

Delta County Counselors

Compiled as a resource to assist parents seeking counseling services by
Special Services Office of Delta County Joint School District
Updated: June, 2014

COUNSELING CENTERS

DELTA:

Midwestern Colorado Mental Health Center:

-----24-hour hotline: 252-6220-----

Delta Office: 107 W 11th St. 874-8981 www.centermh.org Regional Manager: Stacey Curry

Montrose Office: 605 E. Miami 249-9694 Offering family/ parenting groups and Empowerment Center:
classes in practical life skills for teens to adult age (contact: Trisha Bush, Montrose Services Coordinator)

Bilingual Counseling (translation) & Community Service Info: call 252-4687 (Olathe Community Clinic)

Basic Rate: Based on income, reduced rate through Colorado Child Health Plan Plus, Medicaid & insurance

Service Providers in Delta:

Becky Benzel, MA, LPC, Counselor
Elizabeth Dufek, MS, LPC. Intake, Counselor
Stacey Curry, MS, Program Supervisor
Clif Barnhart, M.D., Medical Director
Betsy Nordstrom, MA, LPC, Counselor
Laurie Mahar, Psychiatric Nurse Practitioner
Janice Phillips, Psychiatric Nurse

Substance Abuse Counselors:
Carolyn Merrick, MA, CACIII, Counselor
Melissa Pangborn, MA
Debra Taylor, PhD, LP, CACIII

Case Managers:
Susan Butcher, BA, Medical Care
Peggy Pine, BA, Social Worker, Jails

In School Counselors: Richard Williams, MA and Janice Phillips,

Psychiatry Specialists: Serving by referral through MCMHC

Delta: Dr. Karls, M. D. Psychiatrist
Montrose: Dr. Karls, M.D. Psychiatrist
Dr. Richard Wallingford, M.D. Psychiatrist

Families Plus

115 Grand Ave, suite 2, Delta, CO 81416 874-0464

Counselors: Brenda K. Holland, PhD, Clinical Psychologist, Sr. Alcohol & Drug Abuse Counselor
Tom Friel, MA, LPC. Trauma, anxiety, depression, families, children
Suzanne Horning-Rieder, MA, LPC.
Karen Wolfram, MA, LCSW. Kids & families (in-home option)

OLATHE:

Dream Catcher Therapy Center

5814 Hwy 348, Olathe, CO 81425 323-5400

DCTC.org Director: Kathy Hamm. Therapists: Tycee Belacastro, MA, LMFT, Edith Johnston, PhD, LPC,
Jenaine LeMaster, OT. Center specializes in trauma support. Therapy for kids & families in unique outdoor
setting with animals (primarily dogs & horses), equine assisted psychotherapy with licensed counselors, equine
assisted learning and hippo-therapy (physical therapy on horses). Accepts some insurance, Medicaid, CHP+,
private pay (set rate).

PAONIA/ DELTA:

Colorado Western Slope Counseling:

42218 Hwy 133, Paonia, CO 81428 527-6112

211 W 4th, Delta, CO 81416 874-9180

PAONIA/ DELTA: Colorado Western Slope Counseling, continued.

Basic Rate: \$65 per hour (or sliding scale)

Michael L. Blue, LPC, LAC, MAC, SAP

Specializations: anger management, drug & alcohol, mental illness, trauma, youth offenders, adolescent & family

Ginger Becker, CACIII, addictions

GRAND JUNCTION:

Associates in Behavioral Counseling

518 28 Road, Suite A207, Grand Junction, CO 81501 **245-3212**, Fax **245-3216** abccounseling.com

Basic Rate: \$65 - \$125. Accept RMHP, Medicaid, and most insurance plans

Offering Love & Logic, STEP Parenting Training, Equine assisted therapy

Bruce Bishop, PhD, LPC: Spec: Personality and Neuropsychological Evaluations, Parenting

Suzanne Goudzwaard, PsyD, LPC. Spec: Families, parenting, child/teen, Psych. testing, Play & art therapy, animal-assisted therapy, **Spanish services**

Barbara Kinkelaar, MA, LCSW. Spec: Adolescents & family, substance abuse (LAC, SAP)

Kendra Kinney, MSW, LCSW. Specializations: Child/teen, parenting. EMDR, DBT, CBT, yoga for kids

Timothy Landis, LCSW. Spec: Family, child, teen. CBT, solution focused, abuse, attention, school issues

Matthew Pettit, LMFT, ECP-P. Specializations: families, children (8 yrs +), equine therapy, Christian approach

Behavioral Health Center

3150 N 12th, Grand Junction, CO 81502 **242-5707**, **242-7245** Fax

Basic Rate: \$90 - \$150. Accepts RHMP, CHP+, & most insurance plans (no Medicaid).

Discount payment day of service.

Alanna Bell, LPC. Children (5 yrs +), families, behavioral issues.

Sue Brewington, LCSW. Family, divorce, adolescents (12 yrs.+), trauma

Raul DeVillegas-Decker, Ph.D. **Bilingual Licensed Psychologist**. Child (2 yrs+) families

Sandy Forrest, PhD RN, LPC. Psychiatric Nurse. Medical issues, Family & adolescents (15 yrs.+)

Millie Funderburk, PsyD, LPC. Child (10 yrs.+), families, anxiety, behavioral problems, eating disorders, psychological assessment

Rickelle Hicks, LMFT, CACIII. Children (3 yrs.+), and families, play therapy, abuse, trauma

Joe Jueschke, MSW. Adolescent male issues (8-18 yrs.)

Kymerly Maestas, LPC, CACIII. Children (7 yrs.+), families, trauma, sexual abuse, substance abuse, grief/ loss, adoption & blended family issues.

Gary Miller, LCSW. Families & children (10 yrs.+), Hypnotherapy

Shelley Millsap, LPC. Children (10 yrs.+), families (military population), grief/loss, trauma.

Kent Snowbarger, Ed.D. School Psychologist. Education issues, ADHD, Children (5 yrs.+)

Raul DeVillegas-Decker, Ph.D. **Bilingual Licensed Psychologist**. Child (3 yrs+) families

Thomas Weir, PsyD, At-risk youth (9 yrs.+), Psych. & Neuropsychology testing

Cheryl Young, MA, LMFT. Forensic assessments (child abuse & custody) play therapy, attachment disorders (2yrs.+), & child trauma, EMDR (not accepting new patients now)

Chris Young, PhD., Clinical Psychologist. Chronic pain, trauma, biofeedback, ADHD testing, EMDR, adolescents (15 yrs+) Psych & Neuropsychology testing

PRIVATE COUNSELORS

(Delta & Montrose Counties)

Anna Adams, MA. Infinite Solutions Counseling, 715 S 1st St, Montrose. 252-3855

Specializations: adolescents, families, anger management, parent classes

Kay Bartlett, MA, LPC, NCC, CACIII

Advent Counseling, 211 Grand, Suite 110 in Paonia & 115 Grand in Delta. 527-4422 & 270-0819

Specializations: Violence treatment, anger mngmt., addictions, eating disorders, teens, families. Faith based.

Maria Call, MA, LPC, Certified Clinical Hypnotherapist. 540 Main St, Suite 110, Delta. 874-0104

Specializations: **Bilingual Counselor**. Individual, marriage, family. Anxiety, anger management, depression, ADHD, panic attacks, violence prevention. Accepts most insurance, RMHP, Medicaid, CHP+.

Erik Cooper, MA, LMFT. Western Slope Psych-Health, 543 S 2nd, Montrose. 249-2332

Specializations: individual, marriage/couples, family counseling & EMDR. Accepts Medicaid, other insurances.

Bret Corbridge, MA, LPC, LMHP. Truth Works Counseling, 314 S 6th, Montrose. 275-5054

Specializations: marriage & family conflicts, trauma. Accepts most insurances, sliding scale.

Mariah Emond, OTR, LPC, CACII. Great Experiences Counseling, 1025 Main St, Delta. 874-2992

mariah@greatexperiencescounseling.com, cell: 901-0707

Specializations: child & family counseling, anxiety/mood disorders, substance abuse. Accepts some insurance.

Tom Friel, MA, LPC. Integrative Counseling Solutions, 326 Main St., suite 209 Delta. 216-1740,

tfriel@sopris.net

Specializations: Trauma. Cash only, sliding scale.

Peggy Godin, LPC, CACII, EMDR. North Fork Therapeutic Center, 433-5855

341 W Bridge, Hotchkiss and 115 Grand Ave, Delta

Specializations: EMDR, substance abuse, trauma, family, couples, adolescents. Accepts some insurance.

Dana Hawk, MA. San Juan Counseling, 200 S Townsend, Suite C, Montrose 209-8359

Specializations: depression/anxiety, addictions, anger management, parenting ed, children, couples

Brenda K. Holland, PhD, Clinical Psychologist, Sr. Alcohol & Drug Abuse Counselor 874-0875

115 Grand Ave, Delta

Specializations: child & adolescent treatment, family therapy, ADHD, depression & trauma recovery

Basic rate: \$60 - \$90, discount for prompt pay. Reduced rate through Medicaid and CHP+. Accepts RMHP and other insurances.

Masa Holle, MA. 223 2nd St, Paonia 433-3525

Specializations: integrative body psychotherapy, addictions, adolescent, children, couples. Flat cash rate.

Jacque Jeffreys, MA+, PsyS. Stillpoint 970-417-8866, Paonia; 311 2nd on TWTh, Delta; 104 Meeker on M,

Base rate: \$50 (sliding scale)

Specializations: coping with trauma through body awareness & noticing presence, offers DBT classes.

Timothy Kavanaugh, MA, LPC. Professional Counseling Services, 747 N 4th, Montrose 249-1335 or 249-4912

Specializations: individual & family therapy, Reactive Attachment Disorder, anger management and parenting.

Accepts most insurance, RMHP, sliding scale. Tim64.look.com

Danielle Kemper, LCSW. 179 Bridge St, Hotchkiss 872-4800

Specializations: children, families, divorce, school issues, anxiety, trauma, eating disorders. Cash, sliding scale, can help bill insurance.

Betsy Koos, LCSW. Koos Counseling, Cedaredge 856-9656 or 208-7781 www.stoneforestretreat.com
Specializations: solution focus, eating disorders, learning disabilities, allergies, trauma & phobias, marital & family. Sliding scale.

Steve Landman, LCSW, LMFT, CACIII. 245-6624 fax: 243-0880 steve_landman@yahoo.com,
familycounselingcentergj.com 726 Colorado Ave., Grand Junction
Specializations: family counseling, alcohol and anger management, domestic violence. Therapist serving Colbran Job Corps Center.

Bob Lang, LPC, LAC, MAC. 228 Meeker St, Delta 201-8472 familytreatmentcenter.com
Specializations: substance abuse, autism, forensic counseling

Donna Littlefield, LCSW. 540 Main, Delta 874-8029
Specializations: children (play therapy), trauma, family. Cases not taken: chronically mentally ill.
Accepts Medicaid.

Barbara Philips, Mental Health Worker. 29812 N Rd, Hotchkiss 872-2261 or 640-3213
Specializations: adolescence & family therapy. Flat cash rate. In home therapy option.

Pam Schofield, MA. 543 S 2nd, Montrose 252-0911
Specializations: life transitions – counseling & coaching, individuals & families.
Accepts no insurance. Sliding fee.

Laurence Smith, Jr., PhD, Developmental Clinical Psychologist. 856-4955
140 SW 2nd, Cedaredge (across from Post Office) lcsmithphd.com
Specializations: developmental, child, adolescent therapy. Accepts most insurances, CHP+.

Nick Taylor, PhD, Clinical Psychologist, CACIII. Taylor Behavioral Health Center 249-4448
242 W Main, Suite 9, Montrose & 70 Stafford Ln, Delta
Specializations: clinical evaluations, drug and alcohol issues. Accepts RMHMO, BC/BS.

Bonnie Thompson, LPC. 540 Main St, Delta & 543 S 2nd, Montrose 874-8744
Specializations: individual, marital, family, EMDR

Patricia Van Dusen, MA, LCSW, CACIII. PO Box 3030, 219 N 1st, Montrose 874-2581
Specializations: licensed alcohol/drug treatment agency. Anger management, vocational rehabilitation

Steve Warner, MA, LPC. 543 S 2nd, Montrose 252-1586
Specializations: Christian counseling upon request

Carol Watson, LPC, NCC. New Directions Counseling, 1802 S Townsend, Montrose 249-2134
Specializations: domestic violence counseling, individuals, couples.

Karen Wolfram, LPC, LPSW. 250-7775
Specializations: kids & families. Private pay, CHP+, sliding scale.

BILINGUAL COUNSELING --- SPANISH TRANSLATION

Bilingual Counselors: Maria Call (874-0104), Raul de Villegas-Decker @ Behavioral Health Center (242-5707), Suzanne Goudzwaard @ Assoc.'s in Behavioral Health (245-3212)
Spanish Translation for Midwestern Mental Health: Call Estela: 252-4687 @ Olathe Community Clinic

PSYCHIATRISTS

Dr. Matthew Burson, Child Psychiatrist. 515 28 ¾ Rd. Gd. Jct., 245-3270

Dr. David Good, Child Psychiatrist. 715 S 1st St, Montrose 249-0442

Dr. Kurt Humphrey, Psychiatrist. Referral through Midwestern Mental Health in Montrose

Dr. Paula Trautner, Psychiatrist. 700 Main St, Montrose 249-6116

Dr. Richard Wallingford, Psychiatrist. 700 Main St, Montrose 249-1238

(Doctors of Psychiatry are medical doctors. PhD indicates a doctorate in a Philosophical field, Psychology.)

AREA COUNSELING/SERVICE PROGRAMS

Emergency Hotline: 252-6220 (24 hr. line) OR 911

Delta County Health & Human Services: 874-2030

Delta County Child Protective Services: 874-2030

Tri County Resource Center (violence/abuse protections for women, men, & dependent children): 249-2486

Families Plus (family mentoring program for at-risk children & community support): 874-0464, familiesplus.net

Hilltop (support programs: prenatal, juvenile & adult, including Tandem Families) 252-7445, www.htop.org

Hope West Kids (hospice grief support for children & families including summer camps): 874-6823

Partners (adult mentoring program for area youth): 874-4661

Olathe Community Clinic: 252-4687 Info. for community support services and **BILINGUAL TRANSLATION** for mental health counseling (counselors from Midwestern Colo. Mental Health)

Tandem Families (family mentoring programs for at-risk children): 252-7445, www.tandemfamilies.com

Please refer to: specialservices.deltaschools.com (970-874-7607) for listings of school based programs

NATIONAL HOTLINES:

National Eating Disorders Association: 800-931-2237

National Runaway Hotline: 800-786-2929

National Resource Center on Domestic Violence: 800-537-2238

Prevent Child Abuse National Hotline: 800-244-5373

Rape, Abuse and Incest National Hotline: 800-656-4673

Suicide Hotline: 1-800-SUICIDE & also 1-800-273-TALK (8255)

GUIDE TO COUNSELING CREDENTIALS, LICENSES AND TYPES OF THERAPY:

Therapy Techniques:

DBT: Dialectical Behavioral Therapy, **EMDR:** Eye Movement Desensitization Rehabilitation, **CBT:** Cognitive Behavioral Therapy

Addictions related licenses:

CAC: Certified Addictions Counselor (Levels I, II, & III)

MAC: Master Addictions Counselor

LAC: Licensed Addictions Counselor

SAP: Substance Abuse Professional

Equine related licenses:

EAP: Equine Assisted Therapy Professional

ECP-P: Equine Co-facilitated Psychotherapy-Professional

LCSW: Licensed Clinical Social Worker

LPC: Licensed Professional Counselor

LMFT: Licensed Marriage & Family Therapist

LSW: Licensed Social Worker

NCC: Nationally Certified Counselor

MA: Master of Arts, **MS:** Master of Science

OT: Occupational Therapist

Ph.D.: Doctoral Degree, **Psy.D.:** Psychology Doctorate, **Psy.S.:** Psychology Specialist