

Virginia Mental Health Providers & Services: Birth to Five

Compiled as a resource for VMAP Project ECHO participants
Updated 7.1.2022 | email projectecho@vmap.org with updates



Localities/Regions listed

[Charlottesville](#), [Culpeper](#), [Fredericksburg](#), [Warrenton](#), [Lynchburg](#), [Northern Virginia](#), [Richmond](#), [Roanoke Valley](#), [Shenandoah Valley](#), [Winchester](#), [Tidewater](#)

Charlottesville Area

<p>Region 10 Community Services Board 434-972-1800; Charlottesville, Albemarle, Fluvanna, Greene, Louisa, Nelson counties Child and Family Services is offering Family Checkup Program for parent training</p>
<p>Ainsworth Attachment Clinic and the Circle of Security - http://theattachmentclinic.org 434-984-2722; Charlottesville Evaluation, intervention-planning, intervention-consultation for children birth through adolescence who experienced significant challenges or disruptions to their relationships and/or attachment</p>
<p>Aligned Clinical & Educational Services (A.C.E.S.) 434-483-5210; Charlottesville; Multidisciplinary practice: psychologists offer trauma-focused therapy. Also: ABA; therapist for deaf individuals; psychological testing; educational consulting; OT, SLP.</p>
<p>Dr. Boshkoff, Psy, BCBA @ Poehailus, Dupont and Associates 434-995-5600; Charlottesville; PCIT</p>
<p>Counseling Alliance of Virginia (CAVA) 434-220-0333; accepts Medicaid</p>
<p>George Enfield, LPC 434-963-0324 x 5; Charlottesville; registered play therapist</p>
<p>Darien Hall, LPC @ Lewis Weber and Associates 434-963-0324 x 6, Charlottesville; registered play therapist</p>
<p>Dr. Kristen Jamison, M.T., PhD @ The Loop Center - www.theloopcenter.com 434-282-4088; Charlottesville Family therapy for challenging behavior, parent training, educational consultation</p>
<p>Sheila Johnson Center 434-924-7034, opt. 2</p>
<p>Ready Kids - www.readykidscville.org 434-296-4118 Counseling for teens; Healthy Families of Charlottesville-Albemarle; Real Dads; Early Learning; childcare quality program; teen runaway program Inside Out Trauma Counseling (for ages 2-18) - https://readykidscville.org/counseling/inside-out/ Therapy for children who have experienced trauma. Grant funded, no fee for clients. Available to Albemarle, Charlottesville, Fluvanna, Greene, Louisa and Nelson Co</p>

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Culpeper/Fredericksburg/Warrenton

Rappahannock Rapidan CSB (540) 825-3100; serves Culpeper, Orange, Fauquier, Madison, Rappahannock counties
Rappahannock Area CSB 540-373-3223; serves Fredericksburg, Caroline Co., King George Co., Spotsylvania Co., Stafford Co.
Courage Health and Wellness 540-684-5766; Fredericksburg
Bright Horizons Counseling 540-107-0786; Fredericksburg; CBT, DBT, Play
Resilience Counseling and Social Skills Center 540-699-0226; Fredericksburg
Dr. Christopher Haley, PhD @ The Social Skills Center 571-285-1403; Fredericksburg
El Rophe Psychological Solutions LLC 540-322-2289; Fredericksburg; CBT, Trauma Focused, Psychological Testing
Dr. Elizabeth Jerome, PhD @ Wellspring Child and Family Psychology 540-693-0096; Fredericksburg; CBT, trauma-focused therapy, PCIT, DBT; offers parenting classes
ReEmerge Child Therapy 540-491-4300; Warrenton; ages 3-12
Adam Doane, LCSW @ Culpeper Child and Family Counseling attachment, trauma, CBT

Winchester Area

Northwestern CSB: 540-667-8888; 540-636-2931 Winchester, Woodstock, Front Royal, Luray, Shenandoah Co, Page Co, Clarke Co, Frederick Co
The Center for Counseling and Growth (www.ccg-va.com) 540-431-5909; Winchester; PCIT
Winchester Community Mental Health 540-535-1112; outpatient therapy and psychiatry services for children and teens. Also a provider of intensive in home therapy and ABA.
Integrative Counseling 540-454-5888; sees children 3 and up

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Lynchburg

<p>Horizons Behavioral Health (CSB) 434-477-5000; Lynchburg City, Amherst, Appomattox, Bedford, Campbell Counties</p>
<p>Blackwater Counseling at HumanKind 434-846-1124; Lynchburg; trauma-informed CBT, foster care, parenting, attachment, behavior</p>
<p>Central Va Counseling 434-616-4980</p>
<p>Couples and Kids 434-316-9339</p>
<p>Empower Counseling 434-21-5621</p>
<p>Family Insight 434-616-6762</p>
<p>Hope for Tomorrow Counseling 434-376-2006; Lynchburg; trauma, attachment, foster care</p>
<p>Thriveworks 434-528-3263; Lynchburg</p>

Northern Virginia

<p>Community Services Boards:</p> <ul style="list-style-type: none"> • Alexandria CSB: 703-746-5700; Emergency Services: 703-746-3401 • Arlington CSB: 703-228-5150 • Fairfax Falls Church CSB: 703-383-8500; Emergency Services: 703-573-5679 • Prince William County CSB: 703-792-7800 • Loudon County CSB: 703-771-5155
<p>Center for Connection, Healing and Change 703-782-3710 Gainesville; 703-782-3710 Fairfax</p>
<p>Bridge to Balance 540-216-1840; Haymarket</p>
<p>Diana Bermudez, PhD, LPC, MA @ Amare Counseling and Education LLC (www.amarecenter.com) 703-782-8763; Arlington; VAIMH certified; Theraplay certified; parent coaching; Yoga instructor Bilingual English and Spanish; out of network provider—does not bill any insurance</p>
<p>Kristin Swanson PsyD 914-772-1892; Falls Church; preschool, school age</p>
<p>Amaris Brown, MS, LPC @ Marine Corp Community Services 703-693-7206 or amarisbr@yahoo.com; Arlington; PCIT</p>

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<p>Na'ama Poker Malkesoman, LCSW @ Family Compass 703-471-5517 or nmalkesman@gmail.com; Reston; PCIT</p>
<p>Fen Levy, LCSW 703-850-3033; Falls Church; Parent-Child therapy with focus on behavior, parent support</p>
<p>In Step PC 703-876-8480; Fairfax</p>
<p>Carrie Murphy, PhD, NCSP @ Pediatric Behavioral Interventions, LLC 571-310-1399 or DRCarrie@JPedBEhinterventions.com; Alexandria; PCIT</p>
<p>Swisher Counseling, LLC 571-317-0029; Landsdowne; Child Parent Relationship Counseling; out of network only</p>
<p>Maria Martinez, PhD @ McClean Child and Family 703-371-0304; PCIT</p>
<p>Mandy Thompson, PhD @ Center For Cognitive Therapy 703-618-0900; Vienna; PCIT</p>
<p>Dr My Banh @ Georgetown University 202-944-5394</p>
<p>Family Compass 703-51471-5117; Reston</p>
<p>The Morgan Center 703-352-3822; Herndon</p>
<p>Child and Family Counseling 703-352-3822; Herndon</p>
<p>McLean Psychotherapy 703-401-5394</p>
<p>Weaver and Associates 703-598-5559; McClean</p>
<p>Parenting support options:</p> <ul style="list-style-type: none"> • Dr. Dan Shapiro @ Parent Child Journey (www.parentchildjourney.com); 301-881-6855 • Capital Area Pediatrics: Dr. Polly Panitz provides twice annual parenting workshop with focus on challenging behavior: https://capitalareapediatrics.com/resources/workshop • SCAN of Northern Virginia Alexandria: 703-820-9001

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Greater Richmond

<p>Community Services Boards:</p> <ul style="list-style-type: none"> • Richmond Behavioral Health Authority: 804-819-4000 • Henrico Area Mental Health and Developmental Services: 804-727-8500 • Chesterfield CSB: 804-748-1227 • Hanover County CSB: 804-365-4222
<p>Attachment and Trauma Institute 804-901-7911; Richmond</p>
<p>Child Savers (www.childsavers.org/child-therapy-rva) Richmond; trauma-informed and trauma focused outpatient therapy for children; accepts Medicaid and private insurance</p>
<p>Jessica Bickley, LCSW @ Partners in Parenting 804-422-7192; Richmond; VAIMH certified</p>
<p>Counseling and Social Skills Center 540-699-0226; Glen Allen; Cognitive Behavioral Therapy, Dialectal Behavioral Therapy, Individual, Group and Family Therapy, social skills group. Preschool and up.</p>
<p>Sarah Breitbart Sneed, PhD Psychologist 804-207-4041; Glen Allen; Attachment Based; Cognitive Behavioral Therapy; Play Therapy; Family Therapy; Psychological Testing.</p>
<p>Kimberly Hines, LCSW, RPT @ Richmond Creative Counseling 804-592-6311; Play Therapy; CBT; Attachment Based; Trauma Focused. Agency has other therapists as well as 3 Psychiatric NPs. Accepts many private insurances; Tricare; Medicaid.</p>
<p>Launch Pad Counseling 804-665-4681; therapists seeing young children include Ashton Williams, LPC and Kate Rey, LCSW</p>
<p>Advanced Behavioral Health Services 804-594-3690; N. Chesterfield; CBT; Play Therapy; Dialectical Behavior Therapy; Executive Functioning Coaching. Many private insurances, Medicaid, Medicare, Tricare.</p>
<p>Scott Mates, LCSW, RPT @ Compassionately Rooted Counseling 804-464-7202; N. Chesterfield; Some areas of treatment: ADHD; PTSD; Attachment; Anger Management; Behavior Issues; Defiance; Noncompliance; Depression; Anxiety; Grief; Parenting. Many private insurances; Medicaid.</p>
<p>Family Guidance Centers 804-743-0960; Chesterfield, Powhatan, Midlothian; Psychological and Educational Evaluations. Many private insurances; Medicaid; Tricare; Medicare. Sees children under 6.</p>
<p>Compass Counseling 804-372-0151; Richmond; Outpatient Therapy, In-home Therapy, ABA. Accepts Medicaid.</p>

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Roanoke Valley

<p>Blue Ridge Behavioral Health (CSB) 540-343-3007; Roanoke City, Salem, Roanoke County, Botetourt, Craig</p>
<p>Carillion Pediatric Behavioral Health 540-981-8785; Roanoke</p>
<p>Family Services of Roanoke Valley 540-795-4699; ages 2 and up; play therapy; indiv therapy, intensive in home</p>
<p>Michelle Gunter, LCSW @ Thriveworks 339-218-3090; Roanoke</p>
<p>Angela Mitchell, LCSW @ Child and Family Therapy Associates 540-0293-9788; Roanoke</p>
<p>Heart Space Counseling 540-929-1909; Roanoke; attachment, trauma, play therapy, parenting support</p>

Shenandoah Valley – Augusta County

<p>Valley Community Services Board 540-887-3200</p>
<p>Meneika Chandler, LPC @ A Peaceable Life 540-490-4440; Stuarts Draft</p>
<p>Valley Hope Counseling Center 540-941-8933; Waynesboro; accepts Medicaid and has sliding scale</p>
<p>Amanda Kizer, LPC 540-584-8263 or 757-604-6321; Staunton</p>
<p>Kuley, Ryan and Associates 540-886-3956; Staunton</p>

Shenandoah Valley – Harrisonburg

<p>Community Services Boards:</p> <ul style="list-style-type: none"> • The McNulty Center @ Harrisonburg-Rockingham CSB: 540-433-3100 (child and adolescent) • Harrisonburg Rockingham CSB: 540-434-1940
<p>Ryan Thompson, Psy.D 540-251-7728 or rthompsonpsyd@gmail.com; Harrisonburg; certified PCIT therapist</p>
<p>Alvin Baird Center @ James Madison University (Campbell Building Room 2244 on the JMU campus) Contact: Emory Bruno at 540.568.7931 or by email BairdCenter@jmu.edu Harrisonburg; ABA-PCIT Clinic; operates late Aug-May.</p>
<p>Greg Czyszczon, PhD, LPC @ Harrisonburg Center for Relational Health (www.relationalhealth.net) 540-246-7592; attachment and trauma</p>

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Ronda Weber, PhD

Harrisonburg; all ages, trauma, parenting, **bilingual-Spanish**

Tidewater

Community Services Boards:

- Chesapeake Integrated and Behavioral Healthcare: 757-547-9334
- Norfolk Community Services Board: 757-823-1600
- Virginia Beach Human Services: 757-385-0505

Angela Coyle, LCSW

757-854-9874; Virginia Beach; **PCIT, VAIMH certified**

Debbie Coleman, LCSW @ Colonial Behavioral Health

757-220-3200; Williamsburg; **VAIMH certified**

Lateacia Sessoms, LPC, RPT

757-392-4505; Portsmouth; play therapy, attachment, trauma

Chaniece Winfield, PhD, LPC, RPT

757-272-1387; Portsmouth

Thriveworks

757-210-7696; Chesapeake

Brianea Hoffman, PsyD @ Cognitive Behavioral Treatment Center

757-410-0700; Chesapeake; ages 3-12; CBT/Play therapy/Parent Training/Trauma Focused

Sheri Traux, LCSW and Kristyn Troyer, PsyD, P.C. @ Birchtree Counseling

757-566-7401; Chesapeake; Multiple insurance, Tricare; Attachment/CBT/Trauma Focused/Social Skills

Stepping Stones Counseling

757-379-8679; Franklin, Chesapeake; ages 4 and up; CBT, play therapy

DQS Communications Healthcare Group

888-657-2343; Norfolk; all ages; most insurances, Medicare, Medicaid, Tricare Military One Source.

Wishing Well Counseling

757-777-9336 – Chesapeake; 757-514-3248 – Suffolk; ages 3 and up; trauma-focused CBT

Tidewater Child and Family Behavioral Health

757-278-5304; Virginia Beach; **parent management and PCIT**

Virginia Beach Counseling and Wellness

757-453-2144; Virginia Beach; ages 3 and up

The Up Center

757-865-8663; Norfolk, Suffolk; **PCIT**