGICAL & ASSESSMENT SERVICES

Dr. Maxine Ruddock, PhD

322 N. Barrow Avenue
Tavares, FL 32778

www.cpascounseling.com

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:
Children, Teens, Adults,65+
Phone: 352-201-3762
Languages: English

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

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.

CORNERSTONE HOSPICE & PALLIATIVE CARE

MENTAL HEALTH COUNSELING

2445 Lane Park Road
Tavares, FL 32778

cornerstonehospice.org

Ages Served:
Children, Teens, Adults
Phone: 866-742-6655
Languages: English

Payment Options:
☐Self Pay
☐Medicaid
☐Medicare
☐ Private Insurance

Evaluations:
☐ Drugs/Alcohol

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

COUNSELING & DEVELOPMENT CENTER

Dr. Patrick J. Ward, PhD

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

101 East Maud Street
Tavares, FL 32778

www.counselinganddevelopment.com

Ages Served:
Children, Teens, Adults
Phone: 352-253-9348
Languages: English

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

COUNSELING FOR YOUR SUCCESS

Sandra Moenssens, MS, LMHC, LMFT

17307 Pagonia Road, Suite 100
Clermont, FL 34711

www.counselingforyoursuccess.com

MENTAL HEALTH COUNSELING

Ages Served:
Children, Teens, Adults
Phone: 321-230-0740
Languages: English

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

REATIVE THERAPY ASSOCIATES, LLC

Christine Harris, MSW, LCSW

600 S. Main Ave
Minneola, FL 34715

www.creativetherapyflorida.com

MENTAL HEALTH COUNSELING

Ages Served:
Children, Teens, Adults
Phone: 407-399-8855
Languages: English

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, Family Conflct, Coping Skills

DEAS CONSULTING

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

385 Alfred Street
Tavares, FL 32778

deas.consulting

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:
Children, Teens, Adults
Phone: 352-406-1264
Languages: English

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

DIVINE CONCEPTS COUNSELING, INC.

Diana Ries, Counselor, RN, DSHSM, MS, LMHC

15151 US-441 #100
Summerfield, FL 34491

MENTAL HEALTH COUNSELING

Ages Served:
Children, Teens, Adults
Phone: 352-391-2976
Languages: English

Payment Options:
☑ Self Pay
☐Medicaid
☐Medicare
☑ Private Insurance

Evaluations:
☐ Drugs/Alcohol

Services: Individual, Couples, Family, Crisis, Addiction, Trauma, Abuse, Grief, Spiritual, Career, Life Coaching Counseling. Men's, Woman's, Sexual Abuse Support Groups.

FAMILY LIFE COUNSELING CENTER

Sandi Burchfield, MS, IMT-1129

2110 N. Hwy 27, Ste 4
Clermont, FL 34711

MENTAL HEALTH COUNSELING

Ages Served:
Children, Teens, Adults
Phone: 352-354-1817
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

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.

RVT RESPONSIBLE VENDOR TRAINING

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

FAMILY LIFE COUNSELING CENTER*

Sandi Burchfield, MS, IMT-1129

858 S. Duncan Dr
Tavares, FL 32778

MENTAL HEALTH COUNSELING

Ages Served:
Children, Teens, Adults
Phone: 352-708-6283
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

"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

GFC FAMLY AND CRISIS COUNSELING

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

611 S Main Avenue
Groveland, FL 34736

www.gfccounseling.com

Ages Served:
Children, Teens, Adults
Phone: 352-429-5600
Languages: English & Spanish

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 Faith-Based Counseling
Dr. Joseph Wm. Nussbaumer: DUI/Substance abuse Counseling, Sex Offender Therapy, Personal Counseling.

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.

HARMONY UNITED PSYCHIATRIC CARE

Dr. Adil A. Mohammed, MD

8550 Northeast 138th Lane, Ste 2003
The Villages, FL 32159

hupcfl.com

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:
Children, Adults
Phone: 800-457-4573
Languages: English

Payment Options:
☑ Self Pay
☐Medicaid
☑ Medicare
☑ Private Insurance

Evaluations:
☐ Drugs/Alcohol

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

Deterra Bags/ Prescription Drug Campaign

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

HEALING WOUNDS HEALTHCARE, LLC

Cherie Burgess, M.Ed, LMHC512 South Palm Avenue

1120 W. Minneola
Minneola, FL 34711

www.healingwoundshealthcare.com

MENTAL HEALTH COUNSELING

Ages Served:
Teens, Adults
Phone: 352-499-1372
Languages: English

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. , Anger Management, Driver's School

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

606 West Ave
Clermont, FL 34711

MENTAL HEALTH COUNSELING

Ages Served:
Children 5 - 17
Phone: 407-484-2303
Languages: English

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.

Jenny Clarke, MA, RYT

230 Mohawk Road
Clermont, FL 34715

www.nourishcreatetransform.com

MENTAL HEALTH COUNSELING

Ages Served:
Adults
Phone: 407-504-8197
Languages: English

Payment Options:
☑ Self Pay
☐Medicaid
☐Medicare
☐ Private Insurance

Evaluations:
☐ Drugs/Alcohol

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

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

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

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:
Adults
Phone: 407-749-0153
Languages: English

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

LAKE CENTER OF HOPE

Dr. Nick Ungson, MD

33057 Professional Drive, Suite 102
Leesburg, FL 34788

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:
Adults
Phone: 352-787-0081
Languages: English

Payment Options:
☑ Self Pay
☐Medicaid
☑ Medicare
☑ Private Insurance

Evaluations:
☑ Drugs/Alcohol

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

LIFE AND HOPE COUNSELING CENTER

15930 US Rte 441, Suite D
Eustis, FL 32726

www.lifeandhopecounseling.com

MENTAL HEALTH COUNSELING

Ages Served:
Children, Teens, Adults
Phone: 352-978-6687
Languages: English & Spanish

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, LGBTQ

LIFE AND HOPE COUNSELING CENTER

365 Citus Tower Blvd, Suite 108
Clermont, FL 34711

www.lifeandhopecounseling.com

MENTAL HEALTH COUNSELING

Ages Served:
Children, Teens, Adults
Phone: 352-978-6687
Languages: English & Spanish

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, LGBTQ

Deterra Bags/ Prescription Drug Campaign

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

LIFESTREAM BEHAVIORAL CENTER: ADULT CHOICE RESIDENTIAL PROGRAM

INPATIENT RESIDENTIAL MENTAL HEALTH

2015 N. 3rd Street
Leesburg, FL 34748

www.lsbc.net

Ages Served:
Adults
Phone: 352-315-7470
Languages: English

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.

Be Free Lake

Your Community Drug Free Coalition
Promoting Health & Wellness

LIFESTREAM BEHAVIORAL CENTER: ANTHONY HOUSE

INPATIENT/RESIDENTIAL MENTAL HEALTH

6215 Holly Street
Mount Dora, FL 32798

www.lsbc.net

Ages Served: Women & Children
Phone: 352383-9242
Languages: English

Payment Options:
☑ Self Pay
☑ Medicaid
☑ Medicare
☑ Private Insurance - Call for Information

Evaluations:
☐ Drugs/Alcohol

Services: A residential substance abuse treatment program for pregnant and postpartum women and their children who are motivated to make positive changes in their lives. Provides an environment and individual treatment that fosters independence and helps residents gain the life skills needed to prevent future chronic homelessness in a safe housing environment.

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***.

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

2020 Tally Road
Leesburg, FL 34748

www.lsbc.net

COUNSELING

Ages Served:
School Aged Children
Phone: 352-315-7816
Languages: English

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.

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

1217 Huffstetter Drive #11
Eustis, FL 32726

www.lsbc.net

COUNSELING

Ages Served:
School Aged Children
Phone: 352-483-1652
Languages: English

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.

LIFESTREAM BEHAVIORAL CENTER: COMMUNITY ACTION TEAM (CAT)

SUBSTANCE MISUSE PROGRAMS

2018 Tally Road
Leesburg, FL 34748

www.lsbc.net

Ages Served:
Children, 11 - 21
Phone: 352-315-7800
Languages: English

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.

"**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.

LIFESTREAM BEHAVIORAL CENTER: COMMUNITY MENTAL HEALTH OUTPATIENT CENTER

COUNSELING

Ages Served:
4 & Up
Phone: 352-315-7500
Languages: English

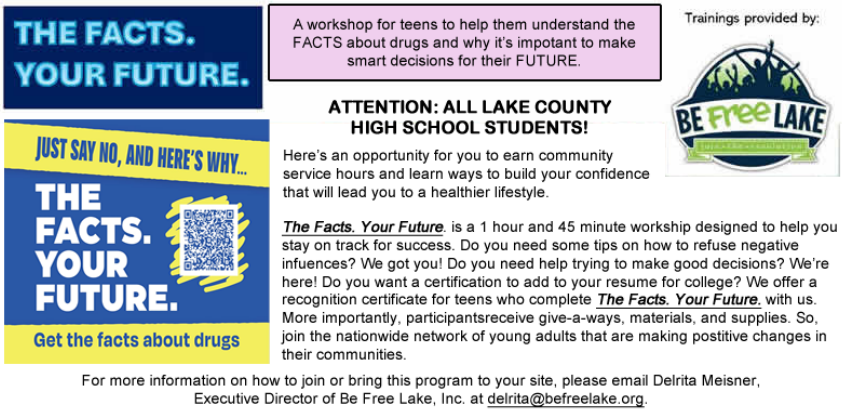
215 North 3rd Street
Leesburg, FL 34748

www.lsbc.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.



LIFESTREAM BEHAVIORAL CENTER: CROSSROADS II ADULT

COUNSELING

Ages Served:
Adults
Phone: 352-357-1550
Languages: English

201 Magnolia Avenue
Eustis, FL 32726

www.lsbc.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.

LIFESTREAM BEHAVIORAL CENTER: CROSSROADS II ADULT - OUTPATIENT

COUNSELING

Ages Served:
Adults
Phone: 352-315-7400
Languages: English

2018 Tally Road
Leesburg, FL 34748

www.lsbc.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.

LIFESTREAM BEHAVIORAL CENTER: EUSTIS OUTPATIENT CENTER

201 Magnolia Avenue
Eustis, FL 32726

www.lsbc.net

COUNSELING

Ages Served:
4 & Up
Phone: 352-357-1550
Languages: English

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.

Be Free Lake

Your Community Drug Free Coalition Promoting Health & Wellness

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.

LIFESTREAM BEHAVIORAL CENTER: FAMILY BEHAVIORAL THERAPY TEAM (FBTT)

SUBSTANCE MISUSE PROGRAMS

Ages Served:
Parents of Children Ages 3 - 10
Phone: 352-315-7413
Languages: English

2018 Tally Road
Leesburg, FL 34748

www.lsbc.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 dsyfunction, unemployment or underemployment, inadequate communication skills, anger management and poor school performance.

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: FAMILY INTERVENTION RESOURCE SERVICES TEAM (FIS)

SUBSTANCE MISUSE PROGRAMS

Ages Served:
All
Phone: 352-315-7800
Languages: English

2020 Tally Road
Leesburg, FL 34748

www.lsbc.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).

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: GERIATRIC RESIDENTIAL TREATMENT SERVICES

INPATIENT/RESIDENTIAL MENTAL HEALTH

Ages Served:
Adults
Phone: 352-315-7460
Languages: English

2018 Tally Road
Leesburg, FL 34748

www.lsbc.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 severly and persistently mentally ill. Programs offer rehabilitive services, wellness and recovery planning and activities in a supportive environment.

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: INTENSIVE OUTPATIENT PROGRAM ADULT

SUBSTANCE MISUSE PROGRAMS

Ages Served:
Adults
Phone: 352-315-7800
Languages: English

2018 Tally Road
Leesburg, FL 34748

www.lsbc.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.

LIFESTREAM BEHAVIORAL CENTER: OUR TURNING POINT RANCH - UMATILLA

INPATIENT/RESIDENTIAL MENTAL HEALTH

Ages Served:
Teens
Phone: 352-771-8996
Languages: English

19826 E. 5th Street
Umatilla, FL 32789

www.lsbc.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.

LIFESTREAM BEHAVIORAL CENTER: PHOENIX HOUSE SOUTH

INPATIENT/RESIDENTIAL MENTAL HEALTH

411 US-301
Sumterville, FL 33585

www.lsbc.net

Ages Served:
Adults
Phone: 352-793-7002
Languages: English

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.

LIFESTREAM BEHAVIORAL CENTER: PSYCHIATRIC HOSPITAL

INPATIENT/RESIDENTIAL MENTAL HEALTH

2020 Tally Road
Leesburg, FL 34748

www.lsbc.net

Ages Served:
Children, Teens, Adults
Phone: 352-315-7800
Languages: English

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.

LIFESTREAM BEHAVIORAL CENTER: SOUTH LAKE OUTPATIENT CENTER

COUNSELING

2140 North Wickham Drive
Clermont, FL 34711

www.lsbc.net

Ages Served:
4 & Up
Phone: 352-394-5922
Languages: English

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.

LIFESTREAM BEHAVIORAL CENTER: TURNABOUT

SUBSTANCE MISUSE PROGRAMS

2020 Tally Road
Leesburg, FL 34748

www.lsbc.net

Ages Served:
Varied
Phone: 352-315-7800
Languages: English

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.

LIFESTREAM BEHAVIORAL CENTER: YOUTH AND FAMILY RECOVERY CARE

SUBSTANCE MISUSE PROGRAMS

Ages Served:
Children, Teens
Phone: 352-315-7500
Languages: English

2018 Tally Road
Leesburg, FL 34748

www.lsbc.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.

LIFESTREAM BEHAVORIAL CENTER: SUMTER OUTPATIENT CENTER

COUNSELING

Ages Served:
4 & Up
Phone: 352-793-4126
Languages: English

119 North Market Street
Bushnell, FL 33513

www.lsbc.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.

MID FLORIDA COMMUNITY COUNSELING AT CHILDREN'S HOME SOCIETY (CHS)

MENTAL HEALTH COUNSELING

1300 South Duncan Drive, Bldg C
Tavares, FL 32778

www.chsfl.org

Ages Served:
Children, Teens, Adults
Phone: 352-742-6170
Languages: English & Spanish

Payment Options:
☐Self Pay
☑ Medicaid
☐Medicare
☐ Private Insurance

Evaluations:
☐ Drugs/Alcohol

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

MILESTONE COUNSELING

MENTAL HEALTH COUNSELING

205 Hatteras Avenue
Clermont, FL 34711

www.milestone-counseling.com

Ages Served:
Couples, Familiies
Phone: 352-348-8858
Languages: English

Payment Options:
☑ Self Pay
☑ Medicaid
☐Medicare
☑ Private Insurance

Evaluations:
☐ Drugs/Alcohol

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

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

Cher Myers, LCSW, MSW

41025 Thomas Boat Landing
Umatilla, FL 32784

MENTAL HEALTH COUNSELING

Ages Served:
Children, Teens, Adults
Phone: 352-669-1012
Languages: English

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.

SEASONS OF WELLNESS INC.

June Craft, PMHNP-C

10401 U.S. 441
Store 328, Suite 4
Leesburg, FL 34788

www.seasonsofwellnessinc.com

MENTAL HEALTH COUNSELING

Ages Served:
Children, Teens, Adults
Phone: 352-763-3877
Languages: English

Payment Options:
☑ Self Pay
☐Medicaid
☑ Medicare
☑ Private Insurance

Evaluations:
☐ Drugs/Alcohol

Services: Anxiety, Depression, ADHD, Bipolar Disorder, PTSD, Obesessive-Compulsive Disorder, HRT (Hormone Replacement Therapy), TRT (Testosterone Replacement Therapy), Medical Weight Management, other health conditions affecting thoughts, emotions, behaviors, and relationships.

SIMEDHEALTH

MENTAL HEALTH COUNSELING

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

simedhealth.com

Ages Served:
Adults
Phone: 352-753-6887
Languages: English

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

SUMMIT MENTAL HEALTH SERVICES

Ashlea Johnson, LCSW

MENTAL HEALTH COUNSELING

Telehealth: (407) 222-0528
Minneola, FL 34715

www.summitmentalhealthservices.com

Ages Served:
Children, Teens, Adults
Phone: 352-638-6639
Languages: English

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

U.S. DEPARTMENT OF VETERANS AFFAIRS CLINIC

805 Oakley Seaver Drive
Clermont, FL 34711

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:
Adults
Phone: 352-536-8200
Languages: English & Spanish

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

U.S. DEPARTMENT OF VETERANS AFFAIRS CLINIC

1390 E Burleigh Blvd
Tavares, FL 32778

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:
Adults
Phone: 352-253-2900
Languages: English & Spanish

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

VILLAGE MIND AND BODY INSTITUTE

Dr. Dennis Brady, PsyD, DCH, EdD

219 W McClendon Street
Lady Lake, FL 32159

villagemindandbodyinstitute.com

SUBSTANCE MISUSE & MENTAL HEALTH COUNSELING

Ages Served:
Adults
Phone: 352-405-6733
Languages: English

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

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.

Be Free Lake

Your Community Drug Free Coalition
Promoting Health & Wellness

THE FACTS. YOUR FUTURE.

A workshop for teens to help them understand the FACTS about drugs and why it's impotant to make smart decisions for their FUTURE.

Trainings provided by:

BE Free LAKE

ATTENTION: ALL LAKE COUNTY HIGH SCHOOL STUDENTS!

Here's an opportunity for you to earn community service hours and learn ways to build your confidence that will lead you to a healthier lifestyle.

The Facts. Your Future. is a 1 hour and 45 minute workship designed to help you stay on track for success. Do you need some tips on how to refuse negative infuences? We got you! Do you need help trying to make good decisions? We're here! Do you want a certification to add to your resume for college? We offer a recognition certificate for teens who complete ***The Facts. Your Future.*** with us. More importantly, participants receive give-a-ways, materials, and supplies. So, join the nationwide network of young adults that are making postitive changes in their communities.

WHAT TO DO IF...

YOU WANT TO HELP A FRIEND

Knowing the facts can help you protect a friend needing support.

WHAT TO DO IF...

YOU FEEL PRESSURED TO USE DRUGS

If you feel pressured to use drugs and alcohol, there are things you can do to help you stand firm in your convictions.

WHAT TO DO IF...

SOMEONE AT HOME IS USING DRUGS

If someone at home or a caregiver shows signs of substance abuse, there is help. Reach out.

For more information on how to join or bring this program to your site, please email Delrita Meisner, Executive Director of Be Free Lake, Inc. at delrita@befreelake.org.

TO REGISTER A CLASS:

Contact:

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

Website: http://BeFreeLake.org

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.

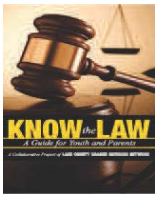
Taught by two certified instructors, Mental Health First Aid teaches about recovery and resiliency – the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well.

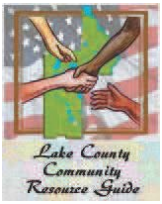
What You Learn:

- 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

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.

You're Not Alone" is our Project AWARE social media campaign 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. The program can be taught to the youth in a one 2- hour setting or broken down into a six- week course 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 preventive 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.





JOIN THE REVOLUTION... BE FREE LAKE!

We invite you to explore our website at www.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.

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