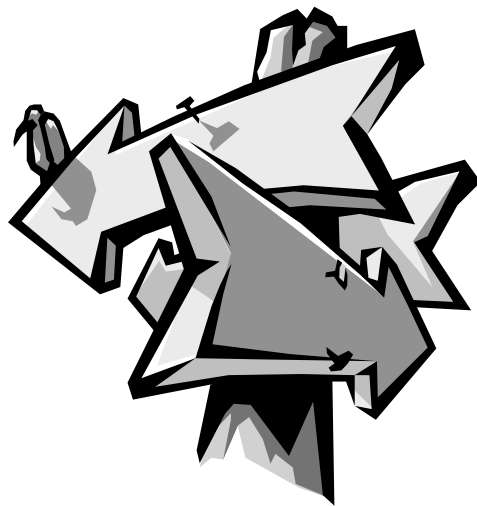


Mental Health Directory
for the
Central Susquehanna Valley
2004



**Mental Health Association
Of the
Central Susquehanna Valley**

Mental Health Directory for the
Central Susquehanna Valley
2004

The resources listed in this directory are for informational purposes only. This is not to be considered an exhaustive list and those resources listed should not be considered as recommendations or endorsements by the Mental Health Association of the Central Susquehanna Valley or its funding agencies. Every effort was made to include as many area mental health providers as possible. At the time of publication all information was considered accurate and up to date. However, information about any given organization is subject to change over time. We encourage consumers as well as mental health professionals to contact us if you are aware of any changes. Please send additions and updates to:

Curtis Louder
Education and Outreach Specialist
Mental Health Association
of the Central Susquehanna Valley
37 W. Main St.
Bloomsburg, PA 17815
Phone: (570) 784-9583
Fax: (570) 784-3220
Email: mhacsvedu@jlink.net

Additionally, this directory is available at the website of the Mental Health Association of the Central Susquehanna Valley at www.mhacsv.org. The website version will be more accurate and up to date than this directory because we are able to make regular changes to the information.

Table of Contents

National and State Mental Health Organizations	4 -5
Central Susquehanna Valley Mental Health Providers	6 - 33
Columbia County	6 - 11
Montour County	11 -13
Northumberland County	13 -14
Snyder County	14 -15
Union County	16 - 21
Outlying Counties	22 - 34
Mental Health Facts and Myths	35 - 37
Mental Health Consumer Bill of Rights	38
Practitioner Credentials	39
Questions When Choosing a Therapist	40
Glossary of Mental Health Terminology	41-48
Mental Health Association of the Central Susquehanna Valley	49
Special Thanks	50

National and State Mental Health Organizations

American Psychiatric Association

1400 K St., NW
Washington, DC 20005
(202)-682-6000
www.psych.org

Bazelon Center for Mental Health Law

1101 15th St., NW, Suite 1212
Washington, DC 20005-5002
(202)-467-5730
www.bazelon.org

Job Accommodations Network

918 Chestnut Ridge Rd.
PO Box 6080
Morgantown, WV 26506
(800)-526-7234
[Http://janweb.icdi.wvu.edu](http://janweb.icdi.wvu.edu)

National Alliance for the Mentally Ill

Colonial Place Three
2107 Wilson Blvd., Suite 300
Arlington, VA 22201
(703)-524-7600 or (800)-950-6264
www.nami.org

National Empowerment Center

599 Canal St.
Lawrence, MA 01840
(800)-769-3728
www.power2u.org

National Institute of Mental Health

6001 Executive Blvd., Room 8184
Bethesda, MD 20892
(301)-443-4513 or (800)-421-4211
www.nimh.nih.gov

National Mental Health Association

2001 North Beauregard St., 12th Floor
Alexandria, VA 22311
(800)-969-NMHA (6642)
www.nmha.org

National Mental Health Consumer's Self-help Clearinghouse

1211 Chestnut St., Suite 1207
Philadelphia, PA 19107
(215)-751-1810 or (800)-553-4539
www.mhselfhelpweb.org

Office of Mental Health and Substance Abuse Services

PO Box 2675
Harrisburg, PA 17105
(717)-787-6443

Mental Health Association in Pennsylvania

1414 North Cameron St., 2nd Floor
Harrisburg, PA 17102
(717)-346-0549
www.mhapa.org

Pennsylvania Mental Health Consumer's Association

4105 Derry St.
Harrisburg, PA 17111
(717)-564-4930
(800)-88PMHCA
pmhca@epix.net

Pennsylvania Protection and Advocacy, Inc.

116 Pine St., Suite 102
Harrisburg, PA 17101
(717)-236-8110 or (800)-452-1694

Columbia County Mental Health Providers

All Seasons Therapy Center

1113 Old Berwick Rd.

Bloomsburg, PA 17815

(570)-387-5004

1000 Commerce Park Dr.

Williamsport, PA 17701

(570)-323-6944

www.csgonline.org

Handicap accessible

Joan Adams, MSW, OCSW, LCSW

Serving all ages

Cognitive-behavioral, abuse, marital, family,
interpersonal, anxiety, depression

Medicare, Medicaid

William Chancellor, MSW, MDiv

Serving ages 13 and older

Interpersonal, cognitive-behavioral, couples and family

Medicare, Medicaid

Rommel Ramos, PhD

Serving all ages

Mental health and retardation

Medicare, (Medicaid-for therapy only)

Patricia Smith, MA, LPC, RD

Serving all ages

Eating disorders, anxiety, depression, abuse

Kathleen Arcuri, PhD, Clinical Psychologist

102 North Market St., Suite 2

Bloomsburg, PA 17815

(570)-387-1950

Serving ages 13 and older

Cognitive-behavioral, analytic, interpersonal, anxiety, depression, grief, PTSD,

personality disorders, sexual abuse, stress reduction, marriage
Medicare

Berwick Behavioral Health Services

Victor Muneshwar, MD (Psychiatry)

701 East 16th St.

Berwick, PA 18603

(570)-759-5160

Handicap accessible

Serving ages 55 and older

Geriatric psychiatry

Medicare

Berwick Individual and Family Counseling Clinic

200 Market St.

Berwick, PA 18603

(570)-752-8724

Bloomsburg Hospital Psychiatric Unit

549 East Fair Street

Bloomsburg, PA 17815

(570)-387-2242

Bloomsburg Psychological Center

816 Central Rd.

Bloomsburg, PA 17815

(570)-387-1832

www.bpcenter.com

Handicap accessible

Dorothy Ashman, MA

Serving ages 13 and older

Stress management, anxiety, depression, trauma, women's issues,
biofeedback, peak performance

Rhonda Barto, MSW, LSW

Serving ages 0-12 and 18 and over

Anxiety, depression, family issues, grief, relationships, abuse

Marilyn Brewster-Lauffer, PhD
Serving ages 18 and older
Stress management, relationships, trauma, anxiety,
depression

Sylvia Costa, MSW, LSW
Serving ages 13 and older
Anxiety, depression, grief, eating disorders, relationships,
sexual abuse, domestic violence, trauma

Sue Labar-Yohey, M.Ed., MS
Serving ages 6-12 and 18 and over
Testing, assessment, parenting issues, play therapy

Gary Londis, PhD
Serving ages 6-12 and 18 and older
Stress management, anxiety, grief, relationship, abuse,
depression, custody evaluation

Sorrel Luhrs, MA, CAC
Serving all ages
Addictions, trauma, relationships, depression, anxiety,
EMDR, hypnosis

Wanda Mandell, MA
Serving ages 6 and older
Stress management, biofeedback/neurofeedback, anxiety,
depression

Charles “Guy” Massaro, MSW, LSW
Serving ages 13 and older
EAP services, anxiety, depression, trauma

Catherine McLaughlin, M.Ed.
Serving ages 13 and older
Anxiety, depression, trauma, abuse, EMDR, hypnosis,
eating disorders, gender issues, self esteem

Richard Whitmire, MSW, LSW, NCAC
Serving ages 13 and older
Neuro-Linguistic programming, depression, anxiety,
trauma, substance abuse, families, personal growth

Community Services Group-Options Partial Hospitalization

1119 Old Berwick Rd.
Bloomsburg, PA 17815
(570)-784-2266
humbertl@csgonline.org, www.csgonline
Serving ages 18 and older
All spectrums of mental illness, personality disorders, mood
disorders, and psychotic disorders
Medicaid

Consulting Psychological Services

John S. Baird, PhD
11 Sundale Dr.
Bloomsburg, PA 17815
(570)-784-2051
Jbaird@bloomu.edu
Serving all ages
ADHD, testing and placement, learning disabilities, security testing, police
screening, personnel testing, courtroom testimony
Medicaid

Early Psychiatric and Counseling Services, PC

Shafiq-Ur-Rahman, MD
966-A Old Berwick Rd.
Bloomsburg, PA 17855
(570)-784-5663
20 North Vine St.
Hazelton, PA 18201
(570)-454-2545
132 Wilkes-Barre Twp. Blvd. Suite 202
Wilkes-Barre, PA 18701
(570)-829-1615

Adolescent, adult, geriatric psychiatry

Sally L. Eves, PhD

214 West Main St.

Bloomsburg, PA 17815

(570)-387-9986

Serving all ages

Trauma, grief, developmental disorders, women's issues, anxiety, depression

Handicap accessible

Fee adjustment

Marika Handakas, LCSW, BCD

141 North Market St.

Bloomsburg, PA 17815

(570)-387-8330

mhandakas@pa.net

Serving ages 6 and older

AIDS/HIV, anxiety, eating disorders, depression, grief, gambling, social anxiety, self-esteem, suicide prevention & grief counseling, OCD

Fee adjustment

Hollm Associates

Ronald Hollm, PhD, MSW, LSW

53 West Main St., Suite 206

Bloomsburg, PA 17815

(570)-784-8910

76 Valley View Rd.

Lewisburg, PA 17837

ronhollm@ptd.net

Serving ages 13 and older

Depression, anxiety, addictions, codependency, individual, marital, group, family, anger, eating disorders, parenting skills

Kathryn Lindenfeld, PsyD

The Inner Garden: Center for Mental Health and Wellness

273 East St.

Bloomsburg, PA 17815

(570)-380-8980, (570)-784-3562

Handicap accessible

Serving all ages

Substance abuse, poverty, academic skill development, marriage, abuse, holistic, in-home, play, multiple personalities

Fee adjustment

Milestones Community Healthcare, Inc.

Margaret Lukaszewski, MSW

230-B West Front St.

Berwick, PA 18603

(570)-752-5002

1150 Wyoming Ave.

Wyoming, PA 18644

Handicap accessible

Serving ages 1 to 17

Children's behavioral health, autism

Medicaid

New Every Morning Christian Counseling /Coaching Center

Toni Boberski, MS, LPC

243 West Main St.

Bloomsburg, PA 17815

(570)-594-1668, (570)-759-2112

Handicap accessible

Serving ages 13 and older

Marriage, spiritual, anger, depression, social anxiety, self-esteem, eating and mood disorders, stress, grief, dual diagnosis

Fee adjustment

New Hope

480 Central Rd.

Bloomsburg, PA 17815

(570)-389-1249

Providing psychological and psychiatric out-patient services for individual, couples, families, and agencies

Judith Sultzbaugh, MSW, LCSW

214 West Main St.

Bloomsburg, PA 17815
(570)-784-5907
Serving ages 6 and older
Individual, family, couples, cognitive, eating disorders
Medicare (limited)

Women's Center, Inc. Columbia/Montour Counties

111 North Market St.
Bloomsburg, PA 17815
(570)-784-6631
(800)-544-8293

Montour County Mental Health Providers

CMSU/ Behavioral Health Services

217 Pine St.
Danville, PA 17821
(570)-275-4962 or (800)-676-4412

277 East 7th St.
Bloomsburg, PA 17815
(570)-387-6741

62 North Bull Run Crossing
Lewisburg, PA 17837
(570)-524-9960

503 South Shuman St.
Middleburg, PA
(570)-837-3102

Crisis Intervention/Tapline
(800)-222-9016

Intake, assessment and referrals, case management, MH residential, MH nursing, psychiatric services, drop in center, after school programs, drug and alcohol detox, partial hospitalization, AIDS info, vocational support, pregnant women drug and alcohol programs, halfway house, outpatient counseling, consumer support

Deborah J. Cochran, MS, LMFT

318 East Market St.
Danville, PA 17821
(570)-275-8387

Serving ages 6 and older

Marriage and family therapy, adult therapy, analytic, cognitive-behavioral, family therapy, interpersonal, marriage counseling

Danville Pastoral Counseling Center

Michael D. Carr, LPC

906 Bloom Rd.

Danville, PA 17821

(570)-271-1242

Serving all ages

Mood & anxiety disorders, career & spiritual concerns, men's issues, grief & loss, relationship counseling

Geisinger Psychiatry

100 North Academy Ave.

Danville, PA 17821

(570)-271-6396

Handicap accessible

Serving all ages

Stephen Paolucci, MD

Susan Paolucci, MD

Robert Gerstman, DO

William Rakauskas, MD

Kaleen Kovalovich, MD

Douglas Reed, MD

Norma Yohai, MD

John Gerdes, PhD

Paul Kettlewell, PhD

Bradley Wilson, PhD

Christine Chew, PhD

Eric Hill, LSW

Linda Larson, LCSW, ACSW

Harriet Poechmann, LCSW

Kay Duncan, MSN, RN, CS

Jay Johnson, LSW

Bernadette Rock, BCD, LCSW

James Rinck, LCSW

George Godlewski, LCSW

Karen Lewis, LSW, CAC
Sally Bower, LCSW
William Augustine, MA
David Miller, MS

R. Scott Hoffer, MD (psychiatry)

702 East Front St.
Danville, PA 17821
(570)-275-0390
rshoffer@dcweblink.net, www.drhsalv.net
Handicap accessible
Serving ages 13 and older
Orthomolecular and nutritional treatments, holistic
Medicare

Carl Payne, MS Ed (psychologist)

516 Mill St.
Danville, PA 17821
(570)-271-0966
Handicap accessible
Serving ages 18 and older
Anxiety, depression, abuse, relationships, work stress, grief

Bethesda Day Treatment Center, Inc.

49 Lower Market St.
Milton, PA 17847
(570)-742-7025
www.bdtcpa.org
Serving ages 13-17
Alternative education, after school program, family counseling, outpatient drug
and alcohol counseling, foster care

Northumberland County Mental Health Providers

Community Services Group Options Program

330-A North Second St.
Sunbury, PA 17801
(570)-286-2077

kaskiek@csgonline.org
www.csgonline.org
Handicap accessible
Serving ages 18 and older
Bipolar, substance abuse, all spectrum of mental illnesses
Medicaid, private insurance, payout of pocket

Northumberland Mental Health and Mental Retardation

Base Service Unit
4th and Market Streets
Sunbury, PA 17801
(570)-988-4200

Psychological Services Clinic

352 Arch St.
Sunbury, PA 17801
(570)-286-5081

405 Bloom Rd.
Danville, PA 17821
(570)-275-7770

The Rainbow Connection

Mike Kaminski, PhD, M Div
PO Box 272
Northumberland, PA 17857
1-877-RAINBO5
117 West Independence St., Suite 504
Shamokin, PA 17872
(570)-648-3347
Handicap accessible
Serving ages 13 and older
Mind body medicine

Susquehanna Center

Suzanne Fisher, MSW
117 East Independence St.
Shamokin, PA 17872

(570)-644-0808

scg@mwhisp.net

Serving ages 13 and older

Cognitive-behavioral, hospice bereavement, stress, anxiety, grief, schizophrenia, PTSD, substance abuse, dual diagnosis, mood

Medicaid

Universal Community Behavioral Health Outpatient Clinic

434 Chestnut St.

Sunbury, PA 17801

(570)-286-9383

8 North Grove St.

Lock Haven, PA 17745

(570)-748-2262

Handicap accessible

Serving all ages

Depression, anxiety, eating disorders, children

Medicaid, Medicare

Snyder County Mental Health Providers

Bonner and Bonner

3 South Market St.

Selinsgrove, PA 17870

(570)-374-4305

Serving all ages

Child behavior difficulties, family issues, psychological testing, general practice

Medicare

Diane Bonner , PsyD

Ronald Bonner

Courtyard Counseling Services

Box 7 Suite 330 (Courtyard Offices)

Selinsgrove, PA 17870

(570)-743-2323

Handicap accessible

Tony Butto, PhD
butto@bucknell.edu
Serving ages 6 and older
Marriage and family, mood disorders, substance abuse

Caroline Harrison, LSW
Serving ages 6 and older
Marriage and family, mood disorders, substance abuse

Glenn Jacobson, PhD
Serving ages 6 and older
Marriage and family, mood disorders, substance abuse

Cheryl Stumpf, LSW
Serving ages 6 and older
Marriage and family, mood disorders, substance abuse

Hempfield Behavioral Health

50 West Market St.
Middleburg, PA 17842
(570)-837-2575
HCAmiddleburg@cs.com
3 additional offices in Harrisburg
Handicap accessible
Serving all ages
English/Spanish
Play; mobile; family; couple; and child therapy, therapeutic staff support, parenting training
Medicaid for ages 18 and younger

Union County Mental Health Providers

Associates in Counseling and Personal Development

3 Hospital Dr. #308
Lewisburg, PA 17837

(570)-523-7509

Handicap accessible

Medicare

Carol Graybeal, MSW, MS

Serving ages 13 and older

Mood disorders, EMDR, stress debriefing,
imago marital therapy

Lucy Heggenstailer, MSW

Serving all ages

Child therapy, reprocessing past trauma,
marital, mood disorders

Mary Lee Kelly, MSW

Serving all ages

Family therapy, adoption issues, ADHD

Joan Moreau, MD

Serving all ages

Child, adolescent and adult psychiatry

Joy Shivas, MSW

Serving ages 13 and older

Imago marital therapy, family, gestalt,
dissociative disorder

Kathleen Bergenson, PhD (neuropsychology)

11 Reitz Blvd., Suite 101

Lewisburg, PA 17837

Handicap accessible

Serving ages 18 and older

Neuropsych testing, ADHD, dementia, past traumatic head
injuries, educational testing, eating disorders, anxiety, marital
Medicare, Medicaid (testing and under 21 only)

Bethesda Family Services Foundation

PO Box 210

West Milton, PA 17886
(570)-568-2373
www.bfsf.org
Handicap accessible
Ask about fee adjustment and scholarships

Dominic Herbst, MS, MA
Serving ages 13 and older
Cognitive-behavioral, family therapy, holistic, spiritual,
anger management, anxiety, bipolar, eating disorders,
most other areas

Max Harrison MS, MA
Serving ages 13 and older
Family, cognitive-behavioral, group, holistic, spiritual,
stress, anger, anxiety, depression, grief, self esteem, abuse (phys. & sex.)

Nicholas E. Brink, PhD

202 South 2nd St.
Lewisburg, PA 17837
(570)-523-0023
nbrink@pennswoods.net
www.imaginalmind.net
Handicap accessible
Serving ages 18 and older
Anxiety, depression, OCD, marital, pain and other physical and/or psychoso-
matic problems
Medicare

Buffalo Valley Counseling Center

John Radke, MS, PhD
8 Lahr Circle
New Columbia, PA 17856
(570)-568-8500
buffalo7@chillytech.net
Handicap accessible
Serving ages 6 and older
Family-Counseling, ADD testing, depression, anxiety, grief, conference

speaker, relationship counseling
Sliding scale for payment

Charles E. Confer, LCSW, MSW

88 Bull Run Crossing
Lewisburg, PA 17837
chcon@ptd.net
Handicap accessible
Serving ages 6 and older
Cognitive-behavioral, family therapy, marriage counseling,
reality therapy
Medicare

Family Life Services

1800 West Market St.
Lewisburg, PA 17837
(570)-524-9477
1600 Fowler Ave.
Berwick, PA 18603
(570)-752-0550
Handicap accessible
Serving all ages
Medicaid, Medicare

Mark Basinger, MSW, LCSW

Parent child conflicts, ADHD, mental health/medical

Mary Ann Benson, MSW

Anxiety, depression, child behavioral disorders, family,
occupational stress

Colleen Bogner, MSW

Anxiety, depression, parent-child, teens, stress

Dustin Emery, MS Ed

Parenting, anxiety, depression

Karen Kauffman, MSW

Depression, anxiety, marital, family

Sarah Smith, MSW
Anxiety, depression, family, relationship

Darla Farr PhD, MSW LCSW

23 North Derr Dr.
Lewisburg, PA 17837
(570)-524-0909
Handicap accessible
304 Railroad St.
Danville, PA 17821
(570)-524-0909
EMDR, imago relationship therapy
Medicare

Jonathan L. Grindlinger, MD

11 Reitz Blvd., Suite 202
Lewisburg, PA 17837
(570)-522-0233
gfindlinger@tompkins.org
Handicap accessible
Serving ages 13 and older
Emotional psychotherapy, marriage and family, spiritual,
ADD/ADHD, anxiety, bipolar, eating disorders, stress, sexual abuse
Fee adjustment

Hoffman Associates

88 Bull Run Crossing, Suite 6
Lewisburg, PA 17837
(570)-522-8002
Handicap accessible
Serving ages 13 and older
Dual diagnosis, addiction recovery, sexual abuse, personality
disorders
 Craig Hoffman, MA (psychology)
 Shirley Hoffman, LSW, ACSW

Cheryl Hoover, MSW, LCSW, ACSW

11 Reitz Blvd., Suite 101

Lewisburg, PA 17837

(570)-524-0881

Handicap accessible

Serving ages 13 and older

Eating disorders, cognitive-behavioral, interpersonal, stress, anger, OCD, grief, sexual and spousal abuse, PTSD, marriage

Medicare

Mary Kelly, MSW

3 Hospital Dr., Suite 308

Lewisburg, PA 17837

(570)-523-7509

Handicap accessible

Serving all ages

Family, holistic, spiritual, stress, transgenerational, adoption, anxiety, depression, grief, PTSD, sexual abuse, women's issues

Medicare

Mary Lotspeich, MSW, LCSW

88 Bull Run Crossing, Suite 4

Lewisburg, PA 17837

(570)-523-0601

Handicap accessible

Serving ages 6 and older

General counseling practice for individuals, couples, and families

Medicare

Market Street Counseling

424 1/2 Market St.

Lewisburg, PA 17837

(570)-523-1212

Developmental issues, relationships, parenting, eating disorders

Serving ages 13 and older

Robert Midkiff, PhD

Susan Mathias, MS

Patricia Harrison Keeler

Joan Moreau, MD

3 Hospital Dr., Suite 308

Lewisburg, PA 17837

(570)-523-7509

454 Pine St.

Williamsport, PA 17701

(570)-321-6390

Handicap accessible

Serving ages 3 to 55

Pharmacotherapy, ADD, Asperger's syndrome, anxiety, bipolar, OCD, PTSD, social anxiety

Medicare

Oasis Counseling Associates

2409 Old Turnpike Rd.

Lewisburg, PA 17837

(570)-524-9099

Handicap accessible

Serving all ages

Depression, eating disorders, anxiety, panic, childhood development, parenting, marriage, individual lifespan issues

Sylvia Byler, MS

Virginia Michael, M Ed, LPC, NBCC

Nancy Paschuk, MA (clinical psychology)

32 North 5th St.

Lewisburg, PA 17837

(570)-524-2877

Handicap accessible

Serving all ages

Psychodrama, trauma, couples, work stress, sudden loss and grief

Some Spanish spoken

Jaqueline Sallade, Ed D (psychology)

917 Jefferson Ave.

Lewisburg, PA 17837

(570)-523-0322

jbstas@aol.com

Handicap accessible

Serving all ages

Child custody, general counseling, ADHD,
learning problem evaluations, emotional difficulties

French and Russian spoken

Senior Behavioral Healthcare

Robin Hale, PhD (psychology)

45 Forestwood Dr.

Lewisburg, PA 17837

(570)-538-5718

Handicap accessible

Serving ages 18 and older

General adult psychotherapy, geropsychology

Medicare

Genelle Sweetser, LCSW

Darla Farr, LSW

Susan Buckler-Miller, LSW

23 North Derr Dr., Suite 4

Lewisburg, PA 17837

(570)-524-0909

303 Railroad St.

Danville, PA 17821

Handicap accessible

Serving all ages

Imago relationship therapy, EMDR

Medicare

Lynnette Weisner, ACSW, LCSW

11 Reitz Blvd., Suite 101

Lewisburg, PA 17837

(570)-524-0881

Handicap accessible

Serving all ages

Family, CEAP, senior therapy, ADHD, grief, marriage, OCD, ODD, phobias, depression, social anxiety, sexual abuse

Medicare

Wynwood Counseling Services

Suzanne Domzalski, M Ed (counseling psych)

1125 West Branch Highway

Winfield, PA 17889

(570)-524-0978

Handicap accessible

Serving ages 13 and older

PTSD, grief, life transitions, depression, anxiety, anger

Mental Health Providers From Outlying Counties

Advanced Psychological Counseling Services

Denise Namowicz, LCSW

562 Wyoming Ave.

Kingston, PA 18704

(570)-552-5760

Handicap accessible

Serving ages 6 and older

Adjustment disorder, marital, relationships, women's issues

Alternatives In Counseling

Steven Silverstein, Dr. Ministry, LPC

792 Market St.

Kingston, PA 18704

(570)-905-4290

Handicap accessible

538 Vernard Rd.

Clark Summit, PA 18411

SSILVERSTEIN@BBC.EDU

Serving ages 6 and older

Personal, marriage & family, mental health
addictions, codependence, sexual, spiritual

Alzheimer's Assoc. of Greater PA Northeast Region

63 North Franklin St.

Wilkes-Barre, PA 18701

(570)-822-9915

www.alzpa.org

Serving all ages

No fee

Aristotle Group

25 North 8th St.

Stroudsburg, PA 18360

(570)-422-6670

1150 Wyoming Ave.

Wyoming, PA 18644

(570)-714-4273

Handicap accessible

Medicare and Medicaid

Anil Rai, MD (Psychiatry)

Serving ages 6 and older

Mood disorders, PTSD, ADHD

Hindi spoken

William Scott Jr., Licensed Psychologist

Behavioral Health Care Center PC

102 North Abington Rd., Suite 105

Clarks Green, PA 18411

(570)-586-8313

Handicap accessible

Medicare

John Martyniuk, MD (psychiatrist)

Serving ages 18 and older

Margaret Maurer, LCSW, CAC
Serving ages 13 and older
Chemical dependency, addictions,
family, depression, couples

C. Richard Nobel, PsyD
Serving ages 6 and older

Richard Silbert, MD (Psychiatrist)
Serving ages 18 and older
Eating disorders, drug and alcohol addiction

Behavioral Health Center

1100 Grampion Rd.
Williamsport, PA 17701
(570)-320-7480
Handicap accessible
Medicare

Teresa Bianco, MD
Serving ages 18 and older
Psychiatry

Cesario Chan, MD
Serving ages 1-18
Specializing in child psychiatry

Michael Marceau, MD

Stephen Berger, PsyD

248 Wilson Rd.
Hughesville, PA 17737
(570)-584-5858
Handicap accessible
Serving all ages
Individual therapy

Ask about payment

Bethesda Day Treatment Center, Inc.

740 Fairfield Rd.

Montoursville, PA 17754

(570)-368-0301

www.bdtcpa.org

Serving ages 13-17

Alternative education, after school program, family counseling, outpatient drug and alcohol counseling, foster care

Terri L. Calvert, MD

904 Campbell St.

Williamsport, PA 17701

(570)-322-1530

Handicap accessible

Serving ages 18 and older

Care of the elderly

Medicare

Catholic Social Services

81 South Church St.

Hazleton, PA 18201

(570)-455-1521

leanne@csshazleton.org

Handicap accessible

Serving all ages

Pregnancy and maternal health, counseling, foster care/adoption

English and Spanish spoken

Medicare

Central PA Therapy and Wellness Center

252 Broad St., Suite 200

Montoursville, PA 17754

(570)-368-4744

Joan E. Hatcher, MSW

Serving ages 18 and older

Stress management, anxiety, phobias, holistic approach to personal development

Barbara E. Thomas, MSW, CAC, LCSW
353 Crawford Alley
Montoursville, PA 17754
Barbthomasinc@susscom.net
Handicap accessible
Serving ages 13 and older
Eating disorders, substance abuse, family, marital mood disorders
Medicare

Children's Services Center of Wyoming Valley

335 South Franklin St.
Wilkes-Barre, PA 18703
(570)-825-6425
181 West Tioga St.
Tunkhannock, PA 18657
(570)-836-2722
www.cscwv.org
Handicap accessible
Serving ages 23 and younger
English/Spanish
Medicaid

Christian Counseling and Psychological Services

Stephen M. Demyon, Licensed Psychologist
Box 1800
Shavertown, PA 18708
(570)-696-9084
(800)-573-0967
www.christian-counseling-pa.com
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CEAP, spiritual
Sliding fee schedule

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101 West Broad St.
Hazleton, PA 18201

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Serving ages 6 and older
Marriage and Family (Individual)
Medicare

Counseling and Consulting Specialist

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Williamsport, PA 17701
(570)-326-9068

Handicap accessible
116 Kerr St.
Jersey Shore, PA 17740
(570)-326-9068
cnscs@uplink.net
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Lisa K. Cromley, MA
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Anger management, anxiety, depression, parenting issues

Edwin Finch, PhD
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Adult/child/family/group therapy, holistic, stress, ADHD,
Alzheimer's, anger, anxiety, bipolar, ODD, OCD, PTSD

Jennifer L. Patterson, MA
Serving all age groups
Psychological and learning disabilities, parenting
education, ADHD, depression

Igou Van, PhD
Serving all ages
General practitioner, training, spirituality, ADD/ADHD,

Paula A. Yeckley, MA, LSW
Serving all ages
Parenting; family; children and adolescents with ADHD, ODD, OCD,
PTSD

Divine Providence Hospital

Aileen Yap-Lacap, MD
1100 Grampian Blvd.
Williamsport, PA 17701
(570)-320-7480
Serving ages 16 and older
Psychiatry
English/Tagalog
Medicare

William R Dougherty Psy.D

1141 Clay Quincy (Clay Professional Complex)
Dunmore, PA 18510
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www.drdougherty.org
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biofeedback
Medicare, sliding fee, workers compensation

Dan Egli, Ph.D

454 Pine St., Suite 6 Eggs
Williamsport, PA 17701-6200
(570)-326-6111
sixeggs@suscom.net
Handicap accessible
Serving all age groups
Mood disorders, anxiety disorders, dissociative disorders,
psychopharmacology
Medicare

Family Services Association of Wyoming Valley

Dennis R. Gourley
31 West Market St.
Wilkes-Barre, PA 18701
(570)-823-5144

FSAWV.counseling@verizon.net

www.helpline.nepa.info

Serving all age groups

Non-psychiatric counseling, post partum depression, anger management, critical incident debriefing, EAP

Medicare

Ferrell and Associates, Inc.

2 East Broad St., Suite 701, Hazelton Center

Hazleton, PA 18201

(570)-454-9999

111 North Franklin St.

Wilkes-Barre, PA 18701

(570)-826-0999

Handicap accessible

F102150@EPIX.NET

Keith Ferrell, CAC, Licensed Psychologist

Serving ages 13-55

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couples/ marriage counseling

Frank Kremski, MSW, LSW

Serving ages 13-55

HIV/AIDS, addictions, adjustment disorders, personality disorders

Gary VanScoy, MSW, ACSW, CSW

Serving age groups 6-55

Children and adolescents, developmental disorders,
addictions, family therapy

Francene Tearpock– Martini & Associates, Inc.

Francene Tearpock, MS, LPC, CRC

56 South Main St.

Shickshinny, PA 18655

(570)-542-2346

138 Main St.

Mocanaqua, PA 18655

(570)-524-2233
Handicap accessible
FTM@EPIX.net
Serving ages groups 13 and older
Counseling, home services
Medicaid, Medicare

Gillum Psychological and Counseling Services

454 Pine St.
Williamsport, PA 17701
(570)-321-6390
gillumpc@uplink.net
www.gillumpcs.com
Handicap accessible
Serving all ages
ADD/ADHD, anger management, bipolar, men's issues , stress, suicide prevention & grief support, OCD, ODD, personality disorders, phobias
Payment based on case by case assessment

Joan Hatcher, MSW

252 Broad St., Suite 200
Montoursville, PA 17754
(570)-368-4744
Serving ages 18 and older
Stress management, anxiety, depression, dissociative, homosexuality, OCD, PTSD, sexual abuse, personality disorders

Robert Kammen, PsyD

250 Pierce St., Suite 214
(570)-718-1760
Kingston, PA 18704
Handicap accessible
Serving ages 6 and older
Medicare

Linda Keck, MA (psychology)

250 Pierce St., Suite 214

(570)-718-1760
Kingston, PA 18704
Handicap accessible
Serving ages 6 and older
Sexual abuse, depression, anxiety

Peter Keely, MA, DMin
699 Rural Ave., Suite 301
Williamsport, PA 17701
(570)-322-3226
peterkeely@suscom.net
Handicap accessible
Serving all ages
Neuropsychology, marriage, family, grief, PTSD/CPTSD, ADHD,
pastoral psychology

Linda Lease, PhD
1710 East Broad St.
Hazleton, PA 18201
(570)-454-1114
Handicap accessible
Serving all ages
Medicare

Harrison McCormick, MSW
1881 Bitler Hill Rd.
Muncy, PA 17756
(570)-546-6250
Handicap accessible
Serving all ages
Counseling available for most issues, Christian counseling
Fee adjustment

The Meadows Psychiatric Center
132 The Meadows Drive
Center Hall, PA 16828
1-800-641-7529
(814)-364-2161

www.themeadows.net

Serving ages 5 and older

Partial programs: Bellefonte, Chambersburg, Clinton/Lycoming counties, Huntingdon, Phillipsburg, Pottsville, York

Outpatient clinics: Bellefonte, Lock Haven, Williamsport, Huntingdon, Philipsburg, Sunbury, Altoona, Mifflintown, Lewistown

Wraparound programs: Bellefonte, Chambersburg, Lock Haven, Huntingdon, Philipsburg, Sunbury, Altoona, Mifflintown, Everett

Children's unit, adolescent unit, adult and stabilization unit

Nicole Miele, LCSW

904 Campbell St., Suite 301

Williamsport, PA 17701

(570)-327-8446

Handicap accessible

Serving ages 6 and older

Family matters, abuse

Medicare

Manor Care Health Services

300 Leader Dr.

Williamsport, PA 17701

(570)-323-8627

Handicap accessible

Serving ages 56 and older

Medicaid, Medicare

Montanye and Associates Counseling Center

Laura Montanya, PhD (psychology)

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Montoursville, PA 17754

(570)-368-2624

Serving ages 18 and older

Marriage and family counseling, testing for learning disabilities, mediation

Dominic Morollo, ACSW, LCSW

Hazleton Center, 2 East Broad St., Suite 715
Hazleton, PA 18201
(570)-459-1740
dmorollo@epix.net
Handicap accessible
Serving ages 13 and older
Addictions, depression, anxiety, relationships, family therapy
Medicare

Rosemary Neidig, MHS

57 East Fourth St.
Williamsport, PA 17701
(570)-322-4241
Serving all ages
Feminist therapy, psychodrama, senior therapy, stress, phobias, physical and
sexual abuse, family lifecycle issues, suicide

Northeast Counseling Services

130 West Washington St.
Nanticoke, PA 18634
(570)-735-7590
750 East Broad St.
Hazleton, PA 18201
(570)-455-6385
www.northeastcounseling.org
Handicap accessible
Serving ages 6 and older
Specializing in all areas
Medicaid, Medicare

Schively Counseling Services

Jay Schively, MSW
1637 Bloomingrove Rd.
Williamsport, PA 17701
(570)-326-3541
schivelys@chilitech.net
Handicap accessible
Serving ages 6 and older

EMDR, Family, marriage, stress, transgenerational, anger, depression, grief, OCD, PTSD, self-esteem, social anxiety

SPS Psychiatry

Gordon Bushell, MD
1100 Grampion Blvd., 3rd Floor South
Williamsport, PA 17701
(570)-320-7480
Handicap accessible
Serving ages 18 and older
Medicare

Stocki and Neil Counseling Associates

413 Washington Blvd.
Williamsport, PA 17701
(570)-322-5051
Handicap accessible
Medicare

Marian Lang, LSW
Serving ages 6 and older
Marriage, play, spiritual, anger, anxiety, ADD, ODD,
OCD, somatoform, substance abuse, suicide, PTSD

John Neil, PsyD
Serving all ages
Forensic, psychodynamic, autism, spousal abuse,
phobias, OCD, ODD, PTSD, self-esteem, stress, ADD

Mary Ann Crouse Novak, LCSW
Serving ages 6-56
Interpersonal, family, spiritual, anger, anxiety, depression,
abuse, social anxiety, phobias, women's issues

Christie Seiler, PsyD
Serving ages 6 and older
Biofeedback, senior therapy, stress, Alzheimer's, suicide
developmental disabilities, neuropsych assessment,

Stephanie Stocki, PsyD, LCSW
Serving ages 6 and older
Cognitive Behavioral, marriage, gay/lesbian, PTSD,
eating disorders, social anxiety, self-esteem, phobias

Susquehanna Counseling Group

676 Wyoming Ave.
Kingston, PA 18704
(570)-283-1600
Handicap accessible
Serving ages 6 and older

Kathy Atwell, MSW, LCSW
Depression, anxiety, grief, relationship, women's issues, self growth

Dennis Gold, PhD (psychology)
Depression, anxiety, OCD, stress, bipolar

John Shovlin, MA (psychologist)

Susquehanna Health System

Richard Landis, PhD (clinical psych)
1100 Grampion Blvd.
Williamsport, PA 17701
(570)-320-7401
Handicap accessible
Serving all ages
Diagnostic psychology and neuropsychology assessment
Medicare, Medicaid

Vijay Rekhala, MD

699 Rural Ave., Suite 301
Williamsport, PA 17701
(570)-326-1283
Handicap accessible
Serving ages 6 and older
Mood disorders, anxiety, men's and women's issues,
organic mental disorders, personality disorders
Medicare

Steven Weisblatt, MD

Old Route 940

Pocono Lake, PA 18347

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www.drweisblatt.com

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sleep disorders

Williamsport Christian Center

20 Casey Dr.

Williamsport, PA 17701

(570)-327-8645

Kenneth Balliet, PhD

drballiet1@aol.com

Serving ages 13 and older

Cognitive behavior therapy

Margaret Balliet, PhD

maballiet1@aol.com

Serving all ages

Cognitive behavior therapy

Williamsport Psychological Associates

811 Market St.

Williamsport, PA 17701

(570)-322-2603

Handicap accessible

John Kelsey, PhD (clinical psych)

Serving ages 6 and older

General psychology

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Sandra Probst, MA (licensed psychologist)

Serving ages 13 and older

General psychology

Myths and Facts About Mental Illnesses

THE MYTHS

People who have been treated for a mental illness are unstable and could go “wild” at any moment.

REALITY: Most people with mental illnesses are more likely to withdraw from social interaction than aggressively confront others. Statistical research shows that a person with mental illness is no more likely to commit a violent act than someone in the general population. Individuals who have recovered from a mental illness are more apt to be the victims of a violent crime rather than the perpetrators. The true predictor of criminality is not a history of mental illness but a history of violent actions. A person who has been treated for mental illness but does not have a previous criminal record is considered less likely to be arrested than the average citizen.

People with mental illnesses will never recover.

REALITY: Mental illnesses are treatable and people who have them can and do recover. Mental illnesses should be viewed with the same attitude as physical illnesses. When care and treatment are available, improvement and/or recovery will allow individuals to return to leading normal productive lives. Unfortunately, discrimination prevents people who have recovered from a mental illness from re-entering the vocational, residential and social mainstream.

People with schizophrenia have a “split personality”.

REALITY: “Split personality” is a popular but incorrect description of schizophrenia, one of the major mental illnesses. Multiple personalities is a separate and very rare disorder. Schizophrenia is a thought disorder that causes visual or auditory hallucinations and other symptoms of being “out of touch with reality.”

All homeless people have a mental illness and they should be hospitalized.

REALITY: One-third of the homeless population is estimated to have a mental illness. Only six percent of the homeless require inpatient psychiatric care, according to the National Institute of Mental Health (NIMH).

People with mental illness should be locked up “for their own good”.

REALITY: The mental health system no longer “locks people up” as a treatment. Today, most people are successfully treated in outpatient settings. People with mental illnesses live in the community. Many of them live with their families while using community support services.

It is okay to discriminate against people with mental illness because no one can expect you to hire a person with schizophrenia or rent to someone with manic depression.

REALITY: The Americans with Disabilities Act of 1990 provides comprehensive protection against discrimination based on mental or physical disabilities. The employment provision of the ADA took effect July 26, 1992 for all employers with 25 employees or more; in 1994, for 15 employees or more. All Americans, no matter what their disability, are entitled to work opportunities provided they meet job qualifications. The fair Housing Amendment Act of 1988 extended protection against discrimination in the sale or rental of housing to people with disabilities.

Mental Illness is the same as mental retardation.

REALITY: Mental retardation is a condition that develops at birth or during development and involves below average intellectual functioning. Most people with a mental illness are of at least average intelligence and their first episode with mental illness can happen at any age.

THE FACTS

Mental illness strikes people of all ages, races and economic backgrounds, whether or not there is a history of mental illness. More than 54 million Americans have a mental disorder in any given year, although fewer than 8 million seek treatment.

Late-life depression affects about 6 million adults, but only 10 percent ever receive treatment. At least 10 to 20 percent of widows and widowers develop clinical depression within one year of their spouse's death. Individuals age 65 and older account for 20 percent of all suicides, (more than any other age group).

One in five children have a diagnosable mental, emotional or behavior disorder. And up to one in ten may suffer from a serious emotional disturbance. Seventy percent of children, however, do not receive mental health services.

Each year, 18 million Americans suffer from clinical depression. In the U.S. 12 million women experience depression every year, roughly twice the rate of men. Depression is not a passing mood or a personal weakness, but a major medical disorder.

It has been calculated that each year, the economy loses an estimated \$44 billion because of clinical depression.

People with depression are four times more likely to have a heart attack than those with no history of depression.

Anxiety disorders, phobias, panic disorders or obsessive-compulsive disorder affects more than 28 million Americans.

Schizophrenia, a brain disease characterized by impaired thinking, delusions and hallucinations affects more than 2.5 million Americans, making it five times more common than multiple sclerosis and six times more common than insulin dependent diabetes.

Up to one half of all visits to primary care physicians are due to conditions that are caused or exacerbated by mental or emotional problems.

Sources:

National Mental Health Association, National Institute of Mental Health,
Surgeon General's Report on Mental Health

Mental Health Consumer Bill of Rights

Adapted from the GROHOL Mental Health Page-Patient Rights

A mental health consumer has the right:

1. To participate in developing an individual plan of treatment.
2. To receive an explanation of services in accordance with the treatment plan.
3. To participate voluntarily in and consent to treatment.
4. To object to, or terminate treatment.
5. To have records protected by confidentiality and not be revealed to anyone without written consent.

Regarding confidentiality:

Confidentiality may only be broken under the following conditions
(state laws may vary)

If the therapist has knowledge of child or elder
abuse

If the therapist has knowledge of client's intent to harm themselves

If the therapist receives a court order to the
contrary

If the client enters into litigation against the
therapist

6. To have access to one's records.
7. To receive clinically appropriate care and treatment that is suited to one's needs, and skillfully, safely, and humanely administered with full respect for one's dignity and personal integrity.
8. To be treated in a way which is ethical and free from abuse, discrimination, mistreatment, and/or exploitation.
9. To be treated by staff who are sensitive to one's cultural background.
10. To be afforded privacy.
11. To be free to report grievances regarding services or staff to supervisors.
12. To be informed of expected results for all therapies prescribed, including their possible adverse effects (e.g. medications).
13. To request a change in therapists.
14. To request that another clinician review the individual treatment plan for a second opinion.

Practitioner Credentials

Psychiatrists (MD, DO) are medical doctors who specialize in the diagnosis and treatment of emotional difficulties and who have had at least four years of residency training after completing medical school. Child psychiatrists have additional special training in understanding and working with children, adolescents and their families. Because they are physicians, psychiatrists are the only mental health professionals who can prescribe medication and supervise its use.

Clinical Psychologists (PhD, PsyD, EdD, MD) are trained in the evaluation and treatment of emotional problems. They work with individuals, couples, families, and groups in an effort to treat and prevent serious problems by helping people cope with stress or crisis, or by helping them reduce stress in their environment. A licensed psychologist has at least a master's degree in psychology and often has a doctorate.

Psychiatric or Clinical Social Workers (MSW, ACSW, LCSW) are persons who have earned a Masters of Social Work (MSW) degree. Social work training includes working directly with people and under the supervision of other professionals. Social workers who have completed a program approved by the National Association of Social Work receive an ACSW degree. Some social workers are certified for clinical or psychiatric practice through state licensure (LCSW).

Family Therapists (MFT, MS, MA) are trained in graduate programs or special certificate programs designed to give them specific experiences and training with families.

Pastoral Counselors (MDiv) There are pastoral counseling training institutes which offer a post master's level program in pastoral counseling and psychotherapy. Not all ministers, pastors, etc are pastoral counselors.

Psychiatric Nurses (RN, BSN) are registered nurses who have had special training and experience working with people in emotional distress. Some may have earned a master's degree in psychiatric/mental health programs. They often work closely with a psychiatrist or other professional.

Questions You May Want To Ask When Seeking Help

Finding the right therapist is a key ingredient in successful treatment. Therefore, it is extremely important to find someone you feel comfortable with. The following is a list of questions that can help you to decide if a particular therapist is right for you before you commit to seeing them:

“What insurances do you accept?”

“Do you have a sliding pay scale?”

“What are your payment policies?”

“What kind of therapist are you?”
(psychologist, psychiatrist, social worker, etc)

“Are you licensed or certified for this state?”
(a copy of their license should be displayed)

“What types of training have you had and from where?”

“What types of therapy do you use?”

“What are your cancellation policies?”

“What hours are you available? What about times of crisis?”

“Does the location of your office offer some degree of privacy?”

“Do you practice out of more than one office?”

“How long have you been practicing?”

“Will you collaborate with my other health care providers?”

Glossary Of Mental Health Terminology

ADDICTION

Repeated and increased use of a drug or chemical substance, the deprivation of which gives rise to symptoms of distress and an irresistible urge to use the agent again; leads to deterioration of physical and mental health.

ADDICTIVE BEHAVIORS

Can include the addiction to alcohol, drugs (including prescription drugs), as well as gambling, eating, smoking, sex, money, etc.

ADJUSTMENT DISORDER

Maladaptive reaction to circumstances or life events that is expected to end when the stress ceases.

ADVANCE DIRECTIVE

A legal document through which a mental health consumer may delegate specific authority to a named designee who may then provide consent to treatment should that consumer be determined to lack capacity to make such decisions.

AFFECTIVE DISORDERS

Any group of clinical conditions characterized by a disturbance of mood (the internal emotional state of an individual), a loss of a sense of control, and a subjective experience of great distress; comprised of depression and mania.

AFTERCARE

After hospitalization, a continuing program of rehabilitation designed to reinforce the effects of therapy and to help patients adjust to their environment.

AGORAPHOBIA

Morbid fear of open places or of leaving the familiar setting of home; may be present with or without panic attacks.

ALCOHOLICS ANONYMOUS (AA)

An organization of alcoholics formed in 1935 that uses certain group methods such as inspirational-supportive techniques, to help rehabilitate chronic alco-

holics.

ALZHEIMER'S DISEASE

Also, see dementia

Most common cause of dementia in older people.

ANOREXIA NERVOSA

Serious and sometimes life-endangering condition characterized by a disturbed body image and self-imposed severe dietary limitations, usually resulting in serious malnutrition.

ANXIETY DISORDER, GENERALIZED

Also, see Panic, or Phobia

Anxiety disorder characterized by chronic generalized anxiety not attached to any particular idea, object or event.

ATTENTION-DEFICIT DISORDER

A mental disorder in children and/or adults which affects learning and social behavior characterized by short attention span, poor concentration and impulsivity.

ATTENTION-DEFICIT HYPERACTIVITY DISORDER

Childhood mental disorder characterized by a developmentally inappropriate short attention span, hyperactivity, and poor concentration. The category involves abnormal behavior patterns that had been referred to previously by a variety of names, including hyper kinetic syndrome, hyperactive child syndrome, and minimal brain dysfunction.

BEHAVIOR THERAPY

Psychological treatment modality that focuses on overt and objectively observable behavior and uses various conditioning techniques derived from learning theory to directly modify the patients behavior; aims exclusively at symptomatic improvement, without addressing underlying causation.

BIOLOGICAL BRAIN DISORDER

A category of mental illness characterized by genetic or externally triggered changes in the brain's neurological or chemical functioning which results in a

pattern of behavior or affect. Schizophrenia, depression and bi-polar disorder, obsessive-compulsive disorder and anxiety disorders are believed to fall into this category.

BI-POLAR DISORDER

An affective/mood disorder in which the patient exhibits both manic and depressive episodes. Also called manic-depressive illness.

BORDERLINE PERSONALITY DISORDER

Personality disorder marked by instability in various areas, including impulsiveness, suicidal acts, self-mutilation, identity problems, and feelings of emptiness or boredom.

BULIMIA NERVOSA

Episodic, uncontrolled, compulsive and rapid ingestion of large amounts of food over a short period of time (binge eating) followed by self-induced vomiting, use of laxative, fasting, or vigorous exercise in order to prevent weight gain (binge and purge).

CLINICAL PSYCHOLOGY

Branch of psychology concerned with the application of psychological principles to the prevention, treatment and understanding of mental, emotional and behavioral problems.

CO-DEPENDENCY

A term popularized in addiction self help literature describing unhealthy relationships in which an individual's behavior is predicated on the behavior of their partner.

CO-MORBIDITY

Co-morbidity is defined as two or more medical conditions that occur at the same time. From a psychiatric point of view, co-morbidity can mean the co-existence of a psychiatric disorder such as depression or anxiety with a substance abuse disorder or other medical condition like heart disease.

COMPULSION

Uncontrollable, repetitive and unwanted urge to perform an act.

CONFIDENTIALITY

Ethical principal by which the professional is bound to hold secret all information given to him or her by the patient.

DECOMPENSATION

Deterioration of psychological functioning due to a breakdown of coping mechanisms.

DEINSTITUTIONALIZATION

Refers to the practice of closing large institutions or reducing access to institutional mental health care in favor of community-based care.

DELUSION

False belief that is firmly held, despite objective and obvious contradictory proof or evidence and despite the fact that other members of the culture do not share the belief.

DEMENTIA

Organic mental disorder characterized by general impairment in intellectual functioning, frequently characterized by failing memory, difficulty with calculations, distractibility, alterations in mood and affect, impairment in judgment and abstraction, reduced faculties with language and disturbance of orientation.

DEPRESSION

Mental state characterized by feelings of profound sadness, loneliness, despair, low self-esteem, and self-reproach; accompanying signs include psychomotor retardation or at times agitation, withdrawal from interpersonal contact, and vegetative symptoms such as insomnia and loss of appetite. The term refers to a mood that is so characterized or to a mood disorder.

DISSOCIATIVE IDENTITY DISORDER

Dissociative reaction in which a person has two or more distinctive personalities most of them knowing nothing of the others. Formerly called Multiple Personality Disorder.

DSM-IV (Diagnostical Standards Manual, Edition IV)

An industry standardized publication, identifying and classifying categories of mental disorders.

DUAL DIAGNOSIS

Most commonly refers to individuals diagnosed with mental illness and co-occurring substance abuse or less commonly, mental illness and mental retardation.

DYSTHYMIA

A less severe type of depression that involves long-term, chronic symptoms that limits an individual's ability to "feel good".

ELECTROCONVULSIVE THERAPY (ECT)

Convulsive therapy, usually for depression, that involves the application of electric current to the brain for a fraction of a second through the scalp electrodes to induce a seizure reaction and unconsciousness.

EXTRAPYRAMIDAL EFFECT

Bizarre involuntary motor movement; a central nervous system side effect sometimes produced by antipsychotic drugs.

EYE MOVEMENT DESENSITIZATION REPROCESSING (EMDR)

Method of psychotherapy that integrates eye movements or other forms of rhythmical stimulation in ways that stimulate the brain's information processing system.

FORENSICS

In mental health, relates to treatment of behavior or thought disorders, which involve criminal acts, or acts that may be considered as criminally insane.

GROUP PSYCHOTHERAPY

Application of psychotherapeutic techniques to a group of patients, using patient interactions to effect changes in the maladaptive behavior of the individual members.

HYPOCHONDRIASIS

Disorder characterized by excessive, morbid anxiety about one's health; hypochondriacal patients exhibit a predominant disturbance in which the physical symptoms or complaints are not explainable based on demonstrable organic findings and are apparently linked to psychological factors.

INDIVIDUAL THERAPY

Traditional therapeutic techniques in which a psychotherapist treats only one patient during a given therapeutic session.

INFORMED CONSENT

Consent, given by a patient to a professional, to perform a treatment legally requires that the patient be informed of the nature of the proposed procedure, its risks, its proposed benefits, and the available alternatives; the major problem in giving informed consent, legally and psychologically, is the extent or depth of the disclosure.

MANAGED CARE

A system for providing controlled access to healthcare in which insurance companies or other monitoring entities determine needs and approve services.

MANIC-DEPRESSIVE ILLNESS

Mood disorder characterized by severe alterations in mood that are usually episodic and recurrent. The unipolar type is characterized by either periodic episodes of mania (manic disorder) or periodic episodes of depression (depressive disorder). In the bi-polar or circular type, the person has at least one episode of each mood extreme and may alternate periodically between the two.

MOOD DISORDERS

See Affective Disorders

MULTIPLE PERSONALITY DISORDER

See Dissociative Disorder

NERVOUS BREAKDOWN

Nonspecific lay term for mental disorder, often implying an acute loss of coping ability.

OBSESSION

Persistent and recurrent ideas, thoughts or impulses that are involuntary and cannot be controlled by logical reasons.

OBSESSIVE-COMPULSIVE DISORDER

A type of anxiety disorder characterized by repeated, unwanted thoughts or ritualistic behaviors such as hand washing, etc.

ORGANIC DISORDER

Illness that causes structural, biochemical and thus actual physical damage.

PANIC

Acute, intense attack of anxiety associated with emotional disorganization; the anxiety is overwhelming and accompanied by feelings of impending doom.

PARTIAL HOSPITALIZATION PROGRAM (PHP)

Full day treatment program that allows the patient to return to their home environment in the evenings.

PEER COUNSELING

Support provided by mental health consumers, which, though not therapy, can have a therapeutic and empowering outcome.

PERSONALITY DISORDER

Mental disorder characterized by inflexible, deeply ingrained, maladaptive patterns of adjustment to life that cause either subjective distress or significant impairment of adaptive functioning; manifestations are generally recognizable in adolescence or earlier.

PHOBIA

Persistent, pathological, unrealistic, intense fear of an object or situation; the

phobic person may realize that the fear is irrational but nonetheless is unable to dispel it.

POST-TRAUMATIC STRESS DISORDER (Post Trauma, PTSD)

Anxiety disorder that occurs after and as a result of a major, disturbing, out of the ordinary event in a person's life, such as war or rape; may have a delayed onset.

PSYCHOANALYSIS

Treatment for emotional distress, mental illness or behavior disturbance, which reflects a long-term assessment of the patient's history, interactions and lifestyle.

PSYCHOLOGICAL EVALUATION

Standardized testing used to determine an individual's emotional status, performed by licensed mental health professionals. May include personality, intelligence (IQ), or other psychological tests.

PSYCHOLOGIST

A trained individual who provides therapeutic intervention to individuals experiencing behavioral and/or emotional problems through a variety of techniques and approaches, including talk therapy for example.

PSYCHOPHARMACOLOGY

The practice of therapeutic intervention for thought and/or behavioral disorders which utilizes medication.

PSYCHOTIC DISORDER (Psychosis)

Mental disorder in which a person's thought, affective response, ability to recognize reality, and the ability to communicate and relate to others are sufficiently impaired to grossly interfere with his or her capacity to deal with reality; the classical characteristics of psychosis are impaired reality; hallucinations, delusions and illusions.

PSYCHOTHERAPY

Treatment for mental illness and behavioral disturbances in which a trained person establishes a professional contract with the patient and through definite therapeutic communication, both verbal and nonverbal, attempts to alleviate the

emotional disturbance, reverse or change maladaptive patterns of behavior, and encourage personal growth and development.

REGRESSION

A therapeutic technique which focuses on experiences of early childhood.

REHABILITATION

All methods and techniques used in an attempt to achieve maximum functioning and optimal adjustment in a given patient; the physical, mental, social and vocational preparation of a patient for the fullest possible life compatible with his or her abilities and disabilities.

SCHIZOPHRENIA

A mental disorder characterized by disturbances in thinking, mood and behavior. The thinking disturbance is manifested by a distortion of reality, sometimes with delusions and hallucinations, accompanied by a fragmentation of associations that results in characteristic disturbances of speech; the mood disturbance includes ambivalence and inappropriate or constricted affective responses; the behavior disturbance may be manifested by apathetic withdrawal or bizarre activity.

SENILE DEMENTIA

Cerebral deterioration associated with advancing age; onset is insidious, progression is slow and gradual, and no specific therapy is known.

SOMATIFORM DISORDERS

Mental disorders characterized by a marked preoccupation with body and fears of disease; production of the symptoms is linked in psychological factors or conflicts but is not under voluntary control.

SUPPORT GROUP

Organized group of persons addressing common concerns.

THOUGHT DISORDER

Thinking disturbances affecting language, communication, or thought content.

Mental Health Association of the Central Susquehanna Valley

The Mental Health Association is a national, non-profit organization dedicated to improving mental health and reducing stigma in our communities through advocacy, education, and service. In the Central Susquehanna Valley MHA offers a number of important services including:

- **Compeer:** Matches community volunteers in mentoring friendships with persons receiving mental health treatment.
- **Representative Payee:** Provides mental health clients with a representative to help with budgeting and to pay their bills.
- **Consumer Support Staff:** Provide advocacy services on a variety of issues such as housing, employment, finances, and general information.
- **Mutual Support Groups:** Offer peer support for those with mental illness. Groups include: depression/bipolar, anxiety/panic, Parkinson's, and family support.
- **Pharmaceutical Assistance Program:** Financing up to six weeks of psychiatric medications for eligible participants.
- **Free Screenings:** Depression, anxiety, eating disorders.
- **Mental Health Conference:** Covering a variety of topics for mental health clients, families, health care workers, educators, and mental health professionals.
- **Resource Library:** Provides books, videos, and other relevant mental health resources on loan.
- **Training Workshops:** MHACSV staff and volunteers are available to speak on such topics as recovery planning, self-advocacy, suicide prevention, and more.

For more information contact:
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37 West Main St.
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(570) 784-9583, 1 800-874-8363

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