




# LICENSED PSYCHOTHERAPY (Mental/Behavioral Health Counseling) In DICKINSON COUNTY Area [REVISED 28JUN2018 ]

**IMPORTANT!** Always call the number on the back of your health insurance card & ask key questions:

- “WHAT IS MY: MENTAL HEALTH COVERAGE? •MY DEDUCTIBLE? • MY CO-PAY? (SOME MISLABEL COPAYS AS “CO-INSURANCE”
- “WHICH LICENSED PROVIDERS ARE COVERED BY MY PLAN?”









If possible, try to find a provider who is “IN NETWORK” for your insurance, as indicated by the left column below. Insurance coverage varies greatly, and even if your insurance does cover the psychotherapist you wish to see, they might require you first meet a high *deductible* (\$250 up to \$10,000! for some plans) and pay a co-pay of \$15 to \$50 or more per session. MD psychiatrists are very limited in the U.P. and require referral from your physician. They tend to focus their treatment on *medications* & don’t typically provide psychotherapy, so they aren’t listed for those reasons. Average *counseling* session is 45-55 minutes and ranges approximately \$80 to \$150/visit in our area as of JUNE 2018.

Latest update of this Referral Guide can be found at: [resolvingconcerns.com](http://resolvingconcerns.com) Please send corrections & updates to: [mark@resolvingconcerns.com](mailto:mark@resolvingconcerns.com)

HEALTHPLANS COVERED:	All providers accept self-pay if you have no insurance coverage (call for rates as they vary)
	Most Blue Cross/Blue Shield plans cover this provider as “in-network” (not necessarily Anthem BCBS)
MEDICAID 	Michigan MEDICAID. Call UPHP (800.835.2556) or the # on your card to find out if YOUR plan covers the provider you want to see.
MEDICAID BADGERCARE 	Straight Wisconsin MEDICAID or <i>BadgerCare</i> , or Forward Wisconsin members should call ADAPT (715)251-4555; (715)732-7760 (or human services for your county). THIS IS YOUR ONLY OPTION for coverage. NO COVERAGE for DICKINSON COUNTY PROVIDERS (at this time of writing)
<b>MEDICARE</b>	MEDICARE covers these providers; if you have a <i>supplemental (secondary) policy</i> you might not have a co-pay, or might have a smaller one.
<b>INSURANCE</b>	Most insurance company plans will cover this provider; call your plan’s 800# on the back of the card to find out which providers are in your network.

“EAP” = Employee Assistance Programs = free visits for employees & their household family members

Ask your employer or HR if they offer Employee Assistance. Some employers have provided EAP in the past: VERSO, DCHS, MJ ELECTRIC, & FED EX

INSURANCE ACCEPTED		AGENCY / PSYCHOTHERAPIST	PHONE/ADDRESS
<b>MEDICAID</b> <b>INSURANCE</b> <b>MEDICARE EAP</b> 	NO PHOTO	<b>Bellin Health</b>  Specialties: depression, anxiety, bipolar disorder, ADHD/ADD, PTSD; children, adolescents, adults	(906) 776-9040 440 Woodward Ave. Iron Mountain, MI 49801
<b>MEDICAID</b>  <b>EAP</b> 		<b>Rhonda Brey, NCC, LPC, CAADC</b>  Specialties: certified drug & alcohol assessment & treatment; individual, couples/marital, families, teens, stress, anxiety, depression, eating/weight, addiction, group therapy	(906)396-2085 427 S. Stephenson Ave. Ste. 220, P.O. Box 554 Iron Mountain, MI 49801 612 W. Adams St., #212, Iron River, MI 49935 e: <a href="mailto:rhondabrey@gmail.com">rhondabrey@gmail.com</a>
<b>MEDICAID</b>  <b>SOME INSURANCE</b> <b>EAP</b>		<b>Calo, Catherine, MAC, LLPC</b>  Specialties: crisis intervention/suicide risk assessment, self harming behaviors, parenting skills, LGBT, PTSD, anxiety, depression, grief and loss, sexual abuse, relationship concerns	(906)221-9470 426 S Stephenson Ave., Suite 8 Iron Mountain, Michigan 49801 e: <a href="mailto:catcalocounseling@gmail.com">catcalocounseling@gmail.com</a>
<b>MEDICAID</b> <b>MEDICARE</b>  <b>MOST INSURANCE</b> <b>EAP</b> 		<b>D'Amico, Elyse LMSW</b>  Specialties: depression, anxiety, stress management, other challenges, cognitive-behavioral therapy (CBT), dialectical behavioral therapy (DBT); all ages	(720)840-7598 427 S. Stephenson Ave., Suite 210 Iron Mountain, MI 49801 e: <a href="mailto:elyse@elysedamico.com">elyse@elysedamico.com</a>
<b>MEDICAID</b> <b>MOST INSURANCE</b> <b>MEDICARE</b> <b>EAP</b> 		<b>Festian, Sandra ACSW, LMSW</b> Cherith Counseling Center P.C.  Specialties: fanxiety & panic, PTSD, marriage and family; children's emotional problems	(906)779-0478 427 S. Stephenson Ave, 2 <sup>nd</sup> Floor P.O. Box 1045 Iron Mountain, MI 49801

<p><b>MEDICAID</b></p> <p><b>(Some) MEDICARE</b></p> <p><b>EAP</b></p>	 	<p><b>Iron Mountain Counseling Center, Inc.</b>  <b>Gordon, Jennifer, MA, NCC, LPC,</b>  <b>Kelly P. Doughman, MA, NCC, LLPC</b>  <b>Karen A. Olson, PhD (Medicare, UPHP)</b></p>  <p>Specialties: individual, couples, families, teens, stress, anxiety, depression, eating/weight, addiction, SAD, wellness coaching, walk &amp; talk therapy, <i>certified</i> drug &amp; alcohol assessment &amp; treatment</p>	<p>(906)239-9918  216 E. Ludington St.  P.O. Box 68  Iron Mountain, MI 49801</p> <p><a href="http://www.imcounselingcenter.com">www.imcounselingcenter.com</a>  e: <a href="mailto:imcounseling@gmail.com">imcounseling@gmail.com</a></p>
<p><b>MEDICAID</b>  <b>MEDICARE</b>  <b>MOST INSURANCE</b>  SLIDING SCALE</p> 		<p><b>Northpointe Behavioral Healthcare Systems</b>  (Dickinson-Iron-Menominee Mental Health)  ONLY: suicidal, developmentally disabled, severely mentally ill or emotionally impaired. 24 hr. mental health emergencies; multi-disciplinary staff (for Michigan residents only)</p>	<p><b>24hr Crisis #:</b> (800)750-0522  Dickinson County: (906)774-0522  715 Pyle Drive, Kingsford, MI 49802  Iron County: (906)265-5126  703 2<sup>nd</sup> Ave., Iron River, MI 49935</p>
<p><b>MOST INSURANCE</b>  <b>MEDICARE</b></p> 	<p>NO PHOTO</p>	<p><b>Weiss, Victoria, Psy.D., LP</b></p> <p>Specialties: adults, children, ADHD testing, psychological assessment/testing</p>	<p>(906)776-9000  427 S. Stephenson Ave., 2<sup>nd</sup> Floor  Iron Mountain, MI 49801</p>
<p><b>EAP</b></p> <p><b>MEDICARE</b>  <b>MOST INSURANCE</b></p>   		<p><b>Young, Mark, LMSW, LCSW / Resolving Concerns</b></p> <p>Specialties: cognitive-behavioral therapy (CBT), depression, anxiety, anger, grief, guilt, phobias, child behavior problems, communication, assertiveness, life changes, sexuality; adults, kids &amp; teens, parenting.</p>	<p>tel: 906-PRO-HELP / text :313.242.7797  427 S. Stephenson Ave., Ste 203, P.O. Box 1012  Iron Mountain, MI 49801  web : <a href="http://resolvingconcerns.com">resolvingconcerns.com</a>  e: <a href="mailto:mark@resolvingconcerns.com">mark@resolvingconcerns.com</a></p>
<p><b>Badgercare</b>  <b>WISCONSIN</b>  <b>RESIDENTS</b></p> 		<p><b>ADAPT</b> - Marinette County Health &amp; Human Services  Outpatient counseling services <i>only</i> for <u>Marinette</u> county residents.</p>	<p>(715)251-4555  1201 Jackson St., Niagara, WI 54151  (715)732-7760; (888)732-7549 Marinette, WI</p>