

LICENSED PSYCHOTHERAPY (Mental/Behavioral Health Counseling) In DICKINSON COUNTY Area [REVISED 16JAN2022]

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

- “WHICH LICENSED MENTAL HEALTH PROVIDERS NEAR ME ARE COVERED BY MY PLAN?
- “WHAT IS MY: MENTAL HEALTH DEDUCTIBLE? • MY CO-PAY per SESSION? (Some call copays “co-insurance” to make your expense sound like a ‘benefit’)
- COVID-19 MANY PROVIDERS MIGHT ONLY OFFER TELEHEALTH - call to find out

HINTS: Find a therapist/provider “IN NETWORK” for your insurance, which could save you a great deal of money.




DEDUCTIBLES must be met (paid out-of-pocket by YOU) before your insurance begins paying for any services usually. This might be \$300 or more than \$10,000 each year.

COPAYS are your responsibility each office visit, after you’ve met your deductible. Most copays are \$20-\$50 or more per session, but ASK your insurance.

“PSYCHIATRISTS” are medical doctors who primarily specialize in prescribing psychiatric medication (very few doing ongoing psychotherapy/counseling sessions, with few available).



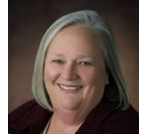







COST AVERAGE: Average psychotherapy/counseling session is 45-55 minutes and ranges approximately \$85 to \$150/visit in our area as of 2022.

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 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 BadgerCare, 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 supplemental (secondary) policy 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.

“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
MEDICAID INSURANCE MEDICARE EAP 	 	Bellin Health Melissa Gauthier, LMSW Myra Brooks, LCSW, LMSW, LPC, ICS, CSAC Specialties: depression, anxiety, bipolar disorder, ADHD/ADD, PTSD; children, adolescents, adults	(906) 776-9040 440 Woodward Ave. Iron Mountain, MI 49801
MEDICAID EAP 		Brey, Rhonda, NCC, LPC, CAADC Specialties: marital, couples, families, stress, anxiety, depression, eating/weight, addiction, group therapy, CBT, DBT, certified drug & alcohol assessment & treatment	(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
MEDICAID 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
MEDICAID 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
MEDICAID EAP 	NO PHOTO	Great Lakes Recovery Specialties: adults, children; substance abuse	(906) 228-9696 New appointments (906)774-2561 for ongoing & all other needs

<p>MEDICAID</p> <p>EAP</p>		<p>Iron Mountain Counseling Center, Inc. Jennifer Gordon, MA, NCC, LPC; Jessica A. Clarke, LMSW Kelly P. Doughman, MA, NCC, LPC; James E. Grider, LLMSW Karen A. Olson, Ph.D.; Jill Esterly-Jayne, LMSW</p> <p>Specialties: Individual, couples, families, teens, stress, anxiety, depression, eating/weight, addiction, wellness coaching, PTSD, EMDR, ADHD</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>MEDICARE SOME INSURANCE EAP</p>	<p>NO PHOTO</p>	<p>Pangrazzi, Lisa PsyD, LP, CAADC</p> <p>Specialties: general psychological services for mental health and substance abus</p>	<p>(906)202-9444 1102 Carpenter Ave. Iron Mountain, MI 49801 drlisapangrazzi@gmail.com</p>
<p>MOST INSURANCE MEDICARE</p> 	<p>NO PHOTO</p>	<p>Weiss, Victoria, PsyD, 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 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 <u>only</u> 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>