

Mendocino Coast Provider Directory

Rev. October 2024

For information about or updates to this list:

Lisa@bitterrootfamilytherapy.com

The directory is a volunteer effort by an informal association of mental health providers on the coast. Information has been provided by each participant and has not been screened or verified.

If you or someone you know is encountering a mental health crisis contact:

988

text 741741

call the local crisis service (855) 838-0404

or go to the nearest Emergency Department

When in doubt, dial 9-1-1

Mendocino Coast Provider Directory - October 2024

Last Name	First Name	License or Degree	Address Phone Email Website	Town	Hours	Children	Adolescents	Adults	Families	Specialties and Approaches	Insurances taken	Language(s)	Open to new clients?	Accepts Medi-Cal	Accepts Medicare	Fee structure	Phone, Telehealth, outdoor or in-person sessions	Region
Beeney	Joseph	PhD Psychology	(707) 412-8884 drbeeney@gmail.com	Fort Bragg	M - F, 8am - 5pm; evenings & Sat by appt	11+	x		x and couples	Specialize in treating complex and developmental trauma and disorders that commonly arise from trauma and diversity, including depression, anxiety, PTSD and personality disorders. I use an integrative approach and am trained in Interpersonal Therapies, Psychodynamic Therapies, CBT, DBT, Motivational Interviewing Gottman Couples Approach and Neuroaffective Relational Model.	Magellan BH, Evermorth BH, Blue Shield, Carelon (Partnership); Medicare and Medi-Cal	English	Yes	Yes	Yes	\$150/session Some sliding scale down to \$95, based on income	Phone Telehealth Limited Outside	North
Buckley	Linda	LMFT	27050 N. Hwy 1 (707) 964-7236 lbuckley555@gmail.com	Fort Bragg	Tues & Wed - by appt.	x	x	x	x	Child development, family therapy and individual, assessments. Trauma, communication, trust, recovery, FOO, developmental, Autism spectrum, EMDR, art therapy; Family Law mediation.	Some Insurances	English	Call for current availability			\$100 for 50 min; \$125 for mediation evaluation		North
Bull	Hannah-Leigh	LMFT	1035 Cedar Street Fort Bragg, CA (505) 901-1476 llamadeara@gmail.com holistone.com/LMFTcounseling/	Fort Bragg	Mon-Thurs, 8am - 6pm	x	x		x and couples	Building healthy relationships with self and others, communication skills, anxiety, depression, abuse, trauma, suicide, grief, bullying and harassment, support navigating judicial system and surviving violent crime, serious medical illness, compulsive behaviors and codependency. Certified in Level 1/2 of EMDR for 24 yrs. Body-oriented somatic therapy and cognitive processing therapy. Internal Family Systems.	Carelon (Partnership)	English	Yes, with specific referral from colleague	Yes	No	\$125/hr; some sliding scale	In Person Sessions, Out or Indoors	North
Burtis	Peter	LMFT	347 Cypress St., Ste. A (707) 962-3161 pete@bitterrootfamilytherapy.com bitterrootfamilytherapy.com	Fort Bragg	Mondays, Wednesdays, Thursdays, 9-5	x	x		x and couples	Strategic Family Therapy, CBT, TF-CBT, DBT; Internalized and externalized behavioral challenges with children within a family context; life-cycle transitions, anger management, depression, anxiety and trauma using a mindfulness-based cognitive approach	Carelon (Partnership)	English	Yes	Yes	Yes	\$150/hr	Telehealth In-person	North
Clark	Renee	LMFT Sensorimotor Level 1 Trauma certified	Mailing address: P.O. Box 44 Albion, CA (707) 200-3973 rdarkpsychotherapy@mcn.org	Caspar office Outdoor sessions: Elk to Fort Bragg	T, W, Th by appt			x	x	Anxiety, grief, trauma. Life transitions, crisis and growth counseling. Nature-based, relational psychodynamic, sensorimotor for trauma, mindfulness, LGBTQ+ Affirming, transpersonal/shamanic psychotherapy, play therapy. Adolescents, kids by referral.	None can provide a superbill	English	Call for current availability	No	No	\$125-\$150 (depending on treatment unit); will consider sliding scale	Phone Telehealth Outdoor	North
Cooper	Katie	LMFT	331 E. Redwood Avenue Fort Bragg, CA (415) 779-6544 katiecoopertherapy@gmail.com www.katiecoopertherapy.com	Mendocino	Mon. & Wed.	x		x	x and couples and groups	Grief and loss, depression, anxiety, relationships, attachment and intimacy issues, childhood trauma. Relational, psychodynamic, depth-oriented, body-centered, expressive arts, mindfulness, transpersonal/energy based	None can provide a superbill	English	Yes		No	\$150-\$120 Sliding Scale	Phone Outdoors Telehealth In person	North
Devore	Diane	LCSW	30581 Simpson Lane (858) 444-7126 ddevorelcsw@gmail.com	Fort Bragg	By appt.			x		Anxiety, depression, stress-related conditions; relationships and communication; recovery. Mindfulness-based, trauma-informed; short and long term	Medicare Cigna Magellan Some EAP's	English Spanish	Call for current availability	No	Yes	\$90 - \$130	Telehealth	North

Mendocino Coast Provider Directory - October 2024

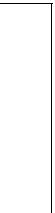
Last Name	First Name	License or Degree	Address Phone Email Website	Town	Hours	Children	Adolescents	Adults	Families	Specialties and Approaches	Insurances taken	Language(s)	Open to new clients?	Accepts Medi-Cal	Accepts Medicare	Fee structure	Phone, Telehealth, outdoor or in-person sessions	Region
Donohue	Kate	PhD	19201 Noyo Acres Dr. (415) 695-1464 kate@katedonohue.com	Fort Bragg	T, W, Th, 9a - 6p	x	x	x	x	Jungian oriented somatically based expressive arts therapy for trauma; grief, depression and anxiety; working with individuals and couples; providing Clinical and Jungian oriented expressive arts supervision and consultations. In addition to expressive/integrative arts therapy processes, offer EMDR and Jungian oriented sandplay, Jungian oriented dream exploration. Workshops and trainings.	None	English	Call for current availability	No	No	Sliding scale	Telehealth Outdoors Indoors	North
Ehlers	Jessica	LCSW	327 E. Redwood, Ste C (707) 357-4019 jessica@jessicaehlers.com	Fort Bragg	By appt.		x	x		CBT, DBT and EMDR. Mood disorders, trauma, sexuality, gender expression and addiction.	None	English	Call for current availability	No	No	\$100 - \$120 with sliding scale	Telehealth Office	North
Faber	Esther	LMFT	Mail: PO Box 455, Little River, 95456 (707) 937-9916 es@mcn.org	Little River	Mondays, by appt.		x	x		Humanistic, interpersonal, gestalt, mindfulness, psychodynamic. Childhood trauma, domestic abuse, sexual assault, anxiety, depression, relationships, grief, loss, addiction, recovery, gender identity, chronic illness, life transition, self esteem.	None will provide superbill once a month	English	Yes	No	No	Sliding scale, \$60-\$180	In person (indoors or outdoors) Facetime Phone	North
Faber	Fanshen	LMFT	Albion Home Office Mail: P.O. Box 62, Albion, CA 95410 (707) 937-1807 or (707) 684-0141 fmgic@mcn.org	Albion	By appt.				x and couples	Trauma therapy; healing from childhood trauma; insight awareness therapy; guided meditation; somatic mind/body work; EMDR	Medi-Cal; Anthem BC; some EAP's	English	Call for current availability	Yes	No		Telehealth	North
Fishman	Isaac	LMFT	327 E. Redwood, Ste. A (707) 397-0404 isaacfshmanmft@gmail.com	Fort Bragg	By appt.	x	x	x	x	Experience with children and adolescents; addiction and recovery; trauma, emotional disturbance, anxiety, depression. CBT, mindfulness, solution-focused, psychodynamic, and narrative.	None	English	Call for current availability	Yes	No	\$100/Sliding Scale		North
Gallo	Wendy	LMFT	45021 Little Lake Road 707-409-0177 wendy.gallo.mft@gmail.com	Mendocino	M-F, hours vary	x	x		x and couples	CBT, Nature-based, short and long term, adults, couples, youth, anxiety, depression, transitions, peri and postnatal, equine therapy, meditation, life visioning, and skill building	VA; willing to superbill private insurance	English	Call for current availability	No	No	\$125/60 min; \$150/90 min; sliding scale available to \$75	Phone Telehealth Outdoor sessions	North
Gardner	Robert	LMFT	P.O. Box 127 (415) 820-9650 robert.c.gard@gmail.com robertgardnertherapy.com	Mendocino	W, Th, Sat by appt				x and couples	Schema therapy, personality disorders, somatically focused, mood regulation, anxiety, grief, life transitions, relationships, spirituality, parts, trauma informed	Will provide superbill for PPO	English	Yes	No	No	\$120-\$180	Phone Telehealth	North
Gardner	Sharon	LMFT	P.O. Box 127 (415) 42-2105 shgard88@gmail.com sharongardnertherapy.com	Mendocino	W, Th, Sat by appt				x and couples	Somatically focused (certified in Hakomi), anxiety, grief, life transitions, relationships, spirituality, parts, trauma-informed	Will provide superbill for PPO	English	Yes	No	No	\$120-\$170	Phone Telehealth	North
Gibb	Richard	DMH	Office: 17700 Ocean Drive Mail: PO Box 1208 (707) 964-6191 rgibb@mcn.org	Fort Bragg	M-Th, 8a-6p	x	x	x	x	Long term, depth-oriented psychotherapy; professional consultation; diagnostic consultation	BS; Medicare	English	Call for current availability	No	Yes	\$120; sliding scale		North
Glasscock	Jenna	LMFT	331 E. Redwood Ave., Ste. E (707) 409-5040 jennaglasscock@gmail.com	Fort Bragg	By appt.			x		Co-occurring disorders, mood disorders, trauma; trained in Somatic Experiencing	Carelon (Partnership), Medicare	English	Call for current availability	Yes	Yes	\$150/intake (90 minutes); \$135/Session (60 minutes)	In-person Telehealth	North
Goertzen	Vanesa	PhD	32924 Odom La. (707) 357-3460 formulair@comcast.net	Fort Bragg	M-F, 8a-4p			x	x	Veterans; PTSD, EMDR; geropsychology, therapeutic yoga.	VA, Tri-West, Tri-Care, Medicare	English	Yes, but only veterans	No	Yes	\$150; sliding scale to \$80	Phone In person Telehealth Outdoors	North

Mendocino Coast Provider Directory - October 2024

Last Name	First Name	License or Degree	Address Phone Email Website	Town	Hours	Children	Adolescents	Adults	Families	Specialties and Approaches	Insurances taken	Language(s)	Open to new clients?	Accepts Medi-Cal	Accepts Medicare	Fee structure	Phone, Telehealth, outdoor or in-person sessions	Region
Hahn	Gretchen	LMFT	(707) 357-6546 gretchenhahn.mft@gmail.com	Fort Bragg	Tues-Sat	x	x	x	x	Parent Child Interaction Therapy (PCIT); EMDR w/ focus on but not exclusive to developmental and pre-verbal trauma, play therapy, sand tray, depth-focus/dreamwork, attachment, CBT. Works with couples with focus on parenting/co-parenting supporting children post trauma. Does not work with families working through custody or court issues.	Carelon (Partnership) Private pay	English	No	Yes	Yes	Varies depending on unit of treatment. Please call or email for details.	Indoors, outdoors, telehealth, telephone, etc., including home visits.	North
Hammond	Lorelei	LCSW	190 Main St. (707) 462-4154 realtherapy@gmail.com 406 W. Standley St. 707-882-3227	Point Arena Ukiah	Wed & Thurs Mon & Tues				x and couples	EMDR, hypnotherapy, behavioral cognitive interventions, psychodynamic work.	Medicare	English	Call for current availability	No	Yes	\$120		South
Hodson	Simon	LMFT	347-B Cypress St. (707) 593-6003 simonhodsonmft@gmail.com	Fort Bragg	M & W, 10a - 6p				x and couples	anxiety, trauma	Carelon (Partnership)	English	No	Yes	No	Individuals: \$140/Session; Couples: \$160/Session	Phone Telehealth	North
Kazan	Zoy	LMFT	PO Box 261 (707) 391-4548 zoykazan@gmail.com psychologytoday.com	Fort Bragg	Tues & Thurs, by appt.				x	Depression, anxiety, trauma, gender identity, sexual identity, addictions. Narrative Therapy. EMDR, CBT	None. Will provide a super bill for private insurance.	English	Call for current availability	No	No	Sliding Scale: \$120-\$150	Office Telehealth Phone	North
Keller	Susan	PhD	347 Cypress St., Ste. D susankeller6000@gmail.com (707) 937-6000	Fort Bragg	T-F, by appt.	x			x	Depression, Anxiety and Stress	All	English or with a translator	Call for current availability	Yes	Yes	\$90-\$125	Telehealth Phone	North
Kerruish	Danny	LMFT	45121 Ukiah St, Suite E (707) 357-2372 mftdk@hotmail.com www.mftdk.com	Mendocino	M-F, 8.30a-7p; Tuesday until 2p				x	Trauma, depression, anxiety, impulse disorder, family therapy, child/youth psychotherapy, dream work, imaginal psychology	None. Will provide a super bill for private insurance.	English	Not at this time	No	No	\$160/50-minute session; \$240/80-minute session	In-person Telehealth	North
Larimer Burtis	Lisa	LMFT	347 Cypress St., Ste. A (707) 962-3161 lisa@bitterrootfamilytherapy.com	Fort Bragg	One Saturday per month				couples	Certified EMDR Therapist; Certified Imago Relationship Therapist	Carelon (Partnership), Medicare, Tri Care West	English; will work with interpreter	Call for current availability	Yes	Yes	\$150/hr.	Telehealth	North
Maness	Jessi	LCSW	PO Box 2077 (701) 690-2798 jmaness3@icloud.com jessimanesslcsww.com	Fort Bragg	Wed & Saturday		x	x		Trauma and dissociation; certified in EMDR and animal assisted interventions. Certified in Ego State Therapy interventions.	Medicare Carelon (Partnership) Optum	English	Call for current availability	Yes	Yes	\$120/hr. Sliding Scale; 60-90 Min. sessions; check in's available	Phone Telehealth	North
Mendell	Janet	LCSW	514 S. School Street (707) 272-4531 mendell@pacfic.net	Ukiah	varies; not Wednesdays; occasional Saturdays	x	x	x	x	General psychotherapy for depression, anxiety, trauma, adjustment, etc. EMDR, Art, Erickson strength based, CBT, Sand tray; talk therapy	BC/BS; Medicare; Carelon (Partnership); Noridian; HCP; Magellan; EAP's	English very basic Spanish	Limited availability	Yes	Yes	\$100/hr.	Limited in-office appts. Telehealth	North
Michelson	Carol	LMFT	347-B Cypress St. (707) 962-4696 cmichelsonmft@gmail.com	Fort Bragg	M-F, 9a - 5p				x and couples	Couples counseling; relationship issues; depression and anxiety management; personal growth; issues related to cancer and chronic or terminal illness; issues related to caregiving of patients; grief and bereavement	Carelon (Partnership)	English	Call for current availability	Yes	No	\$120-\$140; some sliding fee	Phone Telehealth Indoors	North
Morton	Elizabeth	LCSW Dance Therapy, MA	347 Cypress Street, Ste. D (707) 466-6787 elizabethmortonlcsww@gmail.com	Fort Bragg	Wed. & Thurs.				x	In-depth long term Transpersonal Psychotherapy, spiritual focus, mindfulness based practices, dream & imagery work, breath, cognitive therapy, expressive arts-dance therapy - Anxiety, depression, stress, life transitions, grief and loss	Medicare; Will supply superbill for PPN billing	English	Yes	No	Yes	\$130; sliding scale	Prefer in person Telehealth Phone	North
Nadeau	Talia	LMFT	mailing: PO Box 2808, Fort Bragg office: 327 E. Redwood Ave., Ste B (707) 813-2104 talianadeaumft@gmail.com	Fort Bragg	By appt.				x and couples	Psychodynamic, relational focused therapy using a variety of interventions. General experience with children and teens, parenting stressors, women's issues, trauma, coping with anxiety. Completed level 1 of EFT training for couples.	None	English	Call for current availability	No	No	\$100-\$120 per session	Telehealth In-person	North

Mendocino Coast Provider Directory - October 2024

Last Name	First Name	License or Degree	Address Phone Email Website	Town	Hours	Children	Adolescents	Adults	Families	Specialties and Approaches	Insurances taken	Language(s)	Open to new clients?	Accepts Medi-Cal	Accepts Medicare	Fee structure	Phone, Telehealth, outdoor or in-person sessions	Region
Neimark	Laura	LCSW	24600 N. Hwy 1 (530) 416-9444 lneimark@gmail.com	Fort Bragg	Sat 9-12 In Sept, Thurs-Sat, 9-4	x	x			Certified in Brainspotting and EMDR. Also skilled in parent coaching.	Blue Shield, Cigna, Aetna	English	Yes	No	No	\$150/session sliding scale	Telehealth only	North
Osman	Lesley	LMFT	P.O. Box 394, Navarro, CA 95463 (707) 272-3902 lesleyosman@aol.com www.ecoroots.org	Boonville	Thursday; Occasional Fridays			x	x and couples	experiential, transpersonal, ecotherapy, trauma, anxiety, depression; equine therapy and training; soon to add telemental health for online remote treatment	None	English	Yes		No	\$80-\$120; sliding scale	Telehealth	North
Pagano	Giovanna	LCSW	P.O. Box 272, Little River, CA 327 E. Redwood Ave., Ste. D (707) 734-0504 giovanna.lcsw@mcn.org	Fort Bragg	T, W, Th by appt				x and couples	Trauma recovery, EMDR, anxiety, depression, relationship and communication, illness, life transitions, personal growth	Medicare	English	Call for current availability	No	Yes	\$130; sliding scale to \$100	In person Telehealth Phone	North
Pena	Blanca	LMFT	1102 S. Main Street (707) 813-2159 illuminatewithintherapy@gmail.com	Fort Bragg	By appt.	6+	x		x and couples	Complex trauma, depression, anxiety, trauma focused CBT, CBT, solution focused, mindfulness	Optum, Cigna, Blue Shield Incentive; Carelon (Partnership)	English Spanish	Yes	Yes	No	\$249/ind session \$299/couples session sliding scale	In person telehealth outdoors	North
Picard	Rebecca	LMFT	45121 Ukiah St., Ste. C P.O. Box 832 (707) 357-8688 rebecca@rebeccapicardmft.com rebeccapicardmft.com	Mendocino	T, W, Th 10a-7p M, F by appt.				x and couples	Adults and couples - developmental trauma, attachment issues, depression, anxiety, aging, interpersonal conflict, psycho-spiritual issues and issues related to separation, divorce, and co-parenting. Therapeutic approach includes Hakomi, various kinds of parts work, psychodynamic, EMDR, and Emotionally Focused Therapy for couples.	Carelon (Partnership) EAP Empathia	English	Call for current availability	Yes	No	\$125/Session (Individuals); \$140/Session (couples); some sliding scale	Tuesdays and some Fridays in person; otherwise Telehealth	North
Robb	Carolina	LMFT	PO Box 688 (415) 264-2466 carolrobb@msn.com carolinarobb.com	Mendocino	Th - S, 9a-5p				x and couples	Trauma/PTSD, addictions, depression, anxiety, grief, life transitions, relationship issues, chronic pain, divorce, self-esteem. Approaches: trauma focused, relational, Jungian, humanistic, somatic, dream work, family systems, recovery coaching & support, transperson, mindfulness	Some insurances; will produce a super bill for anyone who wants to submit for reimbursement	English	Yes	No	No	\$100-\$165, sliding scale	Office Telehealth	North
Samas	Christine	LCSW	PO Box 1630 (707) 961-6263 christinesamas@cloud.com	Fort Bragg	M-F, by appt		x	x	x	General practice; anxiety, depression, grief, recovery from trauma, complex trauma, illness	Medicare	English	Yes; will assist with referrals	No	Yes	\$120-\$140 sliding fee		North
Siler	Steven	LMFT	1556 Oak Street (707) 937-1316 silemfc@mcn.org	Fort Bragg	M-F, 8a-6p			x	x and couples	deep personal work; healing psychological and relationship wounds; addiction and recovery; depression, anxiety, trauma	Most	English	Yes Call for current availability	No	No	\$100/session	Phone Facetime Skype Telehealth outdoor	North
Silverman	Andrew	LCSW	(414) 367-9111 middlecoasttherapy@gmail.com behrenspsychotherapyservices.com	Fort Bragg	Tues-Fri by appt.		x	x		OCD, anxiety disorders, depression	United, Aetna	English	Waitlist until 2025	No	No	\$150/50 minute session	Phone, Telehealth	Other
Sklar	Susan	LPCC	45061 B Little Lake Street sklarart@yahoo.com	Mendocino						Addiction, Relationships, Self-Esteem						Individual: \$100; Couples: \$150		North
Villanueva	Michael	PhD	michaelvill@gmail.com							Psychotherapy and neuromodulation, neurofeedback.							Telehealth	North
Wall	Cynthia	LCSW	PO Box 2082 (707) 357-1019 cynthia@cynthiawall.com www.cynthiawall.com	Fort Bragg	M, T, Th 10a - 6p				x	Health and serious medical issues; business counseling; grief issues; PTSD; life/spiritual crises	Carelon; Medi-Cal; BC/BS; Medicare; Magellan; Victim/witness	English	No; will screen & make referrals	Yes	Yes	\$100-\$120 per session	Phone Telehealth Outside on deck Inside face naked	North
Wasley	Jane	PhD	44840 Rosewood Terrace (707) 937-0470 janewasleyphd@gmail.com	Mendocino	M-Th, by appt			x	x and couples	Interpersonal/dynamic psychotherapy, trauma, eating disorders, transitions	None	English	Call for current availability	No	No	\$125-150	Phone Telehealth	North



Mendocino Coast Provider Directory - October 2024

Last Name	First Name	License or Degree	Address Phone Email Website	Town	Hours	Children	Adolescents	Adults	Families	Specialties and Approaches	Insurances taken	Language(s)	Open to new clients?	Accepts Medi-Cal	Accepts Medicare	Fee structure	Phone, Telehealth, outdoor or in-person sessions	Region
Zielesch Code 3 Mind Health™	Kianna	PhD Certified Brainspotting Consultant Certified Forgiveness Coach	1315 Cedar Street (707) 841-7057 rudl@saber.net	Fort Bragg	M-F, by appt	x	x	x and couples	x	Trauma specialist; culturally competent to work with Emergency Responders and Military individuals, and Emergency Responder couples. Certified Brainspotting Consultant, EFT, Sensorimotor Psychotherapy; CISM Certified.	Medi-Cal/Carelon (Partnership) Medicare	English	Yes	Yes	Yes	\$180	Phone, Telehealth, Limited Outside	North

Psychiatrists - October 2024

Last Name	First Name	License	Address Phone Email Website	Town	Hours	Children	Adolescents	Adults	Families	Specialties and Approaches	Insurances taken	Fee structure	Language(s)	Open to new clients?	Phone, video, outdoor or in-person sessions
Goldwasser	Richard	MD	(415) 381-1690	Mill Valley											
Hudson	Charles	MD	Adventist Health - Lake County Fax - (707) 995-4508 Office - (707) 995-4590	Clearlake										Yes	Video In person
Judd	Seth	DO	(707) 721-4681	Santa Rosa											
Karasic	Dan	MD	www.dankarasic.com for all contact info and background	San Francisco		14+				Depression, bipolar disorder, PTSD, panic disorder, generalized anxiety disorder, gender dysphoria, schizophrenia, schizoaffective disorder, OCD, ADHD, ASD, substance use disorders. Psychopharmacologic consultations/expert witness.	No insurances taken but will provide a superbill.	\$400 initial session; \$200 follow up session			Zoom
Perlman	Orren	MD	101 H Street, Suite N (707) 523-9423	Petaluma						Adult and adolescent psychiatry	AETNA, Anthem, Blue Cross/Blue Shield, Magellan, CIGNA				
Rawdin	Blake	MD	870 Market St., #1088 (415) 562-6173	San Francisco							AETNA, Humana, UC Berkeley Student Health Plan				
Segall	Olga	MD	655 Redwood Hwy, Ste. 240 (866) 247-4292 (415) 592-7451	Mill Valley						TMS Treatment, telepsychiatry, medication management					
Smith	Megan	MD	Adventist Health - Lake County Fax - (707) 995-4508 Office - (707) 995-4590	Clearlake			12-25	18-65						Yes	Video In person
Timme	Rebecca	DO	1301 Redwood Way (510) 317-1444	Petaluma		x	x			Pediatrics	MediCal through RCS; private pay				
Trichilo	Diane	PhD	3952 Sebastopol Rd STE 180 (707) 824-1130 www.drtrichilo.com	Sebastopol		x	x	x		Developmental neuropsychology; child psych evaluations	private pay				
Wright Jr.	Syd	MD	200 Munich St swrightjr@aol.com (415) 661-5667	San Francisco											
Yantis	Stanley	MD	45 Castro St. Ste #200 (415) 241-5601	San Francisco											telemedicine
Zalkina	Yelena	MD	200 Munich St zalkina@yahoo.com (415) 661-5667, ext. 1	San Francisco							Medicare; perhaps others				

Mental Health Organizations - October 2024

Contact person Last Name	Contact Person First Name	Address Phone Email Website	Town	Hours	Children	Adolescents	Adults	Families	Specialties and Approaches	Insurances taken	Fee structure	Language(s)	Open to new clients?
Action Network													
Mazur	Dr. Thais	Action Network 200 Main Street (707) 882-1691 info@actionnetwork.info actionnetwork.net	Point Arena	Mon-Fri 9a-5p	x	x	x	x	Offers specialty mental health services including mental health assessments, therapy and individual and group rehabilitation.		No charge for people w full scope Medi-CAL	English or language line for other languages	Yes
Adventist Health - Mendocino Coast													
Spencer	Dr. Rikki	721 River Drive, Suite A (707) 961-4631	Fort Bragg	8:30 am - 5:00 pm		x	x	x	Individual, group and couples therapy. Trauma, DID psychosis/schizophrenia, mood disorders, LGBTQ concerns, addiction.		Medi-CAL and indigent after initial assessment	English or language line for other languages	Yes
Project Sanctuary													
Chacon	Makayla	461 N. Franklin St. (707) 961-1507 Crisis Line (24/7) - (707) 964-4357 info@projectsanctuary.org makayla@projectsanctuary.org www.projectsanctuary.org	Fort Bragg			x	x	x	Provide crisis counseling, groups and individual counseling for survivors of domestic violence and sexual assault	No insurance or documentation needed	Services are free	English Spanish Language line for other languages	Always accepting new clients and referrals.
Mendocino Coast Clinics													
Lindler	Tonya	Behavioral Health Dept. 205 South St. (707) 961-3488 tlindler@mcclinc.org Glory Blanceage, PsyD Annie Gallo, LCSW Crystal Harris, LCSW David Stein, LCSW (English & Spanish - Telehealth Only) Genevieve Banegas, LCSW John Ramirez, LCSW	Fort Bragg	M-F, 8a-5:30p	x	x	x	x	Mild-moderate mental health issues; individual therapy for transgender and transitioning individuals; providing services to MCC pediatric patients and their families; Behavioral Medicine available for MCC patients	Medi-CAL Partnership Medicare	Insurance, self-pay or sliding scale.	English Spanish	Yes serve both MCC and non-MCC clients, children and adults
Mendocino Coast Hospitality Clinic													
Burtis	Pete	Hospitality Clinic 137 E. Oak St. (707) 961-0172, x1120 peter@mendocinohc.org	Fort Bragg	M-F 9a-12p; 1p-5p			x	x	Care management, linkage, collateral, rehab	Medi-CAL	No charge for people w full scope Medi-CAL	English Spanish	Yes
Redwood Community Services													
Anderson	Randy	Children's Behavioral Health Services 32670 Hwy 20, Unit 6 (707) 964-1136	Fort Bragg	M-F, 8:30a - 5p				x	Assessment, plan development, rehab, therapy, case management, medication support to youth with serious emotional disturbance. Modalities include trauma-informed therapy, CBT and motivational interviewing	Medi-CAL; or referred by school counselor	Only accept insurance	English or language line for other languages	Yes
Addison	Denise	Adult Behavioral Health Services 516 Cypress Street (707) 961-0115	Fort Bragg	M-F, 8:30a - 5p				X	Offers specialty mental health services including mental health assessments, therapy and individual and group rehabilitation.	Medi-CAL	No charge for people w full scope Medi-CAL	English or language line for other languages	Yes
Addison	Denise	Crisis Response Services 516 Cypress Street (855) 838-0404 (24/7 Line) 707-961-0308 (business line)	Fort Bragg	Office - M-F, 8:30a - 5p Crisis Line (24/7)	x	x	x		Emergency mental health assessments. Rehab, therapy, case management, medication support. For up to 60 days.	All insurances and indigent accepted for the emergency crisis intervention. For ongoing 50 day service, only Medi-CAL	Medi-CAL and indigent after initial assessment	English or language line for other languages	Yes
Tapestry Family Services (Effective November 1, 2024 - OK to Refer Now)													
O'fill	Christina	215 S. Main Street (707) 463-3300 (Main Office) tapestryfs.org	Fort Bragg	Mon-Fri, 8am-5pm	x	x	x	x	Offers specialty mental health services including mental health assessments, therapy and individual and group rehabilitation.	Partnership (Medi-Cal)	No charge for people w full scope Medi-CAL	English or language line for other languages	Yes

Alternative Therapies and Community Resources - Mendocino Coast - October, 2024

Contact person Last Name	Contact Person First Name	License Degree Certification	Address Phone Email Website	Town	Hours	Children	Adolescents	Adults	Families	Specialties and Approaches	Insurances taken	Fee structure	Language(s)	Open to new clients?	Phone, Telehealth, outdoor or in-person sessions	Region
Alternative Therapies																
Aldrich	Jade	Certified Clinical Hypnotherapist	Jade Golden Aldrich, CCHt P.O. Box 1884 (707) 357-1733 expandyourdreams@yahoo.com jadegoldenhypnotherapy.com	Mendocino	By appt.		x	x		Past Life Regression, Childhood Trauma, Healing Addictions, Balanced Body Weight, Smoking Cessation, Release Fear & Phobia and more.	None	\$125/Session	English and very basic Spanish	Yes	Telehealth	North
Kohler	Lia M	Brainspotting practitioner, Grief and Loss counselor	Whole Body Wellness Center 647 N. Main Street (707) 357-3346 bspmendocino@proton.me	Fort Bragg	Tues-Sat 10a - 5p	x	x		x	PTSD complex, PTSD & trauma. Emergency responders, police, firefighters and military.	None	\$90/session	English	Yes	Telehealth Phone Outdoor In person	North
Schneider	Linda	MA (counseling) Cert. Adv. Hypnosis	(707) 357-8689 lindschneid@gmail.com fluidpiano.com/therapeutichypnosis.html	Fort Bragg	By appt.		x		x	Ericksonian Hypnosis	None	Sliding scale	English	Call for current availability		North
Weinstein	Magdalena	SEP (Somatic Experiencing Practitioner) TST (Co-regulating Touch)	33325 Pacific Way (707) 813-6828 maidaweinstein@gmail.com	Fort Bragg	By appt.	x	x		x	Bilingual, bicultural, Somatic Trauma Specialist, Somatic Experiencing Practitioner (SEP), Touch- Skills Therapy (TST), Safe and Sound Protocol (SSP), Biodynamic Craniosacral Therapy (BCST - in training) for complex trauma, developmental trauma, shock trauma, transgenerational trauma, chronic pain , syndromes, anxiety, depression, PTSD and C-PTSD, LGBTQIA, grief, domestic violence, sexual trauma, addictions, behavioral problems and nervous system regulation issues.	None	\$150 - \$110 sliding scale	English Spanish	Call for current availability	In person Telehealth	North
Werson	Sallie	CAC	P.O. Box 409 (707) 357-4633 swerson@mcn.org	Mendocino	Tues, Fri	x (over 12)			x	Chemical dependency; eating disorders; experiential based therapy; hypnotherapy; sexual assault; trauma; abuse; LGBTQIA issues; depression	None	\$75 individual \$100 couples sliding fee	English	Yes		North
Wyldflower	Tanya	Ordained minister	The Gathering Place, Company Store Corner of School and Main (707) 964-8987 (707) 964-1458 revtanya@mcn.org www.mendocinocsl.org	Fort Bragg	M-Th; hrs. vary				x	Spiritual counseling; grief groups; cognitive restructuring; spiritual mind treatment/prayer	None	Sliding scale	English	Yes (no severe mental health disorders)	Phone Telehealth Outdoors	North
Senior Peer Counseling Program																
Jacobs	Helen		Redwood Coast Senior Center 490 N. Harold St. (707) 961-4310 seniorvisitor@rcscscenter.org	Fort Bragg	Hours by appt.				x	Provides navigation and referral support for clients and families seeking geriatric services in the Mendocino County Coordinator for the Senior Peer Counseling Program. Paraprofessional counseling offered by trained and supervised volunteers one hour per week to seniors 60+ via telephone or Zoom - no charge. Isolation, mild depression, anxiety, grief and loss.	None	No fees	English	Yes		
Mendocino County Based Substance Use Disorder Programs and Supports																
Underwood	Phillip	CDACII	Mendocino County Behavioral Health and Recovery Services 790 S. Franklin Street (707) 961-2665	Fort Bragg	Mon-Thu, 8am - 5pm				x	We provide outpatient services for clients with substance use disorders and refer to higher levels of care when needed. Phillip is supervisor of the SUDT program on the coast. (Substance Use Disorder Treatment)	Partnership (Medi-Cal); private insurance	Fee - inquire	English	Yes		

Contact person Last Name	Contact Person First Name	License Degree Certification	Address Phone Email Website	Town	Hours	Children	Adolescents	Adults	Families	Specialties and Approaches	Insurances taken	Fee structure	Language(s)	Open to new clients?	Phone, Telehealth, outdoor or in-person sessions	Region
Petrakowski	Jake	Certified Peer Recovery Support Specialist	Mendonoma Health Alliance mendonomahhealth.org/resources/alcohol-drug-abuse (707) 412-3176 ext. 108 jake@mendonomahhealth.org	Gualala	Mon-Fri, 9am-4pm					Mendonoma provides person-centered programs that meet people wherever they are in their healthcare journey. Our services are available to anyone living in our Service Area. We provide home visits, one-on-one assistance in reviewing instructions from healthcare providers, help with preparing the client for doctors' appointments, health education, as well as access to resources specific to each client's needs. Peer support groups.						
Taylor	Lin	PhD	Mendocino Coast Clinics Medicated Assisted Treatment 690 South Main Street (707) 962-7219 (text); (707) 969-7950	Fort Bragg	Mon-Fri, 8am - 5pm			x		Suboxone Program	Partnership (Medi-Cal); private insurance	Fee - inquire	English	Yes		
Gualala AA			gualalaaa.org													
Mendocino Coast AA			mendocinocoastaa.com													
Grief Support Groups																
Mannen	Cytha		Adventist Health Home Health & Hospice Care (707) 961-4651	Fort Bragg						Hospice is a special kind of service that provides compassionate, supportive care for patients with life-limiting illnesses. The goal is not to administer curative treatment, but to provide comfort and care to patients who wish to live out the remainder of their lives on their own terms. Hospice focuses on preserving the dignity and privacy of the patient while providing relief from the symptoms of their illness.	Medicare, Medicaid and MediCal cover hospice services, and many private insurance companies also include coverage for hospice					
Wyldflower	Tanya	Ordained Minister	The Gathering Place, Company Store Corner of School and Main (707) 964-8987 (707) 964-1458 revtanya@mcn.org www.mendocinocs.org	Fort Bragg	Grief support group - in-person and on Zoom; open group. 3pm - 5pm			x			none	none	English	Yes		
Wall	Cynthia	LCSW	PO Box 2082 (707) 357-1019 cynthia@cynthiawall.com www.cynthiawall.com	Fort Bragg				x		We no longer meet as a group, but are available as model of self-help support, matching parents and family who have grieved a child with those who are newly experiencing the loss of a child of any age. We don't meet regularly, but you can contact Cynthia and she will provide you with guidance to available support.	none	none	English	Yes		
Other Support Groups and Resources																
Fengler	Katherine		Rainbow Is Family and Friends (RIFF) Text: (707) 391-4589 Email: kdfengler27@gmail.com (please include "RIFF" in the subject line)	Zoom	Join us on the second Tuesday of every month on Zoom, from 6:30 - 7:30 p.m.					Peer to peer support group for LGBTQ+ people, their family and friends. By sharing our stories, we find we are not alone in negotiating a challenging world. Learn how to celebrate ourselves and our loved ones, and how to advocate for others.						
Menashe	Aliza	LCSW, SUDCC IV-CS	Long Valley Health Center longvalley.org Behavioral Health Manager (707) 984-6131 (ext 140) Direct: (707) 615-6710	Laytonville												
Lester	Ann	MSW	33101 Navarro Ridge Road ann.lester@sbcglobal.net (510) 502-0412	Albion	Weekdays, flexible	x	x	x	complex	ACT, IFS, CBT, works with elders	No	Donation (not yet licensed)	English	Yes		
Lindquist	Barbara		barbaral@mcn.org					x	x	Caregiver self-help support group for those caring for someone with dementia.						

Contact person Last Name	Contact Person First Name	License Degree Certification	Address Phone Email Website	Town	Hours	Children	Adolescents	Adults	Families	Specialties and Approaches	Insurances taken	Fee structure	Language(s)	Open to new clients?	Phone, Telehealth, outdoor or in-person sessions	Region
Thomas	Robin		Mendocino County MOPS (707) 472-2300							Mobile Outreach & Prevention Services (MOPS) can help you through the constant stress, personal issues or emotional challenges that are interfering with your daily life. MOPS offers help for a broad range of issues with your convenience, comfort and confidentiality in mind. Our goal is to reduce the use of law enforcement, reduce ED visits, reduce recidivism, and connect patients to the local care they need.						
			Child Parent Institute (707) 585-6108	Santa Rosa						Parent education and children's mental health agency serving families throughout Sonoma County. Child therapy, family resource assistance, parent education, facilitated supervised visitation.	Carelon (Medi-Cal)	Sliding Scale \$65-160	Bilingual			
			Chrysalis Community Counseling Services (707) 545-1670 (ext. 264) info@chrysaliscounseling.org chrysaliscounseling.org	Sonoma County						Chrysalis provides a safe, supportive place where all voices are heard, encouraged and respected. Counseling may include long or short-term assistance. Self-esteem and healthy relationships, parenting, money issues, grief, disability, codependency, work issues, life transition issues, abuse, incest and sexuality are some examples of our work. We offer services on a sliding scale, based on individual or household net monthly income.						
Auerbach	Barbara	Certified Therapeutic Riding Instructor	Circle of Horses (Equestrian Therapy) 9801 N. Hwy 1 (707) 937-1213 bauerbach@mcn.org www.thecirleofhorses.org	Fort Bragg						Community based, equine-assisted program offering an alternative modality to individuals with physical or cognitive disabilities, depression, stress and anxiety.						
			Coastal Seniors (707) 882-2137 info@coastalseniors.org coastalseniors.org	Point Arena						Meals on Wheels, Community Lunches, Point Arena Food Bank, CalFresh Food Registration, Transportation Services, Fall Prevention Program, Decreasing Isolation & Increasing Social Interaction, Friendly Visitors						
			Humanidad Therapy & Educational Services (707) 525-1515 srosahtes.org client_services@humanidadtherapy.org	Santa Rosa								Sliding Scale: \$25-75	Spanish			
			Mental Health Care - Sacramento Area (916) 512-3063;(916) 647-8744 moyo@betterdayspsychiatricnursing.com betterdayspsychiatricnursing.com	Sacramento Area		x	x	x		Provider of psychiatric nursing and mental health care in Sacramento, California that provides holistic mental healthcare services to children, adolescents, and adults in California.	Medi-Cal					
			Psychological Services of Riverside (951) 552-8137 psychservicesriverside.org/services			x	x	x	x	Evidenced-based mental health services.			Bilingual			
			Sonoma County Counseling (707) 284-1978 sonomacountycounseling@gmail.com sonomacountycounseling.com	Santa Rosa/Windsor		x	x	x	x	Sonoma County Counseling welcomes Individuals, Couples, Children, and Families! We value diversity and multiculturalism and provide exceptional personalized counseling services for clients of all ages.		Sliding scale \$80-150				
			Sonoma Family Therapy (707) 483-9061 sonomafamilyinc.com	Sonoma County	Mon-Fri 9am-7:30p; Sat 9am-7:30p	x	x	x	x	A group of skilled therapists passionate about helping Sonoma County youth and families find success and learn new skills.						
			Redwood Coast Regional Center (707) 964-6387	Fort Bragg						RCRC serves persons of all ages with developmental/intellectual disabilities and their families; children who are at-risk for developing a disability (birth-36 months); Autism Parent Support Group.						