

# HERNANDO CARES

BEHAVIORAL HEALTH RESOURCE GUIDE



RESOURCE GUIDE FOR MENTAL HEALTH AND/OR SUBSTANCE ABUSE SERVICES.

*hope / restoration / relief*



[HERNANDOCARES.ORG](http://HERNANDOCARES.ORG)

**Edition 5**  
Released August 2019

# About the Guide

The purpose of this guide is to link Hernando County residents in need of mental health and/or substance abuse services, as well as additional support services, to an agency/ organization that can help. You can refer to this guide if you, or a friend or family member, is in need of services and you are not sure where to find the appropriate help. This guide is divided into three sections, Hope, Restoration, and Relief.

**HOPE:** Emergency numbers and services to use in case of crisis.

**RESTORATION:** Mental health and substance abuse services.

**RELIEF:** Other community resources to support those suffering and in need of help.

For more information on any of the resources included, use the contact information included for each resource- phone numbers, emails, websites, etc.

To download, print, or check for the latest version, visit [HernandoCares.org](http://HernandoCares.org) or [www.hernandocommunitycoalition.org](http://www.hernandocommunitycoalition.org)

To obtain print copies (if available), for edits needed to an existing resource, or for inclusion in the guide, please contact the Hernando Community Coalition at 352-596-800 or [tresa@cenaps.com](mailto:tresa@cenaps.com).



Hernando Cares was originally developed as a project by the  
**Hernando Cares Prevention Partnership:**



*All information provided in the Hernando Cares - Behavioral Health Resource Guide is offered for informational purposes only and does not constitute a legal contract between any of the Hernando Cares partners or any person or entity unless otherwise specified. Information in the Hernando Cares - Behavioral Health Resource Guide is subject to change without prior notice. Although every reasonable effort is made to present current and accurate information, the partners makes no guarantees of any kind.*

# Resource List

## HOPE

911

Bayfront Health Brooksville

Bayfront Health Spring Hill

Hernando County Sheriff's Office

Oak Hill Hospital

Springbrook Hospital

List of Local, State, and National Crisis Lines and Helplines

## RESTORATION

Achieve Wellness Group, LLC

Art of Counseling

ASAC Counseling, LLC

Al-Anon

Alcoholics Anonymous

BayCare Behavioral Health

Brooksville VA Community-Based Outpatient Clinic

Catherine Mara, LMHC

Celebrate Recovery Vineyard Christian Church

Center for Success & Independence-Brooksville Academy

Children's Home Society of Florida

Christine Adleins, LCSW

Clemente Counseling

Crescent Community Clinic

Crosspoint Church

Dawn Weaver, LMHC

Deborah A. Martin, Inc.

Denise Schonwald, LLC

Dr. Louis T. LaPorta, Clinical Psychologist

For Each 1 Reach 1 Mentoring Program

GracePointe

Groveland Family and Crisis Counseling

Gulfcoast North Area Health Education Center

Hernando Community Coalition

Hernando County Veteran Services

I.M.P.A.C.T. Counseling and Consulting, LLC

Jericho Road Ministries

Johns Hopkins All Children's Hospital-Psychiatry Program

K9 Partners for Patriots

Kevin O. Patterson, LMHC

Laura Nessola, MSW, LCSW, LLC

LifeStream Behavioral Center - CAT Team

LifeStream Behavioral Center

Medical Center of Trinity West Pasco Campus (In-patient)

Medical Center of Trinity West Pasco Campus (Out-patient)

Mothers Against Drunk Driving (MADD)

NAMI Hernando-Support Groups

NAMI Hernando (National Alliance on Mental Illness)

Narcotics Anonymous

# Signs of Mental Illness

Each illness has its own symptoms, but common signs of mental illness in adults and adolescents.

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality (“lack of insight” or anosognosia)
- Abuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing “aches and pains”)
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance (mostly in adolescents)

## Warning Signs Among Youth

Symptoms in children may include the following:

- Changes in school performance
- Excessive worry or anxiety, for instance fighting to avoid bed or school
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums

See more at: <http://www.nami.org/Learn-More/Know-the-Warning-Signs>

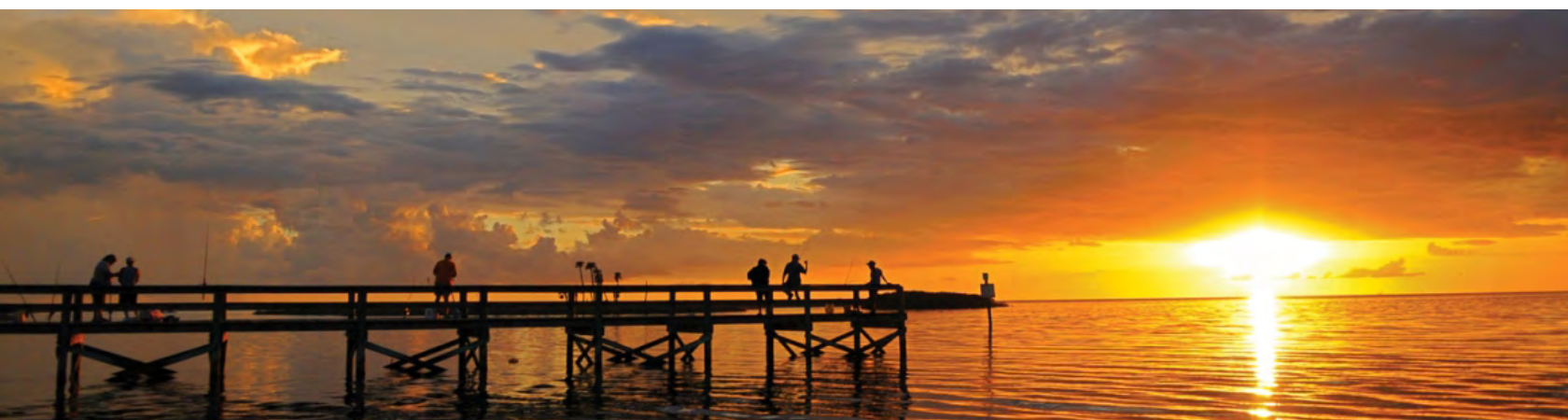
New Visions at Bayfront Health  
Northcliffe Baptist Church  
North Tampa Behavioral Health  
Northside Mental Health Center  
Novus Detox  
Nulife By Design  
Operation PAR  
Pathways Counseling Center  
Premier Community HealthCare Group  
Riverside Recovery of Tampa  
SequelCare of Florida  
Solace Behavioral Health, LLC  
Springbrook Hospital (Inpatient)  
Springbrook Hospital (Outpatient)

Spring Gardens Recovery  
STEPS to Recovery  
Tampa Community Hospital  
Tampa Metro Treatment Center  
The Centers  
Tobacco Free Hernando Partnership  
Trauma and Counseling Solutions  
Trinity Psychiatric  
Turning Point of Tampa  
Veterans HEAT Factory  
Vincent House Hernando  
Vista Behavioral Health  
Wellspring Counseling Center  
Windmoor Healthcare Psychiatric Hospital



Ability Tree Florida  
Children's Advocacy Center of Hernando  
County  
Coalition for the Homeless of Pasco  
County  
Dawn Center  
Healthy Families of Pasco-Hernando  
Life Center of Hernando  
Lutheran Services Florida Health Systems  
Mid Florida Homeless Coalition

Nealynn Enterprises, LLC  
New Beginnings Youth Shelter  
People Helping People  
Terlep Chiropractic/Vitality Physicians  
Sunrise of Pasco County  
Tampa Bay Sober Living  
United Way of Hernando County  
Youth and Family Alternatives



# Signs and Symptoms of Substance Abuse

## Physical

- Deterioration of physical appearance
- Complaints of vaguely defined illness
- Chronic medical problems (colds, flu, stomach aches)
- Sleepiness, exhaustion, fatigue
- Slurred speech
- Unsteady movements & shaky hands, the “Monday morning shakes”
- Dilated pupils
- Unusual weight gain or loss
- Evidence of alcohol or drugs i.e., odor of alcohol on the breath
- Heavy use of perfume or mouthwash
- Wears long sleeves inappropriately

## Social Habits

- Talking about financial problems; borrowing money excessively
- Avoidance of family & friends
- Frequent complaints about problems at home and/or work
- Arguments or trouble with co-workers, family, and/or friends
- Excessive talkativeness or acting withdrawn
- Unwillingness or inability to communicate feelings
- Gets intoxicated at work or social functions

## Emotional/Mental

- Irritability or argumentative
- Over reactive to criticism
- Depression
- Suspicious or paranoid attitude
- Emotional behavior
- Mood swings after lunch or breaks
- Poor concentration
- Difficulty remembering things or events

Source: <http://www.specialcarecorp.com/patients-families>



## Emergency Numbers, Helplines, Hot-lines

### LOCAL, STATE, NATIONAL NUMBERS

Emergency: **911**

Hernando County Sheriff's Office (Baker Act Immediate Crisis): **352-754-6830**

United Way Crisis Line: **211 or 1-800-790-7770**

Dawn Center Crisis Line (domestic and sexual violence services): **352-686-8430**

LSF Health Systems- Access to Care line: **1-877-229-9098**

Florida Runaway Hot-line: **1-800-RUN-AWAY**

Poison Control Line: **1-800-222-1222**

Suicide Crisis Line: **1-800-SUICIDE or 273-8255**

Transgender Lifeline: **877-565-8860**

LGBTQ+ Suicidal Thoughts Help Line: **1- 866-488-7386**

Alcohol and Drug Abuse Hot-line: **1-800-662-4357**

AIDS Hot-line: **1-800-352-2437**

Child Abuse Hot-line: **1-800-962-2873**

Domestic Violence Hot-line: **1-800-500-1119**

Emergency Contraception: **1-800-584-9911**

Law Enforcement Officers Hot-line: **- 800 - COP-LINE (267-5463)1**

Tobacco Quit Helpline- Quit Coach 24 /7: **1-877-U-CAN-NOW (822-6669)**

### HERNANDO EMERGENCY ROOMS



**Bayfront Health Brooksville:** 352-796-5111 - [BayfrontBrooksville.com/](http://BayfrontBrooksville.com/)

17240 Cortez Blvd., Brooksville, FL 34601

**Bayfront Health Spring Hill:** 352-688-8200 - [BayfrontSpringhill.com/](http://BayfrontSpringhill.com/)

10461 Quality Dr., Spring Hill, FL 34609

**Oak Hill Hospital:** 352-596-6632 - <http://oakhillhospital.com/>

11375 Cortez Blvd, Brooksville, FL 34613

**Springbrook Hospital:** 352-596-4306 - <http://www.springbrookhospital.org/>

7007 Grove Rd., Brooksville, FL 34609

# The Hernando County Sheriff's Office

*supports our local  
mental health providers.*



If you're in crisis, please call 911.  
Questions or information,  
please call (352) 754-6850.



# RESTORATION

## Inpatient Services for Mental Health and/or Substance Abuse - In County

### **Center for Success & Independence-Brooksville Academy:**

352-799-5654

**Address:** 201 Culbreath Road, Brooksville, FL, 34602

**About:** CSI-Brooksville Academy serves males ages 13 to 18 in a non-secure residential commitment program that provides therapeutic services to address all behavioral issues, as well as mental health and substance abuse issues. Treatment and education are provided in small, intensive group settings. The program stresses supportive counseling, social rehabilitation, independent living, group, individual, and family therapy, as well as recreation. The anticipated average length of stay depends on the youth's pace of success in completing the individualized treatment plan and goals.

**Serves:** Boys ages 13-18. Program services include 30 slots with mental health overlay services (MHOS) and 30 slots with substance abuse overlay services (SAOS).

**Payment Accepted:** Sponsored by Florida Department of Juvenile Justice

**Referral Needed?** Yes

**Jericho Road Ministries- The New Life Program:** 352-799-2912 ext. 110

**Men's Shelter:** 352-799-2912 ext. 103

**Women's Shelter (Mary's House):** 352-799-2912 ext. 109

**Website:** <http://www.jericho-road.net/services/the-shelters/the-shelter-program/>

**Address:** 1163 Howell Avenue, Brooksville, FL 34601

**About:** Religion based Rehabilitation program- 11-month program. Attendees must agree to counseling, anger management, working part time at the Jericho Road thrift stores, doing chores and Bible study.

**Serves:** Men and Women

**Payment Accepted:** Free

**Referral Needed?** No

## **New Vision at Bayfront Health (Detox): (352) 797-4649**

**Website:** [www.specialcarecorp.com](http://www.specialcarecorp.com)

**Email:** [ahssell@specialcarecorp.com](mailto:ahssell@specialcarecorp.com)

**Address:** 17240 Cortez Blvd., Brooksville, FL, 34601

**Fax:** 352-797-4659

**About:** Substance Abuse Medical Detox Hospital Inpatient 3-5 Days

**Serves:** Adults

**Referral Needed?** No

**Payment Accepted:** Commercial insurance, Medicare, Medicaid, Tricare

## **Springbrook Hospital: 352-596-4306**

**Website:** <http://www.springbrookhospital.org/>

**Address:** 7007 Grove Rd, Brooksville, FL 34609

**Fax:** Admissions: 855-803-1695

**Administration:** 352-596-4336

**About:** Intensive Treatment Services also known as Critical Care Unit provides crisis stabilization and symptom reduction for individuals 18 years or older who are in acute psychiatric distress. Springbrook Hospital is a **Baker Act receiving facility** which address both mental health and substance abuse issues.

**Serves:** Ages 18 and older

**Payment Accepted:** Medicare, Managed Medicaid and All Major Insurances.

**Referral Needed?** No

## **Spring Gardens Recovery: 844-829-9111**

**Website:** <http://www.springgardensrecovery.com/>

**Email:** [rochae@springgardensrecovery.com](mailto:rochae@springgardensrecovery.com)

**Address:** 8213 Cessna Dr., Spring Hill, Florida 34606

**Fax:** 352-484-1999

**About:** Medical Detox, 2-week stabilization and residential inpatient programs for substance abuse, addiction treatment.

**Serves:** Adults

**Payment Accepted:** United Healthcare, Cigna, GEHA, Emblem Health, Humana, Aetna

**Referral Needed?** No- can call admissions directly

# Find the provider who's right for you.

Bayfront Health Medical Group is expanding to meet our community's growing needs. We now provide family medicine, internal medicine and sports medicine, as well as lab and diagnostic services. Most insurance plans, including Medicare, are accepted.

Same-day appointments are often available. To schedule an appointment with any of these providers, please see their contact info below.



**Michael Baehr, M.D.**  
**Medical Director**

*Board Certified, Family Medicine*  
**352-683-5141**

8425 Northcliffe Boulevard, Suite 109  
Spring Hill



**Daisy Saavedra, M.D.**

*Board Certified, Family Medicine*  
**352-683-7362**

8425 Northcliffe Boulevard, Suite 105  
Spring Hill



**Marta Bonkowski, M.D.**

*Board Certified, Internal Medicine*  
**352-754-3565**

17222 Hospital Boulevard, Suite 242  
Brooksville



**Laura Shea, D.O.**

*Board Certified, Family Medicine*  
**352-683-5857**

8425 Northcliffe Boulevard, Suite 111  
Spring Hill



**Lauren Dedeo, M.D.**

*Board Certified, Family Medicine*  
**352-683-5857**

8425 Northcliffe Boulevard, Suite 111  
Spring Hill



**Michael Hancock, APRN**

*Family Medicine*  
**352-688-6346**

8425 Northcliffe Boulevard, Suite 104  
Spring Hill



**Nathan Devabose, M.D.**

*Board Certified, Internal Medicine*  
**352-686-5255**

8425 Northcliffe Boulevard, Suite 112  
Spring Hill



**Barbara Palmer, APRN**

*Family Medicine*  
**352-683-5141**

8425 Northcliffe Boulevard, Suite 109  
Spring Hill



**Brian Roebuck, M.D.**

*Board Certified, Family Medicine*  
**352-596-5052**

11329 Cortez Boulevard  
Brooksville



**Frances Vitalis, APRN, CWS**

*Adult Health Nurse Practitioner*  
**352-754-3565**

17222 Hospital Boulevard, Suite 242  
Brooksville



**Bayfront Health Medical Group**

[BayfrontMedicalGroup.com](http://BayfrontMedicalGroup.com)

Physicians and Allied Health Staff are employed by Brooksville HMA Physician Management, LLC d/b/a Bayfront Health Medical Group.

Online scheduling is now available with select providers.  
Same-day and next-day appointments are often available.

**Make an appointment now • [BayfrontMedicalGroup.com](http://BayfrontMedicalGroup.com)**

# Inpatient Services for Mental Health and/or Substance Abuse - Out of County

**GracePointe:** 813-272-2882

**Website:** <http://gracepointwellness.org/>

**Address:** 5707 N. 22nd Street, Tampa, FL 33610 (Hillsborough County)

**About:** In-patient treatment programs for those experiencing a mental health emergency needing 24-hour care in a safe supportive environment.

**Serves:** Children 5 to 17 and adults

**Payments Accepted:** Gracepoint accepts cash, Visa, Mastercard, Discover and American Express. Also, accepts insurance- check for coverage.

**Referral Needed?** No

**Medical Center of Trinity West Pasco Campus:** 727-834-5700

**Website:** <http://medicalcentertrinity.com/>

**Address:** 5637 Marine Parkway, New Port Richey, FL 34652 (Pasco County)

**About:** In-patient services, voluntary and involuntary psychiatric admissions, Baker Act receiving facility, and Partial Hospitalization Program. **Serves:** Adults

**Payments Accepted:** Self-pay, Medicaid, Private Insurance **Referral Needed?** No

**North Tampa Behavioral Health (Detox):** 877-868-4619

**Website:** <http://www.northtampabehavioralhealth.com/>

**Address:** 29910 SR-56, Wesley Chapel, FL 33543 (Hillsborough County)

**About:** Mental health and substance abuse in-patient treatment center. North Tampa Behavioral Health offers both inpatient and outpatient psychiatric and co-occurring treatment, including a Partial Hospital Program and an Intensive Outpatient Program.

**Serves:** Men and Women ages 18 and up.

**Payment Accepted:** Most Insurances **Referral Needed?** No

**Novus Detox:** 855-889-0186

**Website:** [www.NovusDetox.com](http://www.NovusDetox.com) **Email:** [Kent@NovusDetox.com](mailto:Kent@NovusDetox.com)

**Address:** 9270 Royal Palm Avenue New Port Richey, FL 34654 (Pasco County)

**About:** Substance Use Disorder Private Provider – Inpatient Detox

**Serves:** Men and women 18+. Couples welcome, Service Animals welcome

**Payment Accepted:** Self-Pay, Private Insurance – In and Out of Network

**Referral Needed?** Yes, all patients must complete a brief phone pre-screening.

**Tampa Community Hospital- The Oasis: 1-866-We-Detox (1-866-933-3869)**

**Website:** <http://tampacommunityhospital.com/>

**Address:** 6001 Webb Rd, Tampa, FL 33615 (Hillsborough County)

**About:** The Oasis at Tampa Community Hospital is Hillsborough County's only hospital based detox unit in Tampa.

**Serves:** Children and Adults     **Referral Needed?** No

**Payment Accepted:** May be covered by insurance.

**The Centers: 352-291-5555**

**Website:** <http://www.thecenters.us/>

**Address:** 5664 SW 60th Avenue Ocala, FL 34474 (Marion County)

**About:** Services include child and adult crisis stabilization, adult residential substance abuse treatment, a drop-in center and model clubhouse for those living with mental illness, targeted case management for children and adults, medication management, and individual and group counseling in outpatient, in-home, and in-school settings.

**Serves:** All     **Referral Needed?** No

**Payment Accepted:** Self Pay, Medicaid, Medicare, Blue Cross

**Turning Point of Tampa: (813) 882-3003**

**Website:** [tpoftampa.com](http://tpoftampa.com)     **Email:** [admissions@tpoftampa.com](mailto:admissions@tpoftampa.com)     **Fax:** (813) 885-6974

**Address:** 6227 Sheldon Rd, Tampa, FL 33615 (Hillsborough County)

**About:** Turning Point is a Licensed Residential Treatment, Day Treatment, Intensive Outpatient Treatment center treating substance abuse, eating disorders and dual diagnosis.

**Serves:** Men and Women 18 and older     **Referral Needed?** No

**Payments Accepted:** Self-Pay, In-Network with 33 Private Insurance Companies, No Medicaid or Medicare

**Windmoor Health Care Psychiatric Hospital: 727- 541-2646**

**Website:** <http://www.windmoor.com/>

**Address:** 11300 U.S. 19 North, Clearwater, FL 33764 (Pinellas County)

**About:** Windmoor provides a full range of psychiatric and chemical dependency services, offering intensive treatment of dual diagnosis issues. Responding to a critical statewide need, Windmoor Healthcare of Clearwater has developed an affordable 28-day inpatient treatment program for those with alcohol, drug abuse and compulsive gambling addictions.

**Serves:** Children and Adults     **Referral Needed?** No

**Payments Accepted:** Windmoor Healthcare accepts most insurance policies, including Medicare.

# Outpatient Services for Mental Health and/or Substance Abuse - In County

**Achieve Wellness Group, LLC: 352-515-6914**

**Website:** [www.achievwellnessgroup.net](http://www.achievwellnessgroup.net)

**Address:** 7020 Mariner Blvd, Spring Hill, FL 34609

**Fax:** 352-515-6916

**About:** Provides mental health services- psychology/psychiatry

**Serves:** Adults 18 and older

**Payment Accepted:** Medicare, Self-pay, Private Insurance: TriCare, United Healthcare, Aetna, BC/BS of Florida

**Referral Needed?** No

**Art of Counseling: 614-259-7414**

**Email:** [artofcounseling@outlook.com](mailto:artofcounseling@outlook.com)

**Address:** Spring Hill, FL **Fax:** 352-597-1662

**About:** LMHC- Counseling services

**Serves:** All Populations 6 and up. Specific Focus on Veterans/First Responders/ Families/ Supporters.

**Payment Accepted:** Self-Pay, Most Insurances (Private/Medicaid). Sliding Scale

**Referral Needed?** No

**Catherine Mara, LMHC: 352-442-1717**

**Website:** [www.cathymara.com](http://www.cathymara.com)

**Email:** [jarsofclayconsulting@gmail.com](mailto:jarsofclayconsulting@gmail.com)

**Address:** 717 Benton Ave, Brooksville, FL 34601

**Fax:** 352-796-3990

**About:** Provides quality mental health services for persons 4 to 64.

**Serves:** Ages 4 to 64

**Payment Accepted:** Medicaid (Staywell, UHC, CMS, Sunshine), Self-pay on sliding scale, Private Insurance: Aetna, Cigna, Humana (not Medicare), Most EAPs

**Referral Needed?** No (only if needed by insurance)

**BayCare Behavioral Health: 1-866-762-1743**

***Established Clients Line: 352-540-9335***

***Website:*** [www.baycare.org](http://www.baycare.org)

***Email:*** [behavioralhealth.registrationcenter@baycare.org](mailto:behavioralhealth.registrationcenter@baycare.org)

***Address:*** 15311 Cortez Blvd., Brooksville, FL 34613

### **Outpatient Psychiatric Services**

***About:*** Board Certified Adult and Child Psychiatrists offer outpatient psychiatric services. Services include Psychiatric evaluations, medications and medication management.

***Serves:*** Children and adults

***Payment Accepted:*** Medicaid, Medicare, Private Insurance, Uninsured

***Referral Needed?*** No, but referrals are accepted. Limited capacity for new patients. Must meet eligibility criteria. State priority populations take precedent.

### **Outpatient Counseling Services**

***About:*** Provides assessments, individual, group and family counseling for mental health treatment for adults.

#### **Program: Adult Outpatient Substance Abuse Services**

***About:*** Provides assessments, individual, group and family counseling for adults with substance use disorders.

#### **Program: Adolescent Outpatient Mental Health Services**

***About:*** Provides assessments, individual, group and family counseling for mental health treatment for children.

#### **Program: Adolescent Outpatient Substance Abuse Services**

***About:*** Provides substance use disorder treatment including assessment, individual, group and family counseling for children and adolescents.

***Programs Serve:*** Adult, Children, and/or families

***Payment Accepted:*** Commercial and Health Exchange Plans (excluding Blue Select), Medicare, Medicaid, and Kidcare Plans, Governmental Payers/Community-Based Plans, Self-Pay on a sliding scale

***Referral Needed?*** No

**Children's Home Society of Florida: 352-544-2300**

**Website:** <https://www.chsfl.org/services/counseling/>    **Email:** [mfcc.referral@chsfl.org](mailto:mfcc.referral@chsfl.org)

**Address:** 20170 Cortez Blvd, Brooksville, FL 34610    **Fax:** 352-544-2303

**About:** Tele-psychiatry: Traditional Counseling in an nontraditional places like in-home, or in-school.

**Serves:** All ages    **Payment Accepted:** Self-pay, Medicaid

**Referral Needed?** No- client may self-refer and also accept referrals from providers.

**Christine Adleins, LCSW: 727-836-0943**

**Email:** [mypscychologist1@hotmail.com](mailto:mypscychologist1@hotmail.com)    **Fax:** 720-293-0098

**Address:** 18920 US Highway 41, Spring Hill, FL 34610

**About:** Mental Health Provider    **Serves:** Ages 18 and up    **Referral Needed?** No

**Payment Accepted:** Self-pay, Medicare, Beacon Heath Options

**Clemente Counseling: 727-858-6192**

**Website:** <http://www.mytherapist.biz/>

**Email:** [zenchukk@yahoo.com](mailto:zenchukk@yahoo.com)    **Address:** 4090 Deltona, Spring Hill, FL 34606

**About:** Mental health counseling

**Serves:** Children, teens, families, adults    **Referral Needed?** If required by insurance

**Payment Accepted:** Self-Pay- sliding scale, private insurance, Medicaid

**Crescent Community Clinic: 352-610-9916**

**Website:** [www.crescentclinic.org](http://www.crescentclinic.org)    **Email:** [admin@crescentclinic.org](mailto:admin@crescentclinic.org)

**Address:** 5244 Commercial Way, Spring Hill, FL, 34606

**About:** Healthcare for non-elderly

**Serves:** Ages 18 to 64    **Referral Needed?** Application for services on website

**Payment Accepted:** No Insurance including no Medicaid

**Dawn Wever, LMHC: 352-597-5497**

**Website:** [dawnweverlmhc.com](http://dawnweverlmhc.com)    **Email:** [dawnweverlmhc@gmail.com](mailto:dawnweverlmhc@gmail.com)

**Address:** 5327 Commerical Way Suite C115 Spring Hill, FL 34606

**Fax:** 352-597-1662

**About:** Counseling Services    **Serves:** Ages 5 and up

**Payment Accepted:** Cigna, Staywell, BC/BS, Employee Assistance Programs

**Referral Needed?** Only if required by insurance



**Denise Schonwald, LLC: 352-666-4766**

**Website:** [www.schonwaldllc.com](http://www.schonwaldllc.com)    **Email:** [Denise.Schonwald@gmail.com](mailto:Denise.Schonwald@gmail.com)

**Address:** 10441 Quality Road, Spring Hill, FL 34609

**Fax:** 352-666-4366

**About:** Mental health counseling: Anxiety, depression, trauma, grief, family counseling, marriage counseling

**Serves:** Children and Adults

**Payment Accepted:** Self pay and Medicaid    **Referral Needed?** No

**Dr. Louis La Porta, Clinical Psychologist: 727-836-0943**

**Email:** [mypsychologist1@hotmail.com](mailto:mypsychologist1@hotmail.com)    **Fax:** 720-293-0098

**Address:** 18920 US Highway 41, Spring Hill, FL 34610

**About:** Mental Health Provider

**Serves:** Ages 3 and up    **Referral Needed?** No

**Payment Accepted:** Self-pay, Medicare, Beacon Heath Options, United Healthcare

**Kevin O. Patterson, LMHC: 727-836-0943**

**Email:** [mypsychologist1@hotmail.com](mailto:mypsychologist1@hotmail.com)    **Fax:** 720-293-0098

**Address:** 18920 US Highway 41, Spring Hill, FL 34610

**About:** Mental Health Provider    **Serves:** Ages 3 and up    **Referral Needed?** No

**Payment Accepted:** Self-pay, Medicare, Beacon Heath Options, United Healthcare

**LifeStream Behavioral Center: 352-589-4570**

**Website:** [www.lsbnc.net](http://www.lsbnc.net)    **Email:** [mcrandall@lsbc.net](mailto:mcrandall@lsbc.net)    **Fax:** 352-589-4570

**Access Center Location:** 2020 Tally Road Leesburg, FL 34748 (Services provided in Hernando County)

**About:** Community Action Team (CAT) Hernando is a multidisciplinary treatment team to service children and youth 11 to 21 years of age and their families with a history of mental illness or co-occurring substance abuse diagnosis, multiple treatment failures, who are at risk of out of home placement or return to out of home placement.

**Serves:** Children and youth 11 to 21 years of age and their families with a history of mental illness or co-occurring substance abuse diagnosis.

**Payment Accepted:** The CAT Program is funded through the Department of Children & Families. There are no charges for any CAT Program services.

**Referral Needed?** No

**Operation PAR Inc., Medication Assisted Patient Services: 352-666-5709**

1-888-PAR-NEXT

**Website:** [www.operationpar.org](http://www.operationpar.org)

**Address:** 1245 Kass Circle, Springhill, FL 34606

**About:** For individuals addicted to opiates (pain pills, heroin, Oxycontin, etc.) Operation PAR's MAPS have a proven track record for improving the quality of life for patients. We offer Methadone Maintenance, Methadone Detox, Buprenorphine Maintenance and Detox, and other medication assisted treatments.

**Serves:** Individuals addicted to opiates      **Referral Needed?** No

**Payments Accepted:** Self-Pay, Medicaid, Private Insurance

**Pathways Counseling Center: 352-686-3188**

**Website:** [www.pathwayscounselingcenter.net](http://www.pathwayscounselingcenter.net)

**Address:** 1265 Kass Circle, Spring Hill, FL 34606

**About:** Mental Health and Substance Abuse services including: Counseling, Psychotherapy, Consulting, Personal Coaching, and Workshops.

**Serves:** Individuals, Couples, Families, Groups, Children (ages 2 and up)

**Payments Accepted:** Takes most insurances, self-pay, employee assistance plans

**Referral Needed?** No

**Solace Behavioral Health, LLC: 352-678-5550**

**Website:** [www.solacebh.com](http://www.solacebh.com)      **Email:** [contact@solacebh.com](mailto:contact@solacebh.com)      **Fax:** 352-678-5551

**Address:** 17222 Hospital BLVD. Suite 116, Brooksville, FL 34601

**About:** Psychiatry- Medication Management, Individual Therapy, Group Therapy, Trans-cranial Magnetic Stimulation

**Serves:** 18 and older      **Referral Needed?** No

**Payments Accepted:** Medicare, Commercial Insurances, Self-Pay

**Springbrook Psychiatric Hospital: 352-596-4306 or 352-597-8877**

**Website:** <http://www.springbrookhospital.org/>

**Address:** 7007 Grove Rd., Brooksville, FL 34609

**About:** A psychiatric hospital with therapists for mental health and addiction services.

**Serves:** Ages 18 and older      **Referral Needed?** No

**Payment Accepted:** Medicare, Managed Medicaid, BCBS, Commercial Insurance /HMO

## Trauma and Counseling Solutions: 813-328-6034

**Website:** <https://traumaandcounselingsolutions.com/>

**Address:** 11141 County Line Road, Suite 114, Spring Hill, FL 34609

**About:** Individual and group therapy for victims of abuse/neglect, trauma survivors, anxiety, depression, PTSD, and EMDR Therapy.

**Serves:** All

**Payment Accepted:** Self-pay    **Referral Needed?** No

## Trinity Psychiatric: 352-596-4562

**Website:** [www.trinitypsychiatricassocites.com](http://www.trinitypsychiatricassocites.com)

**Address:** 12200 Cortez Blvd Brooksville, FL, 34613

**About:** Provides psychiatric services including psychiatric evaluations, diagnosis, and treatment.

**Serves:** Adults    **Referral Needed?** No

**Payment Accepted:** Medicare, Medicare HMOs, most commercial insurances, Tricare

## Wellspring Counseling Center: 352-592-7740

**Website:** <http://www.gethelpatwellspring.com/index.html>

**Address:** 12128 Cortez Blvd, Brooksville, FL 34613

**About:** Counselors, Therapists for Marriage Counseling, Abuse, Addictions, ADHD, Anxiety, Depression, Stress, Relationships

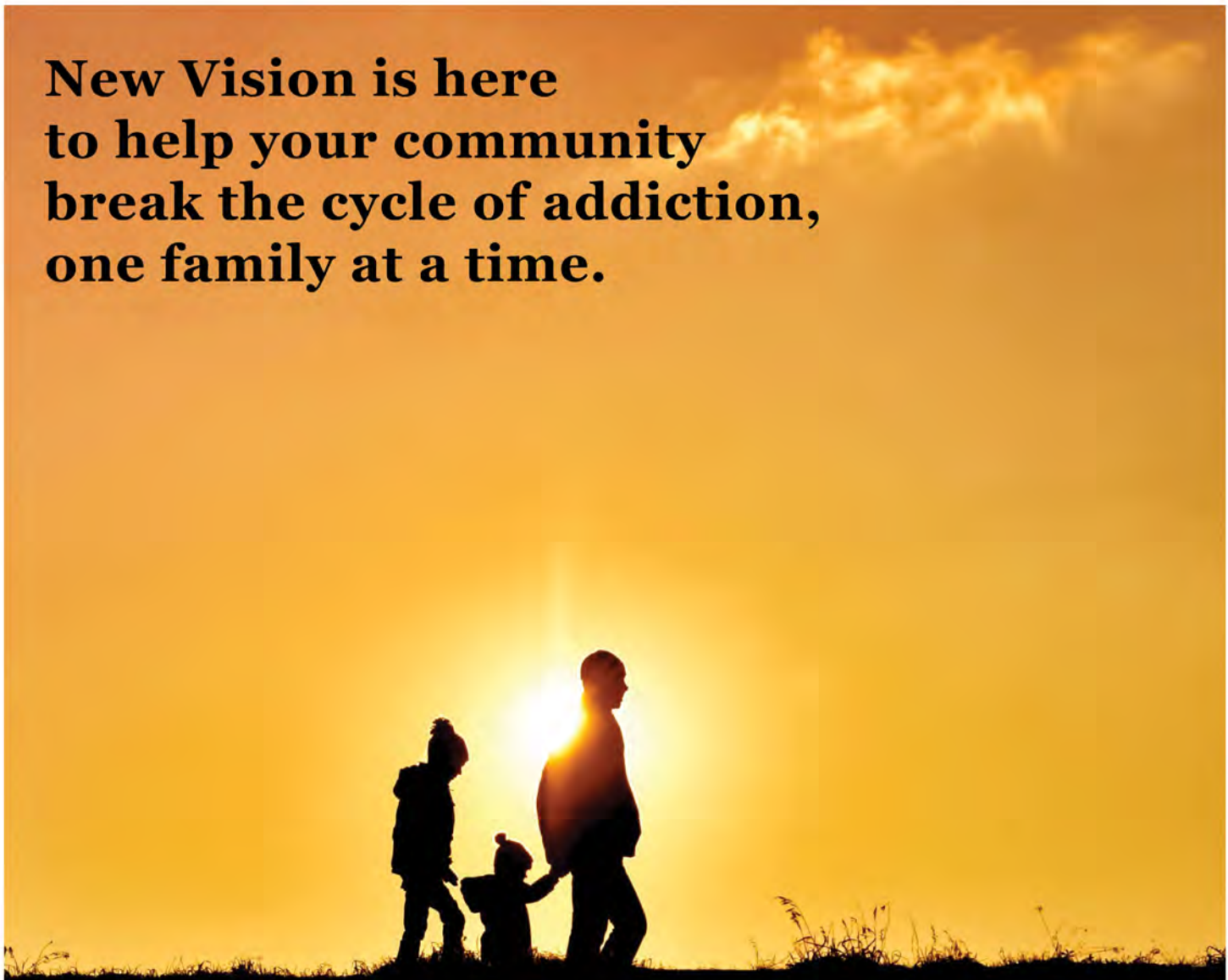
**Serves:** Adults, Children - Adolescents, Elderly

**Payments Accepted:** most insurance plans including many EAP's. For those without insurance, many of our counselors offer a sliding scale fee schedule.

**Referral Needed?** No



**New Vision is here  
to help your community  
break the cycle of addiction,  
one family at a time.**



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Drug & Alcohol Medical Stabilization Service

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352-797-4649  
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Other locations in Florida & across the US  
[www.specialcarecorp.com/locations](http://www.specialcarecorp.com/locations)



# Outpatient Services for Mental Health and/or Substance Abuse - Out of County

**ACAS Counseling, LLC Albert Slickers, LMHC, CAP: 813-777-8253**

**Website:** [www.acascounseling.com](http://www.acascounseling.com) **Email:** [aslickers@acascounseling.com](mailto:aslickers@acascounseling.com)

**Address:** 2718 Letap Ct #101 Land O Lakes, FL 34638 (Pasco County)

**Fax:** 813-475-4794

**About:** Outpatient Mental health and Substance Abuse counseling/therapy.

**Serves:** 12 & Up **Referral Needed?** No

**Payment Accepted:** Some Commercial insurance, EAP's, and Medicaid

**Deborah A. Martin, Inc.: 352-228-4969**

**Website:** [www.Deborahamartin.com](http://www.Deborahamartin.com) **Fax:** 352-228-8901

**Address:** 708 NE 6th Street, Crystal River, FL 34428 (Citrus County)

**About:** Mental Health & Substance Abuse Counseling

**Payment Accepted:** Self-pay, Medicare, private insurance- Blue Cross Blue Shield, United Health Care, etc., Most Medicaid HMO

**Referral Needed?** No

**Groveland Family and Crisis Counseling (GFC): 352-429-5600**

**Website:** [www.gfccounseling.com](http://www.gfccounseling.com)

**Address:** 611 S. Main Avenue, Groveland, FL 34736 (Lake County)

**Fax:** 352-429-1206

**About:** Psychological Evaluations, Child Custody Evaluations, Crisis Intervention, Self-harm & Suicide Prevention, Pre-Marital & Marriage Counseling, Alcohol & Drug Evaluations, Substance Abuse Treatment, STOP Class, Anger Management, Batterer's Intervention Program, Parenting Skills, Spiritual Counseling, Depression & Anxiety, Women's Issues, and Self-harm & Suicide Prevention. Christian-based program.

**Serves:** Individuals & Families, children & youth, adults of all ages.

**Payments Accepted:** Self-Pay (sliding scale), Private Insurance, Local Churches

**Referral Needed?** No, unless required by insurance



We are an equal opportunity services provider. We do not discriminate. All services are offered free of charge.

**24 Hour Crisis Hotline (352) 686-8430**  
**Administration Office (352) 684-7191**  
**Outreach & Awareness (352) 592-1288**



**I.M.P.A.C.T. Counseling and Consulting LLC: 352-587-2378**

**Website:** [www.impactyourlife.bravesites.com](http://www.impactyourlife.bravesites.com) **Email:** [mricketts@impactyourlifecc.com](mailto:mricketts@impactyourlifecc.com)

**Address:** 918 E Norvell Bryant Hwy, Hernando, FL 34442 (Citrus County)

**About:** Counseling and assessment services for children and adults, group counseling, and couples. Tele-health services offered as well. Group and individual services for Anger management, Substance Abuse, Life skills and Parenting.

**Serves:** Children and Adults **Referral Needed?** No

**Payment Accepted:** Self-Pay with sliding fee, CIGNA Insurance, EAP Insurance (Workplace Options, ESI. E4, Morneau Shepell)

**Johns Hopkins All Children's Hospital- Psychiatry Program: 727-767-8477**

**Website:** <https://www.hopkinsallchildrens.org/services/psychiatry>

**Address:** 880 6th Street South Suite 420, St. Petersburg, FL 33701 (Pinellas County)

**About:** The program treats children and teens with a variety of mental health problems, including ADHD, anxiety, depression, psychoses, eating disorders and behavioral problems. Services include new patient evaluation, medication management, and psychotherapeutic evaluation and management.

**Serves:** Patients from age 4 through 17. **Referral Needed?** No

**Payment Accepted:** Insurance, cash, personal checks and major credit cards are accepted.

**Laura Nessola, MSW, LCSW, LLC: 352-345-9948**

**Email:** [lauranessola@gmail.com](mailto:lauranessola@gmail.com) **Fax:** 352-503-5183

**Address:** 8536 W Miss Maggie DR., Homosassa, FL 34446

**About:** Individual therapy for adults with PTSD, Trauma, Anxiety and Depression

**Serves:** Adults **Referral Needed?** No

**Payments Accepted:** Medicare, BC, United Health Care, Tricare, Optum, EAP, Cash

**LifeStream Behavioral Center: 352-589-4570**

**Website:** <https://www.lsbcc.net/> **Fax:** 352-589-4570

**Access Center Location:** 2020 Tally Road Leesburg, FL 34748 (Lake County with services in multiple areas)

**About:** LifeStream serves the residents of Lake and Sumter Counties, with additional programs in Citrus, Marion and Orange Counties, providing high quality treatment, education, care management, rehabilitation, child welfare, primary care and homeless services to children, adolescents, and adults.

**Serves:** Youth and Adults- depending on program/service **Referral Needed?** No

**Medical Center of Trinity West Pasco Campus: 727-834-5700**

**Website:** <http://medicalcentertrinity.com/>

**Address:** 5637 Marine Parkway, New Port Richey, FL 34652 (Located in Pasco County)

**About:** Adult Intensive Out-Patient Program and Intensive Partial Hospitalization Program

**Serves:** Adults     **Referral Needed?** No

**Payments Accepted:** Self-pay, Medicaid, Private Insurance

**Northside Mental Health Center: 813- 977-8700**

**Website:** <http://www.northsidebhc.org/>

**Address:** 12512 Bruce B. Downs Blvd., Tampa, FL 33612 (Hillsborough County)

**About:** Provides therapeutic services including assessment, individual, group, and family therapy.

**Serves:** Children and Adults     **Referral Needed?** No

**Payments Accepted:** Northside Outpatient Counseling Services are available to those with Medicaid, Medicare, or other insurance. Other Outpatient Services are available on a county-wide basis and when clients meet the criteria for program services. Services are available to those who live in Hillsborough County and the Sun Coast Region.

**Nulife By Design: 352-431-3551**

**Email:** [nulifebydesign@gmail.com](mailto:nulifebydesign@gmail.com)

**Address:** 1330 Citizens Blvd #404, Leesburg, FL 34748 (Lake County)

**About:** Mental Health Case Management Services

**Serves:** Adults and youth     **Payments Accepted:** Medicaid     **Referral Needed?** No

**Premier Community HealthCare Group: 352-518-2000 or 727-645-4185**

**Website:** [www.premierhc.org](http://www.premierhc.org)     **Fax:** 352-567-5193

**Address:** 14027 5th Street Dade City, FL 33525 (Pasco County)

**About:** Provides affordable and accessible health care services throughout Pasco and Hernando Counties. Services include: Psychiatric Evaluation, Psychosocial Assessment, Medication Management, Crisis Intervention, Patient Care Coordination, Chronic Care Management, Counseling and Therapy including: Individual, Family, Marriage/Couples, Cognitive Behavioral, Behavior Modification, Grief and Loss, Problem Solving, Coping, Trauma, Stress Management, Play Therapy, and Rational Emotive Therapy

**Serves:** Children and Adults     **Referral Needed?** No

**Payments Accepted:** Self-Pay (discount fees based on eligibility), KidCare, Medicare, Medicaid, Most private insurance plans

### **Riverside Recovery of Tampa: 813-285-5989**

**Website:** [www.rrtampa.com](http://www.rrtampa.com)    **Email:** [wblack@rrtampa.com](mailto:wblack@rrtampa.com)

**Address:** 4004 N Riverside Drive, Tampa, FL 33603 (Hillsborough County)

**About:** A Joint Commission-accredited substance abuse treatment center offering Detoxification, Inpatient residential, Partial Hospitalization, Intensive Outpatient, Outpatient, and Aftercare services.

**Serves:** Men and women 18 and older

**Referral Needed?** No

**Payment Accepted:** Private Insurance, Self-pay

### **SequelCare of Florida: 727-494-7609**

**Website:** <http://www.sequelyouthservices.com/html/community-florida.html>

**Address:** 9550 US 19 Suite 202 Port Richey, FL 34668 (Pasco County)

**Email:** [carisa.flissner@sequelyouthservices.com](mailto:carisa.flissner@sequelyouthservices.com)

**About:** Mental health counseling services in home or office, targeted case management, and medication management services.

**Serves:** 4-90

**Referral Needed?** No

**Payments Accepted:** Self-Pay, Medicaid

### **Tampa Metro Treatment Center: 813-236-1182**

**Website:** <https://www.newseason.com/clinics/tampa-metro-treatment-center/>

**Address:** 7207 N Nebraska Ave, Tampa, FL 33604 (Hillsborough County)

**Email:** [Tampa.fl@cmglp.com](mailto:Tampa.fl@cmglp.com)    **Fax:** 813-236-7551

**About:** Medication Assisted Treatment (Opioid Dependence)

**Payments Accepted:** Self-pay only

**Referral Needed?** No

### **Vista Behavioral Health, PLLC: 813-390-4176**

**Email:** [mdali88@hotmail.com](mailto:mdali88@hotmail.com)    **Fax:** 813-475-4794

**Address:** 2718 Letap Court. Unit 1, Land O' Lakes, FL 34636 (Pasco County)

**About:** Child, Adolescent and Adult Psychiatry

**Referral Needed?** No

**Payments Accepted:** Medicare, Humana, UHC, Baycare, Cigna, Florida Blue





# QUIT YOUR WAY

Quitting tobacco isn't easy. Finding help should be.



**GROUP QUIT** offers two programs:

**OPTION 1**

A 2-hour session where participants learn how to develop a successful quit plan.

**OPTION 2**

Support groups meet once a week for 4 weeks and cover a variety of topics including coping with withdrawal symptoms, managing addiction and preventing relapse.

**NICOTINE REPLACEMENT**

FREE nicotine patches, lozenges or gum\* to help tobacco users cope with nicotine withdrawal symptoms.

*\*If medically appropriate and 18 years of age or older.*

**GROUP COUNSELING**

Is an effective and critical component of any quit attempt, and can more than double the success rate of quitting tobacco.

**Program covers all forms of tobacco.**



## GROUP QUIT

Is the in-person option of Tobacco Free Florida Quit Your Way services.

**Pre-registration required. To register, please contact  
(813) 929-1000 | [info@gnahec.org](mailto:info@gnahec.org)**

[tobaccofreeflorida.com/quityourway](http://tobaccofreeflorida.com/quityourway)



# Services for Veterans

**Brooksville VA Community-Based Outpatient Clinic: 352-597-8287**

**Website:** <http://www.tampa.va.gov/>

**Address:** 14540 Cortez Blvd., Suite 108, Brooksville, FL 34613

**About:** Primary care services for veterans in the Hernando County area. Ancillary services including Nursing, Clinical Pharmacy Consultations (including comprehensive medication management), Point of Care Testing for anticoagulation medication monitoring, Laboratory (including phlebotomy services), Audiology consultations, Nutritional consultations, Podiatric consultations, Psychiatry consultations, Psychological and Psycho Social consultations and Social Work.

**Serves:** Veterans of Hernando County    **Referral Needed?** No

**Payments Accepted:** If you served in the active military, naval or air service and are separated under any condition other than dishonorable, you may qualify for VA health care benefits. Current and former members of the Reserves or National Guard who were called to active duty (other than for training only) by a federal order and completed the full period for which they were called or ordered to active duty may be eligible for VA health care as well. More information available at: <http://www.tampa.va.gov/patients/eligibility.asp>

**Hernando County Veteran Services: 352-754-4033**

**Website:** [www.co.hernando.fl.us/veteran\\_services/](http://www.co.hernando.fl.us/veteran_services/)    **Email:** [tgraham@hernandocounty.us](mailto:tgraham@hernandocounty.us)

**Address:** 621 W. Jefferson St. Brooksville FL 34601

**Fax:** 352-754-4726

**About:** Hernando County Veteran Services Department provides assistance to veterans, their spouses, and families in obtaining both state and federal benefits, to which they may be entitled.

**Serves:** Veterans of Hernando County    **Referral Needed?** No

**Payments Accepted:** No cost, claims assistance



## **K9 Partners for Patriots: 352-397-5306**

**Website:** <https://k9partnersforpatriots.com/>

**Email:** [mary-peter@kppartnersforpatriots.com](mailto:mary-peter@kppartnersforpatriots.com)

**Address:** 15322 Aviation Loop Drive, Brooksville, FL, 34604

**About:** Gives veterans and active military a second chance at life by honoring and empowering those with Post Traumatic Stress Disorder, Traumatic Brain Injury and Military Sexual Trauma through the experience of training and caring for their own service dog.

**Serves:** Veterans with "Honorable Discharge" who experience PTSD, TBI, and/or MST.

**Payments Accepted:** No cost, claims assistance

**Referral Needed?** Application Process, must meet criteria

## **STEPS to Recovery, Inc. 727-234-8117**

**Email:** [tgraham@hernandocounty.us](mailto:tgraham@hernandocounty.us)

**About:** STEPS is a Not-For-Profit organization {501(c)(3)} that provides services for homeless veterans. The ultimate goal of our organization is to help homeless veterans achieve sustained recovery, find and maintain permanent housing and become responsible members of the community. Services include substance abuse, mental health, medical, educational/vocational training, financial assistance, and permanent housing.

**Serves:** Homeless Veterans

**Referral Needed?** Potential residents are identified through aggressive outreach in the community, intensive networking of agency providers (including the VA, veterans organizations and the judicial system). Potential candidates must be medically and psychiatrically stable. If necessary, they will be referred to a detox facility or to the VA in-patient Medical or Behavioral Health unit prior to admission to our emergency housing.

**Payments Accepted:** Free

## **Veterans HEAT Factory: 352-251-7015**

**Website:** <https://www.veteransheatfactory.com/>

**Address:** 16230 Aviation Loop Drive, Brooksville, FL, 34604

**Email:** [gusguadagnino@gmail.com](mailto:gusguadagnino@gmail.com)

**About:** A convener of accessible resources, education, support services to offer veterans hope and healing. VHF facilitates veterans with linkage to recovery and mental health services, reducing homelessness among veterans, acquiring education, job skills, recreational activities, mentoring and other support services.

**Payments Accepted:** Free

**Referral Needed?** No, but must be a veteran

# Support Groups

**Al-Anon: 352-697-0497**

**Website:** <http://www.nfldistrict5.com/>

**About:** Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not.

**Serves:** Open to all      **Payment Accepted:** Free      **Referral Needed?** No

**Alcoholics Anonymous: 352-683-4597**

**Website:** [www.aahernandocounty.com](http://www.aahernandocounty.com)

**Address:** 4118 Lamson Ave, Spring Hill, FL 34608

**About:** Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problems and help others recover from alcoholism.

**Serves:** Some meetings open to all, as well as closed meetings.

**Payment Accepted:** Free      **Referral Needed?** No

**Celebrate Recovery Vineyard Christian Church: 352-587-2425**

**Website:** <http://vineyardchristianchurch.info/>

**Email:** prayinJesusname@yahoo.com

**Address:** 375 South Main Street, Brooksville, FL, 34601

**About:** A Christ-centered program with foundations firmly established in biblical truth. Using applications to overcome life's hurts, habits, and hangups.

**Serves:** All      **Payment Accepted:** Free      **Referral Needed?** No

**Crosspoint Church- Celebrate Recovery: (352) 592-7188**

**Website:** [www.crosspointlive.com](http://www.crosspointlive.com)      **Email:** ericgoucher74@gmail.com

**Address:** 13470 Chambord St., Brooksville, FL

**About:** Celebrate Recovery is a Christ-centered program with foundations firmly established in biblical truth. The 12 Steps and the 8 Principles work seamlessly together, trying historical recovery to timeless Biblical teaching.

**Serves:** All      **Referral Needed?** No

**Payment Accepted:** Free

**For Each 1 Reach 1 Mentoring Program, Inc.: 352-556-2768**

**Website:** [Foreach1reach1.com](http://Foreach1reach1.com)    **Email:** [Foreach1reach1@msn.com](mailto:Foreach1reach1@msn.com)

**Address:** 7284 Sunshine Grove Rd, Brooksville, FL 34613    **Fax:** 877-330-4468

**About:** Mentoring, Education, Tutoring, Parent Support, Boot Camp, Military Structured program, summer program, book club, homework assistance

**Serves:** Youth and parents

**Payments Accepted:** Self-pay, Camelot, Children Medical Services- Sliding Fee Scale.

**Referral Needed?** No

**NAMI Hernando (National Alliance on Mental Illness): 352-684-0004**

**Website:** [www.flnamihernando.org](http://www.flnamihernando.org)    **Email:** [namihernando@tampabay.rr.com](mailto:namihernando@tampabay.rr.com)

**Address:** 10554 Spring Hill Drive, Spring Hill, FL 34608

**Group: Connections Recovery Support Groups**

**About:** A confidential and safe support group for adults living with mental illness. Mondays: 7:00pm to 8:30pm; Wednesdays 3:00pm to 4:30pm; Fridays 6:30pm to 8:00pm; and Saturdays: 10:00am to 11:30am

**Group: Family Support Groups**

**About:** Support for anyone with a loved one living with a mental illness. Wednesdays 3:00pm to 4:30pm and Saturdays: 10:00am to 11:30am

**Programs Serve:** Adults    **Payment Accepted:** Free    **Referral Needed?** No

**Narcotics Anonymous: 352-754-7200**

**Website:** <http://rivercoastareana.org/>

**About:** The River Coast Area of Narcotics Anonymous consists of Hernando County and parts Sumter County in Florida. There are approximately 20 regularly scheduled NA meetings each week.

**Serves:** Anyone in recovery- NA's approach makes no distinction between drugs including alcohol.

**Payment Accepted:** Membership is free    **Referral Needed?** No

**Northcliffe Baptist Church: 352-683-5882**

**Website:** <http://northcliffeonline.org/Grief>

**Address:** 10515 Northcliffe Blvd Spring Hill, FL 34608

**About:** Grief Ministry, Recovery groups    **Serves:** Those experiencing the death of a love one

**Payment Accepted:** Free    **Referral Needed?** No

**Struggling with depression, anxiety, or harmful thoughts?  
Find HELP. Find HOPE.**



**352-684-0004**  
[www.namihernando.org](http://www.namihernando.org)

**BEAUTIFUL MIND CENTER**  
10554 Spring Hill Dr. Spring Hill, FL 34608

### **CONNECTION SUPPORT GROUPS**

**MONDAY 7:00-8:30 pm**

**WEDNESDAY 3:00-4:30 pm**

**FRIDAY 7:00-8:30 pm**

**SATURDAY 10:00-11:30 am**

**MONDAY (401 S. Broad St. Brooksville)  
1:30-3:00 pm**

### **FAMILY SUPPORT GROUPS**

**WEDNESDAY 3:00-4:30 pm**

**SATURDAY 10:00-11:30 am**

### **NAMI SIGNATURES EDUCATION CLASSES & PRESENTATIONS**

**NAMI BASICS (6 weeks)** For parents of children with a mental health condition

**PEER TO PEER (8 weeks)** For adults living with a mental health condition

**FAMILY TO FAMILY (12 weeks)** For family members of an adult with a mental health condition

**NAMI HOMEFRONT (6 weeks)** For family members of veterans or active military with a mental health condition

**ENDING THE SILENCE (60 Minute)** Presentation for educators, parents or students

**STIGMAFREE COMPANY (60 Minute)** Interactive workshop to create a stigma free workplace

**FAITHNET (60 Minute)** Presentation to connect for faith leaders with the mental health community

**NAMI FAMILY & FRIENDS (90 Minute)** Presentation for those who care for someone with a mental health condition

### **MENTAL HEALTH FIRST AID, YOUTH MENTAL HEALTH FIRST AID & SUICIDE PREVENTION TRAINING**

Offered free at the Beautiful Mind Center regularly

**TO REGISTER FOR AN UPCOMING EDUCATION CLASSES OR FOR MORE INFORMATION  
CALL 352-684-0004 or EMAIL [hope@namihernando.org](mailto:hope@namihernando.org)**

# Prevention/Intervention Services for Behavioral Health

**Gulfcoast North Area Health Education Center: 813-929-1000**

**Website:** [www.gnachec.org](http://www.gnachec.org)      **Email:** [sthompson@gnahec.org](mailto:sthompson@gnahec.org)

**Address:** 5901 Argerian Drive, Suite 101 Wesley Chapel, FL 33545 (Services provided in Hernando County)

**About:** Tobacco Cessation Classes- free classes and products

**Serves:** All residents of Hernando, Pasco, Citrus, Hillsborough and Pinellas Counties.

**Payments:** Free      **Referrals Needed?** No

**Hernando Community Coalition: 352-596-8000**

**Website:** [www.hernandocommunitycoalition.org](http://www.hernandocommunitycoalition.org)      **Email:** [tresa@cenaps.com](mailto:tresa@cenaps.com)

**Address:** 13001 Spring Hill Drive, Spring Hill, Florida 34609

**Fax:** 352-596-8002

**About:** The Hernando Community Coalition (HCC) is committed to reducing the problems of alcohol and other drug use and abuse and related consequences in Hernando County. This includes educational programs and campaigns, alcohol and drug free events for teens, providing resources that promote prevention, and community awareness.

**Serves:** Focus on youth, serves all

**Payments Accepted:** Mainly free programs

**Referral Needed?** No

**Mothers Against Drunk Driving (MADD): 727-935-2676**

**Website:** [madd.org](http://madd.org)      **Email:** [jeannine.timmins@madd.org](mailto:jeannine.timmins@madd.org)

**Address:** 13902 N. Dale Mabry, Tampa, FL 33618

**About:** Provides underage drinking and drinking and driving prevention programming.

**Serves:** Youth and parents      **Payment Accepted:** Free      **Referral Needed?** No



CHIPP provides a networking forum for information and education to improve the health of people in Hernando County.

**Learn more at:**

352-540-6817

Facebook/CHIPP, Inc.

**NAMI Hernando (National Alliance on Mental Illness): 352-684-0004**

**Website:** [www.flnamihernando.org](http://www.flnamihernando.org)

**Address:** 10554 Spring Hill Drive, Spring Hill, FL 34608

**PROGRAM:** FAMILY TO FAMILY is a free 12-wk course for anyone with an adult loved one living with a mental health condition.

**Serves:** Adults **Payment Accepted:** Free **Referral Needed?** No, but registration required

**PROGRAM:** PEER-to-PEER is a free, unique, and experiential learning program for people living with a serious mental illness who are interested in establishing and maintaining their wellness and recovery.

**Serves:** Adults **Payment Accepted:** Free **Referral Needed?** No, but registration required

**PROGRAM:** NAMI Basics is a free 6-week education program for parents and caregivers of children and adolescents living with mental illness. The course covers basic brain biology, causes, symptoms, communication skills, problem-solving and advocating for your child with providers, schools, and juvenile justice systems.

**Serves:** Parents and Caregivers **Referral Needed?** No, but registration required

**Payment Accepted:** Free

**Tobacco Free Hernando Partnership: 352-596-8000**

**Website:** <http://hernandocommunitycoalition.org/tobacco-free-partnership.html>

**Address:** 13001 Spring Hill Drive, Spring Hill, FL 34609

**About:** Tobacco Free Hernando is a community partnership addressing attitudes and behaviors on tobacco use, tobacco prevention, tobacco policy, and youth prevention for systematic change for Hernando County. Students Working Against Tobacco (SWAT) is designed to create a youth led, youth driven club that will work toward prevention of tobacco use and addiction in local schools and communities. SWAT gives teens tools that empower youth to take control of the fight against Big Tobacco.

**Email:** For Partnership: [tres@cenaps.com](mailto:tres@cenaps.com) For Students Working Against Tobacco (SWAT): [jbliska@tampabay.rr.com](mailto:jbliska@tampabay.rr.com)

**Serves:** All **Payment Accepted:** Free **Referral Needed?** No

**Vincent House Hernando: 352-701-0778**

**Website:** [www.vincenthouse.org](http://www.vincenthouse.org)

**Address:** 7473 Forest Oaks Blvd. Spring Hill, FL 34606

**About:** Our mission at Vincent House is to assist, promote, and celebrate individuals recovering from a mental illness in their effort to improve social and vocational skills, and become employed in their community.

**Payment Accepted:** Free **Referral Needed?** No



United Way



# LIVE UNITED

## United Way of Hernando County

### CHANGING THE ODDS



HEALTH



EDUCATION



FINANCIAL STABILITY

Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. Whether it is a neighbor without health insurance, a victim of abuse, or someone struggling with mental illness, United Way is working to ensure everyone in Hernando County has access to affordable and quality resources, care, and understands the importance of a healthy lifestyle. With the help of United Way programs and services, it is a firm belief that achievement of health is certainly within reach when working together.

#### ALICE in Hernando

Asset Limited, Income Constrained, Employed

**30%** OF HOUSEHOLDS  ARE WALKING A FINANCIAL TIGHTROPE

**UNABLE TO KEEP AND GROW THEIR ASSETS** **1** EMERGENCY FROM  FALLING INTO CRISIS

For more information, visit [UnitedWayHernando.org/ALICE](http://UnitedWayHernando.org/ALICE)

United Way of Hernando County proudly supports mental health awareness efforts.

[www.UnitedWayHernando.org](http://www.UnitedWayHernando.org)

4028 Commercial Way, Spring Hill, FL 34606 | 352-688-2026



Search [UnitedWayHernando.org/211](http://UnitedWayHernando.org/211) & get connected to Hernando's FREE database of local resources or simply dial 2-1-1 from your land line or cell phone to speak with a trained representative 24/7.



# RELIEF



## Additional Community Support

**Ability Tree Florida: 352-593-0430**

**Website:** [abilitytreeflorida.org](http://abilitytreeflorida.org)

**Address:** 14391 Spring Hill Dr. #192 Spring Hill, FL 34609

**Email:** [tinacordova@abilitytree.org](mailto:tinacordova@abilitytree.org) or [waynecordova@abilitytree.org](mailto:waynecordova@abilitytree.org)

**About:** Ability Tree Florida is a non-profit org. that comes alongside families impacted by disability to provide R.E.S.T., Recreation, Education, Support, and Training opportunities for families, local businesses, churches, and more.

**Serves:** Each month we provide families of children with disabilities and their siblings a four-hour respite for parents and care-givers. Our Parents' Night Out is a sponsored event, that provides a fun-filled night for the MVP's and their siblings to enjoy, while parents and care-givers get an evening to rest, recharge, and reconnect.

**Payment Accepted:** Donations and Program Fees      **Referral Needed?** No

**Children's Advocacy Center of Hernando County: 352-754-8809**

or 352-754-6154

**Website:** [www.mfcs.us.com](http://www.mfcs.us.com)      **Email:** [jhammett@mfcs.us.com](mailto:jhammett@mfcs.us.com)

**Address:** 711 Benton Ave, Brooksville, FL 34601

**About:** Child welfare/abuse/social services, provides free therapy to child sex abuse victims

**Serves:** Children ages 0-17 who are victims of alleged physical or sexual abuse, victims of neglect, human trafficking victims, drug endangered children, or children who witness domestic violence. Non-offending caregivers may also be eligible for services.

**Payment Accepted:** Free      **Referral Needed?** Yes

**Dawn Center: 24-hour helpline: 352-686-8430**

**Administrative Office:** 352-592-1288      **Website:** <http://www.dawncenter.org/>

**Address:** P.O. Box 6179, Spring Hill, FL 34611

**About:** Dawn Center of Hernando County is a certified domestic and sexual violence center providing no cost supportive services for victims/survivors to heal and plan their futures.

**Serves:** survivors of domestic and sexual violence (women, men, and children).

**Payments Accepted:** Free      **Referral Needed?** No

### **Healthy Families of Pasco- Hernando: 352-999-1281**

**Website:** <http://www.pascokidsfirst.org>

**Address:** 698 S. Broad St., Brooksville, FL 34601

**About:** A prevention, parenting, and pregnancy program with home visitation for new (baby under 3 months of age) or expecting families.

**Serves:** New or expecting families      **Payments Accepted:** Free      **Referral needed?** No

### **Life Center of Hernando: 352-597-0119**

**Website:** [www.lifecenterofhernando.com/](http://www.lifecenterofhernando.com/)      **Email:** [barb\\_lemoine@yahoo.com](mailto:barb_lemoine@yahoo.com)

**Address:** PO Box 10141, Brooksville, FL 34603

**About:** Transitional housing program

**Serves:** Serves moms at risk for homelessness who are 18-25 years old, who are either pregnant or whose children are all under 5.

**Payments Accepted:** No fees until client has income. Program fees of 1/3 of any income source. Must provide own food and apply for all services she is eligible for.

**Referral needed:** No

### **Lutheran Services Florida Health Systems**

**24/7 Access to Care Line: 877-229-9098**

**Office:** (904) 900-1075      **Website:** [www.lsfnet.org](http://www.lsfnet.org)      **Email:** [Lesley.hersey@lsfnet.org](mailto:Lesley.hersey@lsfnet.org)

**Address:** 9428 Baymeadows Road, Building III, Suite 320, Jacksonville, FL 32256

**About:** Substance Abuse and Mental Health Funder and resource providers

**Serves:** Indigent

**Payments Accepted:** Provides funding for mental health and substance abuse programs through the Department of Children and Families.

### **Mid Florida Homeless Coalition: 352-860-2308**

**Housing Assessment:** 352-697-3671

**Website:** [www.midfloridahomeless.org](http://www.midfloridahomeless.org)

**Address:** 104 E. Dampier St., Iverness, FL 34450

**About:** Services for homeless persons, housing, centralized intake

**Serves:** Men, Women, families, unaccompanied youth in Citrus, Hernando, Lake and Sumter counties.

**Payments Accepted:** Free Services      **Referral needed:** No

**Nealynn Enterprises, LLC: 352-942-9763**

**Website:** <https://www.nealynnservices.com/>

**Address:** 237 Forest Wood Ct., Spring Hill, FL 34609

**Email:** [info@nealynnbackgroundscreenings.com](mailto:info@nealynnbackgroundscreenings.com)

**About:** Employment Background screenings and mobile drug screening (urine)

**Payments Accepted:** Payor Source the agency or group that requests background screenings and drug testing.

**Referral needed?** No

**New Beginnings Youth Shelter: 352-726-8333**

**Website:** <http://www.yfainc.org/locations/hernando-county>

**Address:** 18377 Sheriff Mylander Way, Brooksville, FL 34601

**About:** Runaway/youth crisis program for troubled or at-risk youth between 10 and 17 (Hernando, Citrus, Sumter)

**Serves:** Youth 10-17      **Referral Needed?** Yes, call for information

**Payments Accepted:** Free

**People Helping People: 352-686-4466**

**Website:** [www.phphernando.com](http://www.phphernando.com)      **Email:** [admin@phphernando.org](mailto:admin@phphernando.org)

**Address:** 1396 Kass Circle, Spring Hill Florida 34606

**About:** People Helping People has four programs designed to help end hunger in our community. Each *Blessings* program is directed to the most vulnerable groups in our county. Provides food, clothing, toiletries, warm meals, etc.

**Serves:** Elderly, the unemployed and families, children, homeless

**Payments Accepted:** Free      **Referral Needed?** No

**Terlep Chiropractic/Vitality Physicians: 352-666-2222 or 352-683-3333**

**Website:** [www.drterlep.com](http://www.drterlep.com)      **Email:** [terlppr@tampabay.rr.com](mailto:terlppr@tampabay.rr.com)

**Address:** 8466 Northcliffe Blvd, Spring Hill, FL 34606

**Fax:** 352-683-7284

**About:** Alternative to Pain Medications, Chiropractic, Medical, Physical Therapy and all basic patient needs.

**Serve:** Hernando, Citrus, and North Pasco      **Referral needed?** No

**Payments Accepted:** Most insurance and Self-Pay

## United Way of Hernando County: 352-688-2026

**Website:** [www.UnitedWayHernando.org](http://www.UnitedWayHernando.org) **Fax:** 352-688-8336

**Email:** [angie@UnitedWayHernando.org](mailto:angie@UnitedWayHernando.org) or [impact@UnitedWayHernando.org](mailto:impact@UnitedWayHernando.org)

**Address:** 4028 Commercial Way, Spring Hill, FL 34606

**About:** Program Services with Focus Areas that fall under Health, Education, Financial Stability, and Basic Needs/Crisis Prevention. Our support for long-term commitments are essential to addressing key social issues. These initiatives include helping children, adults, & elders, encouraging health and wellness, physical and emotional care, promoting financial stability and self-sufficiency, and crisis intervention. United Way also provides free outreach services such as 2-1-1 (referral program), VITA (free tax preparation), Lend a Hand Hernando (volunteer recruitment portal), Dolly Parton Imagination Library (free books for preschool children), Born Learning Trails, Student Board and Stuff the Bus. United Way identifies barriers for the ALICE (Asset Limited, Income Constrained, Employed) population and collectively advocates for solutions towards financial stability.

**Referral needed?** For emergency assistance, yes. Does not guarantee assistance.

## Youth and Family Alternatives: 352-540-6015

**Website:** <http://www.yfainc.org/locations/hernando-county>

**Address:** 18377 Sheriff Mylander Way, Brooksville, Florida 34601

**About:** Runaway, Homeless and Youth Crisis Shelters serve youth and their families promoting positive family interactions, resource referrals, and temporary residential care.

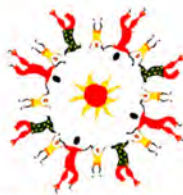
**Serves:** Youth age 10 through 17 who are runaway or homeless, “locked out” or “kicked out” of their home by parents or guardians, need short-term respite or crisis placement due to family conflict, need emergency shelter placement due to abuse and/or neglect, and/or need emergency placement due to foster home placement disruption.

**Payments Accepted:** Families pay no fee for program services.

# TFH

Tobacco Free Hernando

A Partnership of the Hernando Community Coalition



TFH is a community partnership comprised of local youth, families, agencies, organizations, and businesses working to prevent youth tobacco use and reduce the harmful effects of secondhand smoke in Hernando County.

For more information or to get involved, call 352-596-8000 or email [tresa@cenaps.com](mailto:tresa@cenaps.com).



Students Working Against Tobacco (SWAT) is designed to create a youth led, youth driven club that will work toward prevention of tobacco use and addiction in local schools and communities. SWAT gives teens tools that empower youth to take control of the fight against Big Tobacco.

For more information or to join SWAT, email: [jbliska@tampabay.rr.com](mailto:jbliska@tampabay.rr.com) or call 352-596-8000.



Visit [www.hernandocommunitycoalition.org](http://www.hernandocommunitycoalition.org) to learn more!

# Additional Community Support - Out of County

**Coalition for the Homeless of Pasco County : 727-842-8605**

**Website:** <http://www.pascohomelesscoalition.org/>

**Email:** [info@pascohomelesscoalition.org](mailto:info@pascohomelesscoalition.org)

**Fax:** 727-264-0451

**Address:** 5652 Pine Street, New Port Richey, FL 34652 (Pasco County)

**About:** Provides Rapid Rehousing, Homeless Prevention, mobile shower unit, tents, sleeping bags, and hygiene products.

**Serves:** All

**Payments Accepted:** Free

**Referral needed?** No

**Sunrise of Pasco County: 24 Hour Hotline: 352-521-3120**

**Website:** <http://www.sunrisepasco.org/>

**Address:** P.O. Box 928, Dade City, Florida 33526 (Pasco County)

**About:** A domestic and sexual violence center that offers comprehensive services such as advocacy, counseling and legal resources for survivors

**Serves:** All

**Payments Accepted:** Free

**Referral needed?** No

**Tampa Bay Sober Living: 727-657-0444**

**Website:** [www.tampabaysoberliving.org](http://www.tampabaysoberliving.org)

**Address:** 1270 Rogers St., Clearwater, FL 33756 (Pinellas County)

**Fax:** 727-754-4226

**Email:** [rtztampasoberliving@gmail.com](mailto:rtztampasoberliving@gmail.com)

**About:** Safe and Supportive Housing. All areas served, situational living.

**Payments Accepted:** \$250 admin fee & \$600 monthly Lincoln home for men \$500 monthly - Only Self-Pay

**Referral needed?** No



**Serving Hernando County, Florida**

For more information, contact Executive Director Tresa Watson at 352-596-8000 or tresa@cenaps.com. Or visit [www.hernandocommunitycoalition.org](http://www.hernandocommunitycoalition.org)

**WHO WE ARE:** 50+ agencies/  
100+ members



The HCC serves as a convener of community sectors such as youth, parents, schools, law enforcement, healthcare professionals and so on, who work in partnership to better the behavioral health of youth and families.

**WHAT WE DO:** EDUCATE - ADVOCATE -  
IMPROVE COMMUNITY CONDITIONS

The HCC utilizes SAMHSA's Strategic Prevention Framework to develop thoughtful, data backed logic models and strategic plans of action to target the factors and local conditions contributing to behavioral health issues.

**WHY WE DO IT:**



Substance use, addiction, poor emotional health, and mental illness take a toll on individuals, families, and communities. Hernando County, like many areas in the country where poverty is high and resources and opportunities are limited, has not escaped the series of social issues plaguing youth and communities today such as school dropout, crime, overdose, violence and even death resulting from behavioral health issues.

**HOW WE DO IT:**



Through the shared ownership of projects among partners, utilizing existing expertise from membership and resources available in the community, and using research-based approaches and best practices, the HCC is able to save costs and expand on current resources, rather than functioning solely as a "staff driven" agency.

The work of the HCC is funded through grants or contracts with mainly State or Federal resources, through small foundation awards or donations, and by the in-kind resources of community partners.

**WHAT WE KNOW:**



SAMHSA Reports, "if communities and families can intervene early, behavioral health disorders might be prevented, or symptoms can be mitigated." Additionally, prevention saves \$18 per every \$1 spent. Community based behavioral health prevention and promotion must be a public health priority for Florida and Hernando County.

# HERNANDO CARES



[hernandocares.org](http://hernandocares.org)