






# LICENSED PSYCHOTHERAPY (Mental/Behavioral Health Counseling) In DICKINSON COUNTY Area [REVISED 13JUL2016 ]

**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? **Master’s Level?** (MS, MA, MSW / LMSW)? **Doctoral?** (Ph.D., Psy.D.)?”


Most plans cover most **licensed** providers in Michigan, BUT some plans don’t cover any counseling; others limit coverage to only certain providers or MD psychiatrists. Some plans have high annual deductibles & 50% copays making services more costly. Average counseling session is 45-50 minutes and ranges approximately \$80 to \$125/visit in our area.





Info. subject to change; latest: [resolvingconcerns.com](http://resolvingconcerns.com); request latest copy or send updates to: [mark@resolvingconcerns.com](mailto:mark@resolvingconcerns.com)

<b>HEALTHCARE COVERAGE KEY:</b>	<i>All providers accept <b>self-pay</b> if you have no insurance coverage (call for rates as they vary)</i>
	Nearly all <b>Blue Cross/Blue Shield</b> plans w/mental health coverage cover this provider. <b>HOWEVER!</b> Some providers are <b>OUT</b> of NETWORK, which usually requires higher copay. Many <b>BC/BS</b> of <b>Michigan</b> <u>only</u> cover 50% of the fee at these providers.
<b>FEP</b> 	<b>Federal Employee Program</b> BCBS will cover this provider (ex., VAMC, Postal Service & some other Government employees). Only a few providers are IN-network for FEP BCBS.
<b>M.A.</b> 	Straight <b>Michigan MEDICAID</b> or <i>MI Child</i> (non-UPHP) Only covers at community mental health (Northpointe Behavioral Healthcare Systems)
<b>M.A.</b> 	Straight <b>Wisconsin MEDICAID</b> or <b>BadgerCare</b> ; call ADAPT (715)251-4555; (715)732-7760 (or human services for your county). Only covered by participating <b>physicians</b> or <b>Wisconsin</b> mental health clinics. <b>NO COVERAGE</b> for DICKINSON COUNTY PROVIDERS (at this time of writing)
<b>MEDICARE</b>	<b>MEDICARE</b> covers these providers at approximately 50% of approved rate (members pay approx. \$35-\$40/visit; if they have a supplement insurance, they usually owe nothing)
<b>INSURANCE</b>	Most (non-BCBS) indiv. & group plans will cover this provider; call your plan to find out.
	Upper Peninsula Health Plan (800)835-2556 will cover this provider (If you have <i>Michigan Medicaid</i> , call (800)835-2556 to determine whether you have this plan; regular/straight Michigan Medicaid will only cover treatment at Northpointe to my knowledge)

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

Check with your Human Resources to find out if your employer currently offers EAP services. Some of the following employers have provided EAP programs for their employees in the past and may still: Verso Paper, Dickinson County Hospital/Healthcare System, MJ Electric, and Fed Ex.

<b>INSURANCE &amp; PAYMENT METHODS</b>	<b>AGENCY OR COUNSELOR/ PSYCHOTHERAPIST</b>	<b>PHONE/ADDRESS</b>
<b>Badgercare WISCONSIN RESIDENTS</b> 	<b>ADAPT</b> - Marinette County Health & Human Services Outpatient counseling services <i>only</i> for <u>Marinette</u> county residents	(715)251-4555 1201 Jackson St., Niagara, WI 54151  (715)732-7760; (888)732-7549 <b>Marinette, WI</b>
	<b>Catholic Social Services</b> Dickinson County. Specialties: child & family <b>SLIDING SCALE</b>	(906)774-3323 427 S. Stephenson Ave., 2 <sup>nd</sup> Floor <b>Iron Mountain, MI 49801</b>
	<b>Festian, Sandra ACSW, LMSW</b> Cherith Counseling Center P.C.  Specialties: anxiety & 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 <b>Iron Mountain, MI 49801</b>
	<b>Foucalt, Paul D., M.A., LPC</b>  Specialties: depression, anxiety, phobias, marital, bipolar, ADHD, work-related issues	(906)284-1433 415 River Avenue, <b>Iron River, MI 49935</b>
	<b>Hammond, Ann (Brouillette), LMSW, LCSW</b>  Specialties: adults, children, adolescents, groups	(906)282-0655 427 S. Stephenson Ave. 2 <sup>nd</sup> Floor, Suite 220 / PO Box 442 <b>Iron Mountain, MI 49801</b> <a href="http://www.annhelps.com">www.annhelps.com</a>
	<b>Iron Mountain Counseling Center, PLLC</b> <b>Gordon, Jennifer, MA, NCC, LLPC</b> <b>Rhonda M. Brey, MA, LLPC, CAADC</b>  Individual, couples, families, teens, stress, anxiety, depression, eating/weight, addiction, SAD, Wellness coaching, Walk & Talk Therapy, Drug & Alcohol assessment & treatment	(906)239-9918 1112 S. Carpenter Avenue <b>Iron Mountain, MI 49801</b>  <a href="http://www.imcounselingcenter.com">www.imcounselingcenter.com</a>
	<b>Kahler, Dorothy, Psy.D., LP</b>  Specialties: adults with depression, anxiety, and related disorders; (neuropsychological evaluations in Marquette w/ physician referral)	(906)226-9100 (call Marquette office)  <i>Limited availability in Iron Mountain (Wednesdays only)</i>

<p><b>Medicaid</b> </p> <p><b>MOST INSURANCE</b></p> <p><b>MEDICARE</b> SLIDING SCALE</p>	<p><b>Northpointe Behavioral Healthcare Systems</b> (Dickinson-Iron-Menominee Mental Health)</p> <p><b>ONLY: Suicidal, severely mentally ill or emotionally impaired, or developmentally disabled; 24 hour mental health emergencies;</b> 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</p> <p>Iron County: (906)265-5126 703 2<sup>nd</sup> Ave., Iron River, MI 49935</p>
<p></p> <p><b>MOST INSURANCE</b> (non-net except BCBS) <u>NO MEDICARE / NO MEDICAID</u></p>	<p><b>VanHolla, David M.D., Psychiatrist</b></p> <p>Specialties: general <b>psychiatry</b>, all ages, <b>medication management</b>. No schizophrenia (see Northpointe); M.D. referral required; &gt;3-4+ month or more waiting list typically.</p> <p><i>Note: consider Marquette /Duke LifePoint 906.225.3985 if you have medicare or medicaid &amp; need a psychiatrist sooner.</i> <i>EMERGENCY/CRISIS needs in Dickinson-Iron-Menominee County call: Northpointe 906.774.0522; in Wisconsin/Marinette &amp; Florence Counties call ADAPT 715.251.4555)</i></p>	<p>(906)779-7001 500 South Stephenson Ave., <b>Iron Mountain, MI 49801</b> Fax: (906)779-7006</p>
<p></p> <p><b>MEDICARE</b> <b>MOST INSURANCE</b></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 <b>Iron Mountain, MI 49801</b></p>
<p></p> <p><b>MOST INSURANCE</b> <b>MEDICARE</b></p>	<p><b>Young, Mark, LMSW, LCSW / Resolving Concerns</b></p> <p>Specialties: adults, teens, kids, &amp; families. Depression, anxiety/panic, anger, grief, phobias, OCD, communication, assertiveness, life changes, sexual concerns</p>	<p>906-PRO-HELP / (906-776-4357) (text-able mobile phone) 427 S. Stephenson Ave., 2<sup>nd</sup> Floor <b>P.O. Box 1012</b> <b>Iron Mountain, MI 49801</b> web : <a href="http://resolvingconcerns.com">resolvingconcerns.com</a></p>