

# Comprehensive Directory of Mental Health Services

Harrisonburg, Rockingham County, Augusta  
County, Staunton, & Waynesboro  
With listings for Bath County, Highland County, Rockbridge  
County and Lexington



**2007**

*Developed by the  
JMU Counseling Psychology Program, Department of Graduate  
Psychology, Office on Children and Youth, Central Shenandoah Valley  
Youth Suicide Prevention Initiative, and Central Valley Counselors  
Association*

*Made possible by the generosity of those listed on page 1*

# 2007 Comprehensive Mental Health Directory

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## Using This Directory

The 2007 edition of the *Directory of Mental Health Services* is the biggest yet because we have more local resources than ever before. As our community has grown, the number and variety of services available have increased dramatically. While the growth is exciting, referring someone for mental health services has become more complicated. It is our hope that this directory will make the task of providing referrals simpler for you.

### A Useful Tool

The intention of this directory is to serve as a useful tool to find out what mental health services are available in Harrisonburg, Rockingham County, Augusta County, Staunton and Waynesboro. If you are involved in education, health provision, business, social services, a religious affiliation, or **any** position where you are in close contact with others, you regularly meet people who need help. That person may need a support group, a professional helper, a treatment program, or a public agency. Using this directory, you can help that person to get the help he or she needs.

### Directory Organization

The directory is organized into seven different sections:

**White Pages** – Introductory and supplementary information.

**Yellow Pages** – Quick reference telephone directory

**Green Pages** – Mental health providers (both private and public agencies)

**Red Pages** – Non-profit service providers

**Blue Pages** – Basic needs and crisis resources

**Pink Pages** – Educational and counseling services in schools and universities

**Purple Pages**- Support groups, reading, websites and hotlines.

### A Few Tips

Here are a few suggestions to help make this directory a more useful tool:

- Become familiar with the directory before you need it.
- Keep it close by and always in its place. If you are sharing this directory with others, have a policy on where it is kept. Better yet, have extra copies on hand.
- Keep the directory current by adding updated information. It is likely that there will be many additional services that become available before the next edition is published.
- Pages 5 and 6 are designed to be a handout for the person who needs help, so you may want to have plenty of copies of these pages for them. This handout has tips on choosing a professional helper or program, and space for writing specific information about your referrals. Each time you make a referral you can give the person a copy of pages 5 and 6.

### A Disclaimer

Listing in this directory does not imply the endorsement of any providers of mental health services. This directory is to be used as a referral tool by individuals who are familiar with the range of mental health needs and the services available to address them. This directory is part of an ongoing project that will be updated regularly and is available for downloading from the internet at [cep.jmu.edu/counselpsyc](http://cep.jmu.edu/counselpsyc). If you would like to be included in future editions, please contact Lennis Echterling at (540) 568-6522 ([echterlg@jmu.edu](mailto:echterlg@jmu.edu)) or Jane Hubbell at (540) 568-2558 ([hubbelljx@jmu.edu](mailto:hubbelljx@jmu.edu)).

## The Steps of a Referral

Remember – a good referral is much more than passing along a name and telephone number. If you take the time to go through the steps of a referral, the person is more likely to follow through on getting help. Just a few extra minutes can make a big difference.

1. **Link** The first step is to link with the person, that is, to have contact with them. Whether it is over the phone, in person, or in writing, you first have to be in contact with someone before you can make a referral.
  - **Spread the word** that you know what mental health services are available in our community.
  - **Be available.** If people know how you can help and where you are, they are likely to turn to you when they are troubled.
  - At times, you will have to **reach out** to the troubled person first. Keep your eyes open to the signs of trouble, and connect with the person in need when you are concerned about what you see.
2. **Listen & Share** You need to listen actively to understand not only the problem to be solved, but also the person who has the problem.
  - You can make the best referral when you know both the problem *and* the person. Even if someone asks only for the name and number of a specific referral, it is still wise to invite the person to talk more about the situation with you. You will likely be more helpful if you have some basic facts.
  - How you listen and share depends a lot on who made the initial link. *If the person contacted you for a referral*, he or she already recognizes that there is a problem and wants your assistance in finding the right kind of help. You can help them to keep moving along the right track.
  - On the other hand, *if you started the referral process*, you may be facing some special challenges at this point. For example, the person may be in denial, unwilling to admit that there is a problem. In such a situation, you need to share, without judging or condemning, exactly what you have observed in a calm, clear, and respectful way. Through this caring process, you may bring the person face-to-face with the problem.
3. **Push for Action** Once there is a good understanding of the person and the problem, it is time to push for them to take action.
  - Usually, all a person needs is a gentle nudge in the right direction through simply talking about the types of help that are available.
  - Discuss several referrals whenever possible to give the person a choice.

- Be specific and let the person know the who, what, when, where, and how of any referral. The more someone knows what to expect, the easier it will be for them to take action in getting help.

**4. Check** The most common mistake in making referrals is the failure to check if the person followed through.

- Ask the person to let you know what happens, even if she or he is a stranger on the phone.
- Check back whenever possible if you have not heard from the person.
- Checking gives you another opportunity to link, and provide them with an opportunity to discuss any problems they might have with the referral.
- Checking can serve as a powerful motivator for the person to take action.



## **When You Need Professional Help: A Referral Handout**

### **The Next Step**

At some point in our lives we all run into problems that seem too big or persistent to handle alone. Yet our pride and our fears can often get in the way of asking for help. However, making the decision to find help is a sign of strength and courage. In fact, it can make the difference between feeling that things are spinning out of control and gaining new tools to turn life around in positive ways.

If you have decided that you need professional help, you have already taken that first big step towards a better life. The next step is choosing a helper or program. The right helper can make a big difference as you go through the personal and sometimes painful process of change. However, most people spend more time buying a car than picking a professional helper. In fact, they often take the first name they get. While it is true that the sooner you get help the better, in many situations you can take a little time to choose the right help for you.

### **Some Tips to Follow**

The purpose of this handout is to help you to make a choice that's best for you. Here are a few tips to follow:

- See your primary care physician to rule out a medical cause of any problems. If your thyroid is “sluggish,” for example, symptoms such as loss of appetite or fatigue could be mistaken for depression.
- Ask people you trust for suggestions. Check with a family physician, minister, school counselor, friend, or relative.
- Therapy is a collaborative process, so finding the right match is important. It’s OK to “shop around,” so feel free to call several helpers before you decide. Keep in mind that you and this person will be working as a team, and that you are the best judge of how comfortable you feel with this person.
- Find out about the helper's training and experience with a particular problem. You can do this by consulting the directory or asking the helper’s receptionist. Since different psychotherapies are tailored to meet specific needs, the best therapists will work with you to create a treatment program that works for you
- Money is one of the factors you will need to consider. If you have insurance, check your coverage. Be sure to find out what mental health professionals it covers and if there is a ceiling level. If you cannot afford the fees of a private provider, then call one of the public helping agencies.
- Time is another consideration. Can you arrange to meet with the helper at a convenient time? How frequently will you be meeting? How long is the treatment likely to last?

- When you call a helper, find out all you need to know before making your decision. Ask about fees, how payment is to be made, how insurance is dealt with, how canceled appointments are handled, or any other information important to you.
- **Remember**—you are buying a service and have a right to ask questions. And don't worry—professional helpers do not resent being asked these questions. They want you to make an informed decision about their services.
- Once you have set up an appointment, be sure that you know practical details, such as how to find the office and where you can park. The more you know, the easier it will be to begin getting the help you need.
- After you find someone, keep in mind that therapy is work and sometimes can be difficult. However, it can be rewarding and life-changing as well.
- One last point—most people benefit from professional help, but even the best helpers will sometimes make a mistake. Usually when that happens, it's best to talk about it and give your helper a chance to respond to your feelings. If the mistake is serious enough, you may decide to find another helper. If you have a complaint, you can call the Virginia Department of Health Regulatory Boards at their toll-free number: **1-800-533-1560**.



## **How to Pay for Mental Health Services**

The high price of health care can make treatment out of reach for many people. Those who do not have health insurance – more than 38 million Americans – often avoid treatment entirely because the costs can be staggering.

The cost of mental health services is a financial challenge for just about everyone. This section discusses ways to pay for the care that you may need.

For people experiencing mental health problems – such as anxiety or depression – brief yet effective treatment options may exist. For people with severe mental illness, treatment is also effective, although it may take longer and cost more. In either case, treatment works for most people and helps many recover and get on with their lives.

### **Private Insurance**

The majority of working Americans are covered under employer-provided health insurance plans. There are two common types of private insurance.

- The first type of plan is a standard indemnity policy: people are free to visit health care providers of their choice and pay out of pocket for their treatment. The insurance plan reimburses members for some portion of the cost.
- The second common plan is a managed care plan. Medically necessary care is provided in the most cost effective – or least expensive – method available. Plan members must visit health care providers chosen by the managed care plan. Sometimes a co-payment is charged to the patient, but generally all care received from providers with the plan is covered. Recently, managed care companies have begun to provide services in many states for low-income Medicaid and Medicare beneficiaries.

Both types of health coverage may offer some coverage for mental health treatment. However, this treatment often is not paid for at the same rate as other health care costs, or there may be limits on visits. A few states, including Virginia, have enacted “parity” laws that require insurers to pay for mental health and other health related costs at the same rate.

### **For the Uninsured: Community-Based Resources, Self-Help/Support Groups, and Public Programs**

If you are not insured, or if your income is limited, you might try other strategies to pay for mental health care. Some providers, for example, have sliding-scale fees. Based on your income – and your spouse’s, if applicable – the provider will reduce his or her fees. Other providers, if made aware of your financial limitations, may be willing to negotiate a payment plan that you can afford or to lower their rates according to what your insurance plan pays. The latter is called a “write off.”

### ***Community-Based Resources***

The communities covered in this directory have Community Services Boards (CSB). These centers offer a range of mental health treatment and counseling services, usually at a reduced rate for low-income people.

Your local religious association of choice can put you in touch with a pastoral counseling program. Certified pastoral counselors, who are ministers in a recognized religious body, have advanced degrees in pastoral counseling, as well as professional counseling experience. Pastoral counseling is often provided on a sliding-scale fee.

### ***Self-Help/ Support Groups***

Another option is to join a self-help or support group. Such groups give people a chance to learn more, talk about and work on their common problems – such as alcoholism, substance abuse, depression, family issues, and relationships. Self-help groups are generally free and can be found in virtually every community in America.

### ***Public Assistance***

People with severe mental illness may be eligible for several forms of public assistance, both to meet basic costs of living and to pay for health care. Such programs include Social Security, Medicare, Medicaid, and disability benefits.

Parts of this section [How to Pay for Mental Health Services] were reprinted with permission from Center for Mental Health Services at [www.mentalhealth.org](http://www.mentalhealth.org). For more information about paying for mental health care, contact the national Mental Health Services Knowledge Exchange Network (KEN) at **(800) 789-2647**.



## Quick Reference Telephone Directory

All area codes (540) unless otherwise noted

### Mental Health Care Providers (Private & Public)

ADHD & Clinical Counseling Center	564-0373
Adult and Adolescent Substance Abuse Services (AASAS)	434-9430
Ainstien, Kathy, LPC	942-5847
Alderfer, Raymond J., M.D.	564-7007
Atkins, Mary, MSN, RN, CS, FNP-C	564-7007
Arbaugh, Thomas LPC	886-5060
Associated Mental Health Professionals, Inc.	886-3063
Atno-Shelton, Deborah LCSW	886-5060
Augusta Medical Center	(800) 932-4060
Augusta Psychological Associates	886-5060 & 949-4202
Augustine, Kristin, LCSW	885-3481
Aveson, Marian P., LPC	564-7007
Bae, Young Hoon, M.D.	546-7007
Barlow, Martha, LPC	434-2800
Behavioral Therapeutic Options, P.C.	942-9016
Bickford, Kimberly LPC	820-8377
Bieber, Andrea J.E. LPC	434-8450
Bing, Carolyn, LCSW	434-2800
Blevins, Brett, Ed.D.	949-4202
Bowman, Ann MA Ed.S.	433-1546
Cardwell, Thomas, M.D.	564-7007
Center for Marriage and Family Counseling	433-1546
Charis Institute for Psychological and Family Services	568-1876
Child and Family Guidance	433-1374
Cianciolo, Elizabeth P. Ph.D.	434-0104
Cianciolo, Joseph J. Ph.D.	434-0104
Cobb, Harriet C., Ed.D.	434-5141
Collins Center	434-2272
Comer, Pamela, LPC	434-8450
Comprehensive Behavioral Health Services	213-2500
Comprehensive Counseling Services P.L.C.	885-6608
Conell, Lawrence, M.D.	564-7007
Counseling and Psychological Services(CAPS)	568-1735
Crossroads Counseling Center	801-0885
Davies, Pamela, LCSW	213-2500
Dotas, Ellen R., LPC	564-5960
Driver, Jacqueline Dovel, Ph.D.	433-1722
Eagle, John R., M.D.	433-2518
Eberly, Joan M., Ed.S.	574-0950
Eberly, Rich L., LPC	434-3456
Echterling, Lennis G., Ph.D.	568-6522
Evans, Alan D., Ph.D.	866-5060

Family Life Resource Center (FLRC)	434-8450
Fisher, Anne W., LPC	434-7025
Gitchell, Andree LCSW	564-5960
Glanzer, Jim LPC	434-8450
Glick, Ruth LPC	866-5060
Goolsby, Laury L., Ph. D.	564-5960
Grayson, Joann Ph.D.	833-5593
Greater Hope Ministry, Inc.	574-4189
Grey, Cynthia W., Ed. S.	564-0444
Harmon, Phil, LPC	213-2500
Harmon, Theresa M., Ph.D.	942-5155
Harris, Ginny, LPC	433-1546
Harris, Saul S ., LCSW	438-8227
Harrisonburg League of Therapists	437-1605
Harrisonburg Rockingham County Community Services Board	434-1941
Hartsook, Tamala K., MSW, LCSW	820-7673
Heechen, Richard, CSAC	213-2500
Hensley, Barry Ed.S	434-1494
Hensley, Diane L., LPC	434-1494
Hersch, Lee E., Ph.D.	886-5060
Hoffman, Michael, M.D.	434-0104 & 886-3063
Hook, Randall B., LCSW	564-5960
Horne, Lois B., LPC, LSATP	213-1316
Hostetter, John LPC, SAT	434-8450
Hudson, Helen T., MSW	434-4057
Huyard, Rose, LPC	434-8450
Jackson, Chris, LPC	213-2500
Jantzi, Boonie LCSW	434-2800
Jayne, Thomas M., M.D.	949-4202
Johnson, Jennifer, LPC	564-5960
Kave, Vickie L., LCSW	213-1316
Kuszyk, Jenny LPC	434-2800
Laurenz, Pat, LCSW	434-2800
Lewis, Emily, LCSW	942-5847
Lewis, Sarah P., M.S.W.	432-0773
Lightner, Jeffery, M.D.	434-8450
Long, Luanne LPC	433-1546
Lynch, Joseph G., LCSW	434-2800
Marion, Carolyn, LPC	949-4202
Martin, Anne L., LCSW	433-1663
Massie, Kent B., LPC	564-5960
McKeegan, Gerald F., Ph.D.	866-5060
McNulty Center for Children and Families	433-3100
Mehring, Walter H., LPC	949-4202
Mental Health Association of Augusta	866-7181
Michael, Dee L., LPC, NCC	546-5960
Miller, Elroy, LCSW	433-1546
Minter, Judith H., LCSW	949-4202
Neely, Charmi, LMFT	886-3956 ext. 115

Newman Avenue Associates	434-2800
Painter, Louisa S., LPC	433-2622
Patel, Daksha MD	564-7007
Payne, Anne M. MA, LPC	433-5548
Pelligrino, Joseph F., Ph.D.	574-2210
Pirooz, Jane C.	546-5960
Rask, Kristina, Ph.D.	886-5060
Reese, Pamela LPC	434-8450
Reynolds, Gene, LCSW	213-2500
Richardson, Connie Y., LPC	434-9700
Rissmeyer, David, LCSW	433-1546
RMH Center for Behavioral Health	564-5960
RMH LIFE Recovery Program	564-5629
RMH, Mental Health Center	433-4577
Savides, John, CSAC	213-2500
Sharpes, Kelly, LPC	564-5960
Shelton, Ron, LCSW	564-5960
Shenandoah Valley Sex Offender Treatment Program	434-1730
Shenk, Daniel R., M.S.W.	434-0531
Sheridan, Martha, CSAD, LPC	949-4202
Shields, Page, LCSW	434-2800
Shomo, Ingrid, LCSW	433-1546
Shomo, Nancy J., BSW, GC-C	433-4427
Showalter, Kenneth, Psy.D.	434-8450
Showalter, Liesel Y., LPC	564-5960
Sider, Nancy Good, LCSW	434-2800
Smith, Bren McGillivray, LPC, LMFT	901-9000
Sylvest, Sandra L., Ed. S LPC.	433-8590
Tancyus, Michael G., LCSW	574-6063
Tilman, Edward, LPC, LMFT, SAT	434-8450
Tucker, Robert M. EDS, NCC, CPC, MFT (Clinical Director)	885-3431
Valley Behavioral Medicine	564-7007
Valley Community Services Board	886-7100
Valley Hope Counseling Center	941-8933
Valley Pastoral Counseling Center	943-8722
Van Horn, Donna, LCSW	459-1262
Weaver, Judith G., Ed.S. LPC	433-1291
Weaver, Sandra, RN, LCNS	564-5960
Webb, Nadia, Ph.D. (Nadia Webb & Associates, LLC)	433-6886
Weber, Randy, Ph.D.	568-1876
Weber, Ronda, Ph.D., LCSW	568-1876
Wenger, Lois, LCSW	434-8450
Wettstone, Richard P., Ed. D.	434-9430
Wickline, Leanne, LCSW	564-5960
Winchester Medical Center Behavioral Health Services	(800) 786-2673
Wing-Richards, Hillary, M.A., Ed.S.	434-8281
Witters-Green, Ruth Ph.D.	866-5060
Wright, Carroll J., Ph.D.	433-0280
Yoder, Harvey, LPC, LMFT	434-8450

Young, Susan W., LCSW	886-5060
Zimmerman, Sara, LPC	434-2800
<b>Non-Profit Service Providers</b>	
Alzheimer's Association, Central & Western Virginia Chapter	437-7444
American Cancer Society	434-3360
Americans with Disabilities Act, City of Waynesboro	942-6718
ARC/Op Shop	437-9214 ext. 132
The Arc of Harrisonburg and Rockingham, Inc.	437-9214
Augusta Regional Free Clinic	932-5606
Big Brothers/Big Sisters	433-8886
Big Brothers Big Sisters- Staunton/Waynesboro	943-7871
Blue Ridge Legal Services	433-1830
Caregivers Community Network	568-6682
ComfortCare Women's Health	885-6261 & 943-1700
Community Mediation Center	434-0059
Community Resource Center	433-3888
Department of Social Services: Harrisonburg/Rockingham County	574-5100
Friendship Industries, Inc.	434-9586
Gemeinschaft Home for Ex-Offenders	434-1690
Harrisonburg Pregnancy Center	434-7528
Harrisonburg Redevelopment and Housing Authority	434-7386
Harrisonburg and Rockingham Community Service Center	434-1941
Health Department	574-5100
Health Promoters Program	568-8029
Infant & Toddler Connection of Harrisonburg/Rockingham	433-3100
Lutheran Family Services of Virginia, Inc	437-1211
Office on Children and Youth	568-2558
Office on Youth	942-6757
PACE (Parent and Child Education)	433-3100
Patchwork Pantry	433-2148
People Helping People	433-7286
People Places	885-8841
Pleasant View, Inc.	896-8255
Project STAR (Family Resource & Referral Center)	245-5899
REACH Employee Assistance Program	433-7327
Reading Road Show	568-2557
RMH Grief and Loss Services	433-4427
RMH Hand-in-Hand Resource Mothers Program	433-4340
RMH Hospice	433-4429
RMH Social Services Dept.	433-4108
RMH Women's Health Focus	433-4641
Shenandoah Valley Migrant Education Program	568-3666
Summit House	434-1816
Teen Pregnancy Prevention (TPP)	568-7083
United Methodist Family Services	438-1577
United Way of Greater Augusta, Inc.	943-1215
United Way of Harrisonburg and Rockingham County	434-6639
VA Cooperative Extension Service	564-3080
Valley AIDS Network	568-8838

Valley Associates for Independent Living, Inc (VAIL)	433-6513
Virginia Department for the Blind & Vision Impaired	332-7715
Waynesboro Disability Services Board	942-6718
YMCA Staunton-Augusta	885-8089

**Basic Needs/Crisis/Suicide Resources**

American Red Cross	434-8891
American Red Cross of the Blue Ridge	886-9151
The Central Shenandoah Youth Suicide Prevention Initiative	568-8901
Collins Center	432-6430
First Step: A Response to Domestic Violence	434-0295
Mercy House	432-1812
New Directions Center	885-7273
RMH Psychiatric Emergency Team (PET)	433-4100
Salvation Army	434-4854
Valley Mission Inc.	886-4673



## Mental Health Care Providers

All of the private and public providers listed in this Directory are licensed by appropriate boards of the Virginia Department of Health Regulatory Board to practice various aspects of mental health services.

- Psychiatrists are providers with a medical degree (M.D.) and therefore may prescribe medication.
- Other mental health professionals (with academic degree in parenthesis) include:
  - Psychologists (Ph.D., M.A.)
  - Clinical Psychologists (Ph.D.)
  - Licensed Clinical Social Workers (LCSW or M.S.W.)
  - School Psychologists (Ed.S., Ph.D., Ed.D.)
  - Licensed Professional Counselors (LPC, M.Ed., M.A., Ed.S., Ed.D.)
  - Licensed Marriage and Family Therapist (LMFT)

The training, expertise and areas of interest of mental health professionals vary considerably. The fees for services typically range from \$60.00 to \$100.00 per hour for an individual, family, or couple. The fee for group therapy is usually at a lower rate per hour. Some providers have "sliding scales" based on a client's ability to pay. Every professional has an ethical responsibility to give some amount of service to clients who cannot pay. It is at the discretion of the provider to make that decision. All providers listed can receive third-party payments, but some health insurance companies allow coverage for only certain mental health professions and place a ceiling on the total amount allowed. Check your policy or talk with your employer for specific information about coverage.

You will need to make an appointment in order to receive service from a private or public provider. Many providers have evening hours if you cannot arrange a daytime appointment.

Providers are listed alphabetically. Please read "When You Need Professional Help" on pages 5 and 6 to aid you in choosing a provider.

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All area codes (540) unless otherwise noted

### **ADHD & Clinical Counseling Center**

**564-0373**

57 South Main Street, Suite 616  
Harrisonburg, VA 22801

E-mail at [adhdcenter@aol.com](mailto:adhdcenter@aol.com)

Offers Full-Range of diagnostic, psychoeducational, psychological testing, and treatment services for ADHD, ODD, CD, Pediatric Bipolar, Learning Disability, Anxiety, Panic Disorder, PTSD, and Depression. Also evaluations for dementia. ADHD workshops for educators.

Accepts most insurance plans.

**Adult and Adolescent Substance Abuse Services (AASAS)**

**434-9430**

356 South Main Street  
Harrisonburg, VA 22801

E-mail: [lpcrpw@versizon.net](mailto:lpcrpw@versizon.net)

AASAS is a private outpatient treatment program for adults and adolescents 12-80, who are using or are dependent on alcohol or any mind-altering drug. Services offered include assessment, individual, family or group therapy, and aftercare for those coming from residential programs. AASAS also offers urine screening (5 minute turnaround time) and free community education. For more information contact Dr. Richard Wettstone, Director at 434-9430. Most insurance plans are accepted, except Medicare and Medicaid.

**Ainstien, Kathy, LPC**

**942-5847**

New Dimensions Counseling Center  
421 W. Main Street  
Waynesboro, VA

**Alderfer, Raymond J., M.D.**

**564-7007**

235 Cantrell Avenue  
Harrisonburg, VA 22801

See Valley Behavioral Medicine for a description of services

**Atkins, Mary, MSN, RN, CS, FNP-C**

**564-7007**

235 Cantrell Avenue  
Harrisonburg, VA 22801

Fax: 564-7038

E-mail: [ratkins@shentel.net](mailto:ratkins@shentel.net)

Mary is an Adult Psychiatric and Mental Health Clinical Nurse Specialist, and a Family Nurse Practitioner who works with the psychiatrists of Valley Behavioral Medicine. She evaluates individuals who might have mental health problems, and determines with them whether or not medications might be appropriate to help manage symptoms from their problems. She also evaluates, and treats, individuals with behavioral difficulties in one area long term care facility.

Also see Valley Behavioral Medicine for a description of services.

**Arbaugh, Thomas LPC**

**886-5060**

1228 N. Augusta Street  
Staunton, VA 24401

See Augusta Psychological Associates for a description of services.

**Associated Mental Health Professionals, Inc.**

**886-3063**

102 Mactanly Place, Suite E  
Staunton, VA 24401

Fax: 886-6246

847 Cantrell Avenue  
Harrisonburg, VA 22801

434-0104

*Elizabeth P. Cianciolo, Ph.D*  
*Michael A. Hoffman, M.D.*

*Joseph J. Cianciolo, Ph.D*

**Atno-Shelton, Deborah LCSW**

**886-5060**

1228 N. Augusta Street  
Staunton, VA 24401

See Augusta Psychological Associates for a description of services.

**Augusta Medical Center**

**(800) 932-4060**

79 Medical Center Drive  
Fishersville, VA 22939

**Augusta Psychological Associates**

**886-5060**

**949-4202**

*Thomas Arbaugh, L.P.C.\**  
*Deborah Atno-Shelton, LCSW\**  
*Brett Blevins, Ed.D.*  
*Alan D. Evans, Ph.D.\**  
*Ruth K. Glick, L.P.C.\**  
*Lee E. Hersch, Ph.D.\**  
*Thomas M. Jayne, M.D.*

*Carolyn Marion, LPC*  
*Gerald F. McKeegan, Ph.D.\**  
*Walter H. Mehring, LPC*  
*Kristina Rask, Ph.D.\**  
*Martha Sheridan, CSAD, LPC*  
*Ruth Witters-Green, Ph.D.\**  
*Susan W. Young, LCSW \**

*\* Designates Staunton Office*  
Two locations:

Augusta Psychological Associates  
1228 N. Augusta Street                      and  
Staunton, VA 24401  
886-5060

436 S. Linden Avenue, Suite C  
Waynesboro, VA 22980  
949-4202

Stress causes different reactions in each of us – sometimes physical, sometimes emotional and sometimes both. Overcoming the challenges of living is a very normal process. We're here to support you and give you the tools necessary to help yourself. Our staff of licensed professionals provides comprehensive mental health services to include:

- Counseling/Psychotherapy and Psychiatry
- Child, Adolescent/Family Therapy
- Marital/Couples Counseling

**Augustine, Kristin, LCSW**

**885-3481**

Virginia Center for Family Relations  
100B MacTanley Place  
Staunton, VA 24401

E-mail: [VCFRStaunton@juno.com](mailto:VCFRStaunton@juno.com)  
\$110(initial)/ \$90(individual)/ \$100(family)

I specialize in family systems counseling, including play therapy, individual, and family therapy.

**Aveson, Marian P., LPC** **564-7007**  
235 Cantrell Avenue  
Harrisonburg, VA 22801  
See RMH Center for Behavior Health for description of services.

**Bae, Young Hoon, M.D.** **546-7007**  
235 Cantrell Avenue  
Harrisonburg, VA 22801  
  
See Valley Behavioral Medicine for a description of services.

**Barlow, Martha, LPC** Licensed Professional Counselor **434-2800**  
110 Newman Ave  
Harrisonburg, VA 22801  
  
See Newman Avenue Associates for a description of services.

**Behavioral Therapeutic Options, P.C.** **942-9016**  
28 Meadow Lane **fax: 886-7680**  
Fishersville, VA 22939  
Contact Person: Dr. Gerald McKeegan

We provide behavioral consultation, positive behavioral supports and training to individuals, families, day programs and residential settings.

**Bickford, Kimberly LPC** **820-8377**  
1820 Country Club Rd  
Harrisonburg, VA 22802

Kim provides individual therapy to adults and adolescents age 13 and above. She also provides couples therapy. Kim works with individuals needing help with depression, anxiety, relationship issues, sexual abuse, loss, and self-esteem. Kim has a special interest in working with women and issues related to postpartum adjustment. Fee is \$75.00 and insurance filing is provided.

**Bieber, Andrea J.E. LPC** **434-8450**  
273 Newman Ave  
Harrisonburg, VA 22801

See Family Life Resource Center for a description of services.

**Bing, Carolyn, LCSW** **434-2800**  
110 Newman Ave  
Harrisonburg, VA 22801

See Newman Avenue Associates for a description of services.



**Child and Family Guidance**

1000 Chicago Ave.  
Harrisonburg, VA 22801

**433-1374**  
Fax: 433-1377

*Darlene Hilton, LPC - Regional Director*

As a division of Specialized Youth Services, CFG offers a unique array of programs designed specifically for families. These programs provide focused support for children and adolescents with serious emotional and behavioral problems that result in difficulties in school or community interaction. This service provides a therapeutic after school Day Treatment program during the school year and a three-month summer Day Treatment Program.

**Cianciolo, Elizabeth P. Ph.D.**

847 Cantrell Avenue  
Harrisonburg, VA 22801

Clinical Psychologist

and

102-E Mactanly Place  
Staunton, VA 24401

**434-0104**

**886-3063**

I specialize in the pharmacologic treatment of mental disorders; I believe that mental illness is a medical problem and I treat it that way. I work with adults, adolescents, and children and have expertise in the treatment of depression, anxiety, attention deficit disorder, schizophrenia, and many other mental disorders. Participation provider with most health plans including Medicare and Medicaid.

Also see Associated Mental Health Professionals, Inc. for description of services.

**Cianciolo, Joseph J. Ph.D.**

847 Cantrell Avenue  
Harrisonburg, VA 22801

Clinical Psychologist

and

102-E Mactanly Place  
Staunton, VA 24401

**434-0104**

**886-3063**

Clinical practice in the treatment of children, adolescents, and adults. Areas of expertise include: treatment of depression, anxiety, pain management, behavioral and educational management in children, attention deficit disorder, assessment and consultation. Participation provider with Medicare, Medicaid, and a variety of managed care plans.

Also see Associated Mental Health Professionals, Inc. for description of services.

**Cobb, Harriet C., Ed.D.**

1820 Country Club Road  
Harrisonburg VA 22801

Licensed Professional Counselor

School Psychologist

\$70.00

**434-5141**

I provide individual, couples, and family therapy and serve children, adolescents, and adults. I work from an integrated theoretical orientation, with an emphasis on interpersonal and systemic approaches to treatment. Consultation to schools and organizations is also a part of my practice. Daytime and evening hours by appointment.

**Collins Center**

165 S Main St  
Harrisonburg, VA 22801

**434-2272**

www.thecollinscenter.org

For too long sexual violence was a taboo in our community – unspoken, guarded, hidden, and unrecognized. However, through increased understanding, information, courage, and solidarity, concerned citizens no longer have to remain in silence. Citizens Against Sexual Assault is here to give a voice to the victims who face that silence and to continually work to prevent sexual assault.

The Collins Center treatment team is staffed by four licensed therapists who have a variety of experience and specialties. These therapists work together to provide comprehensive services for all mental health issues. If you are interested in making an appointment, please call 432-0773.

**Comer, Pamela, LPC**

273 Newman Ave  
Harrisonburg, VA 22801

**434-8450**

See Family Life Resource Center for a description of services.

**Comprehensive Behavioral Health Services**

57 N. Medical Park Drive  
Fishersville, VA 22939  
*Timothy J. Kane, M.D.*  
*David B. Reid, Psy.D.*  
*Tina Judge, FNP*

**213-2500**  
**800-932-0262 Ext.2500**  
Fax: (540) 941-2502

Our practitioners offer a wide range of expertise in working with adolescents, adults, and older adults. Some specialty groups available. Mental health, substance abuse, and relationship and family issues treated. In network with most insurances. Evening hours are available.

**Comprehensive Counseling Services P.L.C.**

13 Middle Brook Ave.  
Staunton, VA 24401

**885-6608**

Contact: James Stewart PhD./ Owner

Comprehensive Counseling Services is a full-service mental health agency which provides an extensive array of counseling and psychological interventions to meet unique needs of the individual, family, or community for which it serves. Services provided includes: alcohol, anxiety, attention deficits, depression, forensic evaluation, stress and anger management, substance abuse, separation and divorce, sexual abuse, sexual addiction, grief and loss.

**Conell, Lawrence, M.D.**

Psychiatrist

**564-7007**

235 Cantrell Avenue  
Harrisonburg, VA 22801

See Valley Behavioral Medicine and RMH, Center for Behavioral Health for a description of services.

**Counseling and Psychological Services(CAPS)**

**568-1735**

601 University Blvd. MSC 9012  
Harrisonburg, VA 22807

Contact person: Timothy J. Schulte, Psy.D.

Office Hours: Mon.-Fri. 8:00 – 5:00, Evenings Tues.– Thursday 5:00 - 8:00

Fee information: All services provided on a sliding scale, Medicare not accepted

Age of Clients Served: Children, Adolescents, Adults, Families

CAPS provides affordable services to meet a variety of mental health needs. All services are provided on a sliding scale and flexible payment plans are available. Services include individual, family, couple, and group counseling; psychological

assessment and testing; and consultation services. Day and evening appointments available.

**Crossroads Counseling Center**

**540-801-0885**

250 E. Elizabeth Street  
Harrisonburg, VA 22802

fax 540-801-8221

[dbyers@csv-inc.com](mailto:dbyers@csv-inc.com)

Web Site: [childrensservicesofva.com](http://childrensservicesofva.com)

Office Hours: Monday – Friday 8:00 am - 5:00 pm

Fee information: Medicaid, local FAPT funded, private insurance and self-pay

Clients served: Children, Adolescents, Adults, Families.

Crossroads provides outpatient, intensive in-home, mentoring, therapeutic day treatment (school-based), and mental health support for children and adults. Other programs to assist children and adults are created given community need. Licensure supervision offered to selected professionals.

**Davies, Pamela, LCSW**

**213-2500**

79 N. Medical Park Drive  
Fishersville, VA 22939

See Augusta Health Care Outpatient Behavioral Health Services for a description of services.

**Dotas, Ellen R., LPC**

**564-5960**

235 Cantrell Avenue  
Harrisonburg, VA 22801

See RMH Center for Behavioral Health for a description of services.

**Driver, Jacqueline Dovel, Ph.D.** Clinical Psychologist 433-1722  
1909 Spotswood Terrace Sliding scale  
Harrisonburg, VA 22801

I have successfully practiced for many years, supervised at JMU Human Development Center, a member of the Virginia Health Regulatory Board for Psychology, post doctoral study at Jones Percy Gerontological Center US. Cal and in the C.G. Jung Kusunacht, Switzerland. Areas of expertise: attention deficit disorders, Jungian therapy, in-depth personality therapy, substance abuse, mediation, and sexual abuse. Insurance coverage and sliding scale.

**Eagle, John R., M.D.** Psychiatrist 433-2518  
370 Neff Avenue  
Harrisonburg, VA 22801

I am a Board certified psychiatrist with a practice in my office. My practice is limited to adult and older adolescent patients, and I provide evaluation, medication management, and psychotherapy. Office visits are on an appointment only basis. I am a provider for Medicare.

**Eberly, Joan M., Ed.S.** Licensed Professional Counselor 574-0950  
1820 Country Club Road \$70.00  
Harrisonburg, VA 22802

Individual counseling with special focus on women's issues. Limited counseling for older children and adolescents. Infertility counseling a speciality. Participate in most insurance networks.

**Eberly, Rich L., LPC** 434-3456  
1820 Country Club Road  
Harrisonburg, VA 22801

Jungian orientation with a specialty in dream work, depth psychotherapy, mid-life issues, licensed marriage and family therapist, and men's issues. Adults, adolescents, and couples.

**Echterling, Lennis G., Ph.D.** Clinical Psychologist 568-6522  
James Madison University E-mail: [echterlg@jmu.edu](mailto:echterlg@jmu.edu)

I currently offer training in crisis intervention, brief counseling, disaster response, resilience, and post-traumatic growth. I also provide consultation services to agencies and organizations in the areas of traumatic stress and disaster intervention.

**Evans, Alan D., Ph.D.** 866-5060  
1228 N. Augusta Street  
Staunton VA 24401

See Augusta Psychological Associates for a description of services.

**Family Life Resource Center (FLRC)**

273 Newman Avenue  
Harrisonburg, VA 22801  
Contact Person: Luella Emswiler, Admin. Director  
Office Hours: 9-4:30pm  
Serving children, adolescents, and adults

**434-8450**  
**Toll Free 800-655-2055**  
Fax 433-3805

Most Insurance Programs Accepted

*Jim Glanzer, MSN, Ed.S., LPC*  
*Pamela Reese, LPC*  
*Kenneth Showalter, Psy.D.*  
*Rose Huyard, LPC*

*Lois Wenger, LCSW*  
*Harvey Yoder, LPC, LMFT*  
*Andrea J. E. Bieber, LPC*

Family Life Resource Center is a counseling agency meeting the behavioral health needs of individuals, couples, and families, as well as providing programs and other resources to churches, businesses, and community groups. Working from a Christian faith perspective, clinicians at FLRC are committed to helping people pursue health and wholeness as individuals and in their relationships. FLRC is counseling for hope, health, and healing- for all of life!

**Fisher, Anne W., LPC**

1820 Country Club Road  
Harrisonburg, VA 22802

**434-7025**

Licensed Professional Counselor, primarily treating adolescents and adults in individual or group settings struggling with anxiety, depression, eating disorders, and relationship issues.

**Gitchell, Andree LCSW**

Director, RMH Center for Behavioral Health  
235 Cantrell Avenue  
Harrisonburg, VA

**564-5960**

E-mail: [agitchel@rhcc.com](mailto:agitchel@rhcc.com)

See RMH, Center for Behavioral Health for a description of services.

**Glanzer, Jim LPC**

273 Newman Avenue  
Harrisonburg, VA 22801

**434-8450**

See Family Life Resource Center for a description of services.

**Glick, Ruth LPC**

1228 N. Augusta Street  
Staunton, VA 24401

**866-5060**

See Augusta Psychological Associates for a description of services.

**Goolsby, Laury L., Ph. D.**  
235 Cantrell Avenue  
Harrisonburg VA 22801

Clinical Psychologist

**564-5960**

See RMH Center for Behavioral Health for a description of services.

**Grayson, Joann Ph.D.**  
356 South Main St.  
Harrisonburg, VA 22801

Clinical Psychologist

**833-5593**

My practice is part-time, several afternoons and evenings a week. Medicaid and most insurance are accepted. Assessment and treatment services are available for children (all ages), adolescents, and families as well as adult individuals and couples. Areas of expertise include parenting issues, depression, child behavior problems, divorce, abuse, and sexual abuse.

**Greater Hope Ministry, Inc.**

**574-4189**

578 East Market St.  
Suite 101  
Harrisonburg, VA 22801  
Contact Person: Jeff Watros, LPC, LMFT

Greater Hope has been offering Christian ministry and discipleship through support groups since 1998. The focus of our support groups has been to offer hope and healing to men and women desiring freedom from unwanted same-sex attractions, sexual addiction and the effects of sexual abuse. Also offer individual, marital, and family counseling for adolescents, teens and adults who desire a Christian context to address their sexual and relational conflicts.

**Grey, Cynthia W., Ed. S.**

**564-0444**

Associates in Counseling and Evaluation \$70.00  
356 South Main Street  
Harrisonburg, VA 22801

My practice includes work with individuals and couples. Special areas of interest include: relationship issues, women's issues, anxiety and stress management, alcohol education and recovery issues, gay and lesbian lifestyle issues, codependency issues, depression, communication skills training, abuse and sexual trauma, and personal growth. Cognitive-behavioral-affective approach. Day and evening hours are available. Free initial consultation available upon request.

**Harrisonburg League of Therapists**

**437-1605**

590 East Market Street  
Harrisonburg, VA 22801

fax: **437-1606**

**Harmon, Phil, LPC**

**213-2500**

79 N. Medical Park Drive  
Fishersville, VA 22939

See Augusta Health Care Outpatient Behavioral Health Services for a description.

**Harmon, Theresa M., Ph.D.** Clinical Psychologist **942-5155**  
29 Stoneridge Drive, Suite 105 fax: **941-8181**  
Waynesboro, VA 22980

Clinical Psychology and Clinical Neuropsychology. Ages 6 years to 85 years.

**Harris, Ginny, LPC** **433-1546**  
96 Campbell Street  
Harrisonburg, VA 22801

See Center for Marriage and Family Counseling for a description of services.

**Harris, Saul S., LCSW** **438-8227**  
850 Hillside Ave.  
Harrisonburg, VA 22802

**Harrisonburg Rockingham County Community Services Board** **434-1941**  
1241 North Main Street **After hours emergency services: 434-1766**  
Harrisonburg, VA 22802

Provides mental health, mental retardation and substance abuse services. Fees are based on a person's ability to pay; insurance, Medicaid, and Medicare are accepted. The McNulty Center for Children and Families and Summit House are affiliated with HRCSB and are listed alphabetically in the Non-Profit Services section.

**Hartsook, Tamala K., MSW, LCSW** **820-7673**  
312 South Main Street FAX: 433-0248  
Harrisonburg, VA 22801

My practice focuses upon providing treatment for adults, families, adolescents and children. Specializing in child & adolescent disorders, parenting, trauma, personality disorders and mood disorders.

**Heechen, Richard, CSAC** **213-2500**  
79 N. Medical Park Drive  
Fishersville, VA 22939

See Augusta Health Care Outpatient Behavioral Health Services for a description of services.

**Hensley, Barry Ed.S** **434-1494**  
31 Southgate Court, Suite 101  
Harrisonburg, VA 22801

Educational Services Institute provides psychological, educational, and vocational services for children, youth, and adults.

**Hensley, Diane L., LPC**

**434-1494**

31 Southgate Ct, Suite 101  
Harrisonburg, VA 22801

Educational Services Institute provides psychological, educational, and vocational services for children, youth, and adults.

**Hersch, Lee E., Ph.D.**

**886-5060**

1228 North Augusta Street  
Staunton, VA 24401

See Augusta Psychological Association for a description of services.

**Hoffman, Michael, M.D.**

Psychiatrist

**434-0104**

847 Cantrell Avenue  
Harrisonburg, VA 22801

and

102-E Mactanly Place  
Staunton, VA 24401

**886-3063**

Initial Evaluation \$175.00  
Medication Management: \$65.00

See Associated Mental Health Professionals for a description of services.

**Hook, Randall B., LCSW**

**564-5960**

235 Cantrell Avenue  
Harrisonburg, VA 22801

See RMH. Center for Behavioral Health for a description of services.

**Horne, Lois B., LPC, LSATP**

**213-1316**

1208 West Beverley St.  
Staunton, VA 24401

E-mail: [lhorne@ntelos.net](mailto:lhorne@ntelos.net)

Office Hours: 9am – 7 pm Monday-Thursday  
Fee information: \$100 for initial evaluation, \$85 per session – most insurances accepted & billed  
Age of Clients Served: 12 and up

Individual, marital, family, and group psychotherapy for adolescents and adults. Specialties in treating trauma, physical, emotional and sexual abuse, addiction, depression, and anxiety. A variety of treatment modalities are used, with therapy tailored to meet needs of each client or family. Special training in EMDR, mindfulness, relaxation, and visualization, and grief. Our mission is to enable people to find wholeness and healing through professional psychological counseling and education, while integrating spiritual, medical, and community resources.

**Hostetter, John LPC, SAT**

**434-8450**

250 E. Elizabeth Street, Suite 102  
Harrisonburg, VA 22802

See Family Life Resource Center for a description of services.

**Hudson, Helen T., MSW**  
150 Franklin Street  
Harrisonburg, VA 22801

Licensed Clinical Social Worker  
\$75.00

**434-4057**

I have practiced psychotherapy for 25 years. I work primarily with children, adolescents and their families, and adults in individual, marital, and group therapy. I have particular interest and expertise in adult survivors of incest, rape, and violence. Philosophy: to focus not only on the symptoms, but on the emotional, intellectual, physical, social, and spiritual strengths of the individual or family. Evening appointments and free parking are available. I accept Medicare and Medicaid and most insurance.

**Huyard, Rose, LPC**  
273 Newman Avenue  
Harrisonburg, VA 22801

**434-8450**  
**568-1876**

See Family Life Resource Center for a description of services.

**Jackson, Chris, LPC**  
79 N. Medical Park Drive  
Fishersville, VA 22939

**213-2500**

See Augusta Health Care Outpatient Behavioral Health Services for a description of services.

**Jantzi, Boonie LCSW**  
110 Newman Avenue  
Harrisonburg, Virginia 22801

**434-2800**

See Newman Avenue Associates for a description of services.

**Jayne, Thomas M., M.D.**  
436 S. Linden Avenue, Suite C  
Waynesboro, VA 22980

**949-4202**

See Augusta Psychological Associates for a description of services.

**Johnson, Jennifer, LPC**  
Coordinator, LIFE Recovery Program  
235 Cantrell Avenue  
Harrisonburg, VA 22801

**564-5960**

See RMH, LIFE Recovery Program for description of services.

**Kave, Vickie L., LCSW**

Evergreen  
1280 West Beverly St.  
Staunton, VA 24401

**213-1316**  
e-mail: vickikave@yahoo.com  
voice mail: 213-8155

Fee: \$100 for initial evaluation, \$85.00 per session  
Age of clients served: 2 and up

Life transitions and trauma recovery for children, adolescents, adults, and families. Theoretical orientation, family systems, play therapy, trauma recovery with a bio-psychologist, social framework. Our mission is to enable people to find wholeness and healing through professional psychological counseling and education, while integrating spiritual, medical, and community resources.

**Kizer, Amanda C., LPC**

828 N. Augusta St.  
Staunton, VA 24401

448-2827  
Fax: 886-3869

Amanda is holistic in her work with others looking at spiritual, relational, emotional, and physical aspects of healing. She provides individual, couples, and family counseling with people seeking help with family communication, depression, anxiety, sexual and physical abuse, grief and loss, and self-esteem. Although she provides general counseling and psychotherapy she has received specialized training in play therapy and attachment-related issues with children. Most insurances accepted.

**Kesecker, Mary, Ed.S.**

525 E Market St  
Harrisonburg, VA 22801

**433-8830**

**Kuszyk, Jenny LPC**

110 Newman Avenue  
Harrisonburg, Virginia 22801

**434-2800**

See Newman Avenue Associates for a description of services.

**Laurenz, Pat, LCSW**

110 Newman Ave  
Harrisonburg, VA 22801

**434-2800**

See Newman Avenue Associates for a description of services.

**Lewis, Emily, LCSW**

New Dimensions Counseling Center  
421 W. Main Street  
Waynesboro, VA

**942-5847**

- Lewis, Sarah P., LCSW** Licensed Clinical Social Worker **432-0773**  
The Collins Center  
P.O. Box 1473  
Harrisonburg VA 22802
- Lightner, Jeffery, M.D.** Psychiatrist **434-8450**  
**564-7007**  
235 Cantrell Avenue  
Harrisonburg, VA 22801  
See Family Life Resource Center and Valley Behavioral Medicine for a description of services.
- Long, Luanne LPC** **433-1546**  
**Toll Free: (866) 433-1546**  
96 Campbell Street  
Harrisonburg, VA 22801  
See Center for Marriage and Family Counseling for a description of services.
- Lynch, Joseph G., LCSW** **434-2800**  
110 Newman Ave  
Harrisonburg, VA 22801  
See Newman Avenue Associates for a description of services.
- Marion, Carolyn, LPC** **949-4202**  
436 S. Linden Avenue, Suite C  
Waynesboro, VA 22980  
See Augusta Psychological Associates for a description of services.
- Martin, Anne L., LCSW** **433-1663**  
1820 Country Club Road \$70.00  
Harrisonburg, VA 22802 (most insurance coverage accepted)  
I counsel adults, adolescents, and children. My areas of interest and expertise include: treating depression and anxiety; facilitating recovery from trauma; eating disorders, family difficulties and assisting women focusing on personal growth. I blend family systems and object relations perspectives, utilize cognitive-behavioral techniques, and believe being thoroughly heard is central to healing, change, and growth. Day and evening appointments are available.
- Massie, Kent B., LPC** **564-5960**  
235 Cantrell Avenue  
Harrisonburg, VA 22801  
See RMH, Center for Behavioral Health for a description of services.



**Neely, Charmi, LMFT**

**886-3956**

Drs. Kuley, \$125(initial); \$100(individual/family)  
Ryan and Associates  
40 Lumber Street  
Staunton Medical Center  
Staunton, VA 24401

**Ext.115**

E-mail: [cjneely@yahoo.com](mailto:cjneely@yahoo.com)

I do mindfulness-based cognitive behavioral therapy, acceptance commitment therapy, and play therapy in my work with children, youth, adults, couples, and families. We work with issues across the board: anxiety, depression/mood disorders, PTSD, anger, physical/sexual abuse, stress, ADHD, divorce, co-parenting, etc. I also teach mindfulness-based stress reduction (MBSR), other mindfulness education, and divorce education groups.

**Newman Avenue Associates**

**434-2800**

110 Newman Avenue  
Harrisonburg, Virginia 22801

Fax: 434-2883

*Page Shields, LCSW*  
*Nancy Good Sider, LCSW*  
*Sara Zimmerman, LPC*  
*Bonnie Jantzi, LCSW*

*Carolyn Bing, LCSW*  
*Pat Laurenz, LCSW*  
*Joseph Lynch, LCSW*  
*Jenny A. Kuszyk, LPC*

Newman Avenue Associates is comprised of a group of experienced clinicians with diverse and specialized training. We offer a range of mental health services including individual, couples, family counseling, and play therapy. We also offer EMDR, biofeedback, and coaching. We offer consultations and training to professionals, schools, churches, and businesses. We enjoy working with people of all ages. Please feel free to contact any of the NAA clinicians to discuss which person would best meet you or your client’s clinical needs.

**Painter, Louisa S., LPC**

**433-2622**

481 East Market Street  
Harrisonburg, VA 22801

1<sup>st</sup> Session \$85    Thereafter \$75

Fax: 574-2214

E-mail: [louisapainter@earthlink.net](mailto:louisapainter@earthlink.net)

My clinical practice includes work with children (6 years old and up), adolescents, and adults. My special areas of expertise include: play therapy, the expressive therapies, ADHD, identity issues, anxiety and mood disorders, stress and pain management, grief, women’s issues, relationship issues, spiritual issues, divorce, and step-families. Office hours include Monday through Thursday. I take most major insurances and Medicaid.

**Patel, Daksha MD**

Psychiatrist

**564-7007**

1931 Medical Avenue  
Harrisonburg, VA 22801

See Valley Behavioral Medicine for a description of services.

**Payne, Anne M. MA, LPC**

3011 North Valley Pike  
Harrisonburg, VA 22802

**433-5548**

E-mail: [GWA@CFW.com](mailto:GWA@CFW.com)

I welcome clients who seek healing and a more abundant life. My counseling philosophy is to identify and build on strengths while suggesting down-to-earth solutions of problem solving and personal growth, for all ages. I am a certified school counselor (k-12) and enjoy working with children and adolescents. I believe in protecting and defending family relationships. Rates adjusted to income. Insurance forms filed for participating companies.

**Pellegrino, Joseph F., Ph.D.**

481 E. Market Street  
Harrisonburg, VA 22801

Clinical Psychologist

**574-2210**

I provide individual, play, and family therapy for children, adolescents, and adults as well as couple/marital. I conduct comprehensive psychological evaluations with children, adolescents, and adults. Consultation with schools and daycares and workshop presentations are available. Areas of expertise: depression, anxiety, ADHD, anger management, divorce, adoption and blended family issues, and chronic illness. Daytime and evening hours. Insurance accepted.

**Pirooz, Jane C.**

Coordinator, Corporate Employee Assistance Services  
235 Cantrell Avenue  
Harrisonburg, VA 22801

**546-5960**

See RMH, Center for Behavioral Health for a description of services.

**Rask, Kristina, Ph.D.**

1228 North Augusta Street  
Staunton, VA 24401

**886-5060**

See Augusta Psychological Association for a description of services.

**Reese, Pamela LPC**

273 Newman Ave  
Harrisonburg, VA 22802

**434-8450**

See Family Life Resource Center for a description of services.

**Reynolds, Gene, LCSW**

79 N. Medical Park Drive  
Fishersville, VA 22939

**213-2500**

See Augusta Health Care Outpatient Behavioral Health Services for a description of services.

**Richardson, Connie Y., LPC**

1164 S. High Street  
Harrisonburg, VA 22801  
Hours: Monday, Tuesday and Thursday 8AM to 5PM

**434-9700**  
FAX: 434-0291

My orientation is cognitive-behavioral. I work with adults, couples, adolescents (14= years). Specialization includes treatment of anxiety disorders (e.g., panic disorder, post traumatic stress disorder, obsessive compulsive disorder), adjustment disorders (e.g., loss/grief, life transitions) and mood disorders.

**Rissmeyer, David, LCSW**

96 Campbell Street  
Harrisonburg, VA 22801

**433-1546**

See Center for Marriage and Family Counseling for a description of services.

**RMH Center for Behavioral Health**

235 Cantrell Avenue  
Harrisonburg, VA

**564-5960**  
(877) 294-5731  
FAX: (540) 433-4338  
e-mail: agitchel@rhcc.com

*M. Andree Gitchell, LCSW, Administrative Director*  
*Dr. Lawrence G. Conell, Medical Director*

*Marian Aveson, LPC, CSAC*  
*Ellen R. Dotas, LPC*  
*Laura L. Goolsby, Ph.D.*  
*Randall Hook, LCSW*  
*Jennifer Johnson, LPC*  
*Kent B. Massie, LPC*  
*Dee Michael, LPC*

*Jane C. Pirooz, LPC*  
*Kelly Sharpes, LPC*  
*Ron Shelton, LCSW*  
*Nancy Shomo, BSW, GC-C*  
*Liesel Y. Showalter, LPC*  
*Sandra Weaver, RN, LCNS*  
*Leanne Wickline, LCSW*

Offering care, treatment, and support for individuals, families, or groups in a warm, healing environment. The Center for Behavioral Health offers a unique and comprehensive approach to traditional mental health services, including the following:

- Individual, couple & family therapy for adolescents and adults
- Partial Day Treatment Program, intensive outpatient support for those in crisis
- LIFE Recovery Program, specializing in addiction services
- Grief and Loss Services
- Eating Disorders Services
- *Smart Marriages* Program
- Biofeedback and Stress Management
- Employee Assistance Program, a service tailored to the business community
- 24 hour psychiatric emergency services

Most insurance plans accepted. Hours of operation vary with service.

**RMH LIFE Recovery Program**

235 Cantrell Ave.  
Harrisonburg, VA 22801

**564-5629**  
(877) 294-5731  
FAX: (540) 564-5823  
E-mail: [jjohnson@rhcc.com](mailto:jjohnson@rhcc.com)

Staffed by licensed professionals who provide outpatient substance abuse treatment for persons 13 years and over who are suffering from problems due to drug and/or alcohol use. Services include individual therapy, motivational group therapy, adolescent individual and group therapy, family education, intensive outpatient programs, continuing care group, residential treatment referral and smoking cessation. Treatment costs vary depending upon the services provided. Most insurance plans accepted.

**RMH, Mental Health Center**

235 Cantrell Avenue  
Harrisonburg, VA 22801  
Dr. Lawrence Conell, Medical Director

**433-4577**

Comprehensive mental health services include a 20-bed inpatient adult psychiatric unit. Acute in-patient care for psychiatric disorders including dual diagnosis. Individual, family, group, recreational, and occupational therapies are provided. Psychopharmacological therapy is offered. For referral to this unit and for after hours and on weekends contact the Psychiatric Emergency Team at 433-4100.

**Savides, John, CSAC**

79 N. Medical Park Drive  
Fishersville, VA 22939

**213-2500**

See Augusta Health Care Outpatient Behavioral Health Services for a description of services.

**Sharpes, Kelly, LPC**

235 Cantrell Avenue  
Harrisonburg, VA 22801

**564-5960**

See RMH Center for Behavioral Health for a description of services.

**Shelton, Ron, LCSW**

235 Cantrell Avenue  
Harrisonburg, VA 22801

**564-5960**

See RMH Center for Behavioral Health for a description of services.

**Shenandoah Valley Sex Offender Treatment Program**

Harrisonburg, VA 22801

**434-1730**

**Shenk, Daniel R., M.S.W.** Clinical Social Worker **434-0531**  
1820 Country Club Road \$75  
Harrisonburg, VA 22801

My thirty-seven years of clinical experience include employment in two in-patient psychiatric settings, two marital and family counseling centers, two residential treatment centers for children, and twenty-five years in private practice. My theory base is a combination of existential, psychoanalytic, and holistic with particular interest in the mind-body-spirit connection. I offer individual, marital, and group psychotherapy.

**Sheridan, Martha, CSAD, LPC** **949-4202**  
436 S. Linden Avenue, Suite C  
Waynesboro, VA 22980

See Augusta Psychological Associates for a description of services.

**Shields, Page, LCSW** **434-2800**  
110 Newman Ave  
Harrisonburg, VA 22801

See Newman Avenue Associates for a description of services.

**Shomo, Ingrid, LCSW** **433-1546**  
96 Campbell Street  
Harrisonburg, VA 22801  
&  
79 N. Medical Park Drive **213-2525**  
Fishersville, VA 22939 E-mail: [IShomo@AugustaMed.com](mailto:IShomo@AugustaMed.com)

Specializes in all populations, women's issues, geriatrics. Medicare approved at Augusta Medical Center. All insurances approved. Theoretical orientation: cognitive-behavioral, systems theory, solution-focused.

Also see Center for Marriage and Family Counseling and Center for Behavioral Health at Augusta Medical Center for a description of services.

**Shomo, Nancy J., BSW, GC-C** Certified Grief and Loss Counselor **433-4427**  
Coordinator, Grief and Loss Services  
235 Cantrell Avenue  
Harrisonburg, VA 22801

See RMH Center for Behavioral Health for description of services.

**Showalter, Kenneth, Psy.D.** Clinical Psychologist **434-8450**  
273 Newman Ave  
Harrisonburg, VA 22801

See Family Life Resource Center for a description of services.

**Showalter, Liesel Y., LPC** **564-5960**  
235 Cantrell Avenue  
Harrisonburg, VA 22801

See RMH Center for Behavioral Health for description of services.

**Sider, Nancy Good, LCSW** **434-2800**  
110 Newman Ave  
Harrisonburg, VA 22801

See Newman Avenue Associates for a description of services.

**Smith, Bren McGillivary, LPC, LMFT** **901-9000**  
4057 Old Mill Lane  
Broadway, VA 22801

Individual and relationship counseling and behavior-communication therapy for pervasive developmental disorder /autism.

**Sylvest, Sandra L., Ed. S LPC.** **433-8590**  
6178 Scholars Rd \$65  
Mt. Crawford, VA 22841

I work with individuals, couples, and families in the discovery of conscious choices that create more satisfying life experiences. My practice addresses issues of depression, anxiety, stress, grief, loss, low self-esteem, and relationship issues of trust, intimacy, and communication. The therapies I employ are drawn from various theoretical bases depending on the client's needs and available resources. Day and evening hours by appointment.

**Tancyus, Michael G., LCSW** **574-6063**  
57 South Main Street Suite 615  
Harrisonburg, VA 22801 [website:www.michaelgtancyuslcsw.com](http://www.michaelgtancyuslcsw.com)

I offer individual, couples, and family therapy with adults and adolescents. My services include crisis intervention, clinical supervision and training, and court-ordered assessments. I work with substance abuse, depression, anxiety, sexuality, gender issues, relationship problems, self-esteem, and sexual abuse. Day and evening appointments and sliding scale fee options are available.

**Tilman, Edward, LPC, LMFT, SAT** **434-8450**  
273 Newman Ave  
Harrisonburg, VA 22802

See Family Life Resource Center for a description of services.

**Tucker, Robert M. EDS, NCC, CPC, MFT**

Virginia Center for Family Relations  
100B MacTanly Place  
Staunton, VA 24401

(Clinical Director)

**885-3431**

E-mail: [RmT1959@msn.com](mailto:RmT1959@msn.com)

I enjoy a wide variety of clients in my practice, including children, teenagers, couples, and singles. The methods I use are specific to the needs of the person but primarily blend reflective, awareness based models with reality and solution focused approaches. I respect that faith can be an essential part of one's life and Christian viewpoint.

**Valley Behavioral Medicine**

**564-7007**

235 Cantrell Avenue  
Harrisonburg, VA 22801

*Raymond Alderfer, M.D.*

*Jeffery Lightner M.D.*

*Mary Akins MSN, RN, CS, FNP-C*

*Lawrence Conell M.D.*

*Young Bae, M.D.*

Valley Behavioral Medicine is a group psychiatric practice affiliated with Rockingham Memorial Hospital. We provide psychiatric evaluation and follow-up care for our outpatients in Harrisonburg and Woodstock. We offer adult psychiatric care for depression, manic depression, schizophrenia, and anxiety disorders. The group also consists of members with special interests in alternative therapies, substance abuse issues, and adolescent care.

**Valley Community Services Board**

**886-7100**

123 W. Fredrick St.  
Staunton, VA 24401

**Valley Hope Counseling Center**

**941-8933**

20 Stoneridge Dr., Suite #202  
Waynesboro, VA 22980

Contact: Ginny Harris, LPC, Executive Director      E-mail: [valleyhope@ntelos.net](mailto:valleyhope@ntelos.net)  
Office hours are by appointment only – Mon. thru Thur., evening appts. available

Sliding scale fee based on family income and number of dependents. Accept Medicaid but not Medicare. Any age clients served. No current services for Non-English speakers. Valley Hope is a United Way agency that provides quality mental health counseling services at an affordable fee. All types of mental health issues are addressed and counselors have a variety of theoretical orientations.

**Valley Pastoral Counseling Center**

**943-8722**

300 Chestnut Avenue  
Waynesboro, VA 22980

E-mail: [pastoral@ntelos.net](mailto:pastoral@ntelos.net)

website: [www.valleypastoral.org](http://www.valleypastoral.org)

Contact: C. Alan Melton, D. Min., LPC. Executive Director

Insight oriented therapy, intensive adult psychotherapy, depression and anxiety, couples, spiritual issues, relationship difficulties.

**Van Horn, Donna, LCSW**  
235 Cantrell Avenue  
Harrisonburg, VA 22801

**421-9300**

See RMH, Center for Behavioral Health for a description of services.

**Weaver, Judith G., Ed.S. LPC**  
312 S. Main Street  
Harrisonburg VA 22802

and

7 Berry Boulevard  
P.O. Box 604  
Luray, VA 22835  
743-7101  
\$70.00

**433-1291**

**743-7101**

My practice includes work with adolescents and adults, individuals, couples, families and groups. Special areas of interest and expertise: survivors of childhood trauma, adult children of alcoholics, codependency, gender issues, domestic violence, and relationship concerns. Available to complete chemical dependency evaluations under the SAP guidelines. Batterer Intervention Program. Insurance filed; participating in all major insurance plans and managed care networks.

**Weaver, Sandra, RN, LCNS**  
235 Cantrell Avenue  
Harrisonburg, VA 22801

**564-5960**

See RMH Center for Behavioral Health for description of services.

**Webb, Nadia, Ph.D. (Nadia Webb & Associates, LLC)**

**433-6886**

Board Certified, Pediatric Neuropsychology  
Board Certified, Professional Neuropsychology  
312 S. Main St.  
Harrisonburg, VA 22801  
Office Hours: Monday through Friday (Saturday appt if required)

Website: [www.nadiawebb.com](http://www.nadiawebb.com)  
E-mail: [Nadiawebb@aol.com](mailto:Nadiawebb@aol.com)

Fee information: Some sliding scale available, Medicare not accepted  
Age of Clients Served: Child through Elderly  
Language Services for Non-English speakers: Interpreters available for assessments

This is a neuropsychological practice specializing in assessment and treatment of individuals with problems in attention, learning, memory, planning, judgment, and mood. We provide counseling, assessments, consultation and cognitive rehabilitation for children and adults.

**Weber, Randy, Ph.D.**  
36 Southgate Ct., Suite 102  
Harrisonburg, VA 22801

**568-1876**

See Charis Institute for Psychological and Family Services/Center for Behavioral Health for a description of services.

**Weber, Ronda, Ph.D., LCSW**

**568-1876**

36 Southgate Ct., Suite 102  
Harrisonburg, VA 22801

See Charis Institute for Psychological and Family Services/Center for Behavioral Health for a description of services.

**Wenger, Lois, LCSW**

**434-8450**

273 Newman Ave  
Harrisonburg, VA 22802

See Family Life Resource Center for a description of services.

**Wettstone, Richard P., Ed. D.**

**434-9430**

356 South Main St.  
Harrisonburg, VA 22801

E-mail: [LPCR PW@verizon.net](mailto:LPCR PW@verizon.net)

Thirty-five years of experience as a full-time counselor has prepared me to deal with a broad range of people and concerns. In addition to being licensed as a Professional Counselor, I am also licensed as a Marriage and Family Therapist, Substance Abuse Treatment Provider and as a Certified Family Mediator. Specialty areas include: Marital and Family issues, addictions of all types, stress management and depression, and adolescent substance abuse and behavioral problems. I am trained in hypnosis, which is useful for those interested in stopping smoking, weight control and with many concrete behavior changes. Evening hours are available and most insurance plans are accepted except for Medicare and Medicaid.

**Wickline, Leanne, LCSW**

**564-5960**

235 Cantrell Avenue  
Harrisonburg, VA 22801

See RMH Center for Behavioral Health for description of services.

**Winchester Medical Center Behavioral Health Services**

**(800) 786-2673**

1890 Amherst Street  
Winchester, VA 22801

Provides psychiatric services to all adult and adolescent patients who are in need of inpatient care, partial hospitalization, the Adolescent After School Program, or outpatient therapy that is not available in the community. Accepts patients who are on a Temporary Detention Order or Commitment by the Courts.

Mailing Address:  
P.O. Box 1013  
Harrisonburg, VA 22801

Physical Address:  
370 Neff Avenue, Bldg. J  
Harrisonburg, VA 22801

Marriage, family and individual counseling. Adolescence through adulthood. Relationship issues, depression, anxiety, eating disorders, and anger management. Self Esteem, crisis intervention for domestic violence and sexual assault victims, male and female survivors of childhood and adolescent sexual and physical abuse and divorce and stepfamily issues. Consultation and presentations to businesses and organizations on topics including conflict resolution, sexual harassment, surviving childhood abuse and communication in the workplace. Most major insurances accepted. Evening hours by appointment.

**Witters-Green, Ruth Ph.D.**

**866-5060**

1228 N. Augusta Street  
Staunton, VA 24401

See Augusta Psychological Associates for a description of services.

**Wright, Carroll J., Ph.D.**

**433-0280**

22 East Market Street, Suite 212,  
Harrisonburg, VA 22801

E-mail: [drjoe@shentel.net](mailto:drjoe@shentel.net)

Fees: \$70 an hour, with Insurance, Medicaid and sliding scale options

Hours: Days and evenings in Harrisonburg, Saturdays in my New Market office

Areas of specialization: depression, anxiety and mid-life crisis

Theoretical Orientation: Spiritual Psychotherapy, for people who are tired of trying to fix the ego. Every symptom has a hidden positive meaning. Misdiagnosis is the main problem in psychotherapy. I only take patients who are willing to invest a year in serious work on self. I am willing to correspond with you by email and to conduct an initial interview before I would make such a commitment to you.

**Yoder, Harvey, LPC, LMFT**

**434-8450**

273 Newman Ave  
Harrisonburg, VA 22802

See Family Life Resource Center for a description of services.

**Young, Susan W., LCSW**

**886-5060**

1228 North Augusta Street  
Staunton, VA 24401

Area of specialization all anxiety disorders, sleep disorders, grief, biofeedback, depression, and marital counseling. Population served: adolescents 13 and up, and adults of all ages. Cognitive behavioral orientation and clinical psychological training, and some skilled based family coaching. Medicare, Medicaid, and most insurances as an approved provider.

**Zimmerman, Sara, LPC**

**434-2800**

110 Newman Ave  
Harrisonburg, VA 22801

See Newman Avenue Associates for a description of services.



## Non-Profit and Volunteer Service Providers

Non-Profit and Volunteer Service Providers come in all shapes and sizes because people's needs vary. They may offer assessment, emotional support, financial assistance, education, medical treatment, mentoring, or temporary shelter. Some are staffed by professionals only, while others rely on volunteers. Some involve a fee and others are free. Non-profit service agencies receive some funding from tax monies, United Way contributions, or other donations. Most agencies will handle a variety of problems but regularly refer people to mental health care providers for more specific counseling needs.

Many non-profit service agencies also provide prevention and education services. Please contact the agencies to find out if these services are available.

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All area codes 540 unless otherwise noted

### **Alzheimer's Association, Central & Western Virginia Chapter**

250 E. Market St., Suite C

Harrisonburg, VA 22801

Contact person: Wendy Delawder, Education and Community Outreach Coordinator

**437-7444**

**800-272-3900**

website: [www.alzcvva.org](http://www.alzcvva.org)

Alzheimer's disease is a complex disease that affects the brain. Approximately 4.5 million Americans have this disease. Although many things about Alzheimer's remain a mystery, research continues to bring us a better understanding of the disease, more accurate diagnosis, and more effective treatments.

When Alzheimer's disease touches your life, the Alzheimer's Association, Central and Western Virginia Chapter, is here to help.

We can provide a warm, knowledgeable voice on the phone, face-to-face consultation and support, accurate information, support groups, the safe return of a loved one who has wandered, respite financial support, and/or professional education.

### **American Cancer Society**

1920-H Medical Avenue

Harrisonburg, VA 22801

**434-3360**

**800-416-8847**

**fax: 432-1621**

website: [www.cancer.org](http://www.cancer.org)

Fees: All services are provided free of charge to cancer patients and their families.

Office Hours: 8:30 am-5 pm, Monday through Friday

The American Cancer Society is a non-profit organization that provides education, and patient services to individuals in our community. Wigs and prosthetics are available. Programs such as Look Good Feel Better, Man To Man, Reach to Recovery, Road to Recovery are offered through this office. Please call to obtain additional information or to speak to someone about becoming a volunteer. Contact the Community Manager for information about Health Fairs.

**Americans with Disabilities Act, City of Waynesboro**

**942-6718**

503 W. Main St, Suite 101  
P O Box 1028  
Waynesboro, VA 22980

website: [www.waynesboro.va.us/disability.html](http://www.waynesboro.va.us/disability.html)

Contact: Charles F. Downs, Coordinator E-mail: [downscf@ci.waynesboro.va.us](mailto:downscf@ci.waynesboro.va.us)  
Office Hours: Part-time; Call and leave a message, if necessary

The office offers guidance to understand responsibilities for the Americans with Disabilities Act; free consults to businesses, churches and home owners about modifications and accommodations to remove “barriers” for those with physical and sensory disabilities; and as a referral source to handle disability-related complaints.

**The ARC of Harrisonburg and Rockingham, Inc.**

**437-9214**

Mary Ellen Chewning, Executive Director  
620 Simms Avenue  
Harrisonburg, VA 22802

The ARC-Harrisonburg/Rockingham is a voluntary, non-profit organization dedicated to minimizing the effects of retardation on persons with mental retardation, their families, and the general public. The association sponsors the ARC/Op Shop (a work activity center for mentally retarded adults), recreational activities, Parent-to Parent support program, a respite care service, a summer day camp, and regular informative membership meetings. It also publishes a monthly newsletter.

**ARC/Op Shop**

**437-9214 ext. 132**

620 Simms Avenue  
Harrisonburg

e-mail: [opshop@hrarc.org](mailto:opshop@hrarc.org)

The ARC/Op Shop is Day Support Program for adults with mental retardation who are residents of Harrisonburg and Rockingham County. The program provides training in social skills, life skills, communication skills and pre-vocational skills, and is operation Monday through Friday from 9am-2:30pm. The OP Shop is a service of the Association for Retarded Citizens, which is a United Way agency.

**Augusta Regional Free Clinic**

**932-5606**

342 Mule Academy Rd.  
Fishersville, VA 22939

**332-5606**

**Fax: (540) 332-5610**

The clinic offers medical and pharmaceutical services to uninsured residents of Staunton, Waynesboro, and Augusta County with 200% of Federal Poverty Guidelines, or a working full-time student, or temporarily unemployed. Individuals with insurance or on disability are not eligible for services.

Hours of Operation

Medical Clinic:

Medication pickup:

Mon: 8:30 – 6:00  
Tue: 8:00 - 4:00  
Wed: 8:00 – 4:00  
Thu: Noon – 8:00

Mon: 11:00 – 5:00  
Tue: 8:00 - Noon  
Wed: 8:30 – 4:00  
Thu: Noon – 8:00  
Fri: 9:00 – 10:00

**Big Brothers/Big Sisters**

P.O. Box 81  
Harrisonburg, VA 22803  
Director: Rajan Shore

**433-8886**  
Fax: 433-6081  
website: [www.bbbshr.org](http://www.bbbshr.org)  
E-mail: [info@bbbs.org](mailto:info@bbbs.org)

Big Brothers Big Sisters of Harrisonburg-Rockingham County is a non-profit organization serving children between the ages of 6-14. Children matched in the program have been identified as needing the additional support of an adult mentor. Children are paired with carefully screened volunteers and spend a minimum of one hour per week, either in the community or a school setting. BBBS offers a Hispanic Mentoring program. There are no fees that prevent families from applying for services. Our services are offered free of charge to children living in Harrisonburg or Rockingham County. Parental consent and cooperation are required.

**Big Brothers/Big Sisters - Staunton/Waynesboro**

220 S Wayne Ave  
P.O. Box 897  
Waynesboro, VA 22980  
Judith Shuey, Executive Director

**943-7871**  
**fax: 943-5859**  
e-mail: [bbbsocbr@ntelos.net](mailto:bbbsocbr@ntelos.net)

**Blue Ridge Legal Services**

204 North High Street  
P. O. Box 551  
Harrisonburg, VA 22803  
Contact Person: Courtney Sinnet, Intake Paralegal  
Intake Hours: Monday-Thursday, 9:00 a.m. to 12:45 p.m.  
Office Hours: Monday-Friday 8:30-5pm

**433-1830**  
**800-237-0141**  
**fax: 433-2202**  
E-mail: [info@brls.org](mailto:info@brls.org)  
Website: [www.brils.org](http://www.brils.org)

Blue Ridge Legal Services is a private non-profit legal aid society licensed by the Virginia State Bar to provide free legal assistance in civil matters to residents of the Shenandoah Valley who otherwise could not obtain such services due to their poverty. These services are provided free to households below the federal poverty guidelines. Types of cases typically handled include debtor protection, consumer protection, family disputes, access to health care, public benefits, housing problems, and the legal needs of the elderly.

**Caregivers Community Network**

Blue Ridge Hall – MSC 9014  
Harrisonburg, VA 22807

**568-6682**  
**Toll Free: (866) 568-6454**  
Fax: 568-6409  
website: [www.socwork.jmu.edu/Caregivers](http://www.socwork.jmu.edu/Caregivers)

Caregiver's Community Network (CCN) CCN provides support and resources to caregivers including one-on-one companionship and respite care for their loved one at

home. The program serves Page, Rockingham, Shenandoah, & Augusta counties and the cities within.

- Weekly personalized in-home companion care
- Educational workshops and support groups
- Partnership with community service and faith based organizations to provide a well-coordinated referral system
- Telephone consultations to supply caregivers with support, tips and resources
- Errand running
- Time off for the caregivers

**ComfortCare Women’s Health**

P.O. Box 924

Staunton, VA 24402

Locations: 1020 N. Augusta St.  
Staunton, VA  
885-6261

**885-6261**

**943-1700**

13<sup>th</sup> & Magnolia St.  
Waynesboro, VA  
943-1700

E-mail: [help@ccwomenshealth.org](mailto:help@ccwomenshealth.org)

Website: [www.ccwomenshealth.org](http://www.ccwomenshealth.org)

Contact Person & Title: Deborah Fann, Executive Director  
All services free and confidential with no restrictions on age.

**Office Hours: Staunton**

Tues: 9:30AM to 12:30AM

Thurs: 2:00PM to 5:00PM,  
6:00PM to 8:30PM

**Waynesboro**

M,W,F: 9:30AM to 12:30AM

Tues: 6:00PM to 8:30PM

Services:

ComfortCare Women’s Health is a life-affirming, non-profit medical clinic empowering women to make healthy life choices. Services are provided by trained professionals and peer counselors at no cost to the patient.

- Pregnancy confirmation
- Peer counseling on pregnancy options
- Nurse’s assessment
- STD testing

Special Programs:

KISSN (Keep It Simple Say No) – A dynamic, abstinence program for teens and young adults.

HEART (Healing Emotions And Renewing the Heart) – A support group and Bible study for those recovering from the pregnancy outcome of abortion.

Patchwork – A materials assistance program. Patients earn points and are redeemed for items such as diapers, formula and clothes.

### **Community Mediation Center**

165 South Main Street, Suite A  
Harrisonburg, VA 22801  
Contact person: Timothy Ruebke, Executive Director

**434-0059**  
**(800) 653-0019**

E-mail: [cmcmmediation@comcast.net](mailto:cmcmmediation@comcast.net)

Mediations by appointment

Office Hours: M-F, 8:30am—5:00pm

Language Services for Non-English speakers: Spanish-speaking mediators available

Fees: payment on a sliding scale

Community Mediation Center (CMC) is a full service dispute resolution center providing family, general, criminal and multi-party mediation services. CMC is committed to providing mediation, facilitation and other conflict resolution and restorative justice services and trainings to individuals, families, businesses, organizations and communities. Mediation is a constructive process and is used for cases involving: Child custody, support and visitation issues, Parent/child conflicts, Landlord/tenant disputes, Consumer/merchant disputes, Adult sibling conflicts, School and church conflicts, Organizational issues, Community and governmental issues.

### **Community Resource Center**

#### **Call/Walk in Center**

Muhlenberg Lutheran Activity Center  
281 E. Market Street  
Harrisonburg, VA 22801

**433-3888**

#### **Administrative Office**

JMU, Blue Ridge Hall, MSC 9008  
Harrisonburg, VA 22807

**568-2585**

website: [www.hrcrc.org](http://www.hrcrc.org)

#### **Mailing Address**

P.O. Box 1753  
Harrisonburg, VA 22803

Contact person: Karen Barnes, Executive Director

E-mail address: [volunteer@hrcrc.org](mailto:volunteer@hrcrc.org) or [barneskl@jmu.edu](mailto:barneskl@jmu.edu)

Hours: Monday through Friday, 8:00 to 5:00

Serves all ages and income levels

Non-English Services available upon request

#### **Services:**

Information, Resource and Referral Services for the Harrisonburg, Rockingham (and surrounding) areas. Through the utilization of a comprehensive database listing local services/agencies, search tools and contacts, CRC can provide a link to these services through the call center, agency website with links, and through personal contact with area resources. Trained volunteer responders provide personal links to those needing and requesting information and connections.

Volunteer Clearinghouse and Center serves the central valley region as a centralized clearinghouse for listing volunteer opportunities within our area, linking those who want to serve with these opportunities to strengthen services within an agency and promote community volunteerism activities and events. This center serves agencies utilizing volunteers through posting their need on CRC's website and national volunteer portal (1-800volunteer.org) and through community announcement and direct referrals.

Homeless Management Information Systems Services – Providing a venue to connect homeless or potentially homeless clients to possible services as well as a means to track homeless needs within our area. Participate in advocating homeless issues within the community and partner with agencies serving this need.

Agency Support and Partnership CRC strives to be a central venue to assist in identifying gaps and needs in services, collaborate to assist in funding, and strength community initiatives.

**Compeer of Harrisonburg/Rockingham**

**434-5219**

P. O. Box 944  
Harrisonburg, VA 22803

Compeer is a non-profit organization that matches trained community volunteers with mental health clients in a one-on-one supportive friendship. Compeer staff provides volunteer training, training materials and volunteer support services. The client's therapist/case manager is also available to the volunteer for support and guidance. We provide trained volunteers to individuals with mental illness and domestic violence victims. Volunteer commitment time varies.

**Department of Social Services: Harrisonburg/Rockingham County**

**574-5100**

110 N. Mason Street  
P.O. Box 809  
Harrisonburg, VA 22803

fax: 574-5127

Don Diver, Director

**Friendship Industries, Inc.**

**434-9586**

801 Friendship Drive  
Harrisonburg, VA 22802

E-mail: [PaulMcfarland@friendship-industires.com](mailto:PaulMcfarland@friendship-industires.com)  
website: [www.friendship-industries.com](http://www.friendship-industries.com)

Open: 8:15 a.m. – 4:15 p.m., Monday-Friday  
Appointment at other times are welcome.

Friendship Industries provides training and employment services to persons with mental, emotional, or physical disabilities in a work environment in which individuals are not subjected to competitive production pressures. Friendship provides transportation for many clients and offers job coaching and supported employment, which enable clients to work competitively with the community. The cost of most services provided is paid by other agencies.

**Gemeinschaft Home for Ex-Offenders****434-1690**1423 Mount Clinton Pike  
Harrisonburg, VA 22802

Transitional therapeutic community for the non-violent ex-offender. Ex-offenders are referred by the Department of Corrections.

**Harrisonburg Pregnancy Center**833 Cantrell Avenue  
Harrisonburg, VA 22801**business: 434-0685****client: 434-7528**E-mail: [hburgpc@rica.net](mailto:hburgpc@rica.net)  
website: [www.hburgpc.org](http://www.hburgpc.org)

Daily appointment and walk-in hours, all services are free and confidential. Services include free pregnancy tests, confidential consultation, one-on-one support, explanation of abortion and alternatives, limited medical services and ultrasound exams, assistance in finding a licensed adoption agency if desired, network of referrals for medical and other services, counseling on healthy relationships and sexuality, and post-abortion counseling. Mondays thru Thursday, 9-3pm, Thursday 5-8pm, and Friday 9 to 12pm.

**Harrisonburg Redevelopment and Housing Authority****434-7386**P.O. Box 1071  
Harrisonburg, VA 22803  
Contact: Michael Wong, Executive Directorwebsite: [www.harrisonburgrha.com](http://www.harrisonburgrha.com)

To provide safe, decent, affordable housing for low-income families. Also involved in Housing Rehabilitation Programs, Reutilization Programs, Tax exempt and Financing, and Home Ownership Development Programs.

**Harrisonburg and Rockingham Community Service Center****434-1941**1241 N. Main Street  
Harrisonburg, VA 22802**Health Department**110 North Mason Street  
P.O. Box 26  
Harrisonburg, VA 22801**574-5100****fax: 574-5214**

Sexually Transmitted Disease Clinics -- Testing and counseling is available for syphilis, gonorrhea, herpes, and AIDS (anonymous AIDS testing is available).

Maternity Clinic -- Prenatal care, assessment and education by nurses, nutritionist and physician.

Well Child Clinic -- Routine well childcare, developmental screening, immunizations and education.

Family Planning Clinic -- Examination, education, counseling regarding the different types of birth control.

**Health Promoters Program****568- 8029**

Blue Ridge AHEC, 9009 MSC JMU

E-mail: [morenonn@jmu.edu](mailto:morenonn@jmu.edu)

Harrisonburg, VA 22807

Office Hours: 8:30-3:00 (Monday-Friday)

Contact person: Nelly Moreno Shenk, Program Coordinator

website: [www.brahec.jmu.edu/programs/promotoras.htm](http://www.brahec.jmu.edu/programs/promotoras.htm)

Age of Clients Served: 18-50

Language Services for Non-English speakers: Training in Spanish

The Lay Health Promoters Program developed two training sessions a year for Hispanic People in health topics, such as Diabetes, Nutritions, HIV-IADS, Tuberculosis, and Depression. The program also provides a Directory of the health services in the community.

**Infant & Toddler Connection of Harrisonburg/Rockingham****433-3100**

McNulty Center for Children and Families

463 E. Washington St.

Harrisonburg, VA 22802

For information, contact:

Heather Taylor, System Manager

[htaylor@hrcsb.org](mailto:htaylor@hrcsb.org)

To make a referral contact:

Leigh Anne Ross, Central Point of Entry

540.434.6093, Ext. 3321

[laross@hrcsb.org](mailto:laross@hrcsb.org)

Office Hours: Monday – Friday 8:00AM to 5:00PM

The infant & Toddler Connection of Harrisonburg/Rockingham is a service of the Harrisonburg-Rockingham Community Services Board. The Infant & Toddler Connection of Harrisonburg/Rockingham provides early intervention supports and services to infants and toddlers from birth through age two who are not developing as expected or who have a medical condition that can delay normal development. Early intervention supports and services focus on increasing the child's participation in family and community activities that are important to the family. In addition, supports and services focus on helping parents and other caregivers know how to find ways to help the child learn during everyday activities. These supports and services are available for all eligible children and their families regardless of the family's ability to pay.

**Lutheran Family Services of Virginia, Inc****437-1211**

P.O. Box 467

Harrisonburg, VA 22801

Director of Operations: Brooke Rodgers

E-mail: [brodgers@lfsva.org](mailto:brodgers@lfsva.org)

Lutheran Family Services recently opened a satellite office in Harrisonburg to provide Intensive In-Home Services, Case Management, Supervised Visitation and Mentoring to

children and their families in the area. We are also currently recruiting foster and adoptive families in the area to provide Therapeutic Foster Care Services and Adoption Services. We are licensed by the Department of Mental Health, Mental Retardation and Substance Abuse Services and the Virginia Department of Social Services. We are affiliated with the Harrisonburg-Rockingham Local Human Rights Committee. We are currently taking referrals for our services.

**Office on Children and Youth**

**568-2558**

P.O. Box 1753  
Harrisonburg, VA 22803  
Jane Hubbell- executive director

E-mail: [hubbeljx@jmu.edu](mailto:hubbeljx@jmu.edu)

The Office on Children and Youth, a partnership program, provides information and referral services to children and youth with the goal of promoting positive development. OCY is a central contact point for services in Harrisonburg and Rockingham County to support, coordinate, and examine the needs of our children and youth.

**Office on Youth**

**942-6757**

250 South Wayne Ave.  
Waynesboro, VA 22980

website: [www.waynesboro.va.us/youth.html](http://www.waynesboro.va.us/youth.html)  
E-mail: [BlairCl@ci.waynesboro.va.us](mailto:BlairCl@ci.waynesboro.va.us)

To encourage positive interaction between youth and their community and foster healthy youth development and citizenship, through a combination of programming, advocacy, and partnerships which focus on promoting responsible behavior among youth, encouraging community responsiveness to youth issues, and empowering parents to embrace their role.

We are a community resource that helps youth build a strong foundation for their future. We work closely with local schools, courts, and other organizations to provide services in the areas of:

- Employment Training
- Teen Pregnancy Prevention
- Programs for Juvenile Offenders
- Supervision of Suspended Youth
- Parent Education and Support
- Substance Abuse Prevention
- Positive Teen Activities

**PACE (Parent and Child Education)**

**433-3100**

463 East Washington Street  
Harrisonburg, VA 22802

**Patchwork Pantry**

**433-2148**

Community Mennonite Church  
70 S. High Street  
Harrisonburg, VA 22801

Patchwork Pantry provides free staple foods and some non-food items each Wednesday evening from 7 – 8 pm at Community Mennonite Church, 70 S. High Street. Clients are eligible to receive food one time per month. Call for more information.

**People Helping People**

**433-7286**

281 East Market Street  
C/O Muhlenburg Lutheran Church  
Harrisonburg, VA 2202

**People Places**

**885-8841**

1215 North Augusta Street  
Staunton, VA. 24401

**437-1857**

website: [www.peopleplaces.org](http://www.peopleplaces.org)  
E-mail: [khiggi@peopleplaces.org](mailto:khiggi@peopleplaces.org)

Contact person & Title: Kim Higgins, Admissions Coordinator  
Office Hours: 8:30 to 4:30 Monday through Friday  
Age of Clients Served: 0 to 21

People Places is a private, non-profit child welfare agency dedicated to the simple notion that all children – no matter how troubled or troubling – need families. We exist to help children and their families heal the wounds of abuse and neglect. We place youngsters with emotional problems with trained foster or special needs adoption parents who offer them care, guidance and the opportunity to learn responsible family living.

**Pleasant View, Inc.**

P.O. Box 426  
Broadway, VA 22815

**Main Office: 896-8255**

**Social Services Dept: 433-8960**

website: [pleasantviewinc.org](http://pleasantviewinc.org)

Pleasant View, Inc., a not-for-profit agency, serves adults with mental retardation in residential and day support services. Over ninety consumers with disabilities including mild to profound mental retardation, as well as other disabilities, are served in nine group homes, supervised apartments, an intermediate care facility, and independent apartments. 120 people are provided day support through two developmental day programs, Community Connections and Supported Employment. Locations are in Harrisonburg, Broadway, and Dayton. Providing people with disabilities the opportunity and training necessary to achieve their highest level of independence is an important part of our programming. For more information, contact Social Services at the number above or visit the website at [pleasantviewinc.org](http://pleasantviewinc.org).

**Project STAR (Family Resource & Referral Center)**

**245-5899**

934 N. Augusta St.  
Staunton, VA 24401

Project STAR is a partnership between parents and a parent educator. You are your child's first and most important teacher. A parent educator can support and encourage your efforts to be the parent you want to be.

**REACH Employee Assistance Program**

**433-7327**

4861 South Valley Pike  
Harrisonburg, VA 22801

**800-950-3434**

Fax: 433-7173

Contact: Mr. Bill Gamble  
Certified Employee Assistance Professional

E-mail: [bgamble@reach-eap.com](mailto:bgamble@reach-eap.com)

website: [www.reach-eap.com](http://www.reach-eap.com)

REACH Employee Assistance Programs specialize in offering comprehensive EAP workplace services, with a focus on providing a high quality, cost effective program that is responsive to the particular needs of each employer. The REACH program is founded on the belief that healthy, happy employees who enjoy stable and satisfying home and work life environments will be more productive and a greater asset to their employer.

**Reading Road Show**

**568-2557**

JMU, MSC 9008  
601 University Blvd.  
Harrisonburg, VA 22807

Fax: 568-7014

website: <http://web.jmu.edu/officeonyouth>

Contact: Pat Kennedy- program coordinator

E-mail: [kennedpa@jmu.edu](mailto:kennedpa@jmu.edu)

To take early literacy opportunities "on the road" to children (birth to age five), their parents and their childcare providers in Harrisonburg and Rockingham County with the help of the "Gus Bus", a literacy vehicle.

**RMH Grief and Loss Services**

**433-4427**

235 Cantrell Ave.  
Harrisonburg, VA 22801

877-294-5731 Ext: 4427

E-mail: [nshomo@rhcc.com](mailto:nshomo@rhcc.com)

Individual and family consultations with no charge for the first two visits. Modest charge for subsequent visits. Referral services are provided. Educational workshops and seminars are offered to school, universities, businesses, churches, and civic organizations. Support groups are offered on various loss issues. Bereavement training in pregnancy loss (RTS) is also available to facilities within an 100 mile radius of Harrisonburg.

**RMH Hand-in-Hand Resource Mothers Program**

**433-4340**

(Mentoring program for pregnant and parenting teens)  
235 Cantrell Ave.  
Harrisonburg, VA 22801

Program Coordinator: Debbie Bullis

E-mail: [dbullis@rhcc.com](mailto:dbullis@rhcc.com)

Office Hours: flexible day time hours, usually 9am-1:30pm M-F

Age of Clients Served: Teenagers, age 19 years and younger

Language Services for Non-English speakers: We have a bilingual staff Resource Mothers.

Hand-in-Hand Resource Mother's Program is a home visiting/ mentoring program for pregnant and parenting teens. Services begin at the first confirmation of pregnancy until the baby's first birthday.

Hand-in-Hand Resource Mothers goals:

- 1) Reduce the incidence of low birth weight and preterm babies born to teens,
- 2) Encouragement and support to remain in school or on the job to become self sufficient,
- 3) Increase parenting skills, and
- 4) Delay any repeat pregnancies until adulthood.

**RMH Hospice** **433-4429**  
235 Cantrell Ave.  
Harrisonburg, VA 22801

**RMH Social Services Dept.** **433-4108**  
235 Cantrell Ave.  
Harrisonburg, VA 22801

**RMH Women's Health Focus** **433-4641**  
738 S. Main St.  
Harrisonburg, VA 22801

**Shenandoah Valley Migrant Education Program** **568-3666**  
JMU MSC 9007, Blue Ridge Hall room 344 website: [www.svmep.jmu.edu](http://www.svmep.jmu.edu)  
Harrisonburg, VA 22807

Contact persons: Jane Hubbell, Regional Director or  
Bonnie Larson-Brogdon, H-burg/Rockingham Lead Migrant Student Liaison  
E-mail address: [hubbeljx@jmu.edu](mailto:hubbeljx@jmu.edu) or [brogdobl@jmu.edu](mailto:brogdobl@jmu.edu)

Office Hours: variable, Mon-Fri 8-5:00

Fee information: free to eligible clients

Age of Clients Served: 3-21

Language Services for Non-English speakers: all staff is bilingual (English/Spanish)

SVMEP provides supplemental educational services to the children of migrant and highly mobile agricultural workers who have moved within the last 3 years seeking employment. We assist with school registration, interpretation, parent involvement and tutoring.

**Summit House** **434-1816**  
1888 Pear Street  
Harrisonburg, VA 22801 Sliding Scale

Contact Person: Karla Souder E-mail: [ksoude@hrccb.org](mailto:ksoude@hrccb.org)

Summit House is a self-help rehabilitation clubhouse program operated by the Harrisonburg-Rockingham Community Services Board. It is designed to meet the needs of individuals dealing with a serious, persistent mental illness. Emphasis is placed on opportunities to contribute to the daily work of the house, social support, and prevocational and vocational services. Summit House is open Monday through Friday from 8:00 am to 3:30 pm and designated evenings and weekends for additional social programs. Fees are based upon a sliding scale established by the Harrisonburg-Rockingham Community Services Board.

**Teen Pregnancy Prevention (TPP)**

JMU, MSC 9008

IIHHS

601 University Blvd.

Harrisonburg, VA 22807

Contact person: Kim Hartzler-Weakley, Program Director

E-mail: [hartzlkm@jmu.edu](mailto:hartzlkm@jmu.edu)

Office Hours: 9-6

Age of Clients Served: 10-29

**568-7083**

Fax: 568-6409

website: <http://www.findyourreason.org>

The Harrisonburg-Rockingham TPP provides services that help adolescents acquire knowledge and skills that instill healthy attitudes to encourage and support abstinence from sexual activity. TPP provides the following interventions:

Baby Think It Over: an eight-pound lifelike infant simulator distributed to youth for a 67 hour “parenting” experience.

Vision of You: a ten-session program to help teens improve decision-making skills, make healthy choices, and make competent decisions about their futures. Available to any interested group.

Healthy Choice Presentations: focus on life’s choices concerning sexual behavior, and how the consequences of some choices can stay with you forever. Available to any interested group.

\* TPP also provides presentations dealing with teen pregnancy issues, the local situation, and how to talk to teenagers about sex to educators, providers, youth leaders, and parents.

**United Methodist Family Services**

205 S. Main Street

Harrisonburg, VA 22801

**438-1577**

website: [www.umfs.org](http://www.umfs.org)

Toll-free:(888) 821-HOPE

Housed in Asbury United Methodist Church

**438-8467**

E-mail: [cevans@umfs.org](mailto:cevans@umfs.org)

United Methodist Family Services has been awarded a grant to create Adoption Family Preservation Services throughout the state of Virginia. The emphasis of these services will be to strengthen and preserve adoptive families through regionally based services throughout the state. These services may include: counseling, crisis intervention, education, respite, support groups, and client fund. Through the development of regional

response teams, services will be provided throughout the state. Help is available to families in crisis 24 hours a day through the toll-free number.

**United Way of Greater Augusta, Inc.**

P.O. Box 1166  
Fishersville, VA 22939

Location: 24 Idlewood Blvd. Suite 102  
Staunton, VA 24401

**943-1215**  
**885-1229**  
website: [uwga.org](http://uwga.org)

Contact Person: Sandra Stanwitz, Executive Director E-mail: [exdir@ntelos.net](mailto:exdir@ntelos.net)

Office hours: 8am – 5pm; Monday – Friday

Providing information and referral services to link individuals with agencies, services, and organizations to best serve their needs.

**United Way of Harrisonburg and Rockingham County**

205 South Main Street  
P.O. Box 326  
Harrisonburg, VA 22803

**434-6639**

**VA Cooperative Extension Service**

Attn: Stephanie Deal  
965 Pleasant Valley Road  
Harrisonburg, VA 22801

**564-3080**

**Valley AIDS Network**

MSC 9018  
Harrisonburg, VA 22801

**568-8838**  
**Fax: 568-8835**  
Website: [www.valleyaidsnetwork.org](http://www.valleyaidsnetwork.org)  
e-mail: [contact@valleyaidsnetwork.org](mailto:contact@valleyaidsnetwork.org)

The Valley AIDS Network, in collaborations with community partners, strives to compassionately meet the needs of Valley residents diagnosed with HIV/AIDS; raise awareness and prevent the spread of the HIV virus through education; and serve as an advocate for both those infected and affected by the AIDS epidemic. Services include: Medical Management, Case Management, HIV Related Medications, Emergency Food/Housing Assistance

**Valley Associates for Independent Living, Inc (VAIL)**

205 B South Liberty Street  
Harrisonburg VA, 22801

Outreach Director: Gayl Brunk

**433-6513**  
**Toll Free: 1-888-242-VAIL**  
Fax: 433-6313  
website: [www.govail.org](http://www.govail.org)  
E-mail: [gayl@govail.org](mailto:gayl@govail.org)

VAIL offers expertise in disability laws and accessing community based services and funding. Most importantly, CILs provide a cross-disability, consumer-directed perspective that promotes choice and self advocacy. At least 51% of the staff and board

of directors are people with disabilities to ensure that people with disabilities play an integral role in shaping the services that impact their lives.

**Virginia Department for the Blind & Vision Impaired**

**332-7715**

620 E. Beverley St.  
Staunton, VA 24401

website: [www.vdbvi.org](http://www.vdbvi.org)

Contact person: Debby Austin Staunton Regional Office Manager

E-mail address: [Debby.Austin@dbvi.virginia.gov](mailto:Debby.Austin@dbvi.virginia.gov)

Office Hours: Mon – Fri., 8:15am – 5pm

The mission of the Virginia Department for the Blind & Vision Impaired is to enable blind or visually impaired individuals to achieve their maximum level of employment, education, and personal independence through specialized training programs and services. Services include: Orientation & Mobility training, Rehabilitation Teaching/Independent Living Services, Vocational Counseling, Education Services, Deafblind services, Rehab Center in Richmond, Low Vision Services, Library & Resource Center. Referrals may come from any source and vision loss needs to be worse than 20/70 acuities with correction. Services/programs available to any Virginia resident. Residents of the Shenandoah Valley are served by the Staunton Regional Office. Most services are provided through in-home visits.

**Waynesboro Disability Services Board**

**942-6718**

503 W. Main St., Suite 101  
Waynesboro, VA 22980

website: [www.waynesboro.va.us/disability.html](http://www.waynesboro.va.us/disability.html)

Contacts:

Chas Downs, Chair

E-mail: [downscf@ci.waynesboro.va.us](mailto:downscf@ci.waynesboro.va.us)

Shirley R. Day, Staff Support

E-mail: [days@ci.waynesboro.va.us](mailto:days@ci.waynesboro.va.us)

Office Hours: Part-time; Call and leave a message, if necessary

Office offers administrative support for the Waynesboro Disability Services Board, which acts as a city-appointed advisory committee for those with physical and/or sensory (auditory or visual) disabilities. Board administers a meal program for residents under age 60 who live alone and have difficulty shopping or preparing meals due to a disability. Board maintains a used medical equipment program and issues equipment, as available, to those residents in need for as long as necessary. Office also acts as an Information and Referral Service to other agencies.

**YMCA Staunton-Augusta**

**885-8089**

708 North Coalter St.  
Staunton, VA. 24401

Fax: 885-7240

Contact: Isaac Coffey *Fitness/Membership Director*

E-mail: [isaac@saymca.org](mailto:isaac@saymca.org)

Website: [www.saymca.org](http://www.saymca.org)

The Staunton-Augusta YMCA is a charitable organization that offers programs to promote the health of spirit, mind, and body for all.

## Basic Needs/Crisis/Suicide Resources

The agencies in this section provide specific aide to families and individual in crisis. The crisis can occur from a natural disaster to domestic violence and these agencies are specialized in areas to help during these difficult times. Many of the agencies also provide basic needs to families, such as shelter, food, and clothing.

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All area codes 540 unless otherwise noted

### **American Red Cross**

21 Southgate Ct. Suite 102  
Harrisonburg, VA 22801

**434-8891**

**Bloodline: 1-800-373-4043 ext. 8044**

Services include disaster relief for individual household fires, floods and other disasters, CPR classes, First Aid classes, cat and dog CPR, lifeguard certification, CPR for the professional, AED training, mailing gifts to servicemen, and providing emergency communication for service people and families.

### **American Red Cross of the Blue Ridge**

331 North Central Ave.  
Staunton, VA 24401  
Office Hours: 8:30 – 4:30 Monday- Friday

**886-9151**

**800-943-4511**

Fax: 886-9199

website: [www.redcrossblueridge.org](http://www.redcrossblueridge.org)

Contact: Angela M. Groves, Executive Director  
E-mail: [agroves@redcross.blueridge.org](mailto:agroves@redcross.blueridge.org)

Service Area: Augusta and Rockbridge counties, including the cities of Staunton, Waynesboro, Buena Vista and Lexington.

The American Red Cross provides relief to victims of disasters and helps people prevent, prepare for, and respond to emergencies through our five lines of service. In the community, the American Red Cross provides:

Armed Forces Emergency Services – emergency communications to men and women in the military

Blood Services – collecting lifesaving units of blood for our area, state and nation during times of large disasters

Disaster Services – food, clothing, shelter, hotel, prescription replacement, and first month's rent to those affected by natural disaster

Health & Safety Services – CPR, First Aid and AED (Automatic External Defibrillator) training

International Services – proving tracing services and local projects to serve others from around the world.

Spanish interpreter can be arranged; advanced notice is needed.

**The Central Shenandoah Youth Suicide Prevention Initiative**

**568-8901**

The Institute for Innovation in Health and Human Services  
James Madison University  
MSC 9008  
601 University Blvd.  
Harrisonburg, VA 22801  
Director: Jane Wiggins

fax: 568-6409

e-mail: [wigginjr@jmu.edu](mailto:wigginjr@jmu.edu)

website: [www.preventsuicidecsv.org](http://www.preventsuicidecsv.org)

This initiative is dedicated to reducing risk for suicide among youth (ages 14-24) within the Central Shenandoah Health District. It offers suicide prevention education and materials to meet the needs of professionals, lay helpers, parents and young people. This office also serves as a link to the many resources available within the state and national suicide prevention networks and connects people who have lost someone to suicide to sources of support.

**Collins Center**

**432-6430**

P.O. Box 1473

**432-0773**

Harrisonburg, VA 22803

**24 Hour Hotline: 434-2272**

Physical address: 165 South Main St. Suite D

Harrisonburg, VA 22801

Website: [www.thecollinscenter.org](http://www.thecollinscenter.org)

The core of the Collins Center's mission is to provide services to victims and survivors of sexual assault. If you have recently been assaulted, or if the assault occurred a while ago, you have a number of options. Whatever you decide to do, the Collins Center is here to help. We recognize that sexual assault affects everyone in the community, and we have a variety of services for women, men, and children - many of which are free, confidential, and available in Spanish. The Collins Center treatment team is staffed by four licensed therapists who have a variety of experience and specialties. These therapists work together to provide comprehensive services for all mental health issues.

**First Step: A Response to Domestic Violence**

**434-0295**

129 Franklin Street

**866-223-9169**

Harrisonburg, VA 22801

E-mail: [samyers@cfw.com](mailto:samyers@cfw.com)

First Step is a private, non-profit agency providing shelter and support services for survivors of domestic violence and their dependent children. The services offered include: 24-hour, 7 day/week access to shelter and crisis intervention services; support/education groups for survivors and their children; short term individual counseling; housing/employment counseling; court advocacy; case management and information and referral. All services are provided free of charge.

**Mercy House**

**432-1812**

P.O. Box 1478

Fax: 564-0325

247 N. High Street

Executive Director: Twila Lee

Harrisonburg, VA 22802

Office Hours: M-F, 9-5

E-mail: [twilamercy@ntelos.net](mailto:twilamercy@ntelos.net)

Mercy House is a transitional housing shelter for homeless families, both single parent

and 2 parents, with children. Families can stay up to 6 months provided they are following the program requirements designed to assist their family with obtaining housing and reaching self-sufficiency. Families are provided shelter, food, clothing, and case management free of charge during their stay. Families must have the ability to work, save money and become self-sufficient.

**New Directions Center**

P.O. Box 3069  
Staunton, VA 24402

**885-7273**

**Hotline: 800 56 HAVEN**

**Hotline: (540) 886-6800**

New Directions Center, Inc. is a United Way agency working to reduce the impact and occurrence of sexual, emotional, and physical violence by providing support services and raising community awareness. Services include: emergency shelter, 24-hour hotline, information and referral, emergency clothing, food and transportation, individual and group counseling, prevention and children's programming, medical and legal advocacy, and volunteer training and development.

**RMH Psychiatric Emergency Team (PET)**

235 Cantrell Avenue (Emergency Department)  
Harrisonburg, VA  
Mark Bowser, LCSW, Program Coordinator

**433-4100**

E-mail: [mbowser@rhcc.com](mailto:mbowser@rhcc.com)

A service of the RMH Center for Behavioral Health, the Psychiatric Emergency Team is available 24 hours/day for acute psychiatric and substance abuse emergencies. A comprehensive evaluation is completed and referrals are coordinated as appropriate.

**Salvation Army**

P.O. Box 468  
Harrisonburg, VA 22803

**434-4854**

**Valley Mission Inc.**

1513 W. Beverly Street  
Staunton, VA 24401  
Contact: Helen Burke, Executive Director

**886-4673**

E-mail: [vm:ss:rn@ntelos.net](mailto:vm:ss:rn@ntelos.net)

Homeless shelter that provided temporary housing to those person's that have no fixed address. Provides 3 meals daily M-F. Sat and Sun 2 meals a day. Provides food box assistance, help with utilities, and prescriptions. Provide education classes for anyone that does not have their diploma. All services are available to the community's surrounding areas free of charge.

## Preventing Suicide: Some Basic Information

***Suicide*** It's a word we don't hear in polite conversation and it's a topic we don't like to discuss. The problem is, stigma and silence increase risk for suicide. **AND... information and understanding *HELP TO REDUCE RISK.***

**First, GET the FACTS.** Misinformation interferes with people getting the help they need.

**Fact:** Most people who talk about suicide are considering suicide and **MOST PEOPLE WANT HELP.** Take all threats of suicide seriously.

**Fact:** Most people who die by suicide told others in some way in the weeks before their death. **Recognizing and responding to risk can prevent suicide attempts and deaths.**

**FACT:** Most people who consider suicide have terribly mixed feelings about life and death. Most want a better life, even while they are stating that they want to die. **MOST PEOPLE WANT HELP**

**FACT:** Most suicidal crises are temporary. When people get the help they need, most will not seriously consider suicide again. However, if emotional distress continues without relief and help is not sought, the risk remains for further suicidal behavior. **It's important to help people connect to professional help.**

**FACT:** Asking if someone is thinking of suicide will not make a person begin to consider suicide. Most people who think about suicide want to talk and want others to recognize their pain. If you ask someone about suicide and the answer is "yes" stay calm, take the time to listen and help the person to find resources. To learn more about suicide "First Aid" training in our area, go to **[www.suicidepreventioncsv.org](http://www.suicidepreventioncsv.org)**.

**Second, know the risk factors and warning signs:**

**Risk Factors** (things that can increase, or are connected to, risk)

**Depression.** Untreated depression is thought to be a major contributor to suicide risk. Although most people who are depressed do not consider suicide, depression significantly increases the risk. Symptoms of depression include:

- ◆ Expressions of sadness and hopelessness, or anger and rage
- ◆ Withdrawal from friends and extracurricular activities
- ◆ A decline in enthusiasm and energy
- ◆ Overreaction to criticism
- ◆ Lowered self-esteem, or feelings of guilt
- ◆ Indecision, lack of concentration, and forgetfulness
- ◆ Restlessness and agitation
- ◆ Changes in eating or sleeping patterns; eating or sleeping more or less than usual
- ◆ Neglect of appearance and hygiene
- ◆ Fatigue and lack of motivation
- ◆ Decline in performance at school or work

**Beginning use, increased use or abuse of drugs or alcohol.** Sometimes people "self-medicate" to reduce emotional pain. But substance abuse can greatly contribute to both depression and suicide risk.

**Depression and substance abuse are serious but treatable problems.** People who are depressed and/or using substances are in need of help, even if there is no thought of suicide. And, most people who get treatment improve dramatically and feel "like their old selves again."

**Warning signs: You may not know for sure if someone is thinking of suicide. But if you see the following, take immediate action:**

- ◆ Talking or writing about suicide or death
- ◆ Looking for ways to kill him/herself
- ◆ Talking or writing about death, dying or suicide
- ◆ Giving less direct verbal cues, such as "You will be better off without me," "What's the point of living?", "Soon you won't have to worry about me," and "Who cares if I'm dead, anyway?"
- ◆ Expressions of hopelessness
- ◆ Expressing rage or uncontrolled behavior
- ◆ Acting recklessly or engaging in risky activities, seemingly without thinking
- ◆ Expressing feelings of being trapped, "Like there's no way out"
- ◆ Withdrawing from friends and family
- ◆ Exhibiting anxiety or agitation
- ◆ Displaying dramatic mood changes
- ◆ Increased alcohol or drug use

**Third, Consider how you could help if you fear someone may be thinking of suicide:**

**1. Take it seriously; do NOT dismiss the behavior as simply a "bid for attention"**

**2. Be willing to listen**

- ◆ Let the person know you are concerned and tell why. Make it clear that you are willing to listen.
- ◆ Listen without judgment. Consider the importance of helping someone feel heard.
- ◆ Don't feel as though you have to fix everything. Chances are there are no easy answers.
- ◆ If you are worried don't be afraid to ask whether he or she is considering suicide, or even if they have a particular plan or method in mind.
- ◆ Do not attempt to argue anyone out of suicide. Rather, let the person know you care and understand that he or she is not alone, that suicidal feelings are temporary, that depression can be treated and

that problems can be solved. Avoid the temptation to say, "You have so much to live for," or "Your suicide will hurt your family."

### 3. Get professional help

- ◆ Be actively involved in encouraging the person to see a physician or mental health professional immediately. Individuals contemplating suicide often don't believe they can be helped, so you may have to do more.
- ◆ You can make a difference by helping the person in need find a knowledgeable mental health professional or reputable treatment facility.

### 4. In an emergency:

- ◆ Do not leave them person alone until help is available.
- ◆ Take your friend or loved one to an emergency room or call your local Community Services Board 24-hour emergency care number. Check for numbers in your area.
- ◆ Remove from the vicinity any firearms, drugs or sharp objects that could be used in a suicide attempt.
- ◆ Hospitalization may be needed at least until the crisis is over.
- ◆ If these options are not unavailable, call 911 or the

**National Suicide Prevention Lifeline at 1-800-273-TALK**

### 5. Follow-up on treatment

- ◆ People who are in distress are sometimes hesitant to seek help and may drop out after an initial contact unless there is support for continuing treatment.
- ◆ If medication is prescribed, take an active role in supporting medication therapy. Be sure to notify the physician about any unexpected side effects. Often, alternative medications can be prescribed.

2007 American Foundation for Suicide Prevention



**Schools, School Counselors, and College Counseling Services**

Schools often can be the first line of help for those who are in need. Children, adolescents, and young adults attending our community's educational systems can find themselves in developmental life stages where circumstances may become problematic. School settings from kindergarten through high school, as well as universities and colleges, are staffed with professionals serving the unique needs of their students.

K-12 schools typically have both *School Counselors* and *School Psychologists* on staff. School Counselors help students to understand and deal with social, behavioral, and personal problems. These counselors emphasize preventive and developmental counseling to provide students with the life skills needed to deal with life's challenges, and to enhance personal, social, and academic growth. School Psychologists typically provide assessment and intervention planning to address learning, behavioral, and/or emotional problems that may be affecting a student's academic performance.

College and university counseling centers are staffed by counseling and clinical psychologists, counselors, clinical social workers and other professionals who provide services. Services include help for personal, educational, emotional, and interpersonal concerns and questions.

Please contact each educational setting if you wish to inquire about specific services, or service providers. In the following section counselor's names are in italics.

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All area codes (540) unless otherwise noted  
Augusta County Schools

**Beverley Manor Elementary School** **885-8024**  
116 Cedar Green Road Fax: 885-8040  
Staunton, VA 24401  
*Jennifer Koch*

**Beverley Manor Middle School** **886-5806**  
58 Cedar Green Road Fax: 886-4019  
Staunton, VA 24401  
*Jeannie Knotts & Sherry Miller*

**Buffalo Gap High School** **337-6021**  
1800 Buffalo Gap Highway, Fax: 337-6236  
Swoope, VA 24479  
*Faye Brown & Dennis Keyser*

**Churchville Elementary School** **337-6036**  
3710 Churchville Avenue  
Churchville, VA 24421  
*Brenda Law*

**Clymore Elementary School** **245-5043**  
184 Fort Defiance Rd. Fax: 245-5095

Fort Defiance, VA 24437  
*Stephanie Spire & Alaina Renson*

**Craigsville Elementary School**

100 First Street  
Craigsville, VA 24430  
*Doris Kidwell-Jerome*

**997-9184**  
Fax: 997-0432

**Fort Defiance High School**

195 Fort Defiance Rd.  
Ft. Defiance, VA 24437  
*Ann McMillian, Marilyn Pascale, & Tracey Fitzgerald*

**245-5050**  
Fax: 245-5054

**Hugh K. Cassell Elementary School**

1301 Rockfish Rd.  
Waynesboro, VA 22980  
*Lois Curry*

**946-7635**  
Fax: 946-7637

**Ladd Elementary School**

1930 Rosser Avenue  
Waynesboro, Virginia 22980  
*Sarah Clemons*

**946-7630**  
Fax: 946-7631

**North River Elementary School**

3395 Scenic Highway  
Mt. Solon, VA 22843  
*Doris Kidwell-Jerome*

**886-8550**  
**350-2463**  
Fax: 885-3884

**Riverheads Elementary School**

17 Howardsville Road  
Staunton, VA 24401  
*Lin Presbury*

**337-2535**  
Fax: 337-1454

**Riverheads High School**

19 Howardsville Road  
Staunton, VA 24401  
*Layton Manus & Kaitlin Harmon*

**337-1921**  
Fax: 337-0258

**S. Gordon Stewart Middle School**

118 Fort Defiance Road  
Fort Defiance, VA 24437  
*Kristen Kahn & Vrla Leach*

**245-5046**  
Fax: 245-5049

**Shenandoah Valley Governor's School**

49 Hornet Rd.  
Fishersville, VA 22939

**245-5088**  
**886-6476**  
[director@svgs.k12.va.us](mailto:director@svgs.k12.va.us)

**Stuarts Draft Elementary School**

**337-2951**

63 School Blvd.  
Stuarts Draft, VA 24477  
*Joe Wills & Kendall Driver*

**946-7621**  
Fax: 946-7620

**Stewarts Draft Middle School**

1088 Augusta Farms Road  
Stuarts Draft, VA 24477  
*Lou Ann Lynch & Debbie O'Neil*

**946-7611**  
Fax: 946-7613

**Stuarts Draft High School**

1028 Augusta Farms Road  
Stuarts Draft, VA 24477  
*Gretchen Rupert, Bruce Hill, & Kelly Schuhmann*

**886-8500**  
**946-7600**  
Fax: 946-7605

**Stump Elementary School**

115 Draft Avenue  
Stuarts Draft, Virginia 24477  
*Evelyn Steege*

**337-1549**  
Fax:337-1761

**Verona Elementary School**

1011 Lee Highway  
Verona, VA 24482  
*Joyce Wampler*

**248-0141**

**Wilson Elementary School**

127 Woodrow Wilson Ave.  
Fishersville, VA 22939  
*Gary Hartwell*

**245-5040**  
Fax: 245-5042

**Wilson Memorial High School**

189 Hornet Road  
Fishersville, VA 22939  
*Betsy Curry & Jan Lovell*

**886-4286**  
**949-8643**

**Wilson Middle School**

232 Hornet Road  
Fishersville, VA 22932  
*Chris Appl-Walsh & Kelly Noesner*

**245-5185**  
Fax: 245-5189

<p><b><u>Harrisonburg City Public Schools</u></b>  Special Education Services  101 N. Main Street 4<sup>th</sup> floor  Harrisonburg, VA 22802</p>	<p><b>434-2752</b></p>
<p><b><u>Harrisonburg High School</u></b>  1001 Garbers Church Road  Harrisonburg VA 22801  <i>Joyce Davis, Director, Amy Powers, Margaret May, Timothy Myers</i></p> <p>The School Psychologists and School Social Workers/Visiting Teachers, and Child-Find Specialists of Harrisonburg City Schools are available for referral, consultation, assessment, and other services aimed at helping students with various needs. As specialists in working with students with disabilities, these professionals are familiar with resources and services to assist children with special needs in the public schools. With their respective training in counseling, mental health, and family dynamics, they also consult with families who have students enrolled in Harrisonburg city schools regarding the school-related impact of various relevant issues on all children. Office hours are 8 a.m. to 4 p.m. Monday through Friday.</p>	<p><b>433-2651</b></p>
<p><b><u>Keister Elementary School</u></b>  100 Maryland Ave.  Harrisonburg VA 22801  <i>Lois Miller</i></p>	<p><b>434-6585</b></p>
<p><b><u>Spotswood Elementary School</u></b>  400 Mountain View Dr.  Harrisonburg VA 22801  <i>Angela Adamek</i></p>	<p><b>434-3429</b></p>
<p><b><u>Stone Spring Elementary School</u></b>  1575 Peach Grove Ave.  Harrisonburg VA 22801  <i>Amy Ruebke &amp; Dan Long</i></p>	<p><b>574-1199</b></p>
<p><b><u>Thomas Harrison Middle School</u></b>  1311 West Market Street  Harrisonburg VA 22801  <i>Kristina Aschenbach, Terry Cary &amp; Susan Rebuhn</i></p>	<p><b>434-1949</b></p>
<p><b><u>Waterman Elementary School</u></b>  451 Chicago Ave.  Harrisonburg VA 22801  <i>Jyl Gamble</i></p>	<p><b>434-8352</b></p>

Harrisonburg and Rockingham County

<b><u>Massanutten Technical Center</u></b>	<b>434-5961</b>
325 Pleasant Valley Road Harrisonburg, VA 22801 <i>Judy West</i>	
	Rockingham County
<b><u>Broadway High School</u></b>	<b>896-7081</b>
269 Gobbler Drive Broadway VA 22815 <i>Darcy Bacon, Matt Kinman &amp; Sharon Cunningham</i> <i>Annette Paxton, Director</i>	
<b><u>Elkton Elementary School</u></b>	<b>298-1511</b>
302 B Street Elkton VA 22827 <i>Jo Ellen Perry, Cynthia Hepner</i>	
<b><u>Elkton Middle School</u></b>	<b>289-1228</b>
21063 Blue and Gold Dr. Elkton VA 22827 <i>Mike Simpson, Barbara Burke, Jeri Denton</i>	
<b><u>Fulks Run Elementary School</u></b>	<b>896-7635</b>
11089 Brocks Gap Run Fulks Run VA 22830 <i>Jeanette Hess</i>	
<b><u>J. Frank Hillyard Middle School</u></b>	<b>896-8961</b>
226 Hawks Hill Dr. Broadway VA 22815 <i>Sandy King &amp; Garold Shull</i>	
<b><u>John C. Myers Elementary School</u></b>	<b>896-2297</b>
290 Raider Road Broadway VA 22815 <i>JuliAnn Branson</i>	
<b><u>John Wayland Elementary School</u></b>	<b>828-6081</b>
801 N. Main Street Bridgewater VA 22812 <i>Cindy Phillips, Jackie Dunsmore</i>	
<b><u>Lacey Spring Elementary School</u></b>	<b>433-7819</b>
8621 N. Valley Pike Harrisonburg VA 22802 <i>Brenda Robey</i>	

<b><u>Linville-Edom Elementary School</u></b>	<b>833-6916</b>
3653 Linville Edom Road Linville VA 22834 <i>Barbara Burke</i>	
<b><u>McGaheysville Elementary School</u></b>	<b>289-3004</b>
9508 Spotswood Trail McGaheysville VA 22840 <i>Judith Fields</i>	
<b><u>Montevideo Middle School</u></b>	<b>289-3401</b>
7648 McGaheysville Rd Penn Laird VA 22846 <i>Steve Boyle &amp; Cammie Weston</i>	
<b><u>Mountain View Elementary</u></b>	<b>438- 1965</b>
2800 Rawley Pike Harrisoburg VA 22801 <i>Shon Tucker</i>	
<b><u>Ottobine Elementary School</u></b>	<b>879-2091</b>
8646 Waggys Creek Rd. Dayton VA 22821 <i>Donna Detrich</i>	
<b><u>Peak View Elementary School</u></b>	<b>289-7510</b>
641 Lawyer Rd Penn Laird VA 22846 <i>Gaye Hensley</i>	
<b><u>Plains Elementary School</u></b>	<b>896-8956</b>
225 American Legion Rd. Timberville VA 22853 <i>Betty Shenk</i>	
<b><u>Pleasant Valley Elementary School</u></b>	<b>434-4557</b>
215 Pleasant Valley Rd. Harrisonburg VA 22801 <i>Anne Frazier</i>	

**Rockingham County Public Schools**

**564-3225**

**Special Education Services**

2 South Main Street  
Harrisonburg, VA 22801

All residents of Rockingham County from the ages of two (2) through twenty-one (21) who have a disability and are in need of special education services shall receive a free appropriate education in the least restrictive environment. Students otherwise eligible must have attained age two (2) and not have exceeded age twenty-one (21) by September 30. Programs and services are provided to persons identified as having autism, deaf-blindness, developmental delay, hearing impairment, mental retardation, multiple disabilities, orthopedic impairment, other health impairment, emotional disturbance, severe disability, specific learning disability, speech or language impairment, traumatic brain injury, or a visual impairment.

**South River Elementary School**

**249-4001**

2101 Elm Street  
Grottoes VA 24441  
*Nancy Martin-Finks*

**Spotswood High School**

**289-3100**

368 Blazer Drive  
Penn Laird VA 22846  
*Hilary Bierly, Lynn Briggman, Pamela Elmore, Dr. Margee Greenfield, Helen Harman (Director), & Jimmy Miller*

**Turner Ashby High School**

**828-2008**

800 N. Main St.  
Bridgewater VA 22812  
*Lee Hall, Candy Martin, Sarah Lam (Director)*

**Wilbur Pence Middle School**

**879-2535**

375 Bowman Road  
Dayton VA 22821  
*Sharon Sprinkel & Lisa Holsinger-Thomas*

**Staunton City Schools**

**Arthur R. Ware Elementary**

**332-3938**

330 Grubert Avenue  
Staunton, VA 24401  
*Elaine Forrest*

Fax: 332-3957

**Bessie Weller Elementary**

**332-3940**

600 Greenville Avenue  
Staunton, VA 24401  
*Kim Crocker*

Fax: 332-3959

**Genesis Alternative School**

**213-6507**

2076 Jefferson Highway  
Fishersville, VA 22939

Fax: 949-7424

**Robert E. Lee High School**

1200 North Coalter Street  
Staunton, VA 24401

*Carol Marvin, Lawrence Chiles, Mandy Chambers*

**332-3926**

Fax: 332-3994

**Staunton City School Board**

116 West Beverley Street  
Staunton, VA 24401

**332-3920**

Fax: 332-3924

**Shelburne Middle School**

300 Grubert Avenue  
Staunton, VA 24401

*Katherine Funkhouser, Leslie Buhrman, Robin Zombro*

**332-3930**

Fax: 332-3933

**Thomas Dixon Elementary**

1751 Shutterlee Mill Road  
Staunton, VA 24401

*Susan Phend*

**332-3934**

Fax: 332-3973

**Thomas C. McSwain Elementary**

1100 North Coalter Street  
Staunton, VA 24401

*Kathy Botkin*

**332-3936**

Fax: 332-3955

**Staunton City and Augusta County**

**Valley Vocational Technical Center**

49 Hornet Rd.  
Fishersville, VA 22939

**943-5511**

245-5002

Fax: 885-0407

E-mail: [webmaster@vvtc.tec.va.us](mailto:webmaster@vvtc.tec.va.us)

**Waynesboro City Schools**

**Berkeley Glenn Elementary**

1020 Jefferson Avenue  
Waynesboro, VA 22980

*Kevin Wingfield*

**946-4680**

**Kate Collins Middle School**

1625 Ivy Street  
Waynesboro, VA 22980

*Ms. Chambers & Neil Curtis*

**946-4635**

**Waynesboro High School**

**946-4616**

1200 West Main Street  
Waynesboro, VA 22980  
*Veronica Davis, Dr. Mary Ann Stripling, & Deborah Watson*

**Waynesboro Public Schools**

301 Pine Avenue  
Waynesboro, Virginia 22980

**946-4600**  
Fax: 946-4608

**Wenonah Elementary School**

125 N. Bayard Avenue  
Waynesboro, VA 22980  
*Wendy Mitchell*

**946-4660**

**Westwood Hills Elementary**

Rosser Avenue  
Waynesboro, VA 22980  
*Julie King*

**946-4670**      548

**William Perry Elementary**

840 King Avenue  
Waynesboro, VA 22980  
*Charlene Reed*

**946-4650**

Colleges and Universities

**Eastern Mennonite University - EMU**

**432-4000**

EMU provides a comprehensive program of personal growth, including individual and group therapy, assessment and referral, support groups, and educational programs. Professional counselors are available to assist students experiencing a variety of emotional and social needs. For further information or assistance, call the Student Life Office at ext. 4135.

**Blue Ridge Community College**

**234-9261      213-7002      (888)-750-2722**

The Blue Ridge Community College Counseling Center refers personal counseling and emotional support requests to the excellent counseling and support resources available in our community. If you are enduring difficult emotional and personal problems, we strongly encourage you to take advantage of the low-cost resources in our community.

**Bridgewater College**

**828-8000**

Counseling Services offers an accepting, confidential environment where you can share your thoughts and feelings, explore issues of concern, gain awareness and insight, and become increasingly active in taking charge of your life. Individual counseling and support groups are available.

**James Madison University – JMU**

**568-6552**

The Counseling and Student Development Center is open Monday through Friday 8am to 5pm. We are always available after hours through the Office of Public Safety at 568-6911 for emergencies. Appointments to meet with a counselor may be made in person at the CSDC office in Varner House, or by telephone at 568-6552. Each year, the Counseling & Student Development Center provides personal counseling to over 800

undergraduate and graduate students at James Madison University. The Center is staffed by psychologists, counselors, and graduate students, and the services rendered to students are free, voluntary, and confidential. The Center's staff is dedicated to assisting students in their pursuit of personal and academic growth, to helping students gain a better understanding and appreciation of themselves, and to supporting students as they make important decisions about their lives.

**Mary Baldwin College**

**887-7281**

Counseling and Psychological Services is located in Blakely House, second floor. Students may be provided services on campus or at the office of Drs. Kuley, Ryan and Associates, P.C. located approximately 5 minutes from campus. Students who need to be seen off campus may either use our on-campus transportation programs or their own transportation. In certain cases, students may also be given taxi vouchers.

**Virginia Military Institute (VMI)**

**540-464-7230**

**[higginsln@vmi.edu](mailto:higginsln@vmi.edu)**

Cadet Development and Counseling provides short-term counseling that focuses on addressing personal concerns that may impede current and future learning and personal development. Some cadets seek counseling to address specific problems, such as coping with stressful situations, substance abuse, losing important relationships, decreased self confidence, and feelings of loneliness, depression, and anxiety. Cadets also seek counseling to further their personal growth. For example, cadets come to counseling to learn more effective social skills, improve the quality of their interpersonal relationships, and learn more about their personality. All counseling is confidential.

**Washington Lee University**

**540-458-8590**

Washington and Lee University is committed to the development of the whole person, therefore a highly trained and experienced counseling staff is available to help students with a variety of difficulties that might impact not only a student's academic work, but overall sense of well-being. University Counseling provides direct psychotherapy services, assessment of academic problems, and (with student consent) collaboration with faculty, administrative personnel, or parents to provide necessary supports for struggling students. Psychiatric consultation is also available. All students enrolled at Washington and Lee University are entitled to services as needed and all costs are covered by tuition.

**Support/Self-Help Groups**

More than 12 million people help themselves and others in more than 500,000 support groups in the United States. We are fortunate to have a variety of these support groups here in the area. Support groups are groups of people who meet regularly to talk about their common problems. Support groups offer information, understanding, acceptance, and encouragement, and at times are led by people who are also group members themselves.

Support groups are not replacements for therapy groups. Many people benefit from both experiences. Therapy groups often deal with a wide range of mental health issues and problems. Mental health professionals lead therapy groups by encouraging self-expression and interpersonal feedback in a free-flowing format. Support groups usually focus on a specific concern, using education and problem solving in a more structured format. While most support groups are free and open to all concerned, some involve a registration fee.

If you are interested in a particular group, you can call the contact person in the listing. And if you would like to learn more about support or self-help groups, you can write to the National Self-Help Clearinghouse, 33 West 42nd St., New York, NY 10039, or telephone at 212-642-2944. You can also find them on the web at [www.mhselfhelp.org](http://www.mhselfhelp.org).

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All area codes (540) unless otherwise noted

**Al-Ateen**

*Staunton:*

**568-2462**

Monday

- 8:00 PM Emmanuel Episcopal Church, 300 W. Frederick St.

**Al-anon**

[www.va-al-anon.org](http://www.va-al-anon.org)

*Harrisonburg:*

**568-2462**

Monday

- 12:00 noon at Muhlenberg Lutheran Church, 281 East Market Street

Tuesday

- 8:00 PM at Muhlenberg Lutheran Church, 154 N. Main St.

Wednesday

- 12:00 noon at Muhlenberg Lutheran Church, 281 East Market Street

Friday

- 8:00 PM Newcomer's Meeting at Blessed Sacrament Catholic Church

*Staunton:*

**885-6912**

Monday

- 8:00 PM Emmanuel Episcopal Church, 300 W. Frederick St.

Thursday

- 8:00 PM Emmanuel Episcopal Church, 300 W. Frederick St.

*Waynesboro:*

**949-7777**

Friday

- 8:00 PM St. John's Episcopal Church, 13<sup>th</sup> St. and Wayne Ave

**Alcoholics Anonymous (AA)**

**434-8870**

\*\*For a complete and up-to-date listing of local meetings, visit [www.aavirginia.org](http://www.aavirginia.org).

## **Sunday**

### *Edinburg:*

- 7:00 PM Waterbrook Brethren Church, 4329 Palmyra Church Rd  
(Closed, Discussion)

### *Elkton:*

- 7:00 PM The Kite House, 17271 Spotswood Trail (Rt. 33) (Open, Speaker)

### *Fishersville:*

- 10:00 AM AMC Community Center, Room 3

### *Harrisonburg:*

- 9:00 AM The Club 120 Waterman Drive Harrisonburg, 22802  
(Closed, Discussion)
- 11:00 AM Lupton Building Massanetta Springs Harrisonburg, 22801  
(RR 687 east of Harrisonburg via US 33) (Open, Discussion)
- 11:30 AM The Club 120 Waterman Drive Harrisonburg, 22802  
(Open, Discussion)
- 7:00 PM The Club 120 Waterman Drive Harrisonburg, 22802  
(Open, Discussion)

### *Hot Springs:*

- 7:00 PM St. Lukes Episcopal Church, Rt. 220 near The Homestead  
( Open, Discussion)

### *Staunton:*

- 9:00 PM 12 Steps, Clubroom 110 W. Johnson Street (Closed, Discussion)

### *Verona:*

- 8:00 PM Verona Methodist Church, Rt. 11 (Closed, Discussion)

### *Waynesboro:*

- 8:00 PM St. Johns Episcopal Church, Wayne Ave at 13<sup>th</sup> St.  
(Closed, Discussion)

## **Monday**

### *Fishersville:*

- 5:30 PM Augusta Co. Library (basement) Rt. 250 at 608 (Open, Discussion)

### *Harrisonburg:*

- 12:00 noon (Closed), 7:00 p.m. (Open), 8:15pm (Open) at The Club 120 Waterman Drive  
Harrisonburg, 22802
- 5:30 pm Trinity Presbyterian Church, 725 S. High Street (Open, Discussion)

*Mt. Jackson:*

- 8:00 PM United Methodist Church, Orkney Drive (Open, Beginners)

*Staunton:*

- 11:00 AM Staunton Clubroom, 110 W. Johnson Street (Open, Discussion)
- 5:30 PM Women's Group, Trinity Episcopal Church (Open, Discussion, Women Only)
- 8:00 PM Staunton Clubroom, 110 W. Johnson Street (Open, Discussion)
- 8:00 PM 12 Steps Study, Emmanuel Episcopal Church, 300 W. Frederick St.

*Woodstock:*

- 12 noon St. John Bosco Catholic Church, N. Main St (Open Discussion)

**Tuesday**

*Grottoes:*

- 8:00 PM Grottoes United Methodist Church, 4<sup>th</sup> Ave at Cherry St. (Open, Discussion, Speaker)

*Harrisonburg:*

- 12:00 noon The Club (Closed Discussion)
- 8:00 p.m. at The Seventh Day Adventist, 609 W. Market St. (Open)

*Lacey Springs:*

- 8:00 PM Mt. Tabor United Methodist Church

*New Market:*

- 6:45 PM Womens step meeting, Reformation Lutheran Church
- 8:00 PM Big Book Study, Reformation Lutheran Church

*Staunton:*

- 6:30 PM 1417 Churchville Ave (Dockery Clinic) (Closed, Discussion)
- 8:00 PM New Hope Detox (Institutional) Building "E", Western State Hospital
- 8:00 PM Staunton Clubroom, 110 W. Johnson Street

*Waynesboro:*

- 11:00 AM St. Johns Episcopal Church, Wayne Ave at 13<sup>th</sup> (Open Discussion)
- 8:00 PM 3<sup>rd</sup> Tuesday (Discussion) Main St. Methodist Church, 601 Main St. Remaining Tues. speakers

**Wednesday**

*Fishersville:*

- 12 noon Augusta Co. Library (basement) Rt. 250 at 608, (Open Discussion)

*Harrisonburg:*

- 12:00 noon The Club 120 Waterman Dr. (Closed)

- 7:00 p.m. The Club (Open, Discussion)

*Staunton:*

- 8:00 PM Beginners Clubroom, 110 W. Johnson Street
- 8:00 PM New Hope Detox (Institutional) Building “E”, Western State Hospital

*Verona:*

- 8:00 PM (Closed) Big Book Discussion Verona United Methodist, Rt. 11

*Waynesboro:*

- 8:00 PM St. John’s Episcopal Church, Wayne Ave at 13<sup>th</sup> St. (Closed, Discussion)
- 8:00 PM Men’s Meeting, Unitarian Church 565 Pine Avenue (Closed Discussion)

*Woodstock:*

- 8:00 PM St. Paul United Church of Christ, 235 Main Street

**Thursday**

*Fishersville:*

- 12 noon 12 & 12 Study, Augusta Co. Library (basement) (Closed, Discussion)

*Harrisonburg:*

- 12:00 noon The Club (Closed)
- 6:45 PM Women’s Mtg, First Presbyterian on Court Square
- 8:00 PM Muhlenberg Lutheran Church, 281 East Market Street (the last Thursday of each month will feature a speaker)

*Staunton:*

- 11:00 AM Clubroom, 110 W. Johnson Street (Closed, Discussion)
- 8:00 PM Clubroom 110 W. Johnson Street (Closed)
- 8:00 PM New Hope Detox (Institutional) Building “E”, Western State Hospital

*Waynesboro:*

- 6:30 PM Beginners Meeting – St. John’s Episcopal Church
- 8:00 PM St. John’s Episcopal Church, Wayne Ave at 13<sup>th</sup> St. (Closed)
- 8:00 PM Main St. Methodist Church, 601 W. Main St. (Open)

**Friday**

*Harrisonburg:*

- 12:00 noon The Club (Closed)
- 5:30 p.m. at Trinity Presbyterian Church, 725 S. High Street (Open, Discussion, Big Book)
- 7:00 p.m. and 8:30 p.m. (Closed) at The Club

*Mt. Jackson:*

- 8:00 PM United Methodist Church on Orkney Dr. (Open)

*Staunton:*

- 6:30 PM United Methodist, Lewis at Beverley (Open, Discussion, Handicapped-accessible)
- 8:00 PM 12 & 12, Staunton Clubroom 110 W. Johnson Street (Closed)
- 8:00 PM Trinity Episcopal Church, 214 W. Beverly St.
- 8:00 PM New Hope Detox (Institutional) Building “E,” Western State Hospital

*Waynesboro:*

- 11:00 AM St. Johns (Open)
- 8:00 PM St. Johns (Open Speaker except last Friday)

*Weyers Cave:*

- 8:00 PM Pleasant Valley Church of the Brethren on Rt. 847 (Open)

**Saturday**

*Harrisonburg:*

- 12:00 noon, The Club
- 8:00 PM The Club (Open Speaker)

*New Market:*

- 8:00 PM Manor Memorial Church, Congress St. (Open)

*Staunton:*

- 8:00 PM Emmanuel Episcopal, 300 W. Frederick St. Open Speaker
- 10:00 PM 110 W. Johnson Street (Open Discussion)
- 11:00 AM Staunton Clubroom, 110 W. Johnson Street

*Waynesboro:*

- 12 noon Women’s Mtg. St. John’s, Wayne Ave at 13<sup>th</sup> (Closed)
- 12 noon Shenandoah Heights Baptist, 901 Shenandoah Ave. (in back) (Open)
- 8:00 PM St. Johns (Open)

**Alzheimer’s Family Support Groups**

**568-6454**

*Augusta:*

- Augusta County Library Rt. 250, Fishersville 4th Tuesday, 7 – 9 pm **949-4151**

*Bridgewater:*

**568-6454**

- Bridgewater Retirement Community Houff Community Center 2nd Wednesday, 10am – noon

*Harrisonburg:*

- Oaklea Nursing Home 1475 Virginia Avenue 4th Tuesday, 7 – 9 pm **568-6454**
- Generations Crossing Parkview Mennonite Church **574-3800**  
3rd Tuesday, 10:00 – 11:30 am
- *Rockingham Memorial Atrium* **564-5165**  
411 Spring Road 3rd Tuesday, 7:00 – 8:30 pm

*Luray:* 778-2616 or 778-3300

- Page Memorial Hospital 200 Memorial Drive 4th Monday, 7 – 9 pm

*Waynesboro:* 949-4151

- Daily Living Center 998 Hopeman Parkway 3rd Monday, 3 – 5 pm  
Terri Team

*Woodstock:* 856-2654

- Shenandoah Memorial Hospital Library 759 South Main St.  
1st Thursday, 7 – 9 pm

**AWAKE** 433-4580

**Contact Brian Flock to Register -** 433-4192

For individuals or family members of individuals with sleeping disorders (excessive snoring, sleep apnea, etc.). Meetings have both educational and emotional support components. Meets quarterly at 7pm. at the Rockingham Memorial Hospital Outpatient Center (4<sup>th</sup> floor). There is no charge. Call for specific dates.

### **Caring for Aging Relatives**

*Edinburg:* 856-2654

- Our Place Respite Center Old Edinburg School 510 Picadilly Street

*Highland County – Monterey, VA* 568-6454

- Highland County Library/Mountain View Rm. 4th Wednesday, 7 – 9 pm

*Staunton:*

- Brightview Wellspring Village @ Baldwin Park Last Friday, 5:00 pm

**Community Health** 564-5897

The following support groups are located at Rockingham Memorial Hospital:

- Moms and Babies  
For mothers with babies under one year. Meets Tuesday mornings at 10a.m. in the RMH Atrium.
- Reclaiming Your Life  
A group for women. For specific times please call Health Source at 433-4580
- Living Life to the Fullest  
Meets monthly. Please call Health Source at 433-4580 for the schedule.

To see what other groups and opportunities RMH offers please visit [www.rmhonline.com](http://www.rmhonline.com) and click the Class Registration link.

**Compassionate Friends** 433-2817

We assist families in positive resolution of grief, following the death of a child and provide information to help others be supportive. Meets the 2<sup>nd</sup> Monday of every month. Contact [Gailfox1@aol.com](mailto:Gailfox1@aol.com) for current meeting times and locations.

**Coping with Grief** 433-4580 or 800-433-4580

A group dedicated to supporting those who are grieving the death of a loved one. Meets the second and fourth Thursday of every month, 6:30-8:00PM at the RMH Center for Behavioral Health, 752 Ott Street, Harrisonburg, **Advanced Registration Required.**

**First Step Support Group for Abused Women**

**434-0295**

Open to abused women and their children. Meets on Wednesdays at 6:00 p.m. Located at 129 Franklin St. Harrisonburg.

**Healing Hearts**

**433-4580 or 800-433-4580**

A group for individuals/parents who have experienced a pregnancy loss or infant death. Call RMH Healthsource for more information.

**LifeSeekers**

**433-4580 or 800-433-4580**

A group for individuals who have worked through their initial loss and wish to gather for food and fellowship. Meets the first Thursday of each month for dinner, 6PM at Thomas House Restaurant, Dayton. **Advanced Registration Required.**

**Narcotics Anonymous**

**1-800-777-5155**

website: [www.na.org](http://www.na.org)

**Monday:**

*Harrisonburg*

- 6:30 PM: First Presbyterian Church, 17 N. Court Square, Rm. 204, Harrisonburg. (Beginner, Newcomer, Discussion)

*Staunton*

- 12:00 PM Valley Community Services Board, 85 Sangers Lane (off U.S. 250 E), (Open, Discussion)
- 8:00 PM: It Can Be Done Group @ New Hope Detox, Building E, Western State Hospital, (Open)

*Waynesboro.*

- 8 PM: Just For Today Group @ Main Street Methodist Church, 601 Main St., (Open, Discussion)

**Tuesday:**

*Fishersville*

- 8 PM: Just For Today Group @ Augusta Medical Center, 96 Medical Dr., Fishersville. Beginner: Steps 1 - 3, Speaker/discussion (90 min.)

*Harrisonburg*

- 5:30 PM: It Can Be Done Group @ Wine-Price Building, Rm. 129, 752 Ott St., Harrisonburg, just east of Rockingham Memorial Hospital. (Open, Discussion)

*Staunton*

- 12 noon New Chance Group @ Valley Community Services Board, 85 Sangers Lane (off U.S. 250 E), Staunton. (Open, Discussion)

### **Wednesday**

#### *Fishersville*

- 8:00 PM: Just For Today Group @ Augusta Medical Center, 96 Medical Dr., Fishersville. (Closed)

#### *Harrisonburg*

- 5:30 PM: It Can Be Done Group @ Wine-Price Building, Rm. 129, 752 Ott St., Harrisonburg, just east of Rockingham Memorial Hospital. (Open, Discussion)

#### *Lovingston*

- 7:00 PM: St. Mary's Church, 9900 Thomas Nelson Highway, (Discussion, Participation)

### **Thursday**

#### *Harrisonburg*

- 5:30 PM: Courage to Change Group @ First Presbyterian Church, 17 N. Court Square, Rm. 204, Harrisonburg. (Open, Discussion)

#### *Staunton*

- 12:00 PM: New Chance Group @ Valley Community Services Board, 85 Sangers Lane (off U.S. 250 E), Staunton. (Open, Discussion)
- 7:00 PM: Central United Methodist Church, 14 North Lewis Street Staunton, (Literature Study)

### **Friday**

#### *Harrisonburg*

- 8 PM: It Can Be Done Group @ First Presbyterian Church, 17 N. Court Square, Harrisonburg. [Open, Discussion, Candlelight (Speaker on final Friday)]

#### *Staunton*

- 8:15 PM: Central United Methodist Church, 14 North Lewis Street Staunton (Beginner, Newcomer, Discussion, Participation)

### **Saturday**

#### *Harrisonburg*

- 12 noon: It Can Be Done Group @ First Presbyterian Church, 17 N. Court Square, Harrisonburg (Open, Literature Study )
- 7:00 PM: It Can Be Done Group @ First Presbyterian Church, 17 N. Court Square, Harrisonburg. (Open, Literature Study)

#### *Staunton*

- 6:30 PM: Central United Methodist Church, 14 North Lewis Street Staunton (Discussion, Participation)

- 8 PM: New Chance Group @ New Hope Detox, Building E, Western State Hospital, Staunton (Open)

## **Sunday**

### *Harrisonburg*

- 6:30PM: First Presbyterian Church, 17 N. Court Square, Harrisonburg (Discussion, Participation).

### *Staunton*

- 6:30 PM: Just For Today Group @ Valley Mission, 1513 W. Beverly St., Staunton. (Open, Discussion, Speaker on fourth Sunday)

## **Mended Hearts**

**564-5404**

Contact Ron Shelton for current meeting times and locations.

A support group for individuals and their families who have cardiac problems. Meetings are held monthly on the first Wednesday of the month at 3PM at the Virginia Mennonite Retirement Community and also the last Tuesday of the month at 6PM at the Rockingham Memorial Hospital West 220.

## **Military Families United**

**433-4580 or 800-433-4580**

A group providing friends and family members of those serving in the military a circle of mutual support and encouragement. Meets the fourth Wednesday of each month, 7-8:30PM at the RMH Center for Behavioral Health, 752 Ott Street, Harrisonburg,

**Advanced Registration Required.**

## **Pulmonary Achievers Live Successfully (P.A.L.S.)**

**564-5424**

Contact Ron Shelton for current meeting times and locations.

Open to people with breathing problems, or chronic lung disease, including asthma, and their family members/significant others. Co-sponsored by Pulmonary Rehab and the Shenandoah Region of the American Lung Association. Meets the 3<sup>rd</sup> Wednesday of each month at 12:30-1:45 p.m. at the Panos Restaurant on Rte. 11 outside Harrisonburg city limits.

## **Shenandoah Valley Gay and Lesbian Association (SVGLA)**

**[www.svgla.org](http://www.svgla.org)**

SVGLA provides educational, social, and recreation activities and promotes the general welfare of the community. The group meets every Tuesday at 6:30 p.m. Activities are scheduled throughout the year. Parents, Families, and Friends of lesbians and gays (PFLAG) helps members cope with society, conducts programs to educate society, and works to end discrimination, can also be reached through this number. Please visit [www.svgla.org](http://www.svgla.org) for more information.

A group for anyone who has experienced the death of a loved one to suicide. Meets the second Thursday of each month, 7:15-8:30PM at the RMH Center for Behavioral Health, 752 Ott Street, Harrisonburg, **Advanced Registration Required.**

### **Suggested Readings**

Millions of self-help books are sold each year. Obviously, some self-help books are more helpful than others. We asked local mental health professionals to tell us what books they recommend to their clients. The following is a brief compilation of the books they named. All of these suggested readings are written for the general public. More importantly, they offer accurate information, helpful insights, and practical suggestions concerning specific problems. Many of the books listed are available at the public library and at local bookstores. You are also invited to browse through the excellent library at Women's Health Focus. Most of the public agencies have some literature available, so give them a call if you have a particular interest.

We offer one warning, however. Watch out for the books that sound like traveling snake oil peddlers with their outrageous promises. Just remember that if it sounds too good to be true, then it probably isn't true.

Please pass along to us any additional books you would recommend. We hope to update and expand this listing in the next edition of the directory.

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### **Abusive Relationships**

*The Verbally Abusive Relationship: How to Recognize it and How to Respond*, by Patricia Evans, Expanded Second Edition 2002

*Men Who Hate Women and Women Who Love Them*, by Susan Forward and Joan Torres. New York: Bantam, 1987.

*To Be An Anchor in the Storm: A Guide for Families and Friends of Abused Women*, by Susan Brewster, 2<sup>nd</sup> ed., 2000.

*The Battered Woman's Survival Guide: Breaking the Cycle: A Resource Manual for Victims, Relatives, Friends and Professionals*, by Jan Berliner Statman, 2<sup>nd</sup> ed., 1995.

*Man to Man: A Guide for Men in Abusive Relationships*, by Edward W. Gondolf and David M. Russell, 1987.

### **Adult Children of Alcoholics**

*Adult Children of Alcoholics*, by Janet Geringer Woititz, 1990

*Following the Yellow Brick Road: The Adult Child's Personal Journey Through Oz*, by Joy Miller and Marianne Ripper. Health Communications, 1987.

*Workbook for Healing Adult Children of Alcoholics*, by Patty McConnel, 1986.

*The 12 Steps for Adult Children from Addictive and Other Dysfunctional Families*, by Friends in Recovery, 1989.

## **AIDS**

*About AIDS*, Signal Hill Publishing, 2001

*The Caregiver's Journey: When You Love Someone With AIDS*, by Mel Pohl, Deniston Kay and Doug Toft. Hazelden, 1990.

*The Guide to Living With HIV Infection*, 5<sup>th</sup> edition, by John G. Bartlett and Ann K. Finkbeiner, Developed at the John's Hopkins AIDS Clinic, 6<sup>th</sup> ed., 2006.

*AIDS Care at Home: The Complete Source of Medical, Psychological and nutrition information and practical advice for day-to-day living*, by Judith Greef and Beth Ann Golden, 1994.

## **Alcoholism**

*Beyond the Influence: Understanding and Defeating Alcoholism*, by Katherine Ketcham, 2000

*Under the Influence: A Guide to the Myths & Realities of Alcoholism*, by James Milam and Kathryn Ketham. New York: Bantam, 1981.

*How to Quit Drinking Without AA: A Complete Self-help Guide*, by Jerry Dorsman, 2<sup>nd</sup> ed., 1997.

*Recovery Options: The Complete Guide to How You and Your Loved Ones Can Understand and Treat Alcohol and Other Drug Problems*, by Joseph Volpicelli and Maia Szalivitz, 1998.

## **Alzheimer's Disease**

*The 36 Hour Day*, by Nancy Mace and Peter Rabins. New York: Warner Books, 3<sup>rd</sup> ed., 1999.

*Alzheimer's: A Caregiver's Guide and Sourcebook*, by Howard Gruetzner. New York: John Wiley, 2<sup>nd</sup> ed, 1992.

*Alzheimer's Early Stages: First Steps in Caring and Treatment*, by Daniel Kuhn 1999.

*Alzheimer's Activities*, by B.J. Fitzray, 2001.

## **Anxiety**

*Anxiety and Phobia Workbook*, by Edmund Bourne, Ph.D., 3<sup>rd</sup> ed., 200.

*Don't Panic: Taking Control of Anxiety Attacks*, by Reid Wilson. New York: Harper & Row, Revised Edition, 1996.

*Triumph Over Fear: A Book of Help and Hope for People with Anxiety, Panic Attacks, and Phobias*, by Jerilyn Ross 1995.

*Self-Coaching: How to Heal Anxiety and Depression*, by Dr. Joseph J. Luciani 2001.

## **Bipolar Disorder**

*New Hope for People with Bipolar Disorder*, by Jan Fawcett, M.D., Bernard Golden, Ph.D., Nancy Rosenfeld, & Frederick K. Goodwin, 2000.

## **Codependency**

*Love is a Choice: The Definitive Book on Letting Go of Unhealthy Relationships*, by Drs. Robert Hemfelt, Frank Minirth, and Paul Meier, 2003.

*Codependent No More: How to Stop Controlling Others and Start Caring for Yourself*, by Melody Beattie 1987.

## **Death and Dying**

*Alex: The Life of a Child*, by Frank Deford. New York: Signet, 1986.

*I Don't Know What To Say: How to Help and Support Someone Who Is Dying*, by Robert Buckman. Boston: Little, Brown & Co., 1989.

*Beyond Widowhood: From Bereavement to Emergence and Hope*, by Robert DiGiolo. New York: Free Press, 1989.

*Final Gifts: Understanding the Special Awareness, Needs and Communication of the Dying*, by Maggie Callanan and Patricia Kelley, 1992.

*The Orphaned Adult: Understanding and Coping with Grief and Change after the Death of Our Parents*, by Elisabeth Kübler-Ross, 2000.

*Handbook for Mortals: Guidance for People Facing Serious Illness*, by Joanne Lynn, 1999.

## **Depression**

*Feeling Good: The New Mood Therapy*, by David Burns. New York: Signet, Revised and Updated, 1999.

*The Depressed Child: A Parent's Guide for Rescuing Kids*, by Dr. Douglas A. Riley, 2000.

*New Hope for People with Depression* by Marian Broida and Francis Mark Mondimore, 2001.

*Overcoming Teen Depression: A Guide for Parents*, by Dr. Mirriam Kauffman, 2001.

*Free Yourself From Depression*, by Michael D. Yapko, 1992.

## **Divorce**

*The Boys & Girls Book About Divorce*, by R. Gardner. New York: Bantam, 1970.

*Mom's House, Dad's House: Making Two Homes for Your Child*, by Isolina Ricci. New York: MacMillan, Revised Edition, 1997.

*The Unexpected Legacy of Divorce*, by Judith S. Wallerstein, 2000

*Helping Your Kids Cope With Divorce The Sandcastles Way*, by M. Gary Newman, 1998.

*Co-Parenting After Divorce: A Guide to Resolving Conflicts and Meeting Your Children's Needs*, 2000.

*Divorced Dad's Survival Book: How to Stay Connected With Your Kids*, by David Knox, New Edition, 2000.

*Divorce and New Beginnings: A Complete Guide to Recovery, Solo Parenting, Co-parenting, and Stepfamilies*, by Genevieve Clapp, 2<sup>nd</sup> ed., 2000.

## **Eating Disorders**

*Anorexia Nervosa: A Guide to Recovery*, by Lindsey Hall and Monika Ostoff, 1998.

*Bulimia: A Guide to Recovery*, by Lindsey Hall and Leigh Cohn. Santa Barbara: Gurze Books, 5<sup>th</sup> ed., 1999.

*The Eating Illness Workbook*, by Joan Ebbitt. Parkside, 1987.

*Overcoming the Legacy of Overeating: How to Change Your Negative Eating Habits*, by Nan Katheryn Fuchs, 1999.

*Sensing the Self: Women's recovery from Bulimia*, by Sheilia Reindl 2002.

## **Loss/Grief**

*Necessary Losses: The Loves, Illusions, Dependencies, and Impossible Expectations That All of Us Have to Give Up in Order to Grow*, by Judith Viorst. New York: Fawcett, New Edition, 1998.

*The Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce, and Other Losses*, by John W. James Russell Friedman 1998.

### **Mental Illness**

*How You Can Help: A Guide for Families of Psychiatric Hospital Patients*. Washington, DC: American Psychiatric Association, 1984.

*Grieving Mental Illness: A Guide for Parents and Their Caregivers*, by Virginia Lanfond 1994.

*How to live with a Mentally Ill Person*, by Christine Adamec 1996.

### **Parenting**

*Parenting with Love and Logic: Teaching Children Responsibility*, by Foster Cline MD and Jon Fay, Updated and Expanded Edition, 2006.

*Parent Effectiveness Training*, by Thomas Gordon. McKay, Revised Paperback Edition, 2000.

*How to Talk to Children About Really Important Things*, by Charles Shaeffer. New York: Harper & Row, 1984.

*The Art of Sensitive Parenting: Ten Keys to Raising Confident Children*, by Katharine Kersey. Acropolis, 1983.

### **Personal and Interpersonal Growth**

*Learned Optimism*, by Martin Seligman. New York: Alfred A. Knopf, New Edition, 2006.

*Guilt is the Teacher, Love is the Lesson*, by Joan Borzsenko. New York: Warner, 1990.

*Shyness: What It Is, What to Do About It*, by Philip Zimbardo. New York: Jove, 1977.

*The Tao of Pooh*, by Benjamin Hoff, 1994.

### **Phobias**

*Overcoming Agoraphobia: Conquering Fear of the Outside World*, by Alan Goldstein and Berry Stainback. New York: Viking, 1987.

*Freedom From Fear of Flying*, by T.W. Cummings and Robert White. New York: Simon and Schuster, 1987.

*The Sky Is Falling: Understanding and Coping with Phobias, Panic, and Obsessive Compulsive Disorder*, by Raeann Dumont 1996.

*Triumph Over Fear: A Book of Help and Hope For People with Anxiety, Panic Attacks, and Phobias*, by Jerilyn Ross 1994.

### **Schizophrenia**

*Coping with Schizophrenia: A Guide for Families*, by Kim Tornual Muesser, 1994.

*Families Helping Families: Living with Schizophrenia*, by Nona Dearth, Barbara Labenski, M. Elizabeth Mott, and Lillian Pellegrini. New York: W.W.Norton, 1986.

*Living with Schizophrenia*, by Stuart Emmons 1997.

*Surviving Schizophrenia: a Manual for Families, Consumers, and Providers*, by E. Fuller Torrey 2001.

### **Sexual Abuse**

*The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse*, by Ellen Bass and Laura Davis. New York: Harper & Row, 1988.

*Victims No Longer: Men Recovering from Incest & Other Sexual Child Abuse*, by Mike Lew. New York: Harper & Row, 1988.

### **Stepfamilies**

*Living in Step*, by Ruth Roosevelt. New York: McGraw, 1977.

*Stepfamilies: Love, Marriage, and Parenting in the First Decade*, by James H. Bray and John Kelly, 1999.

*Complete Idiots Guide to Step-Parenting*, by Erika Lutz 1998.

*Stepfamily Realities: How to Overcome Difficulties and Have a Happy Family*, by Margaret Newman 1994.

### **Suicide**

*Night Falls Fast: Understanding Suicide*, by Kay Redfield Jamison, Ph.D., 2000.

*Why People Die by Suicide*, by Thomas Joiner, 2006.

## Helpful Websites

### Abusive Relationships

- [www.recovery-man.com/abusive/abusive.htm](http://www.recovery-man.com/abusive/abusive.htm)
- [www.domesticviolence.org](http://www.domesticviolence.org)

### Adult Children of Alcoholics

- [www.al-anon-alateen.org](http://www.al-anon-alateen.org)
- [www.alcoholismhelp.com](http://www.alcoholismhelp.com)
- [www.ola-is.org/index.htm](http://www.ola-is.org/index.htm)

### AIDS

- [www.thebody.com](http://www.thebody.com)

### Alcoholism

- [www.aa.org](http://www.aa.org)
- [www.teen-anon.com](http://www.teen-anon.com)
- [www.ncadd.org](http://www.ncadd.org)

### Alzheimer's Disease

- [www.alz.org](http://www.alz.org)
- [www.alzheimers.org](http://www.alzheimers.org)

### Anxiety

- [www.adaa.org](http://www.adaa.org)

### Codependency

- [www.codependents.org](http://www.codependents.org)

### Death and Dying

- [www.wnet.org/archive/bid/index.html](http://www.wnet.org/archive/bid/index.html)

### Depression

- [www.depression.org](http://www.depression.org)
- <http://depression.mentalhelp.net/>

### Disaster

- <http://psychweb.cisat.jmu.edu/vadisaster/>

### Divorce

- [www.parentingtoolbox.com/](http://www.parentingtoolbox.com/)

### Eating Disorders

- [www.healthyplace.com/communities/eating\\_Disorders/Site/index.htm](http://www.healthyplace.com/communities/eating_Disorders/Site/index.htm)
- [www.caringonline.com/](http://www.caringonline.com/)

### Loss/Grief

- [www.death-dying.com](http://www.death-dying.com)

#### Mental Illness

- [www.nimh.nih.gov/publicat/index.cfm](http://www.nimh.nih.gov/publicat/index.cfm)
- [www.nami.org](http://www.nami.org)

#### Parenting

- <http://familyeducation.com/home/>
- [www.parenthelpzone.com](http://www.parenthelpzone.com)
- <http://parenting.ivillage.com/>

#### Schizophrenia

- <http://schizophrenia.com/>
- [www.schizophrenia-help.com/](http://www.schizophrenia-help.com/)

#### Sexual Abuse

- [www.newdircenter.com/](http://www.newdircenter.com/)

#### Step Families

- [www.stepfamilyinfo.org/](http://www.stepfamilyinfo.org/)
- [www.stepfam.org/](http://www.stepfam.org/)

#### Substance Abuse

- [www.wsoinc.com](http://www.wsoinc.com)

#### Suicide

- [www.save.org](http://www.save.org)
- [www.sprc.org](http://www.sprc.org)

The Suicide Prevention Resource Center (SPRC) provides prevention support, training, and resources to assist organizations and individuals to develop suicide prevention programs, interventions and policies, and to advance the National Strategy for Suicide Prevention.

- [www.suicidology.org](http://www.suicidology.org)

The American Association of Suicidology (AAS) promotes research, public awareness programs, public education, and training for professionals and volunteers. In addition, AAS serves as a national clearinghouse for information on suicide.

- [www.afsp.org](http://www.afsp.org)

The American Association for Suicide Prevention (AFSP) is the only national not-for-profit organization exclusively dedicated to understanding and preventing suicide through research and education, and to reaching out to people with mood disorders and those affected by suicide.

## **Toll-Free 800/877/888 Listings of Hotlines and Other Services**

<b>AIDS and Other Sexually Transmitted Diseases</b>	
AIDS Hotline	800-342-2437
AIDS Information	800-235-2331
AIDS Information (Spanish)	800-344-7432
Sexually Transmitted Disease Hotline ( <a href="http://www.ashstd.org">www.ashstd.org</a> )	800-227-8922
<b>Alcohol and Drug Abuse</b>	
Alateen and Al-Anon Family Group Headquarters	800-356-9996
Drug and Alcohol 24-Hour Referrals	800-821-4357
American Council on Alcoholism ( <a href="http://www.aca-usa.org">www.aca-usa.org</a> )	800-527-5344
“Focus on Recovery” Referral Hotline	800-234-0420
Narcotics Anonymous	800-777-1515
National Drugs and Alcohol Treatment Referral Service	800-662-4357
<b>Child Abuse</b>	
Child Abuse Hotline	800-422-4453
Child Protective Assistance	800-652-9516
VA Dept of Social Services Child Abuse and Neglect Hotline	800-552-7096
211 Information and Referral (Staunton)	800-230-6977
<b>Runaway Youth</b>	
Missing Children Hotline	800-843-5678
Runaway Hotline	800-231-6946
<b>Suicide</b>	
Covenant House Nineline	800-999-9999
National Hope Line Network	800-SUICIDE (800-784-2433)
<b>Other</b>	
Alzheimer’s Association 24 hour contact center	800-272-3900
Down Syndrome Society	800-221-4602
National Dyslexia Association	800-222-3123
National Domestic Violence Hotline	800-799-7233
VA Adult Protective Services	888-832-3858
Virginia Health Regulatory Boards	800-533-1560

## **Bath, Highland, and Rockbridge County and Lexington City Schools**

### Bath County

#### **Bath County High School**

464 Charger Lane  
Warm Springs, VA 24484  
*Heather DeBoe*

**839-2431**  
fax: **839-3290**

#### **Millboro Elementary School**

Route 1, Box A 1  
Millboro, VA 24460  
*Heather DeBoe*

**997-5452**  
**839-5804**  
fax: **997-0123**

#### **Valley Elementary School**

98 Panther Drive  
Hot Springs, VA 24445  
*Sandra Stinnett*

**839-5395**  
fax: **839-5392**

### Highland County

#### **Highland High School**

210 Myers Moon Rd  
Monterey, VA 24465  
*Caroline Sponaugle*

**468-2129**  
fax: **461-2106**

#### **Highland Elementary School**

P.O. Box 310  
Monterey, VA 24465  
*Caroline Sponaugle*

**468-2181**  
fax: **468-2184**

### Lexington City

#### **Waddell Elementary School**

100 Pendleton Place  
Lexington, VA 24450  
*Kristin Tomlin*

**463-5353**  
fax: **463-6309**

#### **Lylburn Downing Middle School**

302 Diamond Street  
Lexington, VA 24450  
*Joyce Broughman*

**463-3532**  
fax: **463-1548**

Rockbridge County

**Rockbridge County High School**

143 Greenhouse Road

Lexington, VA 24450

*Sarah Blackburn, Anita McGugan, Deborah Jarrett, Deborah Pruett*

**463-5555**

fax: **463-6152**

**Maury River Middle School**

600 Waddell Street

Lexington, VA 24450

*Carol Phemister*

**463-3129**

fax: **464-4838**

**Rockbridge Middle School**

1200 Sterrett Road

Fairfield, VA 24435

*Rita Biggs*

**348-5445**

fax: **348-1016**

**Central Elementary School**

85 Central Road

Lexington, VA 24450

*Courtney Reach*

**463-4500**

fax: **463-2225**

**Effinger Elementary School**

2893 Collierstown Road

Rockbridge County, VA

*Linda White*

**463-4459**

fax: **463-4824**

**Fairfield Elementary School**

20 Fairfield School Road

Fairfield, VA 24435

*Susan Friski*

**348-5202**

fax: **377-2601**

**Mountain View Elementary School**

20 Burger Circle

Buena Vista, VA

*Linda White*

**261-2418**

fax: **261-8082**

**Natural Bridge Elementary School**

Natural Bridge Station, VA 24579

*Jeanne Hoepner*

**291-2292**

fax: **291-2966**

## **Mental Health Care Providers Bath, Highland, and Rockbridge County and Lexington City**

All of the private and public providers listed in this Directory are licensed by appropriate boards of the Virginia Department of Health Regulatory Board to practice various aspects of mental health services.

- Psychiatrists are providers with a medical degree (M.D.) and therefore may prescribe medication.
- Other mental health professionals (with academic degree in parenthesis) include:
  - Psychologists (Ph.D., M.A.)
  - Clinical Psychologists (Ph.D.)
  - Licensed Clinical Social Workers (LCSW or M.S.W.)
  - School Psychologists (Ed.S., Ph.D., Ed.D.)
  - Licensed Professional Counselors (LPC, M.Ed., M.A., Ed.S., Ed.D.)
  - Licensed Marriage and Family Therapist (LMFT)

The training, expertise and areas of interest of mental health professionals vary considerably. The fees for services typically range from \$60.00 to \$100.00 per hour for an individual, family, or couple. The fee for group therapy is usually at a lower rate per hour. Some providers have "sliding scales" based on a client's ability to pay. Every professional has an ethical responsibility to give some amount of service to clients who cannot pay. It is at the discretion of the provider to make that decision. All providers listed can receive third-party payments, but some health insurance companies allow coverage for only certain mental health professions and place a ceiling on the total amount allowed. Check your policy or talk with your employer for specific information about coverage.

You will need to make an appointment in order to receive service from a private or public provider. Many providers have evening hours if you cannot arrange a daytime appointment.

Please read "When You Need Professional Help" on pages 5 and 6 to aid you in choosing a provider.

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All area codes (540) unless otherwise noted

Jean M Cook, LCSW  
120 W Nelson St. Lexington 24450  
463-4554

Nancy L Johnston, LPC  
108 Houston St Lexington 24450  
464-1890

Ryan Kuley and Associates  
108 Houston St Lexington 24450  
886-3956

Laura Ter Poorten, LPC  
120 W Nelson St. Lexington 24450  
464-1004

Wanda W Walton, LPC, CSAC  
1202 Richmond St. Selma 24474  
862-2489

Carolyn Wielgus, LPC  
204 E Washington St Lexington 24450  
464-6949

James W Worth, Ed.D.  
308 Jackson Ave Lexington 24450  
463-4000

Julie Jennings, Ph.D., LCP  
120 W Nelson St Lexington 24450  
463-7601

Rockbridge Area Community Services  
Mental Retardation Services  
241 Greenhouse Rd Lexington 24450  
463-3141