

ADOLESCENT MENTAL HEALTH PROVIDERS

(* = provider identified this as an area of specialty)

MOOD DISORDERS: DEPRESSION, ANXIETY DISORDERS

Missy Sirch-Stasko, PhD, LPC	*Region Ten Child and Adolescent Services
Terry Muller, PhD	
*Robert Muller, PhD	*Jill Cartwright, LPC
*Michelle Damiani, PhD AA	Michael Garcia, LPC
Joe Kayser, PhD	Joseph David, MD
Mark Horner, PhD, LCP	Shawn Gawirtz, PhD, LCP
*Rachel Lewis, LCSW	Vishal Madaan, MD
Barbara Groves, LCSW	Robert Rannigan, LPC
Barbara Troncoso, PhD	Cindy Stegmeier, LPC
Ulrike Wartner, PhD	*Bob Taibbi, LCSW
Elizabeth Horner, M.Ed., LPC	Paul Wilkins, MD
Matthew Yoder, PhD	

EATING DISORDERS

*Michelle Damiani, PhD	Missy Sirch-Stasko, PhD, LPC
*Bob Taibbi, LCSW	Christina Reibeling, PhD
Elizabeth Horner, M.Ed., LPC	Vishal Madaan, MD
Joe Kayser, PhD	Cindy Stegmeier, LPC
Mark Horner, PhD, LCP	

PERSONALITY DISORDERS

Elizabeth Horner, M.Ed, LPC	Barbara Troncoso, PhD
Missy Sirch-Stasko, PhD, LPC	Ulrike Wartner, PhD
*Robert Muller, PhD	Joseph David, MD
*Daniel Josephthal, MD	Vishal Madaan, MD
*Mark Horner, PhD, LCP	Cindy Stegmeier, LPC

GRIEF COUNSELING

*Rachel Lewis, LCSW	Barbara Troncoso, PhD
*Ulrike Wartner, PhD	Region Ten Child and Adolescent Services
Missy Sirch-Stasko, PhD, LPC	Barbara Groves, LCSW
Daniel Josephthal, MD	Robert Rannigan, LPC
Joe Kayser, PhD	

SUBSTANCE ABUSE DISORDERS

Joe Kayser, PhD	*Archer Manness, LPC
Region Ten Child and Adolescent Services	Cindy Stegmeier, LPC
	Paul Wilkins, MD

SEXUAL/GENDER IDENTITY ISSUES

Ulrike Wartner, PhD	*Rachel Lewis, LCSW
Elizabeth Horner, M.Ed, LPC	Joe Kayser, PhD

Region Ten Child and Adolescent
Services
Vishal Madaan, MD

Michael Garcia, LPC
Daniel Josephthal, MD
Cindy Stegmeier, LPC

ADD/ADHD

*Robert Muller, PhD
*Rachel Lewis, LCSW
Missy Sirch-Stasko, PhD, LPC
Elizabeth Horner, M.Ed, LPC
*Bob Taibbi, LCSW
Vishal Madaan, MD

Joe Kayser, PhD
*Shawn Gewirtz, PhD, LCP
Barbara Troncoso, PhD
Region Ten Child and Adolescent
Services

GENERAL MENTAL HEALTH RESOURCES

Region Ten Community Services Board

24-hour Emergency Services and General Referrals: 972-1800 or 1-866-694-1605
500 Old Lynchburg Rd.

Addiction and Substance Abuse services: 972-1800
Buzz Barnett, buzzb@regionten.org

Child and Adolescent services: 970-1468
Dwight McCall, [dwightm@regionten.org](mailto:dwrightm@regionten.org)
500 Old Lynchburg Rd.

Project Link (services for addicted pregnant women): 972-1760, ext. 1757
Nina Downey
401 4th St.

UVA Family Stress Clinic

Phone: 924-1622

Location: UVA Primary Care Center, First Floor (Family Practice Department)

Insurances accepted: All, plus UVA sliding scale for the uninsured

Services offered: individual, couples, and family counseling

UVA Child and Family Psychiatry: 243-6950

Charlottesville Free Clinic: 296-5525

Offers non-emergency medical care, a pharmacy for patients, and limited psychiatric services.

Rose Hill Counseling and Psychotherapy

1119 Rose Hill Dr., Suite 201

220-3334

Insurances accepted: Southern Health/UBH, Anthem, Medicaid, Optima VA premier, TriCare

Age group served: children, adolescents and adults
Treatment modalities used: developmental and psychodynamic therapy, family therapy

Pochailos Dupont/Associates

887 B Rio E Court
220-4686

Insurances accepted: Anthem, Optima, MHNet, BCBS, Sentera, Optima, Aetna, Coventry, UBH

Age group served: 6 through adulthood

Treatment modalities used: CBT family therapy, psychological testing/evaluation, parent consultation, mindfulness, DBT skills, trauma focused therapy, psychodynamic

Other information: many different providers who specialize in a range of things

AA: 293-6565

Answering service – provides information about meeting dates, times and places.

Alateen: 972-7011

For teen children of alcohol and/or drug abusers.

Narcotics Anonymous: 979-8298

Al-Anon Family Group: 972-7011

Support group for families of alcoholics and/or drug abusers.

CYFS Runaway Emergency Services: 972-7233

Jefferson Area CHIP: 964-4700

Serves children age 0-6 and pregnant women in Charlottesville, Albemarle, Louisa and Fluvanna. A nurse and home visitor work with the family, offering case management, counseling, and health guidance.

OTHER RESOURCES

Department of Social Services

(For Child Protective Services, Food Stamps, Medicaid application, etc.)

Charlottesville: 970-3400, 120 7th Street NE, City Hall Annex

Albemarle: 972-4010, 1600 5th Street Extended

United Way RxRelief Program: 972-1701

For uninsured persons. Requires income documentation and signed prescription.

United Way Information and Referral Center: 972-1702

Connects people to community resources, including help with housing, food, employment, education, health care, and transportation.

ALPHABETICAL DIRECTORY OF PROVIDERS

Jill Cartwright

313 2nd St SE, Suite 211

703-921-0320

Insurances accepted: Aetna, BCBS, Cigna, Coventry MHNet

Age group served: teens, adults, couples

Treatment modalities used: family therapy, CBT

Other information: specialty in college and 20's

Michelle Damiani

1008 E. Jefferson St.

984-4444

Insurances accepted: Anthem

Age group served: Consult with parents, individuals 7-18, families

Treatment modalities used: CBT, family therapy

Joseph David

535 Westfield Road, Suite 100

973-9739

Insurances accepted: Medicare,

Age groups served: 21 and older

Treatment modalities used: psychopharmacology assessment and management, supportive dynamic psychotherapy

Michael Garcia

801 W Main St

981-7249

Insurances accepted: Aetna, Anthem, Optima

Age groups served: early childhood to adulthood

Treatment modalities used: family therapy, CBT, behavior modification, developmental/early childhood play therapy

Other information: bilingual (English and Spanish)

Shawn Gewirtz

675 Peter Jefferson Parkway, Suite 130

466-3444

Insurances accepted: Anthem, MHNet

Age groups served: 3 and older (children, teens, young adults, adults and families)

Treatment modalities used: family therapy, CBT, psychological testing and evaluation

Barbara Groves

1020 East Jefferson St

906-9448

Insurances accepted: Aetna, Cigna, Anthem, Value Options

Treatment modalities used: family therapy, CBT, attachment therapy

Other information: her practice is very full and she only wants patients who are ready to make a commitment for at least 8 weekly sessions

Elizabeth Horner

2305 Commonwealth Dr.
973-1857

Insurances accepted: UBH/Southern Health, Anthem

Age group served: 11 through adulthood

Treatment modalities used: CBT, family therapy, group therapy, Dialectical Behavior Therapy

Other information provided: runs a behavioral therapy group for adolescent girls

Mark Horner

535 Westfield Rd., Suite 100
973-0519

Insurances accepted: Anthem, Southern Health/UBH, Sentara

Age group served: 13 and above

Treatment modalities used: family therapy, psychodynamic therapy, offers psychological testing and evaluation

Daniel Josephthal

503 Faulconer Drive, #9A
977-3621

Insurances accepted: Aetna

Age groups served: young adults

Treatment modalities used: psychotherapy

Joe Kayser

914 E. High St.
977-3289

Insurances accepted: Most, including Medicaid

Age group served: primarily teens and families

Treatment modalities used: CBT, family therapy

Rachel Lewis

910 E. High St.
964-9077

Insurances accepted: NO Medicaid or Cigna; most others accepted

Other information provided: On a city bus line

Age group served: 13 and above

Treatment modalities used: CBT, behavior modification (as combined with CBT), hypnotherapy, family therapy

Vishal Madaan

310 Old Ivy Way, #104
243-6950

Insurances accepted: almost all active insurances in the region

Age groups served: 4-18 years

Treatment modalities used: family therapy, CBT, behavior modification, patient management training

Dwight McCall (Director, Child and Adolescent Outpatient Services, Region Ten)

500 Old Lynchburg Rd.

970-1468

Insurances accepted by Region Ten: Medicaid, Anthem, UBH, Sentara, Optima; sliding scale available

Age group served: 3-18

Terry Muller

154 Hansan Rd, Suite 202D

296-2900

Insurances accepted: Most (including Medicaid)

Age group served: 18 and above

Treatment modalities used: CBT, neuropsychological testing, psychological testing and evaluation

Other information: specialty in working with victims of domestic violence/abuse; also – depression, anxiety, eating disorders (if medically stable), family therapy

Robert Muller

1160 Pepsi Place, Suite 205A

296-6183

Insurances accepted: Most (including Medicaid)

Other information provided: Loves working with the adolescent population

Robert Rannigan

1414 Sachem Place

978-1773

Insurances accepted: Anthem, Value Options, MHNet, Optima

Age group served: 5 and above

Other information: experienced in dealing with men's emotions, fathering and attachment

Michelle "Missy" Sirch-Stasko

1710 Allied St., Suite 27

977-8877

Insurances accepted: Anthem, Aetna, Optima, Tricare, Value Options

Age group served: 9 and above

Therapy modalities used: CBT, psychodynamic, solution-focused, mindfulness, family therapy, holistic

Other information: 31 years of experience with at risk youth, special education and career counseling

Cindy Stegmeier

1008 E Jefferson St.

961-3063

Insurances accepted: Anthem, optima

Age group served: 16 and older

Treatment modalities used: CBT, family therapy, EMDR

Other information: specialty areas include eating disorders, anxiety and substance abuse

Bob Taibbi (*Director of adolescent services at Lewis Weber and Associates*)

205 E. High St.

963-0324, ext 7

Insurances accepted: all except for Tricare

Age group served: 18 and above

Treatment modalities used: CBT, family therapy, grief behavioral therapy

Other information provided: therapy style tends to be interactive, humorous, behavioral, problem solving; he also specializes in couples/parenting; author of 6 books and 300+ articles

Barbara Troncoso

535 Westfield Rd., Suite 100

975-3510

Insurances accepted: Most

Age group served: children, adolescents, adult

Treatment modalities used: family therapy, CBT, individual therapy, play therapy

Ulrike Wartner

2305-A Commonwealth Dr.

979-0584

Insurances accepted: Most major plans including Medicaid and Medicare

Age group served: 3 years old and above

Treatment modalities used: individual psychotherapy

Other information: She will be moving on 6/30/2015 and will be closing his practice at this time

Paul Wilkins

175 S Pantops Dr.

296-9770

Insurance accepted: Medicare and most others (not presently accepting new Aetna or Anthem)

Age group served: 21 and older

Treatment modalities used: CBT, psychodynamic, psychotherapy

Other information: rigid confidentiality using a paper chart

Matthew Yoder

1108 E Market Street

305-0470

Insurance accepted: none

Age group served: 12 and older, also younger children if clear anxiety disorder diagnosis

Other information: Provides time-limited, evidence-based treatment with a focus on anxiety & depression disorders