

**Truckee-North Tahoe  
Mental & Behavioral Health  
Resource Directory**

**Fall 2016**



## *Mental and Behavioral Health Provider Directory from the Wellness Neighborhood*

Welcome to the Mental and Behavioral Health Provider Directory from Tahoe Forest Health System's Wellness Neighborhood. The purpose of this directory is to make it easier for North Lake Tahoe and Truckee area agencies and practitioners to refer clients and patients to appropriate mental health and behavioral health care services.

Although every effort was made to ensure accuracy and completeness of the information provided, no guarantee is made by Tahoe Forest Health System as to content or unforeseen changes to the information occurring after the time of publishing. Any listings appearing herein do not infer an endorsement by Tahoe Forest Health System of any practice or practitioner.

If your practice is not listed and you would like to be included in the next edition please contact us. This directory will be updated on an ongoing basis and we welcome your edits.

For more information on Community Health and Wellness, please call (530) 550-6730.

The directory is available online at [www.tfhd.com](http://www.tfhd.com) under Quick Links.

<i>Provider</i>	<i>Practice information</i>	<i>Payment</i>	<i>Sliding Scale</i>	<i>Spanish</i>	<i>Gender</i>	<i>License</i>
<b>Ann Ajari, LCSW</b> Truckee, CA 96160 (530) 412-3262	Appointment only Mon - Sat Child, family and elderly	Private Pay	Based on need	No	F	LCSW
<b>Jeff Andersen, LMFT</b> 10098 Jibboom St # 103 Truckee, CA 96161 (831) 278-1056	Appointment only Mon - Sat Teens, adults, couples and families utilizing cognitive behavioral and solution-focused approaches	Insurance, Private pay	Yes	No	M	LMFT
<b>Shawn Benjaminson LMFT</b> 10775 Pioneer Trail # 216-A Truckee, CA 96161 (530) 363-2034	Appointment only Mon - Fri 9 AM - 5 PM Children, teens and families, substance abuse	Private pay	Based on need	No	F	LMFT
<b>Debra Briozza, MFT</b> 10363 High St #5 Truckee, CA 96161 (530) 582-4977 ext 2	Mon - Fri 12 PM to 5 PM Women's issues, chronic illness, substance abuse	Insurance Private pay	20% discount for private pay	No	F	LMFT
<b>Changing Strides Tina Peek</b> 12318 Union Mills Rd Truckee, CA 96161 (775) 745-7796	Call for appointment Mon - Sat Equine assisted psychotherapy, individuals, couples and family counseling, substance abuse, anxiety, depression, personal development	Private pay		No		LMFT, LPCC
<b>Community Recovery Resources - CoRR Truckee</b> 10015 Palisades Dr Truckee, CA 96161 (530) 587-8194	Mon - Fri 12 PM - 9 PM DUI, substance abuse	Medi-Cal Private pay	Based on need	Yes	M F	RAS Intern
<b>Crows Calling Rob Steffke</b> In and out-of office sessions in Truckee (805) 459-8742	Appointment only Mon - Sat Adolescents, young parents, families, men. Specializing in addiction, relationships, communication, and nature-based therapy. Visit.crowscalling. org for information about youth programming.	Insurance Private pay	Yes	No	M	LMFT
<b>Uplift Family Services</b> 202 Providence Mine Rd #105 Nevada City, CA 95959 (530) 265-7844	Mon - Fri 8 AM - 5 PM Children's health/wraparound	Medi-Cal	No	Yes	F	LSCW
<b>Family Resource Center of Truckee</b> 11695 Donner Pass Rd Truckee, CA 96161 (530) 587-2513	Mon - Fri 9 AM - 4 PM Referrals for families and individuals in English and Spanish	No fee		Yes		
<b>For Goodness Sake</b> 10157 Donner Pass Rd Truckee, CA 96161 (530) 550-8981	Variety of workshops and classes Schedule: <a href="http://www.goodnesssake.org">www.goodnesssake.org</a> Spiritual exploration of the nature of God, man and the universe			No		

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<b>Gateway Mountain Center</b> 11500 Donner Pass Road Suite C Truckee, CA 96161 (530) 426-2110	Appointment only Nature-based therapeutic mentoring providing weekly, multi-hour sessions for youth experiencing behavioral and/or mental health-related challenges	No-fee and low-fee services	Yes	Yes		LMFT
<b>Gene Upshaw Memorial Tahoe Forest Cancer Center</b> 10121 Pine Ave Truckee CA 96161 (530) 582-6450	Appointment only Mon 8 AM - 5 PM, Tues 12 PM - 9 PM, Wed 8 AM - 5 PM, Thurs - Fri 12 PM - 5 PM Counseling - crisis and ongoing	Must be patient at TFCC		Yes	M	PsyD
<b>Danielle B Grossman, MFT</b> 10356 Donner Pass Rd Truckee, CA 96161 (530) 470-2233	Appointment only Relationships, anxiety, loss/grief, addiction, co-dependence, substance abuse	Private pay	No	No	F	LMFT
<b>Indigo Waters Counseling Services, LCSW, Inc</b> <b>Kirsten Livak</b> 13406 Donner Pass Rd Truckee, CA 96161 (530) 443-6798	By appointment, Tues, Thurs 9 AM - 6 PM, Fri - Sat appointments available Professional mental health, counseling and therapeutic services, indigowaterscounseling.com. Bilingual provider for Nevada County Health and Human Services Moving Beyond Depression Program.	Insurance Medicare Medicaid Private pay	Yes	Yes	F	LCSW
<b>InnerAction Therapy</b> <b>Polly Ryan, MA, MFT</b> 10956 Donner Pass Rd #360 Truckee, CA 96161 (530) 587-1978	Appointment only Tues 9 AM - 6 PM Wed 11 AM - 6 PM, Thurs 9 AM - 6 PM EMDR, couples counseling, co-parenting counseling, child and adolescent therapy, parenting coaching, family therapy, mindfulness meditation, divorce mediation, parenting coaching, divorce recovery, equine experiential education, step-parent relationships, mediation for work or personal relationships, feeding your demons, grief counseling, substance abuse after sobriety is well established, depression, anxiety, grief counseling	Private pay Payment is expected at the time of services Some insurance plans accepted	No	No	F	LMFT
<b>Jane Kingston, LMFT, BCN</b> 11025 Pioneer Trail #107 Truckee, CA 96161 (530) 562-4139	Appointment only Mon - Fri Individuals, couples, families, children	Insurance Private pay	No	Some	F	LMFT
<b>Barbara Kramen-Kahn, PhD</b> 10956 Donner Pass Rd #360 Truckee, CA 96161 (530) 582-5459	Appointment only Adults, stress management, depression, anxiety, Emotional Freedom Technique (EFT)	Private pay		No	F	PhD

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<b>Mountain Mental Health</b> <b>Christopher Old, MFT,</b> <b>LPCC</b> 10363 High St #3 Truckee, CA 96161 (530) 582-4171	Appointment only Mon - Thur 9 AM - 6 PM Individuals, couples, families, adolescents, relationships, anxiety, depression, anger management, life skills and stress reduction, adventure therapy, CBT, mindfulness, and positive psychology	Private pay	No	Yes	M	LMFT LPCC
<b>Nevada County Behavioral Health</b> <b>Kim Honeywell</b> (530) 265-1731	Help build suicide prevention networks in Tahoe/Truckee by offering best practice workshops that develop practical skills for suicide prevention, intervention and post-vention support. ASIST Applied Suicide Intervention Skills Training, safeTALK - Suicide Alertness for Everyone, Tell, Ask, Listen, Keepsafe	No fee		No	F	
<b>Nevada County Behavioral Health</b> <b>Christopher Mausolff, LMFT</b> 10075 Levon Ave #207 Truckee, CA 96161 (530) 582-7885	Mon - Fri 8 AM - 5 PM Children, adolescents and Spanish-speaking adults, trauma-focused cognitive behavioral therapy, parent-child interaction therapy, motivational interviewing, attachment-based family therapy	Medi-Cal or possible grant-funded for non-insured	No	Yes	M	LMFT
<b>Kimball C Pier, PhD, LMFT</b> 11209 Brockway Road # 206 Truckee, CA 96161 (530) 414-1885	Appointment only Mon - Fri 9 AM - 5 PM. Individuals, couples, adolescents, families, certified divorce mediator and a special master in mediating with high conflict parents. Healing trauma, yoga therapy and massage therapy	Insurance, Anthem Medi-Cal or CA Health & Wellness Private pay	Yes	No	F	PhD LMFT
<b>Play Heals</b> <b>Jackie Hurt-Coppola, LMFT</b> 10098 Jibboom St #101 Truckee, CA 96161 (530) 448-6985	Adults, children and adolescents, parenting and co-parenting, anxiety, depression	Insurance Private pay	Yes	No	F	LMFT
<b>Gail A. Prichard, MD</b> 11209 Brockway Rd #303 Truckee, CA 96161 (530) 536-5060	Appointment only Mon - Fri flexible hours General adult and adolescent psychiatry, consultations, treatment, medication management, mood and anxiety disorders including PTSD, post-concussion, ADHD	Private pay	Based on need	No	F	MD
<b>Alan Redstone, LMFT</b> 10956 Donner Pass Rd #360 Truckee CA 96161 (530) 587-0111	Appointment only Sun, Mon, Wed (ltd hours), Fri, Sat Families, couples, adults, teens and men's issues, CBT, emotional intelligence, hypnosis, stress reduction, addictions and recovery	Private pay	Yes	No	M	LMFT

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<b>Chelsea Roth, LCSW</b> 10775 Pioneer Trail # 216-A Truckee, CA 96161 (530) 913-0307	Appointment only Mon and Wed Children, adolescents and young adults; social skills; life skills	Insurance Private pay	Based on need	No	F	LCSW
<b>Shana L Wapstra Scott, MFT</b> 10770 Donner Pass Rd #103 Truckee, CA 96161 (530) 412-3650	Appointment only Mon, Wed, Fri, 11 AM - 2 PM. Psychotherapy for depression, anxiety, loss/grief, eating disorders, parenting and personal development for individuals, adolescents and families	Insurance Private pay	Based on need	No	F	LMFT
<b>Anita Spencer, PhD</b> 12242 Business Park Dr #16 Truckee, CA 96161 (530) 582-5756	Appointment only Mon - Wed 8 AM - 5 PM Adult and some adolescent individual therapy, no couples or families	Insurance Medicare Private pay		No	F	PhD
<b>Dawn Spillman, MA, MFT</b> 10956 Donner Pass Rd #360 Truckee, CA 96160 (530) 414-3809	Mon and Wed 9 AM - 6 PM Individual, couples, family, children, in-depth psychotherapy and short-term therapy	Private pay	Yes	No	F	LMFT
<b>Stacy Stahl, LCSW</b> 10770 Donner Pass Rd #103 Truckee, CA 96161 (530) 414-8014	Appointment only Anxiety, PTSD, eating disorders, relationships, all ages	Insurance Private pay	Based on need	No	F	LCSW
<b>Jan Susman, MFT</b> 10098 Jibbom St #103 Truckee, CA 96161 (530) 913-2831	Appointment only Individuals, couples, families, teens, children, substance abuse	Insurance Private pay	Based on need	No	F	LMFT
<b>Tahoe Forest Health System Bereavement Spiritual Care Coordinator</b> 10083 Lake Ave Truckee, CA 96161 (530) 587-6521	Tues - Thurs 8:30 AM - 5 PM Bereavement	No fee		No	F	LMFT
<b>Tahoe Forest Health System Medical Social Worker</b> 10121 Pine Ave Truckee, CA 96161 (530) 582-6575	Appointment only Mon - Tues, Thurs - Fri 8:30 AM - 5 PM Home health, hospice, community resources	Insurance Medicare Private pay		No	F	LCSW
<b>Tahoe SAFE Alliance-Truckee</b> 12257 Business Park Dr #6 Truckee, CA 96161 (530) 582-9117	Mon - Fri 9 AM - 5 PM Crisis intervention and peer counseling for adults, youth and children who have experienced domestic violence, sexual assault, and child abuse. Referrals and resources available for support groups, therapy, legal information, education, and emergency shelter.		Based on need	Yes		

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<b>Tahoe Truckee Unified School District Student Services</b> 11603 Donner Pass Rd Truckee, CA 96161 (530) 582-2560	Mon - Fri 8 AM - 5 PM Student Services	All services free for students		No		
<b>Barbara Tenney, MFT</b> (530) 913-8216	Appointment only Mon - Fri Family, marriage, anxiety, depression	Insurance Private pay	Based on need	No	F	LMFT
<b>Truckee Therapy Lisa Stekert</b> 10770 Donner Pass Rd Suite 103 Truckee, CA 96161 530-412-1713	Appointment only Individual therapy	Insurance Private pay	Based on need	No	F	ACSW
<b>Rebecca Yops, LMFT</b> 10232 Donner Pass Rd # 2 Truckee, CA 96161 (530) 386-8680	Appointment only Mon - Sat Couples, teens, postpartum depression, anxiety, OCD, cognitive behavioral therapy	Private pay	Yes	No	F	LMFT



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<b>Boys &amp; Girls Club of North Lake Tahoe</b> 8125 Steelhead Kings Beach, CA 96143 (530) 546-4324	6:45 AM - 9:05 AM and 2:20 PM - 6 PM Mon - Fri Referrals for youth			Yes		
<b>Community Recovery Resources - CoRR Tahoe</b> 8491 N Lake Blvd Kings Beach, CA 96143 (530) 546-5641	Mon - Fri 12 PM - 9 PM DUI, substance abuse	Medi-Cal Private pay	Based on need	Yes	M F	RAS Intern
<b>Kirk Ditterich, Psychologist</b> 1604 Christy Hill Rd Olympic Valley, CA 96146 (530) 414-0909	Appointment only Mon - Fri 6 PM - 8 PM Families, teens, adults	Private pay		No	M	PsyD
<b>Robb Gaffney, MD</b> 600 N Lake Blvd Tahoe City, CA 96145 (530) 583-4233	Appointment only and on a case by case basis if clinically appropriate Anxiety disorders including OCD, panic, and social phobia	Private pay		No	M	MD
<b>Gateway Mountain Center</b> 11500 Donner Pass Road Suite C Truckee, CA 96161 (530) 426-2110	Appointment only Nature-based therapeutic mentoring providing weekly, multi-hour sessions for youth experiencing behavioral and/or mental health-related challenges	No-fee and low-fee services	Yes	Yes		LMFT
<b>Bruce Hill, MFT</b> Carnelian Bay, CA (530) 320-4041	Appointment only Mon - Fri 8 AM - 9 PM, Sat 8 AM - 12 PM Individuals, couples, adolescents, substance abuse	Private pay	Based on need	No	M	LMFT
<b>Barbara Squire Ilfeld, RN, MS, CNS</b> 1604 Christy Hill Rd Olympic Valley, CA 96146 (530) 581-3567	Appointment only Wed and Thurs Individuals, couples, group therapy, adolescents, substance abuse	Insurance Private pay	No	No	F	RN MS CNS
<b>Lake Tahoe Counseling Center Barbara Draheim, PhD</b> 3190 North Lake Blvd #3 Tahoe City, CA 96145 (530) 581-0385 (775) 831-7204	Appointment only Mon - Sat Individuals, couples/relationships, family. Custody evaluation and mediation. Adolescent ADHD, child anxiety, depression, and anger management. Co-parenting, court issues and divorce mediation	Private pay Free phone consult available	Yes	No	F	PhD
<b>Maureen Loftis, MA, JD</b> 3080 North Lake Blvd, Suite 2B Tahoe City, CA 96145 (530) 386-7992	Appointment only Mon - Fri Adolescents, adults, families, couples. Experience helping clients struggling with anxiety, depression, anger, relationships, substance abuse	Private pay	Yes	No	F	LMFT

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<b>Lundholm Conflict Management Services</b> <b>Gloria Lundholm, MA, LMFT</b> 7836 Pinedrop Ln Tahoe Vista, CA 96148 (530) 546 4985	By appointment only Mon - Fri, 12 PM - 8 PM Couples, adolescents, individuals; anxiety, depression, grief, trauma, substance abuse, DUI, relationships, mediation, co-dependence	Insurance Private pay	No	No	F	LMFT
<b>Victoria Mercer, PhD</b> 1604 Christy Hill Rd Olympic Valley, CA 96146, (530) 563-6769	By appointment only Mon 9 AM - 2 PM, Tues - Thurs, 9 AM - 4 PM Adult individual therapy. Anxiety, behavioral health (pain, health-related coping), depression, substance use, life transitions. Primary methods include CBT, ACT.	Private pay	Based on need	No	F	PhD
<b>North Tahoe Family Resource Center</b> 265 Bear Street Kings Beach , CA 96143 (530) 546-0952	Mon - Fri 9 AM - 4 PM Referrals for families and individuals in English and Spanish	No fee		Yes		
<b>Placer County Behavioral Health Services</b> Family and Children’s Services (916) 872-6549 or Toll free (866) 293-1940 Adult Crisis and Intake Line (888) 886-5401 or (916) 787-8860	Appointment only Mental health assessment, wraparound services, crisis services, therapeutic behavioral services, and outpatient services					
<b>Richard Robbins</b> 210 Grove St Tahoe City, CA 96145 (530) 581-0884	Mon - Fri 1 PM - 9 PM Adults, couples	Insurance Private pay	No	No	M	LMFT
<b>Karin Sable, LMFT</b> 3080 N Lake Blvd #B Tahoe City, CA 96145 (530) 581-0339	Appointment only, Mon - Fri Individuals, couples, families, children and adolescents, specializing in mood disorders, trauma and anxiety, substance abuse	Insurance Private pay	Based on need	No	F	LMFT
<b>Sierra Mental Wellness Group</b> 2690 Lake Forest Rd #B Tahoe City, CA 96145 (530) 581-4054	Mon - Fri 8 AM - 5 PM Individuals, families, children, teens, couples and families, innovative and traditional approaches to address the identified needs of our clients.	Private pay Medi-Cal (Placer Co offices)	Yes	Yes		LCSW LMFT
<b>Tahoe SAFE Alliance-Kings Beach</b> 265 Bear St King Beach, CA 96143 (530) 546-7804	Mon - Fri 9 AM - 5 PM Crisis intervention and peer counseling for adults, youth and children who have experienced domestic violence, sexual assault, and child abuse. Referrals and resources available for support groups, therapy, legal information, education, and emergency shelter		Based on need	Yes		

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<b>Tahoe Truckee Unified School District Student Services</b> 11603 Donner Pass Rd Truckee, CA 96161 (530) 582-2560	Mon - Fri 8 AM - 5 PM Student Services	All services free for students		No		
<b>Amy Vail, MA, PsyD</b> 1604 Christy Hill Rd Olympic Valley, CA 96146 (530) 581-2539	Appointment only Relationally-oriented, solution-focused CB therapy for individuals, families, teens and adolescents. Drug and alcohol use and abuse. Group therapy, Reiki master and energetic medicine practitioner.	Private pay	Based on need	Yes	F	PsyD

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<b>Center for Anxiety and Chronic Worry</b> <b>Barry C Barmann, PhD and Mary B Barmann, LMFT</b> 937 Tahoe Blvd #210 Incline Village, NV 89451 (775) 831-2436	Appointment only Mon - Thurs 9 AM - 6 PM, Fri 9 AM -5 PM, Sat 10 AM -2 PM Specializing in the treatment of anxiety disorders: obsessive-compulsive disorder (OCD), social anxiety, generalized anxiety, chronic worry, panic disorder, phobias, health anxiety. Depression and relationship therapy for couples and families. Info-seminars on anxiety and worry are offered monthly	Commercial insurance Private pay	Yes	No	M, F	PhD LMFT
<b>Pamela Donohue, LMFT</b> 889 Alder Ave # 200 Incline Village, NV 89450 (775) 833-3030	Mon - Fri by appointment Individuals and couples.	Insurance Private pay	Yes	No	F	LMFT
<b>Paul Gessford, MFT, MAC</b> 889 Alder Ave #200 Incline Village, NV 89451 (775) 833-1003	Mon - Sat by appointment only EMDR, anxiety, depression, relationship, addictions	Insurance Private pay	No	No	M	LMFT MAC
<b>Mary Howden, MFT</b> 250 Village Blvd #3 Incline Village, NV 89451 (775) 772-2049	Mon - Fri 9 AM - 5 PM Health and well-being of clients, substance abuse	Insurance Private pay		No	F	LMFT
<b>Kelly Root, MA, LMFT</b> 770 Northwood Blvd #5 Incline Village, NV 89451 (775) 833-9052	Appointment only Tues - Fri Primary focus: help people reach their goals in a caring, non-judgmental environment; substance abuse	Private pay	Based on need	No	F	LMFT
<b>Thomas Sheehan, PhD</b> 550 Lantern Ct Incline Village, NV 89450 (775) 831-3379 x 214	Mon and Wed 8 AM - 5 PM Clinical Psychology	Insurance Private pay		No	M	PhD
<b>Tahoe Family Solutions</b> 948 Incline Way #212 Incline Village, NV 89451 (775) 298-0004	Mon -Fri 8:30 AM - 5 PM intake Children, adolescents, families, individuals, couples. Also, no-cost information, assistance and referrals in English and Spanish		Yes	Yes		
<b>Tahoe SAFE Alliance-Incline Village</b> 948 Incline Way, #222 Incline Village, NV 89451 (775) 298-0010	Mon - Fri 9 AM - 5 PM Crisis intervention and peer counseling for adults, youth and children who have experienced domestic violence, sexual assault, and child abuse. Referrals and resources available for support groups, therapy, legal information, education, and emergency shelter.		Based on need	Yes		

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<b>Aegis Treatment Center</b> 1133 Coloma Way, Suite 3 Roseville, CA 95661 (916) 774-6647	Substance abuse treatment centers, withdrawal management, opioid/ narcotic treatment					
<b>Shawn Benjaminson LMFT</b> 10775 Pioneer Trail # 216-A Truckee, CA 96161 (530) 363-2034	Appointment only Mon - Fri 9 AM - 5 PM Children, teens and families, substance abuse	Private pay	Based on need	No	F	LMFT
<b>Debra Briozza, MFT</b> 10363 High St #5 Truckee, CA 96160 (530) 582-4977 #2	Mon - Fri 12 PM to 5 PM Women's issues, chronic illness, substance abuse	Insurance Private pay	20% discount for private pay	No	F	LMFT
<b>Changing Strides Tina Peek</b> 12318 Union Mills Rd Truckee, CA 96161 (775) 745-7796	Call for appointment Mon - Sat Equine assisted psychotherapy, individuals, couples and family counseling, substance abuse, anxiety, depression, personal development	Private pay		No		LMFT, LPCC
<b>Common Goals</b> 256 Buena Vista St, Suite 100 Nevada City, CA 95945 (530) 274-2000	Substance abuse treatment facility, outpatient substance abuse treatment, sober living residences, recovery residencies					
<b>Community Recovery Resources - CoRR Tahoe</b> 8491 N Lake Blvd Kings Beach, CA 96143 (530) 546-5641	Mon - Fri 12 PM - 9 PM DUI, substance abuse	Medi-Cal Private pay	Based on need	Yes	M F	RAS Intern
<b>Community Recovery Resources - CoRR Truckee</b> 10015 Palisades Dr Truckee, CA 96161 (530) 587-8194	Mon - Fri 12 PM - 9 PM DUI, substance abuse	Medi-Cal Private pay	Based on need	Yes	M F	RAS Intern
<b>Crows Calling Rob Steffke</b> In and out-of office sessions in Truckee (805) 459-8742	Appointment only Mon - Sat Adolescents, young parents, families, men. Specializing in addiction, relationships, communication, and nature-based therapy. Visit.crowscalling. org for information about youth programming.	Insurance Private pay	Yes	No	M	LMFT
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<b>Paul Gessford, MFT, MAC</b> 889 Alder Ave, Suite 200 Incline Village, NV 89450 (775) 833-1003	Mon - Sat by appointment only EMDR, anxiety, depression, relationship, addictions	Insurance Private pay	No	No	M	LMFT MAC

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<b>Mary Howden, MFT</b> 250 Village Blvd #3 Incline Village, NV 89451 (775) 772-2049	Health and well-being of clients, substance abuse	Insurance Private pay		No	F	LMFT
<b>Barbara Squire Ilfeld, RN, MS, CNS</b> 1604 Christy Hill Rd Olympic Valley, CA 96146 (530) 581-3567	Appointment only Wed and Thurs Individuals, couples, group therapy, adolescents, substance abuse	Insurance Private pay	No	No	F	RN MS CNS
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<b>Lake Tahoe Counseling Center Barbara Draheim, PhD</b> 3190 North Lake Blvd #3 Tahoe City, CA 96145 (530) 581-0385 (775) 831-7204	Appointment only Mon - Sat Individuals, couples/relationships, family. Custody evaluation and mediation. Adolescent ADHD, child anxiety, depression, and anger management. Co-parenting, court issues and divorce mediation	Private pay Free phone consult available	Yes	No	F	PhD
<b>Maureen Loftis, MA, JD</b> 3080 North Lake Blvd, Suite 2B Tahoe City, CA 96145 (530) 386-7992	Appointment only Mon - Fri Adolescents, adults, families, couples. Experience helping clients struggling with anxiety, depression, anger, relationships, substance abuse	Private pay	Yes	No	F	LMFT
<b>Lundholm Conflict Management Services Gloria Lundholm, MA, LMFT</b> 7836 Pinedrop Ln Tahoe Vista, CA 96148 (530) 546 4985	By appointment only Mon - Fri, 12 PM - 8 PM Couples, adolescents, individuals; anxiety, depression, grief, trauma, substance abuse, DUI, relationships, mediation, co-dependence	Insurance Private pay	No	No	F	LMFT
<b>Victoria Mercer, PhD</b> 1604 Christy Hill Rd Olympic Valley, CA 96146, (530) 563-6769	By appointment only Mon 9 AM - 2 PM, Tues - Thurs, 9 AM - 4 PM Adult individual therapy. Anxiety, behavioral health (pain, health- related coping), depression, substance use, life transitions. Primary methods include CBT, ACT.	Private pay	Based on need	No	F	PhD

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<b>Nevada County Behavioral Health</b> <b>Christopher Mausolff, LMFT</b> 10075 Levon Ave #207 Truckee, CA 96161 (530) 582-7885	Mon - Fri 8 AM - 5 PM Children, adolescents and Spanish- speaking adults, trauma-focused cognitive behavioral therapy, parent- child interaction therapy, motivational interviewing, attachment-based family therapy	Medi-Cal or possible grant- funded for non- insured	No	Yes	M	LMFT
<b>New Leaf Counseling Center</b> 1254 High St Auburn, CA 95603 (530) 889-9195	Substance abuse treatment facility, residential treatment facility, outpatient treatment facility					
<b>Progress House</b> 2844 Coloma St Placerville, CA 95667 (530) 626-9240	Substance abuse treatment centers, residential substance abuse treatment facilities, recovery residencies					
<b>Recovery Now</b> Roseville, CA (916) 868-2207	Substance abuse treatment facility, sober living facility, recovery residencies					
<b>Alan Redstone, LMFT</b> 10956 Donner Pass Rd #360 Truckee CA 96161 (530) 587-0111	Appointment only Sun, Mon, Wed (ltd hours), Fri, Sat Families, couples, adults, teens and men's issues, CBT, emotional intelligence, hypnosis, stress reduction, addictions and recovery	Private pay	Yes	No	M	LMFT
<b>Kelly Root, MA, LMFT</b> 770 Northwood Blvd #5 Incline Village, NV 89451 (775) 833-9052	Appointment only Tues - Fri Primary focus: help people reach their goals in a caring, non-judgmental environment; substance abuse	Private pay	Based on need	No	F	LMFT
<b>Karin Sable, LMFT</b> 3080 N Lake Blvd #B Tahoe City, CA 96145 (530) 581-0339	Appointment only, Mon - Fri Individuals, couples, families, children and adolescents, specializing in mood disorders, trauma and anxiety; substance abuse	Insurance Private pay	Based on need	No	F	LMFT
<b>Jan Susman, MFT</b> 10098 Jibbom St #103 Truckee, CA 96161 (530) 913-2831	Appointment only Individuals, couples, families, teens, children, substance abuse	Insurance Private pay	Based on need	No	F	LMFT

<i>Provider</i>	<i>Practice information</i>	<i>Payment</i>	<i>Sliding Scale</i>	<i>Spanish</i>	<i>Gender</i>	<i>License</i>
<p><b>Tahoe SAFE Alliance-Incline Village</b>            948 Incline Way, # 222            Incline Village, NV 89451            (775) 298-0010</p> <p><b>Tahoe SAFE Alliance-Kings Beach</b>            265 Bear St            King Beach, CA 96143            (530) 546-7804</p> <p><b>Tahoe SAFE Alliance-Truckee</b>            12257 Business Park Dr #6            Truckee, CA 96161            (530) 582-9117</p>	<p>Mon - Fri 9 AM - 5 PM            Crisis intervention and peer counseling for adults, youth and children who have experienced domestic violence, sexual assault, and child abuse. Referrals and resources available for support groups, therapy, legal information, education, and emergency shelter.</p>		Based on need	Yes		
<p><b>Amy Vail, MA, PsyD</b>            1604 Christy Hill Rd            Olympic Valley, CA 96146            (530) 581-2539</p>	<p>Appointment only            Relationally-oriented, solution-focused CB therapy for individuals, families, teens and adolescents. Drug and alcohol use and abuse. Group therapy, Reiki master and energetic medicine practitioner.</p>	Private pay	Based on need	Yes	F	PsyD



<i>Provider</i>	<i>Practice information</i>	<i>Payment</i>	<i>Sliding Scale</i>	<i>Spanish</i>	<i>Gender</i>	<i>License</i>
<b>Jeff Andersen, LMFT</b> 10098 Jibboom St # 103 Truckee, CA 96161 (831) 278-1056	Appointment only Mon - Sat Teens, adults, couples and families utilizing cognitive behavioral and solution-focused approaches	Insurance Private pay	Yes	No	M	LMFT
<b>Shawn Benjaminson LMFT</b> 10775 Pioneer Trail # 216-A Truckee, CA 96161 (530) 363-2034	Appointment only Mon - Fri 9 AM - 5 PM Children, teens and families, substance abuse	Private pay	Based on need	No	F	LMFT
<b>Boys &amp; Girls Club of North Lake Tahoe</b> 8125 Steelhead Kings Beach, CA 96143 (530) 546-4324	6:45 AM - 9:05 AM and 2:20 PM - 6 PM Mon - Fri Referrals for youth			Yes		
<b>Center for Anxiety and Chronic Worry Barry C Barmann, PhD and Mary B Barmann, LMFT</b> 937 Tahoe Blvd #210 Incline Village, NV 89451 (775) 831-2436	Appointment only Mon - Thurs 9 AM - 6 PM, Fri 9 AM -5 PM, Sat 10 AM -2 PM Specializing in the treatment of anxiety disorders: obsessive-compulsive disorder (OCD), social anxiety, generalized anxiety, chronic worry, panic disorder, phobias, health anxiety. Depression and relationship therapy for couples and families. Info-seminars on anxiety and worry are offered monthly	Insurance Private pay	Yes	No	M, F	PhD LMFT
<b>Changing Strides Tina Peek</b> 12318 Union Mills Rd Truckee, CA 96161 (775) 745-7796	Call for appointment Mon - Sat Equine assisted psychotherapy, individuals, couples and family counseling, substance abuse, anxiety, depression, personal development	Private pay		No		LMFT, LPCC
<b>Crows Calling Rob Steffke</b> In and out-of office sessions in Truckee (805) 459-8742	Appointment only Mon - Sat Adolescents, young parents, families, men. Specializing in addiction, relationships, communication, and nature-based therapy. Visit crowscalling.org for information about youth programming.	Insurance Private pay	Yes	No	M	LMFT
<b>Kirk Ditterich, Psychologist</b> 1604 Christy Hill Rd Olympic Valley, CA 96146 (530) 414-0909	Appointment only Mon - Fri 6 PM - 8 PM Families, teens, adults	Private pay		No	M	PsyD
<b>Id'Zi Ua ] nGj Wg</b> 202 Providence Mine Rd #105 Nevada City, CA 95959 (530) 265-7844	Mon - Fri 8 AM - 5 PM Children's health/wraparound	Medi-Cal	No	Yes	F	LMFT LCSW

<i>Provider</i>	<i>Practice information</i>	<i>Payment</i>	<i>Sliding Scale</i>	<i>Spanish</i>	<i>Gender</i>	<i>License</i>
<b>Family Resource Center of Truckee</b> 11695 Donner Pass Rd Truckee, CA 96161 (530) 587-2513	Mon - Fri 9 AM - 4 PM Referrals for families and individuals in English and Spanish	No fee		Yes		
<b>Gateway Mountain Center</b> 11500 Donner Pass Road Suite C Truckee, CA 96161 (530) 426-2110	Appointment only Nature-based therapeutic mentoring providing weekly, multi-hour sessions for youth experiencing behavioral and/or mental health-related challenges	No-fee and low-fee services	Yes	Yes		LMFT
<b>Danielle B Grossman, MFT</b> 10356 Donner Pass Rd Truckee, CA 96161 (530) 470-2233	Appointment only Relationships, anxiety, loss/grief, addiction, co-dependence, substance abuse	Private pay	No	No	F	LMFT
<b>Bruce Hill, MFT</b> Carnelian Bay, CA (530) 320-4041	Appointment only Mon - Fri 8 AM - 9 PM, Sat 8 AM - 12 PM Individuals, couples, adolescents, substance abuse	Private pay	Based on need	No	M	LMFT
<b>Indigo Waters Counseling Services, LCSW, Inc</b> <b>Kirsten Livak</b> 13406 Donner Pass Rd Truckee, CA 96161 (530) 443-6798	By appointment, Tues, Thurs 9 AM - 6 PM, Fri - Sat appointments available Professional mental health, counseling and therapeutic services, indigowaterscounseling.com. Bilingual provider for Nevada County Health and Human Services Moving Beyond Depression Program.	Insurance Medicare Medicaid Private pay	Yes	Yes	F	LCSW
<b>InnerAction Therapy</b> <b>Polly Ryan, MA, MFT</b> 10956 Donner Pass Rd #360 Truckee, CA 96161 (530) 587-1978	Appointment only Tues 9 AM - 6 PM Wed 11 AM - 6 PM, Thurs 9 AM - 6 PM EMDR, couples counseling, co-parenting counseling, child and adolescent therapy, parenting coaching, family therapy, mindfulness meditation, divorce mediation, parenting coaching, divorce recovery, equine experiential education, step-parent relationships, mediation for work or personal relationships, feeding your demons, grief counseling, substance abuse after sobriety is well established, depression, anxiety, grief counseling	Private pay  Payment is expected at the time of services Some insurance plans accepted	No	No	F	LMFT
<b>Jane Kingston, LMFT, BCN</b> 11025 Pioneer Trail #107 Truckee, CA 96161 (530) 562-4139	Appointment only Mon - Fri Individuals, couples, families, children	Insurance Private pay	No	Some	F	LMFT

<i>Provider</i>	<i>Practice information</i>	<i>Payment</i>	<i>Sliding Scale</i>	<i>Spanish</i>	<i>Gender</i>	<i>License</i>
<b>Lake Tahoe Counseling Center</b> <b>Barbara Draheim, PhD</b> 3190 North Lake Blvd #3 Tahoe City, CA 96145 (530) 581-0385 (775) 831-7204	Appointment only Mon - Sat Individuals, couples/relationships, family. Custody evaluation and mediation. Adolescent ADHD, child anxiety, depression, and anger management. Co-parenting, court issues and divorce mediation	Private pay Free phone consult available	Yes	No	F	PhD
<b>Maureen Loftis, MA, JD</b> 3080 North Lake Blvd, Suite 2B Tahoe City, CA 96145 (530) 386-7992	Appointment only Mon - Fri Adolescents, adults, families, couples. Experience helping clients struggling with anxiety, depression, anger, relationships, substance abuse	Private pay	Yes	No	F	LMFT
<b>Lundholm Conflict Management Services</b> <b>Gloria Lundholm, MA, LMFT</b> 7836 Pinedrop Ln Tahoe Vista, CA 96148 (530) 546 4985	By appointment only Mon - Fri, 12 PM - 8 PM Couples, adolescents, individuals; anxiety, depression, grief, trauma, substance abuse, DUI, relationships, mediation, co-dependence	Insurance Private pay	No	No	F	LMFT
<b>Victoria Mercer, PhD</b> 1604 Christy Hill Rd Olympic Valley, CA 96146, (530) 563-6769	By appointment only Mon 9 AM - 2 PM, Tues - Thurs, 9 AM - 4 PM Adult individual therapy. Anxiety, behavioral health (pain, health-related coping), depression, substance use, life transitions. Primary methods include CBT, ACT.	Private pay	Based on need	No	F	PhD
<b>Mountain Mental Health</b> <b>Christopher Old, MFT, LPCC</b> 10363 High St #3 Truckee, CA 96161 (530) 582-4171	Appointment only Mon - Thur 9 AM - 6 PM Individuals, couples, families, adolescents. relationships, anxiety, depression, anger management, life skills and stress reduction, adventure therapy, CBT, mindfulness, and positive psychology	Private pay	No	Yes	M	LMFT LPCC
<b>Nevada County Behavioral Health</b> <b>Christopher Mausolff, LMFT</b> 10075 Levon Ave #207 Truckee, CA 96161 (530) 582-7885	Mon - Fri 8 AM - 5 PM Children, adolescents and Spanish- speaking adults, trauma-focused cognitive behavioral therapy, parent- child interaction therapy, motivational interviewing, attachment-based family therapy	Medi-Cal or possible grant- funded for non-insured	No	Yes	M	LMFT
<b>North Tahoe Family Resource Center</b> 265 Bear Street Kings Beach , CA 96143 (530) 546-0952	Mon - Fri 9 AM - 4 PM Referrals for families and individuals in English and Spanish	No fee		Yes		

<i>Provider</i>	<i>Practice information</i>	<i>Payment</i>	<i>Sliding Scale</i>	<i>Spanish</i>	<i>Gender</i>	<i>License</i>
<b>Kimball C Pier, PhD, LMFT</b> 11209 Brockway Road # 206 Truckee, CA 96161 (530) 414-1885	Appointment only Mon - Fri 9 AM - 5 PM. Individuals, couples, adolescents, families, certified divorce mediator and a special master in mediating with high conflict parents. Healing trauma, yoga therapy and massage therapy	Insurance, Anthem Medi-Cal or CA Health & Wellness Private pay	Yes	No	F	PhD LMFT
<b>Play Heals</b> <b>Jackie Hurt-Coppola, LMFT</b> 10098 Jibboom St #101 Truckee, CA 96161 (530) 448-6985	Adults, children and adolescents, parenting and co-parenting, anxiety and depression	Insurance Private pay	Yes	No	F	LMFT
<b>Gail A. Prichard, MD</b> 11209 Brockway Rd #303 Truckee, CA 96161 (530) 536-5060	Appointment only Mon - Fri flexible hours General adult and adolescent psychiatry, consultations, treatment, medication management, mood and anxiety disorders including PTSD, post-concussion, ADHD	Private pay	Based on need	No	F	MD
<b>Alan Redstone, LMFT</b> 10956 Donner Pass Rd #360 Truckee CA 96161 (530) 587-0111	Appointment only Sun, Mon, Wed (ltd hours), Fri, Sat Families, couples, adults, teens and men's issues, CBT, emotional intelligence, hypnosis, stress reduction, addictions and recovery	Private pay	Yes	No	M	LMFT
<b>Chelsea Roth, LCSW</b> 10775 Pioneer Trail # 216-A Truckee, CA 96161 (530) 913-0307	Appointment only Mon and Wed Children, adolescents and young adults; social skills; life skills	Insurance Private pay	Based on need	No	F	LCSW
<b>Karin Sable, LMFT</b> 3080 N Lake Blvd #B Tahoe City, CA 96145 (530) 581-0339	Appointment only Mon - Fri Individuals, couples, families, children and adolescents, specializing in mood disorders, trauma and anxiety, substance abuse	Insurance Private pay	Based on need	No	F	LMFT
<b>Shana L Wapstra Scott, MFT</b> 10770 Donner Pass Rd #103 Truckee, CA 96161 (530) 412-3650	Appointment only Mon, Wed, Fri, 11 AM - 2 PM. Psychotherapy for depression, anxiety, loss/grief, eating disorders, parenting and personal development for individuals, adolescents and families	Insurance Private pay	Based on need	No	F	LMFT
<b>Sierra Mental Wellness Group</b> 2690 Lake Forest Rd #B Tahoe City, CA 96145 (530) 581-4054	Mon - Fri 8 AM - 5 PM Individuals, families, children, teens, couples and families, innovative and traditional approaches to address the identified needs of our clients.	Private pay Medi-Cal (Placer Co offices)	Yes	Yes		LCSW LMFT

<i>Provider</i>	<i>Practice information</i>	<i>Payment</i>	<i>Sliding Scale</i>	<i>Spanish</i>	<i>Gender</i>	<i>License</i>
<b>Dawn Spillman, MA, MFT</b> 10956 Donner Pass Rd #360 Truckee, CA 96160 (530) 414-3809	Mon and Wed 9 AM - 6 PM Individual, couples, family, children, in-depth psychotherapy and short-term therapy	Private pay	Yes	No	F	LMFT
<b>Department of Rehabilitation State of California</b> 2489 Lake Tahoe Blvd #4 South Lake Tahoe, CA 96154 (530) 541-3226	Mon - Fri 8 AM to 12 PM and 1 PM to 5 PM Vocational services for people with all types of disabilities. Services include assessment, vocational counseling, training, job placement, job coaching, assistive technology	No fee		Yes (written materials)	M	qualified rehab- ilitation profess- ional
<b>Stacy Stahl, LCSW</b> 10770 Donner Pass Rd #103 Truckee, CA 96161 (530) 414-8014	Appointment only Anxiety, PTSD, eating disorders, relationships, all ages	Insurance Private pay	Based on need	No	F	LCSW
<b>Jan Susman, MFT</b> 10098 Jibbom St #103 Truckee, CA 96161 (530) 913-2831	Appointment only Individuals, couples, families, teens, children, substance abuse	Insurance Private pay	Based on need	No	F	LMFT
<b>Tahoe Family Solutions</b> 948 Incline Way #212 Incline Village, NV 89451 (775) 298-0004	Mon -Fri 8:30 AM - 5 PM intake Children, adolescents, families, individuals, couples. Also, no- cost information, assistance and referrals in English and Spanish		Yes	Yes		
<b>Tahoe Forest Health System Bereavement Spiritual Care Coordinator</b> 10083 Lake Ave Truckee, CA 96161 (530) 587-6521	Tues - Thurs 8:30 AM - 5 PM Bereavement	No fee		No	F	LMFT
<b>Tahoe SAFE Alliance- Incline Village</b> 948 Incline Way, # 222 Incline Village, NV 89451 (775) 298-0010	Mon - Fri 9 AM - 5 PM Crisis intervention and peer counseling for adults, youth and children who have experienced domestic violence, sexual assault, and child abuse. Referrals and resources available for support groups, therapy, legal information, education, and emergency shelter.		Based on need	Yes		
<b>Tahoe SAFE Alliance- Kings Beach</b> 265 Bear St King Beach, CA 96143 (530) 546-7804						
<b>Tahoe SAFE Alliance-Truckee</b> 12257 Business Park Dr #6 Truckee, CA 96161 (530) 582-9117						

<i>Provider</i>	<i>Practice information</i>	<i>Payment</i>	<i>Sliding Scale</i>	<i>Spanish</i>	<i>Gender</i>	<i>License</i>
<b>Tahoe Truckee Unified School District Student Services</b> 11603 Donner Pass Rd Truckee, CA 96161 (530) 582-2560	Mon - Fri 8 AM - 5 PM Student Services	All services free for students		No		
<b>Amy Vail, MA, PsyD</b> 1604 Christy Hill Rd Olympic Valley, CA 96146 (530) 581-2539	Appointment only Relationally-oriented, solution-focused CB therapy for individuals, families, teens and adolescents. Drug and alcohol use and abuse. Group therapy, Reiki master and energetic medicine practitioner.	Private pay	Based on need	Yes	F	PsyD
<b>Rebecca Yops, LMFT</b> 10232 Donner Pass Rd # 2 Truckee, CA 96161 (530) 386-8680	Appointment only Mon - Sat Couples, teens, postpartum depression, anxiety, OCD, cognitive behavioral therapy	Private pay	Yes	No	F	LMFT

<i>Provider</i>	<i>Practice information</i>	<i>Payment</i>	<i>Sliding Scale</i>	<i>Spanish</i>	<i>Gender</i>	<i>License</i>
<b>Ann Ajari, LCSW</b> Truckee, CA 96160 (530) 412-3262	Appointment only Mon - Sat Child, family and elderly	Private Pay	Based on need	No	F	LCSW
<b>Boys &amp; Girls Club of North Lake Tahoe</b> 8125 Steelhead Kings Beach, CA 96143 (530) 546-4324	6:45 AM - 9:05 AM and 2:20 PM - 6 PM Mon - Fri Referrals for youth			Yes		
<b>Shawn Benjaminson LMFT</b> 10775 Pioneer Trail # 216-A Truckee, CA 96161 (530) 363-2034	Appointment only Mon - Fri 9 AM - 5 PM Children, teens and families, substance abuse	Private pay	Based on need	No	F	LMFT
<b>Changing Strides Tina Peek</b> 12318 Union Mills Rd Truckee, CA 96161 (775) 745-7796	Call for appointment Mon - Sat Equine assisted psychotherapy, individuals, couples and family counseling, substance abuse, anxiety, depression, personal development	Private pay		No		LMFT, LPCC
<b>Crows Calling Rob Steffke</b> In and out-of office sessions in Truckee (805) 459-8742	Appointment only Mon - Sat Adolescents, young parents, families, men. Specializing in addiction, relationships, communication, and nature-based therapy. Visit <a href="http://crowscalling.org">crowscalling.org</a> for information about youth programming.	Insurance Private pay	Yes	No	M	LMFT
<b>Kirk Ditterich, Psychologist</b> 1604 Christy Hill Rd Olympic Valley, CA 96146 (530) 414-0909	Appointment only Mon - Fri 6 PM - 8 PM Families, teens, adults	Private pay		No	M	Psy D
<b>Uplift Family Services</b> 202 Providence Mine Rd #105 Nevada City, CA 95959 (530) 265-7844	Mon - Fri 8 AM - 5 PM Children's health/wraparound	Medi-Cal	No	Yes	F	LMFT LCSW
<b>Family Resource Center of Truckee</b> 11695 Donner Pass Rd Truckee, CA 96161 (530) 587-2513	Mon - Fri 9 AM - 4 PM Referrals for families and individuals in English and Spanish	No fee		Yes		
<b>Gateway Mountain Center</b> 11500 Donner Pass Road Suite C Truckee, CA 96161 (530) 426-2110	Appointment only Nature-based therapeutic mentoring providing weekly, multi-hour sessions for youth experiencing behavioral and/or mental health-related challenges	No-fee and low-fee services	Yes	Yes		LMFT
<b>Barbara Squire Ilfeld, RN, MS, CNS</b> 1604 Christy Hill Rd Olympic Valley, CA 96146 (530) 581-3567	Appointment only, Wed and Thurs Individuals, couples, group therapy, adolescents, substance abuse	Insurance Private pay	No	No	F	RN MS CNS

<i>Provider</i>	<i>Practice information</i>	<i>Payment</i>	<i>Sliding Scale</i>	<i>Spanish</i>	<i>Gender</i>	<i>License</i>
<b>Indigo Waters Counseling Services, LCSW, Inc</b> <b>Kirsten Livak</b> 13406 Donner Pass Rd Truckee, CA 96161 (530) 443-6798	By appointment, Tues, Thurs 9 AM - 6 PM, Fri - Sat appointments available Professional mental health, counseling and therapeutic services, indigowaterscounseling.com. Bilingual provider for Nevada County Health and Human Services Moving Beyond Depression Program.	Insurance Medicare Medicaid Private pay	Yes	Yes	F	LCSW
<b>InnerAction Therapy</b> <b>Polly Ryan, MA, MFT</b> 10956 Donner Pass Rd #360 Truckee, CA 96161 (530) 587-1978	Appointment only Tues 9 AM - 6 PM Wed 11 AM - 6 PM, Thurs 9 AM - 6 PM EMDR, couples counseling, co-parenting counseling, child and adolescent therapy, parenting coaching, family therapy, mindfulness meditation, divorce mediation, parenting coaching, divorce recovery, equine experiential education, step-parent relationships, mediation for work or personal relationships, feeding your demons, grief counseling, substance abuse after sobriety is well established, depression, anxiety, grief counseling	Private pay Payment is expected at the time of services Some insurance plans accepted	No	No	F	LMFT
<b>Jane Kingston, LMFT, BCN</b> 11025 Pioneer Trail #107 Truckee, CA 96161 (530) 562-4139	Appointment only Mon - Fri Individuals, couples, families, children	Insurance Private pay	No	Some	F	LMFT
<b>Lake Tahoe Counseling Center</b> <b>Barbara Draheim, PhD</b> 3190 North Lake Blvd #3 Tahoe City, CA 96145 (530) 581-0385 (775) 831-7204	Appointment only Mon - Sat Individuals, couples/relationships, family. Custody evaluation and mediation. Adolescent ADHD, child anxiety, depression, and anger management. Co-parenting, court issues and divorce mediation	Private pay Free phone consult available	Yes	No	F	PhD
<b>Maureen Loftis, MA, JD</b> 3080 North Lake Blvd, Suite 2B Tahoe City, CA 96145 (530) 386-7992	Appointment only Mon - Fri Adolescents, adults, families, couples. Experience helping clients struggling with anxiety, depression, anger, relationships, substance abuse	Private pay	Yes	No	F	LMFT
<b>Lundholm Conflict Management Services</b> <b>Gloria Lundholm, MA, LMFT</b> 7836 Pinedrop Ln Tahoe Vista, CA 96148 (530) 546 4985	By appointment only Mon - Fri, 12 PM - 8 PM Couples, adolescents, individuals; anxiety, depression, grief, trauma, substance abuse, DUI, relationships, mediation, co-dependence	Insurance Private pay	No	No	F	LMFT
<b>Nevada County Behavioral Health</b> <b>Christopher Mausolff, LMFT</b> 10075 Levon Ave #207 Truckee, CA 96161 (530) 582-7885	Mon - Fri 8 AM - 5 PM Children, adolescents and Spanish-speaking adults, trauma-focused cognitive behavioral therapy, parent-child interaction therapy, motivational interviewing, attachment-based family therapy	Medi-Cal or possible grant-funded for non-insured	No	Yes	M	LMFT



<i>Provider</i>	<i>Practice information</i>	<i>Payment</i>	<i>Sliding Scale</i>	<i>Spanish</i>	<i>Gender</i>	<i>License</i>
<b>North Tahoe Family Resource Center</b> 265 Bear Street Kings Beach , CA 96143 (530) 546-0952	Mon - Fri 9 AM - 4 PM Referrals for families and individuals in English and Spanish	No fee		Yes		
<b>Placer County Behavioral Health Services</b> Family and Children's Services (916) 872-6549 or Toll free (866) 293-1940 Adult Crisis and Intake Line (888) 886-5401 or (916) 787-8860	Appointment only. Mental health assessment, wraparound services, crisis services, therapeutic behavioral services, and outpatient services					
<b>Play Heals Jackie Hurt-Coppola, LMFT</b> 10098 Jibboom St #101 Truckee, CA 96161 (530) 448-6985	Adults, children and adolescents, parenting and co-parenting, anxiety and depression	Insurance Private pay	Yes	No	F	LMFT
<b>Gail A. Prichard, MD</b> 11209 Brockway Rd #303 Truckee, CA 96161 (530) 536-5060	Appointment only Mon - Fri flexible hours General adult and adolescent psychiatry, consultations, treatment, medication management, mood and anxiety disorders including PTSD, post-concussion, ADHD	Private pay	Based on need	No	F	MD
<b>Chelsea Roth, LCSW</b> 10775 Pioneer Trail # 216-A Truckee, CA 96161 (530) 913-0307	Appointment only Mon and Wed Children, adolescents and young adults; social skills; life skills	Insurance Private pay	Based on need	No	F	LCSW
<b>Karin Sable, LMFT</b> 3080 N Lake Blvd #B Tahoe City, CA 96145 (530) 581-0339	Appointment only, Mon - Fri Individuals, couples, families, children and adolescents, specializing in mood disorders, trauma and anxiety, substance abuse	Insurance Private pay	Based on need	No	F	LMFT
<b>Shana L Wapstra Scott, MFT</b> 10770 Donner Pass Rd #103 Truckee, CA 96161 (530) 412-3650	Appointment only Mon, Wed, Fri, 11 AM - 2 PM. Psychotherapy for depression, anxiety, loss/grief, eating disorders, parenting and personal development for individuals, adolescents and families	Insurance Private pay	Based on need	No	F	LMFT
<b>Sierra Mental Wellness Group</b> 2690 Lake Forest Rd #B Tahoe City, CA 96145 (530) 581-4054	Mon - Fri 8 AM - 5 PM Individuals, families, children, teens, couples and families, innovative and traditional approaches to address the identified needs of our clients.	Private pay Medi-Cal (Placer Co offices)	Yes	Yes		LCSW LMFT

<i>Provider</i>	<i>Practice information</i>	<i>Payment</i>	<i>Sliding Scale</i>	<i>Spanish</i>	<i>Gender</i>	<i>License</i>
<b>Anita Spencer, PhD</b> 12242 Business Park Dr #16 Truckee, CA 96161 (530) 582-5756	Appointment only Mon - Wed 8 AM - 5 PM Adult and some adolescent individual therapy, no couples or families	Insurance Medicare Private pay		No	F	PhD
<b>Dawn Spillman, MA, MFT</b> 10956 Donner Pass Rd #360 Truckee, CA 96160 (530) 414-3809	Mon and Wed 9 AM - 6 PM Individual, couples, family, children, in-depth psychotherapy and short-term therapy	Private pay	Yes	No	F	LMFT
<b>Stacy Stahl, LCSW</b> 10770 Donner Pass Rd #103 Truckee, CA 96161 (530) 414-8014	Appointment only Anxiety, PTSD, eating disorders, relationships, all ages	Insurance Private pay	Based on need	No	F	LCSW
<b>Jan Susman, MFT</b> 10098 Jibbom St #103 Truckee, CA 96161 (530) 913-2831	Appointment only Individuals, couples, families, teens, children, substance abuse	Insurance Private pay	Based on need	No	F	LMFT
<b>Tahoe Family Solutions</b> 948 Incline Way #212 Incline Village, NV 89451 (775) 298-0004	Mon -Fri 8:30 AM - 5 PM intake Children, adolescents, families, individuals, couples. Also, no-cost information, assistance and referrals in English and Spanish		Yes	Yes		
<b>Tahoe Forest Health System Bereavement Spiritual Care Coordinator</b> 10083 Lake Ave Truckee, CA 96161 (530) 587-6521	Tues - Thurs 8:30 AM - 5 PM Bereavement	No fee		No	F	LMFT
<b>Tahoe SAFE Alliance- Incline Village</b> 948 Incline Way, # 222 Incline Village, NV 89451 (775) 298-0010	Mon - Fri 9 AM - 5 PM Crisis intervention and peer counseling for adults, youth and children who have experienced domestic violence, sexual assault, and child abuse. Referrals and resources available for support groups, therapy, legal information, education, and emergency shelter.		Based on need	Yes		
<b>Tahoe SAFE Alliance- Kings Beach</b> 265 Bear St King Beach, CA 96143 (530) 546-7804						
<b>Tahoe SAFE Alliance-Truckee</b> 12257 Business Park Dr #6 Truckee, CA 96161 (530) 582-9117						
<b>Tahoe Truckee Unified School District Student Services</b> 11603 Donner Pass Rd Truckee, CA 96161 (530) 582-2560	Mon - Fri 8 AM - 5 PM Student Services	All services free for students		No		

*Provider*

**Amy Vail, MA, PsyD**  
 1604 Christy Hill Rd  
 Olympic Valley, CA 96146  
 (530) 581-2539

*Practice information*

Appointment only  
 Relationally-oriented, solution-focused  
 CB therapy for individuals, families,  
 teens and adolescents. Drug and  
 alcohol use and abuse. Group therapy,  
 Reiki master and energetic medicine  
 practitioner.

*Payment*

Private pay

*Sliding Scale*

Based on  
 need

*Spanish*

Yes

*Gender*

F

*License*

PsyD

<i>Provider</i>	<i>Practice information</i>	<i>Payment</i>	<i>Sliding Scale</i>	<i>Spanish</i>	<i>Gender</i>	<i>License</i>
<b>Boys &amp; Girls Club of North Lake Tahoe</b> 8125 Steelhead Kings Beach, CA 96143 (530) 546-4324	6:45 AM - 9:05 AM and 2:20 PM - 6 PM Mon - Fri Referrals for youth			Yes		
<b>Community Recovery Resources - CoRR Tahoe</b> 8491 N Lake Blvd Kings Beach, CA 96143 (530) 546-5641	Mon - Fri 12 PM - 9 PM DUI, substance abuse	Medi-Cal Private pay	Based on need	Yes	M F	RAS Intern
<b>Community Recovery Resources CoRR Truckee</b> 10015 Palisades Dr Truckee, CA 96161 (530) 587-8194	Mon - Fri 12 PM - 9 PM DUI, substance abuse	Medi-Cal Private pay	Based on need	Yes	M F	RAS Intern
<b>Uplift Family Services</b> 202 Providence Mine Rd #105 Nevada City, CA 95959 (530) 265-7844	Mon - Fri 8 AM - 5 PM Children's health/wraparound	Medi-Cal	No	Yes	F	LCSW LMFT
<b>Family Resource Center of Truckee</b> 11695 Donner Pass Rd Truckee, CA 96161 (530) 587-2513	Mon - Fri 9 AM - 4 PM Referrals for families and individuals in English and Spanish	No fee		Yes		
<b>Gene Upshaw Memorial Tahoe Forest Cancer Center</b> 10121 Pine Ave Truckee CA 96161 (530) 582-6450	Appointment only Mon 8 AM - 5 PM, Tues 12 PM - 9 PM, Wed 8 AM - 5 PM, Thurs - Fri 12 PM - 5 PM Counseling - crisis and ongoing	Must be patient at TFCC		Yes	M	PsyD
<b>Indigo Waters Counseling Services, LCSW, Inc Kirsten Livak</b> 13406 Donner Pass Rd Truckee, CA 96161 (530) 443-6798	By appointment, Tues, Thurs 9 AM - 6 PM, Fri - Sat appointments available Professional mental health, counseling and therapeutic services, <a href="http://indigowaterscounseling.com">indigowaterscounseling.com</a> . Bilingual provider for Nevada County Health and Human Services Moving Beyond Depression Program.	Insurance Medicare Medicaid Private pay	Yes	Yes	F	LCSW
<b>Mountain Mental Health Christopher Old, MFT, LPCC</b> 10363 High St #3 Truckee, CA 96161 (530) 582-4171	Appointment only Mon - Thur 9 AM - 6 PM Individuals, couples, families, adolescents, relationships, anxiety, depression, anger management, life skills and stress reduction, adventure therapy, CBT, mindfulness, and positive psychology	Private pay	No	Yes	M	LMFT LPCC

<i>Provider</i>	<i>Practice information</i>	<i>Payment</i>	<i>Sliding Scale</i>	<i>Spanish</i>	<i>Gender</i>	<i>License</i>
<b>Nevada County Behavioral Health</b> <b>Christopher Mausolff, LMFT</b> 10075 Levon Ave #207 Truckee, CA 96161 (530) 582-7885	Mon - Fri 8 AM - 5 PM Children, adolescents and Spanish-speaking adults, trauma-focused cognitive behavioral therapy, parent-child interaction therapy, motivational interviewing, attachment-based family therapy	Medi-Cal or possible grant-funded for non-insured	No	Yes	M	LMFT
<b>North Tahoe Family Resource Center</b> 265 Bear Street Kings Beach, CA 96143 (530) 546-0952	Mon - Fri 9 AM - 4 PM Referrals for families and individuals in English and Spanish	No fee		Yes		
<b>Sierra Mental Wellness Group</b> 2690 Lake Forest Rd #B Tahoe City, CA 96145 (530) 581-4054	Mon - Fri 8 AM - 5 PM Individuals, families, children, teens, couples and families, innovative and traditional approaches to address the identified needs of our clients.	Private pay Medi-Cal (Placer Co offices)	Yes	Yes		LCSW LMFT
<b>Tahoe Family Solutions</b> 948 Incline Way #212 Incline Village, NV 89451 (775) 298-0004	Mon -Fri 8:30 AM - 5 PM intake Children, adolescents, families, individuals, couples. Also, no-cost information, assistance and referrals in English and Spanish		Yes	Yes		
<b>Tahoe SAFE Alliance-Incline Village</b> 948 Incline Way, # 222 Incline Village, NV 89451 (775) 298-0010	Mon - Fri 9 AM - 5 PM Crisis intervention and peer counseling for adults, youth and children who have experienced domestic violence, sexual assault, and child abuse. Referrals and resources available for support groups, therapy, legal information, education, and emergency shelter.		Based on need	Yes		
<b>Tahoe SAFE Alliance-Kings Beach</b> 265 Bear St King Beach, CA 96143 (530) 546-7804						
<b>Tahoe SAFE Alliance-Truckee</b> 12257 Business Park Dr #6 Truckee, CA 96161 (530) 582-9117						
<b>Amy Vail, MA, PsyD</b> 1604 Christy Hill Rd Olympic Valley, CA 96146 (530) 581-2539	Appointment only Relationally-oriented, solution-focused CB therapy for individuals, families, teens and adolescents. Drug and alcohol use and abuse. Group therapy, Reiki master and energetic medicine practitioner.	Private pay	Based on need	Yes	F	PsyD

<i>Provider</i>	<i>Practice information</i>	<i>Payment</i>	<i>Sliding Scale</i>	<i>Spanish</i>	<i>Gender</i>	<i>License</i>
<b>Aegis Treatment Center</b> 1133 Coloma Way, Suite 3 Roseville, CA 95661 (916) 774-6647	Substance abuse treatment centers, withdrawal management, opioid/ narcotic treatment					
<b>Ann Ajari, LCSW</b> Truckee, CA 96160 (530) 412-3262	Appointment only Mon - Sat Child, family and elderly	Private pay	Based on need	No	F	LCSW
<b>Jeff Andersen, LMFT</b> 10098 Jibboom St # 103 Truckee, CA 96161 (831) 278-1056	Appointment only Mon - Sat Teens, adults, couples and families utilizing cognitive behavioral and solution-focused approaches	Insurance Private pay	Yes	No	M	LMFT
<b>Shawn Benjaminson LMFT</b> 10775 Pioneer Trail #216-A Truckee, CA 96161 (530) 363-2034	Appointment only Mon - Fri 9 AM - 5 PM Children, teens and families, substance abuse	Private pay	Based on need	No	F	LMFT
<b>Boys &amp; Girls Club of North Lake Tahoe</b> 8125 Steelhead Kings Beach, CA 96143 (530) 546-4324	6:45 AM - 9:05 AM and 2:20 PM - 6 PM Mon - Fri Referrals for youth			Yes		
<b>Debra Briozza, MFT</b> 10363 High St #5 Truckee, CA 96161 (530) 582-4977 #2	Mon - Fri 12 PM to 5 PM Women's issues, chronic illness, substance abuse	Insurance Private pay	20% discount for private pay	No	F	LMFT
<b>Center for Anxiety and Chronic Worry</b> <b>Barry C Barmann, PhD and Mary B Barmann, LMFT</b> 937 Tahoe Blvd #210 Incline Village, NV 89451 (775) 831-2436	Appointment only Mon - Thurs 9 AM - 6 PM, Fri 9 AM -5 PM, Sat 10 AM -2 PM Specializing in the treatment of anxiety disorders: obsessive- compulsive disorder (OCD), social anxiety, generalized anxiety, chronic worry, panic disorder, phobias, health anxiety. Depression and relationship therapy for couples and families. Info-seminars on anxiety and worry are offered monthly	Insurance Private pay	Yes	No	M, F	PhD LMFT
<b>Changing Strides</b> <b>Tina Peek</b> 12318 Union Mills Rd Truckee, CA 96161 (775) 745-7796	Call for appointment Mon - Sat Equine assisted psychotherapy, individuals, couples and family counseling, substance abuse, anxiety, depression, personal development	Private pay		No		LMFT, LPCC
<b>Common Goals</b> 256 Buena Vista St, Suite 100 Nevada City, CA 95945 (530) 274-2000	Substance abuse treatment facility, outpatient substance abuse treatment, sober living residences, recovery residencies					

<i>Provider</i>	<i>Practice information</i>	<i>Payment</i>	<i>Sliding Scale</i>	<i>Spanish</i>	<i>Gender</i>	<i>License</i>
<b>Community Recovery Resources - CoRR Tahoe</b> 8491 N Lake Blvd Kings Beach, CA 96143 (530) 546-5641	Mon - Fri 12 PM - 9 PM DUI, substance abuse	Medi-Cal Private pay	Based on need	Yes	M F	RAS I ntern
<b>Community Recovery Resources - CoRR Truckee</b> 10015 Palisades Dr Truckee, CA 96161 (530) 587-8194	Mon - Fri 12 PM - 9 PM DUI, substance abuse	Medi-Cal Private pay	Based on need	Yes	M F	RAS Intern
<b>Crows Calling Rob Steffke</b> In and out-of office sessions in Truckee (805) 459-8742	Appointment only Mon - Sat Adolescents, young parents, families, men. Specializing in addiction, relationships, communication, and nature-based therapy. Visit.crowscalling.org for information about youth programming.	Insurance Private pay	Yes	No	M	LMFT
<b>Department of Rehabilitation State of California</b> 2489 Lake Tahoe Blvd #4 South Lake Tahoe, CA 96154 (530) 541-3226	Mon - Fri 8 AM to 12 PM and 1 PM to 5 PM Vocational services for people with all types of disabilities. Services include assessment, vocational counseling, training, job placement, job coaching, assistive technology	No fee		Yes (written materials)	M	qualified rehabilitation professional
<b>Kirk Ditterich, Psychologist</b> 1604 Christy Hill Rd Olympic Valley, CA 96146 (530) 414-0909	Appointment only Mon - Fri 6 PM - 8 PM Families, teens, adults	Private pay		No	M	PsyD
<b>Pamela Donohue, LMFT</b> 889 Alder Ave # 200 Incline Village, NV 89450 (775) 833-3030	Mon - Fri by appointment Individuals and couples.	Insurance Private pay	Yes	No	F	LMFT
<b>Uplift Family Services</b> 202 Providence Mine Rd #105 Nevada City, CA 95959 (530) 265-7844	Mon - Fri 8 AM - 5 PM Children's health/wraparound	Medi-Cal	No	Yes	F	LCSW LMFT
<b>Family Resource Center of Truckee</b> 11695 Donner Pass Rd Truckee, CA 96161 (530) 587-2513	Mon - Fri 9 AM - 4 PM Referrals for families and individuals in English and Spanish	No fee		Yes		
<b>For Goodness Sake</b> 10157 Donner Pass Rd Truckee, CA 96161 (530) 550-8981	Variety of workshops and classes Schedule: www.goodnesssake.org Spiritual exploration of the nature of God, man and the universe			No		

<i>Provider</i>	<i>Practice information</i>	<i>Payment</i>	<i>Sliding Scale</i>	<i>Spanish</i>	<i>Gender</i>	<i>License</i>
<b>Robb Gaffney, MD</b> 600 N Lake Blvd Tahoe City, CA 96145 (530) 583-4233	Appointment only and on a case by case basis if clinically appropriate Anxiety disorders including OCD, panic, and social phobia	Private pay		No	M	MD
<b>Gateway Mountain Center</b> 11500 Donner Pass Road Suite C Truckee, CA 96161 (530) 426-2110	Appointment only Nature-based therapeutic mentoring providing weekly, multi-hour sessions for youth experiencing behavioral and/or mental health-related challenges	No-fee and low-fee services	Yes	Yes		LMFT
<b>Gene Upshaw Memorial Tahoe Forest Cancer Center</b> 10121 Pine Ave Truckee CA 96161 (530) 582-6450	Appointment only Mon 8 AM - 5 PM, Tues 12 PM - 9 PM, Wed 8 AM - 5 PM, Thurs - Fri 12 PM - 5 PM Counseling - crisis and ongoing	Must be patient at TFCC		Yes	M	PsyD
<b>Paul Gessford, MFT, MAC</b> 889 Alder Ave, Suite 200 Incline Village, NV 89450 (775) 833-1003	Mon - Sat by appointment only EMDR, anxiety, depression, relationship, addictions	Insurance, Private pay	No	No	M	LMFT MAC
<b>Danielle B Grossman, MFT</b> 10356 Donner Pass Rd Truckee, CA 96161 (530) 470-2233	Appointment only Relationships, anxiety, loss/grief, addiction, co-dependence, substance abuse	Private pay	No	No	F	LMFT
<b>Bruce Hill, MFT</b> Carnelian Bay, CA (530) 320-4041	Appointment only Mon - Fri 8 AM - 9 PM, Sat 8 AM - 12 PM Individuals, couples, adolescents, substance abuse	Private pay	Based on need	No	M	LMFT
<b>Mary Howden, MFT</b> 250 Village Blvd #3 Incline Village, NV 89451 (775) 772-2049	Health and well-being of clients, substance abuse	Insurance Private pay		No	F	LMFT
<b>Barbara Squire Ilfeld, RN, MS, CNS</b> 1604 Christy Hill Rd Olympic Valley, CA 96146 (530) 581-3567	Appointment only Wed and Thurs Individuals, couples, group therapy, adolescents, substance abuse	Insurance Private pay	No	No	F	RN MS CNS
<b>Indigo Waters Counseling Services, LCSW, Inc</b> <b>Kirsten Livak</b> 13406 Donner Pass Rd Truckee, CA 96161 (530) 443-6798	By appointment, Tues, Thurs 9 AM - 6 PM, Fri - Sat appointments available Professional mental health, counseling and therapeutic services, indigowaterscounseling.com. Bilingual provider for Nevada County Health and Human Services Moving Beyond Depression Program.	Insurance Medicare Medicaid Private pay	Yes	Yes	F	LCSW



<i>Provider</i>	<i>Practice information</i>	<i>Payment</i>	<i>Sliding Scale</i>	<i>Spanish</i>	<i>Gender</i>	<i>License</i>
<b>InnerAction Therapy</b> <b>Polly Ryan, MA, MFT</b> 10956 Donner Pass Rd #360 Truckee, CA 96161 (530) 587-1978	Appointment only Tues 9 AM - 6 PM Wed 11 AM - 6 PM, Thurs 9 AM - 6 PM EMDR, couples counseling, co-parenting counseling, child and adolescent therapy, parenting coaching, family therapy, mindfulness meditation, divorce mediation, parenting coaching, divorce recovery, equine experiential education, step-parent relationships, mediation for work or personal relationships, feeding your demons, grief counseling, substance abuse after sobriety is well established, depression, anxiety, grief counseling	Private pay Payment is expected at the time of services Some insurance plans accepted	No	No	F	LMFT
<b>Jane Kingston, LMFT, BCN</b> 11025 Pioneer Trail #107 Truckee, CA 96161 (530) 562-4139	Appointment only Mon - Fri Individuals, couples, families, children	Insurance Private pay	No	Some	F	LMFT
<b>Barbara Kramen-Kahn, PhD</b> 10956 Donner Pass Rd #360 Truckee, CA 96161 (530) 582-5459	Appointment only Adults, stress management, depression, anxiety, Emotional Freedom Technique (EFT)	Private pay		No	F	PhD
<b>Lake Tahoe Counseling Center</b> <b>Barbara Draheim, PhD</b> 3190 North Lake Blvd #3 Tahoe City, CA 96145 (530) 581-0385 (775) 831-7204	Appointment only Mon - Sat Individuals, couples/relationships, family. Custody evaluation and mediation. Adolescent ADHD, child anxiety, depression, and anger management. Co-parenting, court issues and divorce mediation	Private pay Free phone consult available	Yes	No	F	PhD
<b>Maureen Loftis, MA, JD</b> 3080 North Lake Blvd, Suite 2B Tahoe City, CA 96145 (530) 386-7992	Appointment only Mon - Fri Adolescents, adults, families, couples. Experience helping clients struggling with anxiety, depression, anger, relationships, substance abuse	Private pay	Yes	No	F	LMFT
<b>Lundholm Conflict Management Services</b> <b>Gloria Lundholm, MA, LMFT</b> 7836 Pinedrop Ln Tahoe Vista, CA 96148 (530) 546 4985	By appointment only Mon - Fri, 12 PM - 8 PM Couples, adolescents, individuals; anxiety, depression, grief, trauma, substance abuse, DUI, relationships, mediation, co-dependence	Insurance Private pay	No	No	F	LMFT
<b>Victoria Mercer, PhD</b> 1604 Christy Hill Rd Olympic Valley, CA 96146, (530) 563-6769	By appointment only Mon 9 AM - 2 PM, Tues - Thurs, 9 AM - 4 PM Adult individual therapy. Anxiety, behavioral health (pain, health-related coping), depression, substance use, life transitions. Primary methods include CBT, ACT.	Private pay	Based on need	No	F	PhD

<i>Provider</i>	<i>Practice information</i>	<i>Payment</i>	<i>Sliding Scale</i>	<i>Spanish</i>	<i>Gender</i>	<i>License</i>
<b>Mountain Mental Health</b> <b>Christopher Old, MFT, LPCC</b> 10363 High St #3 Truckee, CA 96161 (530) 582-4171	Appointment only Mon - Thur 9 AM - 6 PM Individuals, couples, families, adolescents, relationships, anxiety, depression, anger management, life skills and stress reduction, adventure therapy, CBT, mindfulness, and positive psychology	Private pay	No	Yes	M	LMFT LPCC
<b>Nevada County Behavioral Health</b> <b>Kim Honeywell</b> (530) 265-1731	Help build suicide prevention networks in Tahoe/Truckee by offering best practice workshops that develop practical skills for suicide prevention, intervention and post-vention support. ASIST Applied Suicide Intervention Skills Training, safeTALK - Suicide Alertness for Everyone, Tell, Ask, Listen, Keepsafe	No fee		No	F	
<b>Nevada County Behavioral Health</b> <b>Christopher Mausolf, LMFT</b> 10075 Levon Ave #207 Truckee, CA 96161 (530) 582-7885	Mon - Fri 8 AM - 5 PM Children, adolescents and Spanish-speaking adults, trauma-focused cognitive behavioral therapy, parent-child interaction therapy, motivational interviewing, attachment-based family therapy	Medi-Cal or possible grant-funded for non-insured	No	Yes	M	LMFT
<b>New Leaf Counseling Center</b> 1254 High St Auburn, CA 95603 (530) 889-9195	Substance abuse treatment facility, residential treatment facility, outpatient treatment facility					
<b>North Tahoe Family Resource Center</b> 265 Bear Street Kings Beach, CA 96143 (530) 546-0952	Mon - Fri 9 AM - 4 PM Referrals for families and individuals in English and Spanish	No fee		Yes		
<b>Kimball C Pier, PhD, LMFT</b> 11209 Brockway Road # 206 Truckee, CA 96161 (530) 414-1885	Appointment only Mon - Fri 9 AM - 5 PM. Individuals, couples, adolescents, families, certified divorce mediator and a special master in mediating with high conflict parents. Healing trauma, yoga therapy and massage therapy	Insurance, Anthem Medi-Cal or CA Health & Wellness  Private pay	Yes	No	F	PhD LMFT
<b>Placer County Behavioral Health Services</b> Family and Children's Services (916) -872-6549 or Toll free (866)-293-1940 Adult Crisis and Intake Line (888) 886-5401 or (916) 787-8860	Appointment only Mental health assessment, wraparound services, crisis services, therapeutic behavioral services, and outpatient services					

<i>Provider</i>	<i>Practice information</i>	<i>Payment</i>	<i>Sliding Scale</i>	<i>Spanish</i>	<i>Gender</i>	<i>License</i>
<b>Play Heals</b> <b>Jackie Hurt-Coppola, LMFT</b> 10098 Jibboom St #101 Truckee, CA 96161 (530) 448-6985	Adults, children and adolescents, parenting and co-parenting, anxiety and depression	Insurance Private pay	Yes	No	F	LMFT
<b>Gail A. Prichard, MD</b> 11209 Brockway Rd #303 Truckee, CA 96161 (530) 536-5060	Appointment only Mon – Fri flexible hours General adult and adolescent psychiatry, consultations, treatment, medication management, mood and anxiety disorders including PTSD, post- concussion, ADHD	Private pay	Based on need	No	F	MD
<b>Progress House</b> 2844 Coloma St Placerville, CA 95667 (530) 626-9240	Substance abuse treatment centers, residential substance abuse treatment facilities, recovery residencies					
<b>Alan Redstone, LMFT</b> 10956 Donner Pass Rd #360 Truckee CA 96161 (530) 587-0111	Appointment only Sun, Mon, Wed (ltd hours), Fri, Sat Families, couples, adults, teens and men’s issues, CBT, emotional intelligence, hypnosis, stress reduction, addictions and recovery	Private pay	Yes	No	M	LMFT
<b>Recovery Now</b> Roseville, CA (916) 868-2207	Substance abuse treatment facility, sober living facility, recovery residencies					
<b>Richard Robbins</b> 210 Grove St Tahoe City, CA 96145 (530) 581-0884	Mon - Fri 1 PM - 9 PM Adults, couples	Insurance Private pay	No	No	M	LMFT
<b>Kelly Root, MA, LMFT</b> 770 Northwood Blvd #5 Incline Village, NV 89451 (775) 833-9052	Appointment only Tues - Fri Primary focus: help people reach their goals in a caring, non-judgmental environment; substance abuse	Private pay	Based on need	No	F	LMFT
<b>Chelsea Roth, LCSW</b> 10775 Pioneer Trail # 216-A Truckee, CA 96161 (530) 913-0307	Appointment only Mon and Wed Children, adolescents and young adults; social skills; life skills	Insurance Private pay	Based on need	No	F	LCSW
<b>Karin Sable, LMFT</b> 3080 N Lake Blvd #B Tahoe City, CA 96145 (530) 581-0339	Appointment only Mon - Fri Individuals, couples, families, children and adolescents, specializing in mood disorders, trauma and anxiety, substance abuse	Insurance Private pay	Based on need	No	F	LMFT
<b>Shana L Wapstra Scott, MFT</b> 10770 Donner Pass Rd #103 Truckee, CA 96161 (530) 412-3650	Appointment only Mon, Wed, Fri, 11 AM - 2 PM. Psychotherapy for depression, anxiety, loss/grief, eating disorders, parenting and personal development for individuals, adolescents and families	Insurance Private pay	Based on need	No	F	LMFT

<i>Provider</i>	<i>Practice information</i>	<i>Payment</i>	<i>Sliding Scale</i>	<i>Spanish</i>	<i>Gender</i>	<i>License</i>
<b>Thomas Sheehan, PhD</b> 550 Lantern Ct Incline Village, NV 89450 (775) 831-3379 x 214	Mon and Wed 8 AM - 5 PM Clinical Psychology	Insurance Private pay		No	M	PhD
<b>Sierra Mental Wellness Group</b> 2690 Lake Forest Rd #B Tahoe City, CA 96145 (530) 581-4054	Mon - Fri 8 AM - 5 PM Individuals, families, children, teens, couples and families, innovative and traditional approaches to address the identified needs of our clients.	Private pay Medi-Cal (Placer Co offices)	Yes	Yes		LCSW LMFT
<b>Anita Spencer, PhD</b> 12242 Business Park Dr #16 Truckee, CA 96161 (530) 582-5756	Appointment only Mon - Wed 8 AM - 5 PM Adult and some adolescent individual therapy, no couples or families	Insurance Medicare Private pay		No	F	PhD
<b>Dawn Spillman, MA, MFT</b> 10956 Donner Pass Rd #360 Truckee, CA 96160 (530) 414-3809	Mon and Wed 9 AM - 6 PM Individual, couples, family, children, in-depth psychotherapy and short-term therapy	Private pay	Yes	No	F	LMFT
<b>Stacy Stahl, LCSW</b> 10770 Donner Pass Rd #103 Truckee, CA 96161 (530) 414-8014	Appointment only Anxiety, PTSD, eating disorders, relationships, all ages	Insurance Private pay	Based on need	No	F	LCSW
<b>Jan Susman, MFT</b> 10098 Jibbom St #103 Truckee, CA 96161 (530) 913-2831	Appointment only Individuals, couples, families, teens, children, substance abuse	Insurance Private pay	Based on need	No	F	LMFT
<b>Tahoe Family Solutions</b> 948 Incline Way #212 Incline Village, NV 89451 (775) 298-0004	Mon -Fri 8:30 AM - 5 PM intake Children, adolescents, families, individuals, couples. Also, no-cost information, assistance and referrals in English and Spanish		Yes	Yes		
<b>Tahoe Forest Health System Bereavement Spiritual Care Coordinator</b> 10083 Lake Ave Truckee, CA 96161 (530) 587-6521	Tues - Thurs 8:30 AM - 5 PM Bereavement	No fee		No	F	LMFT
<b>Tahoe Forest Health System Medical Social Worker</b> 10121 Pine Ave Truckee, CA 96161 (530) 582-6575	Appointment only Mon - Tues, Thurs - Fri 8:30 AM - 5 PM Home health, hospice, community resources	Insurance Medicare Private pay		No	F	LCSW

<i>Provider</i>	<i>Practice information</i>	<i>Payment</i>	<i>Sliding Scale</i>	<i>Spanish</i>	<i>Gender</i>	<i>License</i>
<b>Tahoe SAFE Alliance-Incline Village</b> 948 Incline Way, # 222 Incline Village, NV 89451 (775) 298-0010	Mon - Fri 9 AM - 5 PM Crisis intervention and peer counseling for adults, youth and children who have experienced domestic violence, sexual assault, and child abuse. Referrals and resources available for support groups, therapy, legal information, education, and emergency shelter.		Based on need	Yes		
<b>Tahoe SAFE Alliance-Kings Beach</b> 265 Bear St King Beach, CA 96143 (530) 546-7804						
<b>Tahoe SAFE Alliance-Truckee</b> 12257 Business Park Dr #6 Truckee, CA 96161 (530) 582-9117						
<b>Tahoe Truckee Unified School District Student Services</b> 11603 Donner Pass Rd Truckee, CA 96161 (530) 582-2560	Mon - Fri 8 AM - 5 PM Student Services	All services free for students		No		
<b>Barbara Tenney, MFT</b> (530) 913-8216	Appointment only Mon - Fri Family, marriage, anxiety, depression	Insurance Private pay	Based on need	No	F	LMFT
<b>Truckee Therapy Lisa Stekert</b> 10770 Donner Pass Rd Suite 103 Truckee, CA 96161 530-412-1713	Appointment only Individual therapy	Insurance Private pay	Based on need	No	F	ACSW
<b>Amy Vail, MA, PsyD</b> 1604 Christy Hill Rd Olympic Valley, CA 96146 (530) 581-2539	Appointment only Relationally-oriented, solution-focused CB therapy for individuals, families, teens and adolescents. Drug and alcohol use and abuse. Group therapy, Reiki master and energetic medicine practitioner.	Private pay	Based on need	Yes	F	PsyD
<b>Rebecca Yops, LMFT</b> 10232 Donner Pass Rd # 2 Truckee, CA 96161 (530) 386-8680	Appointment only Mon - Sat Couples, teens, postpartum depression, anxiety, OCD, cognitive behavioral therapy	Private pay	Yes	No	F	LMFT



**Al-Anon District #4**

(775) 348-7103

[www.nevadaal-anon.org](http://www.nevadaal-anon.org)**Alcoholics Anonymous Area 42, District 14**

(530) 546-1126

[www.laketahoeareaalcoholicsanonymous.com](http://www.laketahoeareaalcoholicsanonymous.com)**Narcotics Anonymous Sierra Sage Region**

(530) 546-1116

[www.sierrasagena.org](http://www.sierrasagena.org)**Overeaters Anonymous Region #2**

(775) 747-7380

[www.nnsi.oar2.org](http://www.nnsi.oar2.org)**Perinatal Depression, Awareness and Support Warm Line**(888) 977-6955 or [communityppdresources@yahoo.com](mailto:communityppdresources@yahoo.com)

24 hours/7 days a week

Free postpartum community resources and social support network in English and Spanish. This warm line is a voicemail or email for you to leave a message and a trained volunteer will get back to you within 24 hours. All calls and emails are returned.

**Placer Network of Care**[placer.networkofcare.org](http://placer.networkofcare.org)

The Placer County Network of Care is an online database that provides health and wellness information for the community, including an online directory of over 600 organizations that serve Placer County such as non-profits, community clinics, county agencies, food pantries, support groups, etc.

**Tahoe Truckee Suicide Prevention**[www.tahoelifeline.org](http://www.tahoelifeline.org)**Washoe County Crisis Center**

(800) 992-5757

24-hour call line for crises including suicide, drug and substance abuse, family issues, all ages and genders

**Nevada County 211**

2-1-1 Nevada County is a free, confidential information and referral service that is available 24 hours a day, seven days a week. 2-1-1 Nevada County offers assistance in multiple languages, and services that are accessible to people with disabilities.

Utilizing a comprehensive computerized database of more than 1,282 nonprofit and public agencies at 1,739 different locations in Nevada County, trained information and referral specialists give personalized attention to each caller. Specialists can refer callers to a variety of service that best meet their needs, including:

- Behavioral and Mental Health Services
- Employment and Training
- Housing and Shelter Information
- Financial Assistance
- Children's Services
- Senior Services
- Food Programs
- Health Care Services

In the 530 area code, dial 211 or visit

[www.mynevadacounty.com/Pages/Dial211.aspx](http://www.mynevadacounty.com/Pages/Dial211.aspx)

**Washoe County 211**

Nevada 2-1-1 is Nevada's most comprehensive, free connection to critical health and human services.

Information about local community services is available in a single statewide location that can be accessed via voice, text, and online. Nevada 2-1-1 has information about:

- Basic human needs resources (food, clothing, shelter, temporary financial assistance, transportation)
- Physical and mental health resources
- Financial stability
- Support for older Americans and persons with disabilities
- Support for children, youth and families
- Volunteer opportunities and donations
- Support during a community crisis and disaster recovery

In the 775 area code, dial 211

or visit [www.nevada211.org/](http://www.nevada211.org/)

(Note: At the time of publication there is no Placer County 211 service, but one is in development.)

