

GET HELP

Connecting with community services is as easy as dialing 2-1-1.

2-1-1 is a free one-stop information and referral service for Monroe County that provides easy access to human services in our community.

HELPLINE FOR MONROE COUNTY

2-1-1

Get Connected. Get Answers.

2-1-1 will help eliminate guessing, confusion, and helplessness.

Services and resources we can help you find:

- Shelters/housing
- Food/clothing
- Rent/utility assistance
- Transportation
- Opioid abuse information
- Early Intervention Services
- Mental health services
- Development
- Legal/consumer
- Credit counseling
- Public assistance programs
- Where to donate food, clothes, furniture, & time
- Aging parent assistance
- Support groups
- And more

(855) 567-5341
poconoinfo.org
info@poconoinfo.org



Pocono Mountains
United Way



2019-2020 MONROE COUNTY BEHAVIORAL HEALTH REFERRAL LISTS
PROFESSIONALS/AGENCIES/SUPPORT GROUPS

NAME	SPECIALTY	INSURANCES/PAYMENTS	ADDRESS/PHONE
Psychiatrists/MD			
Adams, Dr. Cathleen	Pediatric Psychiatry	Most major insurances	Geisinger Medical Center, 100 N Academy Ave., Danville, PA 17822 (800) 275-6401
Advanced Community Services	Pediatric Psychiatry	Most major insurances	1141 Clay Avenue Suite #2 Scranton, PA (570) 207-7919
Aaron Center	Pediatric Psychiatry	CHIP	851 Commerce Blvd, Dickson City, PA (570) 489-5561 https://aaroncenter.com/
Asante, Dr. Nelson Scranton Counseling Center	Pediatric Psychiatry	Most major insurances	326 Adams Ave. Scranton, PA 18503 (570) 348-6100 http://scrantonscsc.org/
Behar, Dr. David Solutions Counseling	Pediatric Psychiatry	Most major insurances, M-Care, cash/check	35 East Elizabeth Ave Suite 37 Bethlehem PA 18018 (610) 865-1303 http://solutionscounseling.net/
Berger, Dr. Matthew	Pediatric Psychiatry	Most major insurances, M-Care, cash/check	Montage Mountain Road Moosic, PA (570) 346-3686 https://www.matthewbergermd.com/
Friendship House	Pediatric Psychiatry		1509 Maple St. Scranton, PA (570) 342-8305 ext 1047 https://www.friendshiphousepa.org/
Kidspacspace Outpatient/Dr. Labouf Age: 3 years- adult	Pediatric Psychiatry	Most major insurances, M-Care, cash/check	Tobyhanna, Pa (570) 243-8787 https://www.kidspacspace.org/pa-community-programs/
Merakey	Pediatric Psychiatry	Most major insurances, M-Care, cash/check	912 Main St, Suite 202, Stroudsburg, PA 18360 (570) 424-9229 www.merakey.org/location-pennsylvania.html

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REDCO	Pediatric Psychiatry		564 Main St. Stroudsburg PA (570)420-8070 http://www.redcogr.com/
Ritai, Dr. Muhamad	Pediatric Psychiatry	Geisinger Gold, Medicare-Disability	564 Main Street Stroudsburg 18360 (570)534-0515 https://www.bluepsychiatry.org
Psychologists/ Psychotherapists			
Barabas, Dustan, PsyD Pocono Counseling Age: 6 + Handicap access	Cognitive Behavior Therapy, mood DO, trauma, grief, anger, sex offender assess & treatment	Most Major insurances, MH Net, 1st Priority, Medicare, MA, sliding scale, cash/check	930 N. 9th Street, Stroudsburg, PA 18360 (570) 629-4900 https://poconopsychologist.com/
Barber, Sheila, PhD Licensed Psychologist Age: ALL	Cognitive Behavior Therapy, anxiety, depression, ADHD	Traditional plans, payment due at time of service, sliding scale by case, cash/check	761 Cherry Lane Road East Stroudsburg, PA 18301 (570) 629-6256
Bayer, Tricia Monroe Psychological Group	Individual therapy, therapy dog, anxiety, depression		79 South Courtland Street East Stroudsburg, PA 18301 (570)476-6301 x6
Brito, Eileen, LCSW Pocono Behavioral Wellness, LLC	English/Spanish: Mood disorders, anxiety, OCD, trauma (PTSD), ADHD, anger management, parenting, grief, mindfulness, LGBTQI, therapy dogs	Most major insurances, sliding fee scale available	745 Main St. Suite 204 Stroudsburg, PA 18360 (570)994-2664 https://poconobehavioralwellness.com/index.html
Chamberline, Carley, LPC A Mindful Insight Counseling, LLC	PTSD, OCD, Anxiety, Depression	Aetna, Cigna, BCBS, LVHN - Populytics, United Healthcare, Magellan, Geisinger, Optum, and more	900 Scott St , Stroudsburg, PA 18360 (570) 982-4158
Cornell, Sara J., Psy.D. Comprehensive Psychological Services	Depression, anxiety, trauma, PTSD		Route 940 Pocono Lake, PA (570) 643-0222
Coranata, Marcia, LSW Age: All			17 S. 6th St. Stroudsburg, PA 18360 (570) 856-3354
Cuttitta, Anthony, LCSW Age: 13 - 75	Individual psychotherapy	Payment due at time of service - check/cash, sliding scale	729 Sarah Street Stroudsburg, PA 18360 (570) 420-9807

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Drago, Anthony, Ed.D. Monroe Psychological Group Age: All	Anxiety & mood DO, psychological & psych educational testing	BC/BS, Cigna, Medicaid, cash/check unless specified by insurance	79 South Courtland Street East Stroudsburg, PA 18301 (570) 476-6301
Drago, Danny, LPC Monroe Psychological Group Age: All	Individual therapy	BC/BS, Cigna, Medicaid, cash/check unless specified by insurance	79 South Courtland Street East Stroudsburg, PA 18301 (570) 476-6301
Eshun, Sussie, PhD Blossoming Figs Psychological Serv. Age: 4+	CBT, stress, mood & anxiety disorders; individual, family and couples; psychological testing	Most major insurances, cash, check	223 Washington St 1st Floor East Stroudsburg, PA 18301 (570) 424-6734
Falzon, Jean, MA, CAC, LPC Counseling Center of Barrett Age: All Ages	Family/individual/couples, addiction, Gender Dysphoria	Aetna, Spectrum, Value Options, Intergroup, cash/check	495 Lake Rd Canadensis, PA 18325 (570) 977-9974
Fossett, Joanne L., LCSW Rosewood Counseling Services Age: 16 +	Individual/Couples, stress, adjustment, anxiety, grief/loss, depression, etc.	M-Care, 1st Priority, Aetna, Oxford, Valley Preferred, etc. EAPs, sliding scale, cash/check	1 Washington St 3rd Floor East Stroudsburg, PA 18301 (570) 426-7150 X 7 http://www.rosewoodcounselingservices.com/
Gaitanos, Anna, Med, LPC Age: 10+	depression, anxiety, etc.	Most major insurances, sliding scale	804 Sarah Street Ste 308 Stroudsburg, PA (570) 629-4900 ext 3
Garcia-Jones, Maribel, Psy D Pocono Psychological Services Age: children- adult	English/Spanish: Individual psychotherapy and psychological testing	Cigna, UBH, Aetna, M-Care inter-group, BC/BS, cash/check	408 Scotrun Avenue Scotrun, PA 18355 (570) 688-2929 http://www.poconopsychologicalservices.com/
Griffiths, Tiffany, Psy D. Tiffany Griffiths Psy D. and Assoc. Age: All	Dialectical Behavior Therapy (DBT); trauma therapy; mood disorders; child, adolescent, and family therapy		502 N Blakely St Dunmore, PA 18512 (570) 342-8434 (open weekends)
Hoff, Brenda, MA Pocono Psychological Services Age: children- adult	Depression, anxiety, individual & family counseling, stress mgmt., co-parent facilitator, conflict resolution	Most major insurances Insurance/cash/check	408 Scotrun Avenue Scotrun, PA 18355 (570) 688-2929 http://www.poconopsychologicalservices.com/
Horn-Alsberge, Michele, Ph.D Age: 4-90	ADHD, LD, depression, PTSD, grief	BC/BC, CCBH, Aetna, cash, check, credit	134 Broad St, Stroudsburg, PA 18360 (570) 420-9494
Kidspace Outpatient Services Age:3-Adult	Therapy, life and parenting skills training, problem solving, and self-esteem building to children and families	Most major commercial insurances	1151 Pocono Blvd, Mount Pocono, PA 18344 (570)243-8787 https://www.kidspace.org

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Kovacs, Jamie, LPC Aspire Counseling and Consulting Age: children-adult	Individual and family therapy	Most major commercial insurances, various EAPs, cash, e-check, credit card	134 Broad Street, Suite 7 Stroudsburg, PA (570) 421-7868 http://www.aspirecounselingllc.com/index.html
Krieg, Lewis, M.Ed. Pocono Psychological Services Age: 20+	Anxiety, depression, PTSD, grief, couples, D&A issues	Most plus Medicare, sliding scale, cash/check	408 Scotrun Avenue Scotrun, PA 18355 (570) 688-2929 http://www.poconopsychologicalservices.com/
Matrick, Debra, LCSW Matrick Counseling Center Age: 4+	family, grief, child/adolescent, couples, anxiety/depression, geriatric, LGBTQ, PTSD	Most major insurances, cash/check/credit, sliding scale	2159 Route 390 Mountainhome, PA 18342 (570) 595-0943
McLaughlin, Angel E., LPC Aspire Counseling and Consulting Age: 5+	Trauma, anxiety, cross cultural, relationship, brain injury	Most major commercial insurances, various EAPs, cash, e-check, credit card	134 Broad Street -Suite 7 Stroudsburg, PA 18360 (570)421-7820 http://www.aspirecounselingllc.com/index.html
Melber, Laura P., MA Pocono Psychological Services Age: All	Couples, family & individuals	Most major insurances, CCBH, 1st Priority Life, cash/check	408 Scotrun Avenue Scotrun, PA 18355 (570) 688-2929 http://www.poconopsychologicalservices.com/
Nonnemacher, Libby, MS, LPC Family Treatment Associates Age: 4 & UP	ADHD, behavioral, stress, life changes, grief, marriage, anxiety, depression	BC/BS, FPH, FPLIC, Federal Aetna, UBH, Cigna, Magellan, cash/check	117 Broad Street Stroudsburg, PA 18360 (570) 424-6049
Oswald, Helene Monroe Psychological Group	Depression, Anxiety, grief, stress, couples counseling	Most major insurances	79 South Courtlund Street East Stroudsburg, PA 18301 (570) 476-6301
Olson, Pamela, LCSW, CAC Age: 18 & up	Mood, anxiety, inter-personal issues, addiction	Most major insurances, cash/check	Mt. Pocono Professional Building 4 Fork Street - Suite 2000 Mt. Pocono, PA 18344 (570) 894-2446
Marsat-Perez, Kristen, LCSW Connections Counseling	Children and adolescents, trauma Informed treatment	BC/BC, CCBH, CHIP, MA, Value Options, Magna Care, Optum, Tri Care	1300 N 5th St. Stroudsburg PA 18360 1-800-651-8085 ext. 20876
Railoa, Beth, MS,LBS,BCBA ABA Therapy Services, LLC Ages: 2-21	ABA therapist, autism and ADHD specialist		109 Plaza Dr. Pocono Summit, PA (570) 216-3900
Resolve School-Based Outpatient	Children and adolescents, individual and family therapy, telepsychiatry, medication monitoring		Locations include E.Stroudsburg, Brodheads ville, Wind Gap, and Bethlehem (610) 515-6580 http://www.resolvepa.org/Dental.asp

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Rose Resiliency Center	Children and adolescents, depression, anxiety, ADHD, behavioral problems.	Medical Assistance, most major insurances	Route 940, Pocono Summit, PA (866) 992-9143 http://www.roseresiliency.org/
Snyder, Bruce, MS, LPC Family Treatment Associates Age: 4 & Up	Individual/marital/family therapy, PTSD, grief, ADHD, parenting	M-Care, BC/BS, Magellan, Aetna, UHC, Spectrum, cash/check	117 Broad Street Stroudsburg, PA 18360 (570) 424-6049
Sportelli, Heather, LPC The Hemlock Reprieve LLC Age: ALL	Individual/marital/family therapy, PTSD, grief, ADHD, parenting, LGBTQ issues, depression	Most major	529 Seven Bridge Rd, Ste 207 East Stroudsburg, PA 18301 (570) 399-0504
Steinbacher, Theresa, M.Ed. R.Hy. NCC, LPC Age: ALL	Hypnotherapy, eating disorders, anxiety, depression, LGBTQ issues, domestic violence	Magellan, Aetna, Empire, BC/BS, Highmark, sliding scale, cash/check/money order	123 Walnut St. Kunkletown, PA 18058 (610) 381-3362
Storet, Joanne, LCSW Age: 6-80+	Family, individuals, victims, & survivors of domestic violence, sexual assault, anxiety/depression, eating DO	Tricare, Cigna, Intergroup, UBH, MHN Aetna, BC/BS, check, cash, sliding scale	Route 390 Mountainhome, PA 18342 (570) 595-6260
Sucro, Beth, LCSW Community Counseling Services Age: All	Mood, developmental DO, family, individuals, couples	Most major insurances, sliding sale	51 Market St. Bangor PA (610) 588-9109 www.ccsbangor.org
Tavormina, Michelle, PhD, LCSW Age: All	Trauma, grief, anxiety, depression, etc.	Most major insurances, sliding sale	19 South 6th St. Stroudsburg, PA 18360 (570) 424-5477
Trook, Douglas, PhD Pocono Psychological Services Age: 8 - Adult	Individual/couples, anxiety, depression, Christian Act 235, bariatric, pain evals	BC/BS, Aetna, CCBH, Cigna, UBH, Magna Care, Intergroup, etc. cash/check	601 Scotrun Avenue PO Box 325 Scotrun, PA 18355 (570) 688-2929
Velez, Ana Hope Counseling and Behavioral Services, LLC	Individual/couples, groups, depression, grief, anger management, sexual abuse/abuse/neglect, self esteem issues	Most insurances	1023 Interchange Road Gilbert, PA (570) 279-4948 http://www.hopcounselingbehavior.com/
Yakavonis, Cheryl, LPC Age: 13 to adult	Individuals, couples and families, anxiety, anger management, depression, grief, OD, self esteem	Anthem, BC/BS, Coventry, Empire, First Priority Health, First Priority Life BC/BS, out of network, sliding scale	115 Learn Road Tannersville PA 18372 (570) 213-2817
TRAUMA Focused Therapy			

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Harmer, Michelle, MS, NCC, LPC	Certified Trauma Focused CBT		1509 Maple St., 1418 Main St 2nd floor, Scranton, PA 18505 (570) 344-1115 autumn_moon19@yahoo.com
Barry, Teresa A., RN, MA, LPC Rosewood Counseling Services Age: Young Adults 18+ / Adults	Family/Marital/Individual/Couples ADHD, PTSD/EMDR , Bereavement, anxiety, Depression	BC/BS, Aetna, UBH, Penn BH, EAPs, most insurances, sliding scale, cash/check	1 Washington St 3rd Floor East Stroudsburg, PA 18301 (570) 426-7150 X 4 http://rosewoodcounselingservices.com/
Brogna, Nicole, LCSW Age: children - adults	Marriage, family, individual; anxiety, mood DO, ADHD, Parenting, EMDR , Adjust DO	Most major insurances, Cigna, Aetna, Magellan, MH Net, Intergroup, sliding scale	134 Broad Street Stroudsburg, PA 18360 (570) 279-4940
Opsasnick, Lynne, LSW Northeast Therapeutic Wellness Center	Trauma Therapist, Parent Child Interaction Therapist and Prolonged Exposure Therapist Center		1631 Mulberry St Scranton, Pennsylvania 18510 (570) 302-4474 lopsasnick@friendshiphousepa.org
Pappa, Cheryl, MA, NCC, LPC Integrative Counseling Services	Trauma, EMDR , anger management, depression, anxiety	BC/BS, Coventry Care (MHNNet) Geisinger, Highmark, Medicaid Tricare, private pay (Contract)	300 Mulberry St. #201 Scranton, PA 18503 (570) 955-5479 http://integrativecounselingpc.com/
Forensic Counseling			
Feneck, Lori, LCSW Forensic Counseling Assoc. Age: All	Evaluating & treating sex offenders and victims. Treating all mental health diagnoses.	Aetna & MA. Payment at time of service. Cash/Check/Money Order	1385 Pocono Blvd., Mt. Pocono, PA 18344 (570) 476-7704 http://www.forensiccounselingassociatesllc.com
Haupt, Carol, MS, LPC Age: 4 - senior citizens	Perpetrators & victims of domestic violence and sexual assault.	Aetna, Access, Magellan, 1st Priority, siding scale, cash/check/money order	1385 Pocono Blvd., Mt. Pocono, PA 18344 (570) 476-7704 http://www.forensiccounselingassociatesllc.com
Agencies & Centers of Care			
Burnley Employment & Rehab Services Age: 18-75	Vocational training & Employment Services for individuals with disabilities	MH/MR, OVR, 3rd party	4219 Manor Drive Stroudsburg, PA 18360 (570) 992-6616
Children & Youth Services of Monroe County Age: Birth - 17	Advocate & protect children & youth from abuse & neglect while attempting to stabilize family unit.	State/county funding	730 Phillips Street Stroudsburg, PA 18360 (570) 420-3590 www.monroecountypa.gov/Dept/CY

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Fitzmaurice Community Services, Inc. Age: 18 & Up	Residential life sharing and supportive services for people with developmental disabilities/mental illness.		724-B Phillips Street Stroudsburg, PA 18360 (570) 420-3735 1-800-498-0330 http://www.fitzmaurice.org/
MH/DS Program Carbon/Monroe/Pike Age: All	Assessment & Referrals. Case mgmt, advocacy, support, linkage, intensive case mgmt, targeted case manager	For uninsured and MA	730-A Phillips Street Stroudsburg, PA 18360 (570) 421-2901 http://www.cmpmhds.org/
New Perspectives Phone/Mobile House Age : ALL Age: 16 & Up	Crisis Intervention, crisis residence, mobile crisis, medical mobile crisis, telephone hotline	CCBH - Medicare, uninsured	140 Neyhart Road Stroudsburg, PA 18360 (570) 992-0879 Crisis Hotline: 1-800-849-1868
Salvation Army Age: All	Emergency Housing. Energy & Rental assistance. Food pantry. Lunch served daily M-F	Programs income based. Services limited to residents from Monroe County	226 Washington Street East Stroudsburg, PA 18301 (570) 421-3050 http://pa.salvationarmy.org/
Women's Resources of Monroe County Age: All female/male	Domestic violence & sexual assault crisis center. Info & referral. Emergency shelter, counseling, educational programs.	All services free and confidential. Kids First- counseling program. Support services to significant others	215 West Main Street Delaware Water Gap, PA Office: (570) 424-2093 Crisis Hotline: 421-4200 The Mountain Center, Tobyhanna, PA (570) 894-3272 http://www.wrmonroe.org/
Provider 50 Wraparound			
Merakey (formerly NHS) ALL AGES (age limits for some services)	Family based services, home based & school services. Mobile therapy, behavioral specialist, TSS	MA & CCBH Medicare, MA/CCBH, some private insurances	912 Main Street Suite 202 Stroudsburg, PA 18360 (570) 424-9229 http://www.merakey.org/
Youth Advocate Program, Inc.	Home based and school services, mobile therapy, behavioral specialist, TSS	Medicare, MA/CCBH, some private insurances	926 Interchange Rd. Kresgeville, PA 18333 (610) 681-2488 http://www.yapinc.org/
Step-By-Step, Inc.	Home based, and school services, mobile therapy, behavioral specialist, TSS		Northeast Region and Corporate Office 744 Kidder Street Cross Valley Commons Wilkes Barre, PA 18702 (570) 829-3477 http://www.stepbystepusa.com (570) 904-1542
Pathways Community Services Age: 0-21	Home based & school Services. Mobile therapy, behavioral specialist, TSS	MA & CCBH Medicare, MA/CCBH, some private insurances	4 Landmark Center East Stroudsburg, PA 18301 (570) 424-6221 http://www.pathwaysofpa.com/
Salisbury Behavioral Health Age: 18+	Assertive Community treatment Team (ACT) Blended Case mgmt., psychiatric rehab, peer specialist residential for SMI	MA, CCBH, Insurance only	100 Route 611- Suite 4A Bartonsville, PA 18321 BCM/SBH (570) 422-6670 ACT Team (570)422-6721 www.salisb.com/

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Autism Spectrum Disorders			
Matrix Behavior Solutions, LLC	Services for children with autism Behavior Analyst Certification	CCBH	175 E Brown St STE 202 East Stroudsburg, PA 18301-3098 (570) 234-3989
Bright Beginnings Age: 2-21	Services for children with autism Behavior Analyst Certification	CCBH, Private Insurance, Sliding Scale, ACCESS and CHIP	109 Plaza Dr. Pocono Summit, PA (570) 216-3900
Res & Inpatient Treatment			
Brook Glen Behavioral Hospital	Inpatient program for teens ages 13 to 18	Accepts most health insurance, HMO, PPO and managed care plans	7170 Lafayette Ave, Fort Washington, PA 19034 (215) 641-5404 https://brookeglenhospital.com/
Foundations Residential Treatment Facility Ages 8-21	Acute Hospital, Partial Hospital, Autism Services		833 E Butler Ave, Doylestown, PA 18901 (215) 345-0444 (800) 445-4722 http://fbh.com/
Kids Peace Hospital Inpatient/Hospitalization			5300 Kids Peace Dr. Orefield PA (610) 799-8000 https://www.kidspiece.org/pennsylvania/
Summit Academy Residential D&A High School ages 14-19	\$125 Per Day		1-800-454-9385 http://www.theacademyschools.com/Summit-Academy/Summit-Academy-drug-alcohol-Program.htm
George Jr. Republic Residential Care	\$120-\$220 Per Day		233 George Jr. Road Grove City, PA (724) 458-9330 https://gjfr.org/
Pyramid Healthcare Inpatient D&A Rehabilitation	Detox and Inpatient D&A services		420 Supreme Court Dr. East Stroudsburg, PA (570) 213-3300 https://www.pyramidhealthcarepa.com/

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Recovery Centers of America at Devon (ages 19 years +)	Detox and Inpatient D&A services	Accepts most major insurances	235 W Lancaster Ave., Devon, PA 19333 1(800) RECOVERY
Drug & Alcohol Treatment			
Pyramid Healthcare Outpatient Rehabilitation	Teen outpatient		3180 Rt. 611 Suite 19 Bartonsville, PA 18321 (570) 420-7939 https://www.pyramidhealthcarepa.com/
Boggia, Paul J., LCSW, CADAC Main Street Counseling Center Age: 12 -90	Addictions, substance abuse, individual, family, PTSD, mood D/O, anxiety, etc.	Mcare, Cigna, UBH, Aetna, 1st Priority, access, BC/BS, etc., sliding scale, cash/check	600 Main Street - Suite 120 Stroudsburg, PA 18360 (570)421-3670 http://www.mainstreetcounselingcenter.org/
Drug & Alcohol Commission Carbon/Monroe/Pike Age: No restrictions	Substance abuse and family related issues. D&A Hotline (866-824-3578) individual/groups/partial	Most insurances, MA Sliding fee scale Intake # 420-8297	724 Phillips Street Penn Square Suite A Stroudsburg, PA 18360 (570) 421-1960 http://www.cmpda.cog.pa.us/
Eating Disorder Treatment			
Storey, Joanne, LCSW	Eating Disorders	Tricare, Cigna, Intergroup, UBH, MHN Aetna, BC/BS, check, cash, sliding scale	Route 390 Mountainhome, PA 18342 (570) 595-6260
Hershey Medical Center Eating Disorder Clinic Residential/Day Programs	* Trish Muller, Evaluations, Day treatment, Inpatient Residential treatment		(717) 531-2099 http://childrens.pennstatehealth.org/eating-disorders-and-adolescent-medicine
Deutscher Rego, Susan, PhD. Age: Older adolescents- adult	Eating Disorders		65 E. Elizabeth Ave Bethlehem PA (610) 332-1705 http://www.drSusanrego.com/
Applegarth, Theresa, LPC	Eating Disorders		Bethlehem PA (610) 250-8850
Buss, Christina, MA LPC, NCC, CAC	Eating Disorders		1251 S Cedar Crest Blvd Ste 303D Allentown, Pennsylvania 18103 (610) 433-5750

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Dorfman, Lorraine M., PhD	Eating Disorders	Premier BS	Cedar Crest Professional Park Allentown PA (610)915-8035 or (610) 740-0755 https://www.drlorrainemdorfman.com/
Herrigel, Michelle, PhD	Eating Disorders		Mountainhome, PA (484)942-9190
Langman, Madeleine, PhD	Eating Disorders		825 N. Cedar Crest Blvd Allentown, PA (610) 351-3191
Kaufman, Kathy, PhD Advantage Counseling, LLC	Eating Disorders		Cedar Crest Blvd Allentown, PA (610) 435-2420
Penn, Roberta R., MA, LPC	Eating Disorders		555 Harrison Street Emmaus, PA (610) 965-6418 www.themitchellcenter.com
Cornell, Sara J., Psy.D. Comprehensive Psychological Services	Eating Disorders		Route 940 Pocono Lake, PA (570) 643-0222
Edwards-Hawwer,Cynthia, PsyD.	Eating Disorders		400 South State Street Clark Summit, PA (570) 575-3765 http://drcynthiahawwer.com/
Smith, Jennifer, LCSW	Eating Disorders		1702 W. Walnut Street Allentown, PA (610) 434-1540 http://brownbackmason.com/
UPMC Inpatient Eating Disorder Care	Eating Disorders		3811 O'Hara St Pittsburgh, PA (412) 647-9329 http://www.upmc.com/Services/behavioral-health/eating-disorders/Pages/default.aspx
Renfrew Center Inpatient Eating Disorder Care	Eating Disorders		475 Spring Lane Phila, PA 1-800-736-3739 or (215) 482-5353 http://renfrewcenter.com/
Brandywine Hospital Inpatient Eating Disorder Care	Eating Disorders		201 Reeceville Rd Coatesville, PA (610) 383-8369 / (610)383-8000 / 877-406-0431 http://www.brandywinehospital.com

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Registered Dieticians			
Brecht, Christina, MPH, RD, LDN Rosewood Counseling	(includes eating disorders)		1 Washington St. East Stroudsburg PA (570) 426-7150 ext 3 www.rosewoodcounselingservices.com
Stefanelli, Marlee, MS, LPC, LDN, RD	(includes eating disorders)	BC/BS, Highmark, Blue Care, Aetna, First Priority	235 Main Street Blakely, PA 18447 (570) 954-7181
LGBTQ Friendly Healthcare			
Kashmer, Laurissa, Dr.	Pediatric Endocrinology	therapist letter needed	Bethlehem/Allentown area (484) 664-785
Mazzoni Center	Comprehensive LGBTQ health care center	Most major insurances, sliding scale	Philadelphia area (215) 563-0652 https://www.mazzonicenter.org/
Allentown Women's Center	Transgender health Initiative		31 South Commerce Way, Suite 100 Bethlehem, PA 18017 (877) 342-5292 https://allentownwomenscenter.com
Support Groups			
Compassionate Friends Support Group (support of a family after a death of a child)	3rd Monday of each month 7:00 pm		327 Cherry Lane Road Tannersville, PA 18321 www.tcfpocochapter.org Teresa (570) 839-9612 and (570) 350-6695
Lehigh Valley Hospice Grief Groups	Chaplain and social worker will go to all local schools	FREE	Teri Gaglione (570)421-5390
Good Grief Support Group	2nd & 4th Thursday each month 7pm		St. Paul's Lutheran Church Fish Hill Rd. Tannersville, PA (570) 629-1992

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Depression/Bipolar Support Group	1st & 3rd Wednesdays of each Month 7PM - 9PM	FREE	Pocono Medical Center 206 East Brown Street East Stroudsburg, PA 18360 (570)476-3422
NAMI (National Alliance on Mental Illness)	Meetings 1st & 3rd Wednesday at Pocono Medical Center 7PM	FREE	(570)620-1865
Pocono Autism Society	Support group of families and professionals involved with ASD	FREE	Beth Dellicker (570) 421-2299 beth@poconoautism.org www.poconoautism.org
Suicide Survivors' Support Group	4th Tuesday of Each Month 7PM -8:30 PM	FREE	Pocono Medical Center 206 East Brown Street East Stroudsburg, PA 18360 (570)476-3422
Hope After a Loved's One's Suicide-Child Loss Chapter (HALOS-CLC)	For parents and siblings who have lost a child or sibling to suicide.	FREE	(570) 236-1168- Alice Keyes
Gender Pride Parent Support Group	Support group for parents who have children of any age that identify within the transgender spectrum	FREE	Contact Karen Foley, LMFT (570) 290-7166 or NEPAPTC@gmail.com Monthly meetings at a private location
LGBT+ Teen Group		\$5	Contact Kristy Fiore, LPC (570) 507- 3189 Kristy Fiore Counseling 1 Line St, Ste 3 Throop, PA
Pocono Mountains Area of Narcotics Anonymous			Helpline 24 hrs: (570) 421-6618 MARSCNA.org
Other Resources			
LAANEPA- Temporarily CLOSED	Latino American Alliance offers an in home needs assessment to Hispanic families. Staff is bilingual.		(570) 420-3725
Shared Ride	Bus transportation for medical appointments for families with no transportation and limited income.		(570) 839-8210 https://www.gomcda.com/sharedride.php

Project One to Won

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2019-2020 MONROE COUNTY BEHAVIORAL HEALTH REFERRAL LISTS
PROFESSIONALS/AGENCIES/SUPPORT GROUPS

Pinebrook Family Answers	Helps working parents with no/bad credit get a low-interest loan to purchase a car/repair an existing car.		610-432-3919 ext. 2255 http://pbfaiv.org/programs/ways-to-work/
Marley's Mission	Equine Assisted Psychotherapy for children who have experienced trauma		2150 Port Royal Rd, Clarks Summit, PA 18411 570-587-HOPE http://www.marleysmission.com/
Local Food Banks			
Pocono Mountain Ecumenical Hunger Ministry	Mt Pocono Borough, Coolbaugh, Pocono, Paradise Townships	9AM - Noon on the First Saturday, and 9AM - Noon the First Wednesday of every month.	(570) 894-2072 http://www.pmehm.org/
Top of the Mountain Ecumenical Council	Tobyhanna, Tunkhannock, and Coolbaugh townships	2nd Monday (8:30am-11am & 2pm-5pm) every month and the Tues that follows (8:30-am-11am)	133 Firehouse Road, Pocono Pines, PA 18350 (570) 646-7456 http://www.poconochurches.org/food-pantry.html
Supplemental Food Resource Center		Effort UMC	(610) 844-5593
Innovation Church- Community Food Pantry	Open to Monroe County residents with household income below 150% of the poverty level	Every Friday and the 1st Thursday, 2nd Wed, and 4th Sat of the Month 10:00AM-12:00PM/Noon	6048 Paradise Valley Road Cresco PA (570) 595-2000 X 117
Eglise Evangelique		9am-12pm on Saturdays	129 Lower Swiftwater Rd, Swiftwater, PA 18370(570) 895-2344 www.egliserenaissance.org/pages/pantry.html
PV Ecumenical Network	Residents of Eldred, Ross, Polk, Chestnut Hill, Hamilton, and Jackson townships	Tuesdays 9:15 to 12:00 pm Pick up food, by appointment.	279 Greenview Drive Brodheadsville, PA 18322(570) 992-3136 http://pven.net/
Homeless Shelter/ Resources			
Salvation Army Age: All	Emergency Housing, Energy & Rental assistance. Food pantry. Lunch served daily M-F	Programs income based. Services limited to residents from Monroe County	226 Washington Street East Stroudsburg, PA 18301 (570) 421-3050 http://pa.salvationarmy.org/

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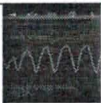









2019-2020 MONROE COUNTY BEHAVIORAL HEALTH REFERRAL LISTS
PROFESSIONALS/AGENCIES/SUPPORT GROUPS

Family Promise	Emergency Housing		1274 North 9th St. Stroudsburg, PA 18360 (570) 420-8589 http://familypromisepa.org/
RHD Crossroads/Street 2 Feet Outreach Center	Provides case management /support services to those who are homeless or at risk of homelessness in Monroe County		Homeless Day Center: 130 N. First St, Suite 102, Stroudsburg (570) 369-1299 Mountain Ctr, Tobyhanna (570) 894-3272 X133
PATH Pocono Area Transitional Housing	Emergency Housing		7 North 9th Street, Stroudsburg, PA 18360 (570) 476-1828 http://www.pathhouse.org/












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FREE MENTAL HEALTH APPS

PTSD		
PTSD Coach		Provides information as well as tools that can help users manage the stresses of everyday life with PTSD.
Stress		
Headspace: (iOS & Android) Guided Meditation		Mindfulness has been shown to be effective for reducing stress and helping with anxiety and depression. This app offers lessons to explore how to improve mindfulness.
Anti-Stress Quotes (iOS & Android)		Provides inspirational, stress reduction quotes.
Belly Bio (iOS)		Incorporates music, deep breathing exercises, and biofeedback.
Pacifica (iOS & Android)		Teaches deep breathing, behavioral exercises, and works on identifying negative thinking patterns and learning how to replace them with positive thinking patterns.
Stop, Breathe & Think (iOS & Android)		A simple, fun and free mindfulness and compassion building tool. Provides free activities, tips and a mood tracker.
Insight Timer (iOS & Android)		More than 4,500 free guided meditations and access to 750 meditation music tracks.
10% Happier (iOS & Android)		This app is designed for skeptics who want to try meditation, but want to simplify the process with practical, easy-to-apply content. New content added each week.
Daylio (iOS & Android)		A micro-diary app that lets you keep track of your moods without having to write down your feelings. Just select videos and icons that correspond with your mood to track how feelings.
Sleep Cycle (iOS & Android)		Track your sleep and get analysis that helps you get a good night's sleep; alarm clock that is designed to gently wake you up while you're in your lightest sleep phase.
Oak (iOS)		Offers simple breathing exercises, guided meditations, as well as sleep meditations to help to improve sleep patterns.
Anxiety		
Breathe2Relax (iOS & Android)		Breathing exercises to help with mood stabilization, anger control, and anxiety management.
Calm (iOS & Android)		Mindfulness meditation techniques

FREE MENTAL HEALTH APPS

Flowy (iOS & Android)		A game in which you solve puzzles by controlling your breath.
Self-Help for Anxiety Management (SAM)		Users are prompted to build their own 24-hour anxiety toolkit to track anxious thoughts and behavior over time, and learn 25 different self-help techniques.
Insight Timer (iOS & Android)		Over 10,000 free guided meditations to help calm the mind, reduce anxiety, manage stress, and improve sleep.
Depression		
NIH Depression Info (Android)		Info comes from the National Institutes of Health, including: symptoms, causes, treatments, and information about related conditions. Also a feature for finding the best help options for you or a loved one who is suffering from depression.
Smiling Mind (iOS & Android)		Designed to teach the value of guided meditation, features several free meditation programs, classified according to the ages they're appropriate for, with sessions appropriate for those younger than 7 years old and into adulthood.
Rise Up + Recover (iOS)		Uses the principles of cognitive behavioral therapy. Helps track meals and the emotions that accompany them and set inspirational alerts and find images and affirmations to keep you in a positive mindset.
Recovery Record (iOS & Android)		Tracks meals, but more importantly, how those meals make you feel, whether you used your food as a coping mechanism, and if you even enjoyed eating.
Depression CBT Self-Help (iOS & Android)		Contains a depression severity test, audios, articles, a cognitive diary, and a motivational points system that help you learn how to manage stress and engage in self-care behaviors.
Moodpath (iOS & Android)		Choose from a large library of audio and written exercises, based on the methods of cognitive behavioral therapy (CBT). Learn mindfulness techniques. Mood journal.
Suicide Prevention		
MY3 (iOS and Android)		Stay connected to your network when you are in a time of crisis. You define your network, and your plan to stay safe. With MY3 you can be prepared to help yourself and reach out to others when you are feeling suicidal.
Self-Harm Prevention		
Calm Harm (iOS and Android)		Calm Harm provides tasks that help to resist or manage the urge to self-harm. It provides suggestions, a timer, and feedback on how you handle self-injury. You can also add your own tasks.