There are many different types of therapy:

**Cognitive Behavior Therapy (CBT)** is the most common type used for children. Therapists teach that thoughts cause feelings and moods that can influence behavior. The child learns to identify harmful thought patterns and learns to replace this thinking with thoughts of more appropriate feelings and behaviors. CBT can be effective to treat depression, anxiety and post-traumatic stress; however it is not very effective for children with intellectual disabilities that cannot process the modifications needed.

**Dialectical Behavior Therapy (DBT)** often used in teens displaying chronic suicidal, self harm or have Borderline Personality Disorder. DBT teaches taking responsibility for one’s problems and how to examine and improve how to deal with conflict and negative emotions.

**Trauma Focused Therapy (TFT)** uses a range of techniques to help the child or teen cope with the difficult feelings experienced by a trauma. The principals are exposure, cognitive restructuring and coping skills for emotional and physical adjustment to their experiences.

**Play Therapy** uses toys, dolls, puppets, art and games to help the child recognize, identify and verbalize feelings. Through talking and playing the therapist is able to identify and help teach the child how to understand their feelings and better manage their conflicts and behaviors.

<table>
<thead>
<tr>
<th>Carolina Counseling Inc</th>
<th>Areas of Treatment</th>
<th>Website</th>
<th>Insurance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Sandra Ritter, PhD, LPCS Charlotte Eure, MA, LPCA Karissa Krapf, MSW, LCSW Nick Asa, LPCA, RPT Valerie Saucier, MA, SLP</td>
<td>• Childhood Trauma • Attachment • Personality Disorders • Domestic Violence • Anxiety • Depression • Grief and Loss • ADHD/ODD • Self-Harm (DBT) • Suicidal behaviors • EMDR (to treat trauma) • Emotional Freedom technique • Hypnotherapy • Triple P • Play Therapy • Skills Group for Teens • Speech Therapist (coordinates appts. w/therapists for families with children in both speech and therapy.)</td>
<td><a href="http://www.carolinacounseling.vpweb.com">www.carolinacounseling.vpweb.com</a></td>
<td>Aetna, BCBS, CBHA/Medcost, Cigna, Coventry, Horizon Health, Medicaid, Medicare, MHN, NC Healthchoice, Network Advantage, PHCS, Primary Physician Care, Principal Financial, Reach and Value Options. Referrals from PCP required for Medicaid and NC Healthchoice Insurances only.</td>
</tr>
<tr>
<td>704-721-0000 900 Copperfield Blvd. Concord, NC 28027</td>
<td></td>
<td>Full Fee $165 Sliding Scale available</td>
<td></td>
</tr>
</tbody>
</table>

**Office Hours:**
9:00am-9:00pm
Some weekend appointments

Serving ages 3+
Individual therapy
Families
Group
Couples

**Skills Groups for Teens (13-17)** in small groups, teens learn to control themselves, relate in positive ways to others and feel less anxious and depressed.
Meetings Mondays from 7-8:30pm Call 704-572-1378 for info

There are two “Carolina Counseling” offices in the complex. This practice is on the right side and the door faces Copperfield Blvd.
### Areas of Treatment

- Childhood trauma
- Grief and Loss
- Depression
- Anxiety
- PTSD
- Family Conflict
- Self Esteem
- Domestic Violence
- Issues related to Immigration and Acculturation
- Therapy for Individuals, Family and Group
- Comprehensive Clinical Assessments
- Parent Education Services utilizing “Triple P” Curriculum
- Consulting Services

### Serving all Ages

- Early childhood
- School age
- Teens
- Adults

### Website:


Referral forms available on website

### Insurance

Medicaid (Cabarrus, Mecklenburg, Davison, Rowan, Union and Stanly)

Blue Cross/Blue Shield

Cigna

Aetna

Out of Network

Referrals required

Initial Comprehensive Clinical Assessment/Evaluation-$125.00 (90 minutes)

Individual Therapy Session-$90 (60 minutes)

Family Therapy Session-$110 (60-75 minutes)

Parent Education/Coaching-$75

---

### Areas of Treatment

- Depression
- Stress
- Anxiety/panic disorders
- Anger control problems
- Psychotic disorders
- Attention deficit disorder
- Child behavior issues
- Borderline personalities
- Post-traumatic stress disorder
- Chronic illness
- Psychological Evaluations

### Therapists

- John Norris LCSW
- Sterling Hammond LMFT
- Carol Baker LCSW
- Gloria Moon LPA

### Website:

[www.carolinashealthcare.org](http://www.carolinashealthcare.org)

New patient forms can be found on website.

Most private insurance accepted

Medicaid accepted

Pediatrician referrals accepted

Visa, Mastercard, Discover, Cash and Checks can be used for payment.
### Finding Solutions, Inc

Melba Finley, M.S. LPC  
704-490-6667  
LPC.Finleym@gmail.com  
1 Buffalo Ave NW Suite 213  
Concord, NC 28025  
Website: [http://www.findingsolutionsinc.com](http://www.findingsolutionsinc.com)

**Serving Ages 5 and up**

Insurance accepted: Medicaid, Cigna, Blue Cross Blue Shield and Aetna

Cash, Credit/Debit and Sliding Scale

Services in Spanish and English

**Areas of Service:**

- Victims of Domestic/Violence
- Homicides/Homicidios
- Victims of Violent Crimes/Victimas de Crimen Violento
- Trauma and PTSD/Trauma y Trastorno de Estrés Post-traumático
- Anxiety/Ansiedad
- Depression/Depresión
- Attention Deficit Disorder/Trastorno de Déficit de Atención
- Disruptive Behaviors/Conductas Disruptivas
- Self-Esteem/Bajo Autoestima
- Family Conflict/Conflictos Familiares
- Parenting Classes/Clases de Paternidad
- Coping Skills/Habilidades de Afrontamiento
- Adjustment Issues/Problemas de Ajuste
- Anger Management/Manejo de la Ira.
- Sexual/Physical Abuse and Neglect/Abuso Sexual/ Físico y Negligencia

Issues related to Immigration/Adolescent/UChild Adjustment/Trastorno de Emigración el ajuste de su niño, Adolescentes

- Teens at Risk for out of Home Placement/U Adolescentes en Riesgo de Colocación Fuera del Hogar

I am a Bilingual (Spanish/English) Mental Health Clinician. I graduated from Nova Southeastern University with a Master's Degree in Mental Health Counseling in 2004. I have over 10 years of experience in Mental Health and working with Children, Adolescents, and Adults. I have experience working with victims of trauma, collaboration with law enforcement officers related to acute trauma response, outpatient therapy, Intensive in Home Therapy, and working with families of diverse backgrounds/cultures.

---

### McCombs Counseling and Consulting

704-933-0007  
608 McCombs Ave  
Kannapolis, NC 28083

Office Hours:  
9:00am-7:00pm

**Serving Ages 5-adult**

**Areas of Treatment**

- Physical, Sexual and Substance Abuse
- Children of Alcoholics & Codependency
- Adolescent Issues
- Dysfunctional family issues
- Anxiety and Depression
- Emotional and Behavioral Problems
- Attention Deficit Disorder
- Eating Disorders
- Addictions
- Early Childhood
- Psychological Testing

**Website**  
[www.mccombscounseling.net](http://www.mccombscounseling.net)

**Insurance**

- Blue Cross/Blue Shield
- Aetna
- Cigna
- Magellan
- United
- Medicare
- Medcost
- Self Pay (no insurance)  
  No referrals needed

**Fees**  
$60 per hour
<table>
<thead>
<tr>
<th>Creative Counseling &amp; Learning Solutions, PLLC</th>
<th>Areas of Treatment</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>704-422-5964</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cognitive Behavioral Therapy</td>
<td><a href="http://www.creativecounselingandlearningsolutions.com">www.creativecounselingandlearningsolutions.com</a></td>
</tr>
<tr>
<td></td>
<td>Parent Child Interaction (PCIT)</td>
<td><a href="mailto:Laura@creativecounselingandlearningsolutions.com">Laura@creativecounselingandlearningsolutions.com</a></td>
</tr>
<tr>
<td></td>
<td>Dialectical Behavior Therapy (DBT)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Foster Care/Adoption Issues</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Play therapy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Family Therapy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Activity-based therapy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Horse-assisted therapy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Art Therapy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Trauma-Focused CBT</td>
<td></td>
</tr>
<tr>
<td></td>
<td>EMDR Therapy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Desensitization and more</td>
<td></td>
</tr>
</tbody>
</table>

We have 20 therapists on staff with various certifications to enhance the therapy options we can provide.

| Creative Counseling & Learning Solutions; PLLC is a community based counseling practice which offers creative & collaborative counseling services for children, adolescents, individual adults, couples, and families; with interventions to assist our clients with emotional, behavioral, familial, relational, social, and academic needs. Serving Cabarrus, Rowan, Stanly and Union Counties. |

<table>
<thead>
<tr>
<th>Turning Point Family Services</th>
<th>Areas of Service</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>800-311-7072</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>South Region</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1000 Copperfield Blvd Suite 112 Concord, NC 28025 980-781-5346</td>
<td>Outpatient Services</td>
<td><a href="http://www.turningpointfamilyservices.org">www.turningpointfamilyservices.org</a></td>
</tr>
<tr>
<td>8401 University Executive Dr Suite 106 Charlotte NC 28262 704-716-1146</td>
<td>Parent Child Interaction Therapy</td>
<td></td>
</tr>
<tr>
<td><strong>North Region</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>542 Williamson Rd Suite 6 Mooresville, NC 28117 704-660-6854</td>
<td>Play Therapy</td>
<td></td>
</tr>
<tr>
<td>542 Brookdale Dr Statesville, NC 28677 704-872-4058</td>
<td>Trauma Focused Therapy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>EMDR Therapy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Medication Management</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Intensive In Home Therapy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Residential Programs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Therapeutic Family Services</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Transitional Living</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Intensive Alternative Family treatment (IAFT)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Substance Abuse Therapy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Have TF-CBT teams that are Bi-Lingual</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sexually Acting Out Youth</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Autism</td>
<td></td>
</tr>
</tbody>
</table>

Serving all ages

General office hours: 8:30-5:00

North Region

542 Williamson Rd Suite 6
Mooresville, NC 28117 704-660-6854

542 Brookdale Dr
Statesville, NC 28677 704-872-4058

Serving all ages

General office hours: 8:30-5:00

**North Region**

542 Williamson Rd Suite 6
Mooresville, NC 28117 704-660-6854

542 Brookdale Dr
Statesville, NC 28677 704-872-4058

Serving all ages

General office hours: 8:30-5:00

**Areas of Service**

- Outpatient Services
- Parent Child Interaction Therapy
- Play Therapy
- Trauma Focused Therapy
- EMDR Therapy
- Medication Management
- Intensive In Home Therapy
- Residential Programs
- Therapeutic Family Services
- Transitional Living
- Intensive Alternative Family treatment (IAFT)
- Substance Abuse Therapy
- Have TF-CBT teams that are Bi-Lingual
- Sexually Acting Out Youth
- Autism

**Website**

[www.turningpointfamilyservices.org](http://www.turningpointfamilyservices.org)

Appointment request available on website
laura@turningpointfamilyservices.org

**Insurance**

We accept Medicaid insurance from Cabarrus, Rowan, Stanly and Union counties, most private insurances, and self-pay options.

**Fees**

New Client Intake Session (60-90 minutes) $150
Individual Session (50 minutes) $90
Family Session (50 minutes) $110
Horse-assisted Individual Session (50 minutes) $120
Horse-assisted Family Session (50 minutes) $150
Group team-building Horse-assisted Session (90 minutes) $100 per participant

| Creative Counseling & Learning Solutions; PLLC is a community based counseling practice which offers creative & collaborative counseling services for children, adolescents, individual adults, couples, and families; with interventions to assist our clients with emotional, behavioral, familial, relational, social, and academic needs. Serving Cabarrus, Rowan, Stanly and Union Counties. |

Creative Counseling & Learning Solutions; PLLC is a community based counseling practice which offers creative & collaborative counseling services for children, adolescents, individual adults, couples, and families; with interventions to assist our clients with emotional, behavioral, familial, relational, social, and academic needs. Serving Cabarrus, Rowan, Stanly and Union Counties.
<table>
<thead>
<tr>
<th><strong>Achieving Balance at The Farm</strong></th>
<th><strong>Areas of Treatment</strong></th>
<th><strong>Website</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>With horses as a guide, our mission is to provide an opportunity for individuals to reach an emotional and physical balance within themselves, while achieving healthy relationships with others. <strong>Located in Mooresville By appointment only 704-763-3796</strong></td>
<td>Equine-assisted counseling approaches are experiential; however, Achieving Balance uses the EAGALA Model in conjunction with other traditional therapeutic models such as:</td>
<td><strong><a href="http://www.abatthefarm.com">www.abatthefarm.com</a></strong></td>
</tr>
<tr>
<td>• Stephanie Pennell Owner</td>
<td>Cognitive Behavioral Therapy (CBT)</td>
<td><strong>Insurance</strong></td>
</tr>
<tr>
<td>• Stephanie Roffey LCSW</td>
<td>Dialectical Behavior Therapy (DBT)</td>
<td>We do not accept insurance at this time; however, services are billable as regular individual, family or group out-patient counseling services. Receipts can be provided for insurance reimbursement purposes or so amounts can be applied towards deductibles. Reimbursement for outpatient services is not guaranteed.</td>
</tr>
<tr>
<td>• Chatham Ripple LPC, LCASA, LMFTA</td>
<td>Solutions Focused Therapy (SFT)</td>
<td><strong>Fees</strong></td>
</tr>
<tr>
<td>• Amy Jewell LCSW</td>
<td>Eye Movement Desensitization and Reprocessing (EMDR)</td>
<td>$60 per hour</td>
</tr>
<tr>
<td></td>
<td>Treating: healthy relationships, social and emotional needs, anxiety, depression, anger, behavior management, substance abuse, social skills, sexual trauma, team building, domestic violence, counseling services, experiential learning, managing emotions</td>
<td>Intake Assessment</td>
</tr>
<tr>
<td></td>
<td><strong>Website</strong></td>
<td>50-90 min $125</td>
</tr>
<tr>
<td></td>
<td><strong>Insurance</strong></td>
<td>45-60 min (individual/family)$100</td>
</tr>
<tr>
<td></td>
<td>We do not accept insurance at this time; however, services are billable as regular individual, family or group out-patient counseling services. Receipts can be provided for insurance reimbursement purposes or so amounts can be applied towards deductibles. Reimbursement for outpatient services is not guaranteed.</td>
<td><strong>Fees</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Fees</strong></td>
<td>$60 per hour</td>
</tr>
<tr>
<td></td>
<td><strong>Intake Assessment</strong></td>
<td>Intake Assessment</td>
</tr>
<tr>
<td></td>
<td>50-90 min $125</td>
<td>50-90 min $125</td>
</tr>
<tr>
<td></td>
<td>45-60 min (individual/family)$100</td>
<td>Hourly Sessions</td>
</tr>
<tr>
<td></td>
<td>45-60 min (per person, per program, price is based on how many weeks the program runs)$125-$200</td>
<td>** Achieving Balance at The Farm is striving to meet the needs of all individuals by offering a reduced rate for those in need. Please speak with us about these opportunities.**</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Grounded By Grace Counseling</strong></th>
<th><strong>Areas of Treatment:</strong></th>
<th><strong>Website</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>704-699-9165</td>
<td>• ADD/ADHD</td>
<td><strong><a href="http://www.groundedbygracecounseling.com">www.groundedbygracecounseling.com</a></strong></td>
</tr>
<tr>
<td>2350 Odell School Road Charlotte, NC 28262 (near Concord Mills)</td>
<td>• Anger</td>
<td><strong>Insurance</strong></td>
</tr>
<tr>
<td></td>
<td>• Anxiety</td>
<td>Does not accept, but will issue receipt to submit for reimbursement.</td>
</tr>
<tr>
<td></td>
<td>• Career Counseling</td>
<td><strong>Fee:</strong></td>
</tr>
<tr>
<td></td>
<td>• Communication/Conflict Resolution</td>
<td>$70 per session</td>
</tr>
<tr>
<td></td>
<td>• Depression</td>
<td>Sliding Scale available for those in financial need</td>
</tr>
<tr>
<td></td>
<td>• Grief and Loss</td>
<td><strong>Contact:</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Website</strong></td>
<td><strong>Contact:</strong></td>
</tr>
<tr>
<td></td>
<td><strong><a href="http://www.groundedbygracecounseling.com">www.groundedbygracecounseling.com</a></strong></td>
<td><strong>Insurance:</strong></td>
</tr>
</tbody>
</table>
**Daymark Recovery Services**  
**Cabarrus Center**  
24 hr Crisis 800-939-5911  
General 704-939-1100  
284 Executive Park Dr. Suite 100  
Concord, NC 28025  
**Hours:**  
Monday-Friday  
8:00am-8:00pm

**Areas of Service:**  
• Substance Abuse Outpatient Treatment  
• Mental Health Outpatient Treatment  
• Substance Abuse Intensive Outpatient Treatment (SAIOP)  
• Psychiatric Services/Medical Services  
• Psychological Assessment  
• Emergency Services (Advanced Access)  
• Mobile Crisis Management Services  
• Targeted Case Management Services  
• DWI/DWLR Services  
Daymark Recovery Services provides an array of outpatient and psychiatric services for the treatment of a mental illness & substance abuse problem. Services are tailored to individual needs and delivered using evidence based approaches to increase effectiveness.

**Website**  
[www.daymarkrecovery.org](http://www.daymarkrecovery.org)

Individuals with Medicaid have no obligation for a copay. Individuals with Medicare or private insurance will be obligated to meet their policy's copay requirement. Individuals who are uninsured will be eligible for a sliding or discounted scale as defined by the relevant Managed Care Organization.  
No one will ever be denied access to crisis services due to an inability to pay.

---

**Child & Family Development**

**704-332-4834**

Two locations  
Midtown  
4012 Park Road Suite 200  
Charlotte, NC 28209  
Pineville  
10516 Park Road  
Charlotte, NC 28210  

**Office Hours**  
M-Th 8-6  
Friday 8-5  
Ages 2 years to young adults

**Areas of Treatment**

- Psychological Testing  
- Educational Testing  
- Psychological Therapy  
- Occupational Therapy  
- Physical Therapy  
- Speech & Language Therapy  
- The Family Clinic  
- ADHD  
- Dyslexia  
- Learning Disabilities  
- Sensory Processing

**Website**  
[www.childandfamilydevelopment.com](http://www.childandfamilydevelopment.com)

**Insurance**
Aetna, BCBS, Primary Physician Care  
Out-of-Network  
(Does not accept Medicaid)
Psychiatry and Developmental Pediatrics

A Psychiatrist is a medical practitioner (MD) specializing in the diagnosis and treatment of mental illness. Psychiatrists can prescribe medication, which psychologists cannot do.

Developmental Pediatricians specialize in children with brain disorders, behavioral symptoms and developmental delays.

<table>
<thead>
<tr>
<th>NorthEast Psychiatric Services</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>704-403-1800</strong></td>
</tr>
<tr>
<td>380 Copperfield Blvd.</td>
</tr>
<tr>
<td>Concord, NC 28025</td>
</tr>
</tbody>
</table>

Enter in main front doors of building, all MD’s are located on the main floor (upper level)

Office Hours:
8:00am-5:00pm
Monday-Friday

Scheduling a new patient appointment will have an average 2-3 month wait

<table>
<thead>
<tr>
<th>Michael Wenning MD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child and Adolescent Psychiatry</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Laura Dunn MD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child and Adolescent Psychiatry</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nilima Thakkar MD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child and Adolescent Psychiatry</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Areas of Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
</tr>
<tr>
<td>Stress</td>
</tr>
<tr>
<td>Dementia</td>
</tr>
<tr>
<td>Anxiety/panic disorders</td>
</tr>
<tr>
<td>Anger control problems</td>
</tr>
<tr>
<td>Psychotic disorders</td>
</tr>
<tr>
<td>Attention deficit disorder</td>
</tr>
<tr>
<td>Child behavior issues</td>
</tr>
<tr>
<td>Borderline personalities</td>
</tr>
<tr>
<td>Post-traumatic stress disorder</td>
</tr>
<tr>
<td>Chronic illness</td>
</tr>
<tr>
<td>Medication Management</td>
</tr>
<tr>
<td>Psychological Evaluations</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Website:</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.carolinashealthcare.org">www.carolinashealthcare.org</a></td>
</tr>
</tbody>
</table>

New patient forms can be found on website.

Most private insurance accepted
Medicaid accepted
Pediatrician referrals accepted

Visa, Mastercard, Discover, Cash and Checks can be used for payment.

<table>
<thead>
<tr>
<th>Developmental and Behavioral Pediatrics of the Carolinas</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>704-403-2626</strong></td>
</tr>
<tr>
<td>301 Medical park Drive Suite 202</td>
</tr>
<tr>
<td>Concord, NC 28025</td>
</tr>
</tbody>
</table>

Office hours
Monday-Friday
8:00-5:00

Dr. Clayton
Dr. Senturias
Dr. Stegman
George Hatley, PA
Angela Noone, CPNP, MSN

<table>
<thead>
<tr>
<th>Areas of Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attention deficit disorder (ADD)</td>
</tr>
<tr>
<td>Attention deficit hyperactive disorder (ADHD)</td>
</tr>
<tr>
<td>Tourette syndrome</td>
</tr>
<tr>
<td>Obsessive compulsive disorder</td>
</tr>
<tr>
<td>Autism spectrum disorder</td>
</tr>
<tr>
<td>Developmental delays and learning disabilities (treatment and evaluation is provided after private or school academic and IQ testing scores have been completed)</td>
</tr>
<tr>
<td>Learning disabilities</td>
</tr>
<tr>
<td>Developmental evaluations</td>
</tr>
<tr>
<td>Medical management of behavioral problems in developmentally delayed children</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Website</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Insurance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Most insurances accepted (except Blue Value)</td>
</tr>
<tr>
<td>Medicaid</td>
</tr>
</tbody>
</table>

Referrals required from Primary Care Physician (pediatrician)
Medicaid requires Prior Authorization

Cash, checks and major credit cards accepted
### Salisbury Psychiatric Associates
**704-637-5151**

427 West Innes St.
Salisbury, NC 28144

Psychiatrist Dr. Barbara Lowry
NP Mary Martin

Therapists:
Monica Kramer
Patricia Hundt
Candace Payne-Butler
Danielle Coleman

Monday-Thursday 8am-7pm
Closed on Friday

#### Areas of Treatment:
- Social Anxiety
- *Obsessive-Compulsive Disorder*
- *Post Traumatic Stress Disorder Mood Disorder*
- *Depressive Illness*
- *Bipolar Disorder*
- *Post-Partum Depression*
- *Attention Deficit Discords With Behavioral Problems (ADD)*
- *Manic Depression*
- *Panic / Anxiety Disorders*
- *Psychiatric Evaluations*
- *Individual, Family, And Relationship Counseling*

**Website**

**Insurance:**
Medicaid and most private insurance

---

### Eastover Psychological & Psychiatric Group PA
20723 Torrence Chapel Rd
Suite 203
Cornelius, NC 28031

**New Patient Appointments:**
704-945-2200

**Office Hours:**
9:00am-5:00pm
Monday-Friday

**Additional offices:**
7610 Ballantyne Commons Parkway Suite 201
Charlotte, NC 28277 980-213-3530

3303 LaTrobe Dr
Charlotte, NC 28211 704-362-2663

#### Areas of Treatment
- Neuropsychological Evaluations
- Medication Management
- Depression
- Stress
- Dementia
- Anxiety/panic disorders
- Anger control problems
- Psychotic disorders
- Attention deficit disorder
- Child behavior issues
- Borderline personalities
- Post-traumatic stress disorder
- Chronic illness

**Website:**
[www.eastoverpsych.com](http://www.eastoverpsych.com)

New patient forms can be found on website.

- Most private insurance accepted
- Medicaid accepted
- Pediatrician referrals accepted

Visa, Mastercard, Cash and Checks can be used for payment.
Community Organizations and Services

Amazing Grace Advocacy
Executive Director
Gwen Bartley

980-229-3423
PO Box 7314
Concord, NC 28027

gwen@amazgraceadvocacy.com

There is NO COST for services to families and the community.
Serving children, teens and young adults (under 21)

Services Offered
Empowering families seeking appropriate treatments, placements and educational needs for their children with mental health and intellectual disabilities.

Monthly workshops for families
Skill Building and Social Events for Youth
Locating and linking families with resources
Working to improve the services available in Cabarrus County for children with mental illness and intellectual disabilities.

Greeting Cards created by children, teens and young adults with Mental Illness, Brain Disorders and Intellectual Disabilities.

Website
www.amazingraceadvocacy.com
Follow on Facebook and Twitter for Community Updates

A Special Needs Plan

704-557-9637
800-769-8610

6000 Fairview Road, Suite 400
Charlotte, NC 28210

Founder: Ryan Platt

A Special Needs Plan is designed to serve families who are struggling with the worry surrounding their loved one's future care and financial well-being, overwhelmed by the complexity of coordinating all the necessary legal, financial, government benefits, communication & tax strategies and are frustrated because the family can’t find professionals who have the expertise to help.

Services:
- Planning consultations to families
- Educational workshops and seminars for families, organizations, and financial professionals
- Special needs planning educational resources

Website
http://www.aspecialneedsplan.com/

Email
mailto:info@aspecialneedsplan.com

Visit Website to receive a Free copy of “The Family Advocate” A Guidebook to Special Needs Planning
**Mental Health America ParentVOICE**  
**Cabarrus - Cathy Johnson**  
980-406-1169  
cjohnson@mhccentralcarolinas.org

- Trainings and workshops for parents, youth, and provider agencies, at NO COST to families
- Attendance at meetings with schools and service providers as a support for parents and caregivers
- A specialized lending library for parents and professionals as well as resource information to youth and their siblings
- Monthly support groups for adults and youth
- Recruit participants to serve on local and state boards and committees

**Parent VOICE Support Group**  
Focuses on mental health/developmental disability combined.

2nd Monday of every month  
6-8pm

New Life Baptist Church  
1281 Biscayne Dr  
Concord, NC 28025

Dinner is provided, please RSVP to Cathy Johnson

Children & Teens are encouraged to attend to meet peers and participate in activities.

**Website**  
www.mhccentralcarolinas.org/parentvoice.cfm

---

**Joyful Hearts**

704-699-7761

Sherry Peele Founder/Executive Director

PO Box 1474  
Harrisburg, NC 28075

All ages served

Events are NO COST to families or individuals

**Programs:**

- Joy Prom –Annual full-scale prom for individuals 16 and over with intellectual or physical disabilities
- Fall Festival- Entertainment, games, crafts
- Breakfast with Santa
- Easter Egg Hunt
- Respite
- Playgroups
- Vendor Fair

**Website**  
www.joyfulheartsnc.org

**Email**  
speele@joyfulheartsnc.org

Joyful Hearts seeks to awaken community awareness of people with disabilities and to provide support for their families through our programs.
| **Family Support Network of Southern Piedmont** | **We offer support to families with infants and children born prematurely, with developmental or intellectual disabilities, chronic health conditions, or behavioral/mental health issues.**  
We provide information and referrals, educational opportunities for parents and caregivers, and parent to parent connections through support groups or by matching one-to-one with a trained parent mentor.  
**We also offer sibling support through Sibshops, a program for boys and girls 3rd - 12th grades who have a brother or sister with a disability.** | **Website**  
[www.fsnsp.org](http://www.fsnsp.org)**  
All services are free and confidential.**  
**Serving**  
Newborns to Young Adult in Cabarrus, Rowan, Stanly, Iredell and Union Counties. |
### Special Olympics Cabarrus County Programs:

<table>
<thead>
<tr>
<th>FALL:</th>
<th>SPRING:</th>
<th>WINTER:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bocce, Bowling, Equestrian, Golf, Soccer, and Tennis</td>
<td>Aquatics, Athletics, Cheerleading, Cycling, Powerlifting, Softball, and Volleyball</td>
<td>Alping Skiing/Snowboarding, Basketball (Fall 2016), Cheerleading (Train until June)</td>
</tr>
</tbody>
</table>

Ages 8+ can participate in official Special Olympics Programs
Ages 2-7 Young Athletes Program
No Fees for Families!

### Cabarrus Partnership for Children

704-262-3683  
1303 S Cannon Blvd.  
Kannapolis, NC 28083

Cabarrus Partnership for Children collaborates with all the necessary people and agencies involved in a young child’s life, families, teachers, caregivers, doctors, and many others—to ensure the success of all young children throughout Cabarrus County.

### Programs

- Health
- Early Education
- Community Outreach
- Family Programs
- Classes
- Resources
- Events

Families First in Cabarrus County  
Bi-Lingual Preschool - The Bi-Lingual Preschool is a licensed full day dual language preschool for children in a quality learning environment to prepare them for success in Kindergarten.  
Spencer Swain – 704-202-5057

### Lynn Bishop: Disability Attorney

704-234-6461  
101 North McDowell St  
Suite 206  
Charlotte, NC 28204

Since 1975, Lynn Bishop has been working to help people with disabilities and injuries receive the benefits they deserve. She is certified as a specialist in Social Security Disability Law by the North Carolina State Board of Legal Specialization. The State of North Carolina selected Lynn to represent the State in a court battle to force improvements in the way Social Security handles disability claims.

### Website

- [www.sonc.net/cabarrus](http://www.sonc.net/cabarrus)  
- [www.cabarruspartnership.org](http://www.cabarruspartnership.org)  
- [www.lynnbishop.net](http://www.lynnbishop.net)
Kimberly A. Herrick  
Guardianship Attorney  
704-782-3315  
Mills Law  
49 Means Ave SE  
Concord, NC 28026

Kimberly Herrick offers legal advice and assistance with Guardianship.
- Guardian Petition
- Application for letters of Guardianship

Fees  
Guardianship of the Person (no estate) $500.00  
General Guardianship (Guardian of Person and Esate) $750.00  
Additional assistance is billed at hourly rate range of $150 to $300 per hour.

Community Specialized Services  
704-795-7600  
15 Spencer Ave  
Concord, NC 28025

Community Specialized Services, Inc. is a non-profit human service organization licensed as a child-placing agency by the State of North Carolina Division of Social Services.  
Founded in March 2003, CSS, Inc. is committed to providing the best quality services to children and adolescents who are at risk of being displaced from their natural home and community environments due to emotional, behavioral, social, and developmental functional deficits.

Programs:  
- Respite  
- Therapeutic Foster Care  
- 24 Hour Emergency On-Call

- To meet the mental, emotional, and social needs of children who have been diagnosed or are at risk of developing mental health and/or substance abuse problems.  
- To promote continuity of care, community integration, and reduce symptoms through least restrictive treatment interventions.  
- To provide therapeutic and behavioral intervention to children in a family environment to prepare them for family reunification or independent living.  
- To assist consumers in preventing, overcoming or managing behavioral and functional deficits at home, school, and in the community.

Website  
www.communityspecializedservices.org

Email  
Wrice-csi@carolina.rr.com
Specialized Services

Most specialized service providers only work with North Carolina Medicaid; admissions are difficult to obtain. Many will not serve children with Dual Diagnosis or private insurance. Please contact Amazing Grace Advocacy for more information and help in attaining these services.

**Alexander Youth Network**

704-366-8712  
6220 Thermal Road  
Charlotte, NC 28211  

Carl A Furr Elementary  
Day Treatment  
704-788-4300  

**Areas of Service**  
- Day Treatment at Carl A. Furr (Elementary School)  
- PRTF  
- Therapeutic Foster Care  
- Intensive Alternative Family Treatment  
- Diagnostic Assessments  
- Out Patient Therapy  
- Multi-Systemic Therapy  

Alexander Youth Network is here with therapy designed to work for you. Whether your child needs occasional outpatient therapy for a rough patch, or at-home family therapy that’s more intensive, we can help with different services to treat everything from anxiety to depression. We can also help with destructive or negative behaviors at school.

**Website**  
www.alexanderyouthnetwork.org  

**Getting started with AYN**  
CALL 855.362.8470 to schedule an assessment or contact the Alexander Location nearest to you for more information on how to access services.  
Visit website, download and complete referral form found on “Intake and Admissions”

**Turning Point Family Services**

800-311-7072  

**South Region**  
1000 Copperfield Blvd Suite 112  
Concord, NC 28025  
980-781-5346  

8401 University Executive Dr Suite 106  
Charlotte NC 28262  
704-716-1146  

**North Region**  
542 Williamson Rd Suite 6  
Mooresville, NC 28117  
704-660-6854  

542 Brookdale Dr  
Statesville, NC 28677  
704-872-4058  

**Serving all ages**  
General office hours:  
8:30-5:00  

**Areas of Service**  
- Outpatient Services  
- Parent Child Interaction Therapy  
- Play Therapy  
- Trauma Focused Therapy  
- EMDR Therapy  
- Medication Management  
- Intensive In Home Therapy  
- Residential Programs Level II Group & TFC  
- Therapeutic Family Services  
- Transitional Living  
- Intensive Alternative Family treatment (IAFT)  
- Substance Abuse Therapy  
- Have TF-CBT teams that are Bi-Lingual  
- Sexually Acting Out Youth  
- Autism  
- Dual Diagnosis I/DD and Autism  
- B-3 Respite for Partners MCO  

**Website**  
www.turningpointfamilyservices.org  

**Insurance**  
Medicaid (Cardinal and Partners) NC Health Choice, BCBS, Medcost, Humana, Carolina Behavioral Healthcare Alliance and Tricare  

Private pay is $50 per session  
Have a sliding scale and some Probono Services
<table>
<thead>
<tr>
<th>Murdoch Development Center</th>
<th>Areas of Service</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>(919) 575-1000</td>
<td>To be eligible for admission to Murdoch Developmental Center a person must have a diagnosis of profound, severe or moderate intellectual/developmental disability or a related developmental disability. All admissions are subject to space available in the appropriate cottage. No one is denied admission because of inability to pay. Murdoch Developmental Center also has four programs that serve individuals from the entire state. BART (Behaviorally Advanced Residential Treatment) serves young adult males with developmental disability diagnoses and extreme behavior problems. STARS (Specialized Treatment for Adolescents in a Residential Setting) serves adolescents, ages 13 through 17, who have a dual diagnosis (developmental disability and mental illness). PATH (Partners in Autism Treatment and Habilitation) serves children, ages 6 to 16, with autism spectrum disorder and serious behavioral challenges. TRACK (Therapeutic Respite Addressing Crisis for Kids) serves children ages 5 through 17 who have moderate to profound intellectual disabilities and/or autism spectrum disorders and are in an emergency crisis situation.</td>
<td><a href="http://www.murdochcenter.org">www.murdochcenter.org</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>The Wright School</th>
<th>Areas of Service</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>(919) 560-5790</td>
<td>Wright School has provided residential treatment and special education services since 1963 for children identified with behavioral, emotional and learning difficulties. Children spend Monday through Friday at Wright School in Durham and engage in treatment and academic activities each day. Each child returns home each weekend and continues work on treatment goals. Parents and the family’s formal and informal support system, that make up the Child and Family Team, continue to work on goals using strategies they are learning at Wright School. Thus, the program offers a seven day a week intervention where the child’s whole ecological system, made up of many people, has opportunities to learn and practice new successful strategies while the child is in treatment.</td>
<td><a href="http://www.wrightschool.org">www.wrightschool.org</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monarch</th>
<th>Areas of Service</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>866-272-7826</td>
<td>• Provider of some b3 Medicaid services Monarch is a nonprofit organization supporting people with intellectual and developmental disabilities, mental illness, and substance use challenges.</td>
<td><a href="http://www.monarchnc.org">www.monarchnc.org</a></td>
</tr>
</tbody>
</table>

Murdoch is a state operated facility; accepting Dual Diagnosis.
Waiting list is 6-12 months
Admissions require an in-depth application and interview process.

The Wright School is a state operated facility; accepting Dual Diagnosis.

Monarch is a nonprofit organization supporting people with intellectual and developmental disabilities, mental illness, and substance use challenges.
<table>
<thead>
<tr>
<th>Thompson Child &amp; Family Focus</th>
<th>Areas of Service</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>704-536-0375</td>
<td>• PRTF</td>
<td><a href="http://www.thompsoncff.org">www.thompsoncff.org</a></td>
</tr>
<tr>
<td>6800 Saint Peters Lane</td>
<td>• Outpatient Therapy</td>
<td></td>
</tr>
<tr>
<td>Matthews, NC 28105</td>
<td>• Intensive In Home</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Therapeutic Foster Care</td>
<td></td>
</tr>
</tbody>
</table>

**Getting started with Thompson**

Call 1-888-293-6216

Email admissions@thompsoncff.org

<table>
<thead>
<tr>
<th>Children’s Hope Alliance</th>
<th>Areas of Service</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Barium Springs &amp; Grandfather)</td>
<td>• PRTF</td>
<td><a href="http://www.childrenshopealliance.org">www.childrenshopealliance.org</a></td>
</tr>
<tr>
<td>1-800-395-2591</td>
<td>• Day Treatment</td>
<td></td>
</tr>
<tr>
<td>156 Frazier Loop</td>
<td>• Group Homes</td>
<td></td>
</tr>
<tr>
<td>Statesville, NC 28677</td>
<td>• Foster Care</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Outpatient Therapy</td>
<td></td>
</tr>
</tbody>
</table>

Services in Cabarrus County are limited.

<table>
<thead>
<tr>
<th>Daymark Recovery Services</th>
<th>Areas of Service:</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cabarrus Center</td>
<td>• Substance Abuse Outpatient Treatment</td>
<td><a href="http://www.daymarkrecovery.org">www.daymarkrecovery.org</a></td>
</tr>
<tr>
<td>24 hr Crisis 800-939-5911</td>
<td>• Mental Health Outpatient Treatment</td>
<td></td>
</tr>
<tr>
<td>General 704-939-1100</td>
<td>• Substance Abuse Intensive Outpatient Treatment (SAIOP)</td>
<td></td>
</tr>
<tr>
<td>284 Executive Park Dr. Suite 100</td>
<td>• Psychiatric Services/Medical Services</td>
<td></td>
</tr>
<tr>
<td>Concord, NC 28025</td>
<td>• Psychological Assessment</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Emergency Services (Advanced Access)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Mobile Crisis Management Services</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Targeted Case Management Services</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• DWI/DWLR Services</td>
<td></td>
</tr>
</tbody>
</table>

Daymark Recovery Services provides an array of outpatient and psychiatric services for the treatment of a mental illness, substance abuse problem. Services are tailored to individual needs and delivered using evidence based approaches to increase effectiveness.

**Website**

www.daymarkrecovery.org

Individuals with Medicaid have no obligation for a copay. Individuals with Medicare or private insurance will be obligated to meet their policy's copay requirement. Individuals who are uninsured will be eligible for a sliding or discounted scale as defined by the relevant Managed Care Organization.

No one will ever be denied access to crisis services due to an inability to pay.
Cardinal Innovations

24 Hour Access to services and Crisis Line- 1-800-939-5911

General Information-704-721-7000

24 Hour Anonymous Concern Line 1-888-213-9687

<table>
<thead>
<tr>
<th>Consumer Affairs for Intellectual Disabilities and Mental Health</th>
<th>Ann Gluf (IDD) 704-721-7056 Carol Gouge (MH) 704-721-7018 Delton Russell (SA) 704-721-7042</th>
<th><a href="mailto:Ann.gluf@cardinalinnovations.org">Ann.gluf@cardinalinnovations.org</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Consumer/Family Advisory Committee (CFAC)</td>
<td>1-800-357-9084 Or 1-888-213-9687</td>
<td><a href="mailto:piedmontfac@cardinalinnovations.org">piedmontfac@cardinalinnovations.org</a></td>
</tr>
<tr>
<td>Community Relations Specialist for Cabarrus</td>
<td>Monica Johnson 704-721-7019</td>
<td><a href="mailto:Monicaf.johnson@cardinalinnovations.org">Monicaf.johnson@cardinalinnovations.org</a></td>
</tr>
<tr>
<td>Innovations Waiver Registry of Unmet Needs</td>
<td>Registry Coordinator 704-939-7980</td>
<td><a href="mailto:registry@cardinalinnovations.org">registry@cardinalinnovations.org</a></td>
</tr>
<tr>
<td>Care Coordination</td>
<td>King Jones 704-785-0081</td>
<td><a href="mailto:king.jones@cardinalinnovations.org">king.jones@cardinalinnovations.org</a></td>
</tr>
</tbody>
</table>
References


