

Nevada County Mental Health & Other Resources

Mental Health #'s and Services		
California suicide hotline	1-800-273-8255	or 1-800-784-2433
CPS	273-4291	Online forms to fill out and print for filing suspected child abuse: http://ag.ca.gov/childabuse/pdf/ss8572.pdf
Counseling Offices		
Nevada County Children's Behavioral Health ACCESS 24 Hr Crisis Line	470-2736 265-5811	Children's mental health services available; MediCal served; facilitates provider access for Healthy Families and Private Insurance. 988 McCourtney Road Grass Valley, CA 95949
Drew's Place	265-0719	Grief counseling for children and families; some free services
Anew Day Counseling Services	(530) 470-9111	Some interns and lay people. Look for licensure.
Sierra Family Therapy	(530) 913-5054	EMDR, DBT 673 S. Auburn Grass Valley Sierra Sparks, MFT
Local Male Therapists:		
Dan Crawford, MFT	530-559-8882	Takes Medi-Cal & other insurance 101 Providence Mine Rd Ste 106C, NC
Michael Axelman, PsyD	650-281-4171	Specializes in ADHD
Jeff Conklin, PhD	(530) 419-6203	Therapist who works well with challenging behaviors. Takes insurance
Tom Young, MFT, School Psych	265-3307	Takes Medi-Cal and other insurance specializes in trauma/attachment
Local Female Therapists		
Judith Hill-Weld, MFT	530-265-9450	
Danelle Riles, LCSW	414-8381	Takes Medi-Cal-Health and Wellness
Danielle DiPiero, MFT	388-4106	Takes Medi-Cal-Health and Wellness
Susan Byrne	205-8197	Takes Medi-Cal-Anthem Blue Cross
Meg Luce, MFT	913-2745	Parenting only. Takes Medi-Cal-Anthem Blue Cross
Jennifer Sale, MFT	273-0102	Takes Medi-Cal-Anthem Blue Cross
Susan Nance, MFCC	265-8559	Adolescents
Joann DeSena, MFT	265-5802	
Susan Gregory, MFT	272-0923	Specializes in Mediation/Divorce
Julie Lang, MFT	272-5521	
Susan Love	273-7002	
Joy Molaro, MFT	(530) 263-9650	
Victoria Moran, MFT	(541) 778-2894	
Aida Baker	530-263-6882	http://safehavenpsychotherapy.com does not take insurance
Dr. Marsha Reny	470-0444	Has additional training for children who have experienced trauma
Clarise Brady, MFT	265-2110	Excellent for bereaved children
Marilyn Stahl, MFT	265-4016	Takes Medi-Cal-Health and Wellness 408 Broad St Ste 10B, Nevada City
Emily Whiteside, LCSW-	274-8884	Takes Medi-Cal-Anthem Blue Cross
CHRISTINA METTERT MFT	530-265-2131	206 Sacramento St Ste 203, Nevada City, CA 95959
Liz Smith, MFT	(530) 559-3357	Takes no insurance
Heather Frazier-Hurttt	916-782-6654	In Roseville children and families no insurance
Susan Rold	(916) 965-5487	In Roseville adolescents and families – no insurance
Psychiatrists—Medication management for emotional/psychiatric concerns		
Community Psychiatry	916-783-9697	Roseville and Auburn Dr. Ramirez-Moya plus others
Dr. Brian Goldman	(925) 478-8678	2330 Professional Drive, Suite 100. Roseville, CA 95661

Amida Upadhyay, Psychiatrist	916-783-9697	1420 Rocky Ridge Suite 230, Roseville, CA 95661
David S Rue, M.D	(916) 386-4198	8001 Folsom Blvd., #110 Sacramento, California 95826 Pediatric psychiatrist Specializes w asperger's
Dr. Foster	(530) 885-5177	Expert on trauma (uses EMDR), will provide therapy and meds 1111 High Street Auburn, CA 95603
EMQ Families First	530-265-7544	
VICTOR Support Services	530.273-2244	In home family and child counseling
Speech and Language, PT Occupational Therapists		
Dyann Castro, Speech and Language, social skills	530-272-1010	dyannslp@gmail.com
Heart & Soul Physical Therapy	530.263.6974	Kerri Dahlstrom PT, takes insurance
Psychologists		
Dr. Michael Axelman	530-470-1763	Grass Valley/NC Excellent. Specializes in ADHD, mood issues.
Dr. Susan Landis-Auburn Davis Center For Dialectical Behavior Therapy	530-888-9858.	Specializes in substance abuse and self injurious behavior. 13620 Lincoln Way, Suite 370, Auburn, CA 95603
Dr. Emmett Miller	800-528-2737	
Paulette Lucier, PhD	(530) 470-6060	
Substance Abuse:		
Common Goals	265-2914	
Community Recovery Resources	273-9541	Nevada County Council on Alcoholism
NEUROFEEDBACK:		
Rachelle Bloksberg,	(530)263-1413	Sierra Neurofeedback
PEDIATRIC NEUROLOGISTS		
Sutter Roseville, Dr. Chez & Kahn	916-773-8711	2 Medical Plaza #205, Roseville, CA 95661
Nalini Chandra	916-454-6667	1625 Stockton Blvd., Ste 104 Sacramento

Local Medi-Cal Family Therapists

Medi-Cal- California Health and Wellness

Dan Crawford 559-8882
Danelle Riles, LCSW 414-8381
Susan Byrne, LMFT 205-8197
Kathleen Sheffield, LMFT 265-2202
Marilyn Stahl, LMFT 265-4016
Jennifer Sale, LMFT 273-0102
Danielle Di Piero, LMFT 388-4106
Thomas Young, LMFT 273-1112

Medi-Cal- Anthem Blue Cross

Dan Crawford, LMFT 559-8882
Thomas Young, LMFT 273-1112
Karen Schlanger, LCSW 264-6238
Marilyn Stahl, LMFT 265-4016
Susan Byrne, LMFT 205-8197
Jennifer Sale, LMFT 273-0102
Meg Luce, LMFT 913-2745 (parenting only)

FAMILY RESOURCE CENTERS – For parents who are looking for support but not sure how to get it. Any parent with MediCal or even with private insurance and high deductibles they cannot afford, can usually access free or low cost counseling services. Please call first!

1. Grass Valley Charter School at 235 South Auburn Street. Contact Karen Wallace-Eisen. You can drop by or call Monday-Thursday 9am - 4pm; Friday 9am- 1pm. Phone is 273-4059.
2. On the Ridge: Diana Malley and Diana Pasquini are at 18847 Oak Tree Road Open M-F 10-4 phone 292-3174
3. Penn Valley 10862 Spenceville Road, (530) 432-1118 x249 Monday-Friday 9am-4pm

Sierra Nevada Children's Services for subsidized day care: 272-8866 420 Sierra College Drive, GV

Support for pregnant teens:

OTHER NEVADA COUNTY AGENCIES

Nevada County Probation Department Juvenile Unit Community Outreach

Information call Mike Dent 265-1213 for diversion programs

Community Recover Resources: Nevada County Council on Alcoholism: 273-9541

Student Intervention program (SIP): 30 day adolescent treatment program; Adolescent Drug & Alcohol Prevention & Treatment (ADAPT) 90 day program; Juvenile Anger Management : 12 weeks for 13-18 year olds; Mood Management: 12 weeks 8-12 year olds; Family Program: 12 weeks

Dental Clinic: Sierra Nevada Children's Services, Sierra Family Medical Clinic

Nonprofit dental clinic that serves children up to age 18. Barry Sturm 274-8872

Foster Youth Services: 478-6400 x210

Team 3 Family Counseling Center: 478-5701 team3cm@nevco.k12.ca.us

Big Brothers, Big Sisters of Nevada County 273-2227 info@bigsofnc.org www.bigsofnc.org

REACH counseling for minors who are victims of neglect, abuse, violence who do not have access to services. 477-4016 fax 477-5919

The Friendship Club: Girls Setting goals for a bright future 265-4311 for at-risk girls who may be from single parent home, low academic performance, economic need, social isolation, and emotional problems.

Family Preservation Team referrals can be made by calling Linda Kanter 265-1663, Anna Lee Lantz 265-1696

LOCAL SUPPORT GROUPS- call for updated dates and times

Autism Support group: 4th Tuesday of the month 10:30-11:30. Casey McCormick 432-1118 x 249

Bipolar Parents Support Group Nevada County Superintendent of Schools Office second Friday of each month 5-7pm

Depression and Bipolar Support Alliance- 6-7:30 p.m., Sierra Nevada Memorial Hospital, Outpatient Building, Conference Room 120-130. 274-8400 or 346-2160.

Depression, Anxiety Support Group- 6:30 p.m., Grass Valley. 477-9032.

Alcoholics Anonymous- 272-6287.

Families w/ Children w/ Diabetes- 7-8:30 p.m., Sierra Nevada Hospital, Outpatient Center. 265-9011.

Al-Anon- 10 a.m., 10175 Joerschke Dr., Suite K, Grass Valley. 268-4558.

Parent Support Group- 6:30 p.m., third Tuesday, 11785 Maltman Drive, Grass Valley.

Parents Encouraging Parents of Children with Attachment Difficulties- 6:30-8:30 p.m., first Tuesday of the month. Childcare available. (916) 723-5818.

Men's Al-Anon- 7 p.m., 10175 Joerschke Dr., Suite K, Grass Valley. 268-4558.

Spirit Mental Health Peer Empowerment Center- 10 a.m.-2 p.m. 12276 Gates Place, Grass Valley. Free individual and group peer counseling. 274-1431.

Women's Domestic Violence Support Group- 11 a.m.-12:30 p.m., Drop in group at D.V.S.A.C. 272-2046. 960 McCourtney Rd

General Bereavement Support Group- 5 p.m., first and third Tuesday of the month, Hospice of the Foothills, 12399 Nevada City Highway, Grass Valley. 272-5739. 5:00pm - 6:30pm

Marijuana Anonymous- 5:30 p.m., Annex Building, Memorial Park, Grass Valley. 559-2112.5:30pm-6:30pm

Epileptic/Seizure Support Group- 6-8 p.m., second Tuesday of the month, New Covenant Baptist Church, 453 S. Auburn St., Grass Valley. 477-1622.

Adoptive Parent Support Group- 10 a.m.-noon, fourth Tuesday of each month, 138 New Mohawk Road, 2nd floor (on left side of building). 478-0900.

Grandparents and Relatives who are raising children- 9 a.m.-noon, second Tuesday of the month, Nevada County Superintendent of Schools Office, 112 Nevada City Highway, Nevada City. 478-6400 ext. 210

Tutors:

Edy Crook 273-1165 (Grass Valley)

Debi Hileman 277-5166 (Nevada City)

Linda Couper 277-9607 (Lake of the Pines) www.AcademicGC.com

Carolyn Wright 150 S Auburn St, Grass Valley, CA 95945 [\(530\) 575-5722](tel:5305755722)

Academic Associates of Nevada County 10790 Alta Sierra Dr [\(530\) 270-2851](tel:5302702851)

Kassandra Marie (Math 6th grade and above)

Marian Green (Reading and Language Arts)

NEO Youth Organization-470-3869 6th grade and up

Sarah Sparks 292-3353

Miriam D Hoiem (Spaulding Reading Method)

Young Educational Services Karen Young