





LICENSED PSYCHOTHERAPY (Mental/Behavioral Health Counseling) In DICKINSON COUNTY Area [REVISED 14MAY2018]

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 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 \$90 to \$150/visit in our area as of August 2017.



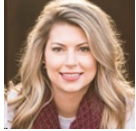







Latest update of this Referral Guide can be found at: resolvingconcerns.com Please send corrections & updates to: mark@resolvingconcerns.com

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 <i>Anthem BCBS</i>) Some providers are OUT of NETWORK, which usually requires higher copay. VA Medical Center employees usually have Federal BCBS which covers most BCBS providers.
M.A. 	Straight Michigan MEDICAID or <i>MI Child</i> sometimes only covers emergency/crisis treatment at Northpointe Behavioral Healthcare, which is the community mental health center for Dickinson-Iron-Menominee counties.
M.A.  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)
MEDICARE	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.
INSURANCE	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.
	Upper Peninsula Health Plan & most Medicaid will cover this provider. CALL (800)835-2556 to find out for sure.

“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
 INSURANCE MEDICARE EAP 		Bellin Health Specialties: depression, anxiety, bipolar disorder, ADHD/ADD, PTSD; children, adolescents, adults	(906) 776-9040 440 Woodward Ave. Iron Mountain, MI 49801
 EAP 		Rhonda Brey, NCC, LPC, CAADC 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: rhondabrey@gmail.com
 UNITED HEALTHCARE INSURANCE TRICARE ☆ MEDICARE 		Catholic Social Services <i>Contract Therapists:</i> Elyse D'Amico, LMSW Lisa Pangrazzi, PsyD, DLLP/CAADC, MAC Specialties: child & family, adoption SLIDING SCALE UNITED HEALTHCARE provider	(906)774-3323 427 S. Stephenson Ave., 2 nd Floor Iron Mountain, MI 49801
 SOME INSURANCE EAP		Calo, Catherine, MAC, LLPC 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: catcalocounseling@gmail.com
 MEDICARE MOST INSURANCE EAP 		D'Amico, Elyse LMSW 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: elyse@elysedamico.com
 MOST INSURANCE  MEDICARE EAP		Festian, Sandra ACSW, LMSW Cherith Counseling Center P.C. Specialties: anxiety & panic, PTSD, marriage and family; children's emotional problems	(906)779-0478 427 S. Stephenson Ave, 2 nd Floor P.O. Box 1045 Iron Mountain, MI 49801

 <p>(Some) MEDICARE</p> <p>EAP</p>	 	<p>Iron Mountain Counseling Center, Inc. Gordon, Jennifer, MA, NCC, LPC, Kelly P. Doughman, MA, NCC, LLPC Karen A. Olson, PhD (Medicare, UPHP)</p>  <p>Specialties: individual, couples, families, teens, stress, anxiety, depression, eating/weight, addiction, SAD, wellness coaching, walk & talk therapy, <i>certified</i> drug & alcohol assessment & treatment</p>	<p>(906)239-9918 216 E. Ludington St. P.O. Box 68 Iron Mountain, MI 49801</p> <p>www.imcounselingcenter.com e: imcounseling@gmail.com</p>
<p>Medicaid MEDICARE MOST INSURANCE SLIDING SCALE</p> 		<p>Northpointe Behavioral Healthcare Systems (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>24hr Crisis #: (800)750-0522 Dickinson County: (906)774-0522 715 Pyle Drive, Kingsford, MI 49802 Iron County: (906)265-5126 703 2nd Ave., Iron River, MI 49935</p>
<p>MOST INSURANCE MEDICARE</p> 		<p>Weiss, Victoria, Psy.D., LP</p> <p>Specialties: adults, children, ADHD testing, psychological assessment/testing</p>	<p>(906)776-9000 427 S. Stephenson Ave., 2nd Floor Iron Mountain, MI 49801</p>
<p>EAP</p>  <p>MEDICARE MOST INSURANCE Cofinity CIGNA</p> 		<p>Young, Mark, LMSW, LCSW / Resolving Concerns</p> <p>Specialties: cognitive-behavioral therapy (CBT), depression, anxiety, anger, grief, guilt, phobias, child behavior problems, communication, assertiveness, life changes, sexuality; adults, kids & 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 : resolvingconcerns.com e: mark@resolvingconcerns.com</p>
<p>Badgercare WISCONSIN RESIDENTS</p> 		<p>ADAPT - Marinette County Health & 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>