

# Counseling and Resources in the Grand Junction Area

## The Alpha Center

1170 Colorado Ave  
970-241-2948

Saul Tompkins: (Ph.D) Certified addiction counselor, substance abuse professional  
Wendy Tompkins: (M.S.W) Addictions counselor  
Michael Costello: (M.S.) Certified addictions counselor, registered psychotherapist, mediation  
Jen Sharp: (Masters Candidate) Registered psychotherapist, certified addictions counselor  
Anna Hage: (Masters Candidate) Registered psychotherapist, certified addictions counselor  
Michael Penkaty: (LPCC) Registered psychotherapist

## Associates in Behavioral Counseling

518 28 Road Suite A207

**Barbara Kinkeelaar:** (MED) Older children/adolescents (Not accepting Medicaid)  
**Timothy Landis:** (MSW) Children/families (Accepts Medicaid)  
**Matt Pettit:** Works with children (May accept Medicaid)  
**Susan Goudzwaard:** Works with children (Accepts Medicaid)  
**Londa Cox:** Works with children (Accepts Medicaid)  
*Love and Logic Parenting Classes offered here (\$100/family for 6 week class)*

## Behavioral Clinical Services

2004 North 12th St. Suite 47  
970-241-6500

## Behavioral Health and Wellness

3150 North 12<sup>th</sup> Street  
Office: 970-242-5707

If your child is a patient through Western Colorado Pediatrics, they can offer a counselor that will come to work with your child for 6 sessions covered through Medicaid in the Pediatrics Office.

**Cheryl Young:** (MA, LMFT) Play therapy (not accepting new clients at the moment)  
**Rickelle Hicks:** (LMFT, CACIII) Child therapy utilizing behavioral, systematic and play therapy approaches, abuse, trauma, divorce, or other family related issues  
**Kymerly Maestas:** (LPC, CACIII) Children 7 years and older, families/adults dealing with substance abuse, sexual victimization, self-esteem, physical and emotional trauma, adoption issues, anxiety and blended family interactions  
**Dr. Chris Young:** (PhD, Psychologist) ADD/ADHD testing, older adolescents  
**Dr. Kent Snowbarger:** (Ed.D, Psychologist) ADD/ADHD testing, counseling for younger children  
**Raul DeVillegas-Decker:** (PsyD), Bilingual (Spanish) Works with children 2 and up  
**Gary Miller:** (LCSW) Works in treating families and children

### **BEing There Counseling**

225 North 5<sup>th</sup> Street  
Office: 970-245-6502

**Tycee Belcastro:** (MA, LMFT) Trained in family systems interventions, conscious parenting, equine assisted psychotherapy, suicide prevention and crisis intervention, post-traumatic stress disorder and treating trauma, human sexuality and treating sexual compulsions, self-image and body-image treatment, and more for families with young adolescents.

**Donna Be:** (MA, LPC, BCPC, CRS) Teaches tangible emotional skills to help guide you through relationship problems, and give you the tools to reestablish the lost connection you feel with your partner- for adults.

### **Counseling and Education Center**

2708 Patterson Road  
Office: 970-243-9539

**Sister Faye Huelsmann (MA, LPC):** Clinical Director/Works with: children, adults, couples, families.

**Sister Pat Lewter (C.S.J., MA, LPC):** Intern Supervisor Works with: adolescents, families and individuals.

**Carmen Hickman (MA, LPC):** Bilingual: Spanish-English. Works with adults and Spanish-speakers

**Linda Manchester (MSW, LCSW):** Cognitive Behavioral Therapy, Systemic Family Therapy, and Brief, Solution Focused Therapy.

**Michelle Trosclair (BA, MA):** Trained in the Hakomi method of psychotherapy, and also draws from experiential modalities and mindfulness practices.

**John Isaacs (BA, MA):** Mindfulness and self-compassion based treatments, Somatic Experiencing, emotionally-focused couples' therapy, and EMDR (eye movement desensitization reprocessing)

**Sydney Elks (BA, MA, LPCC):** Works with children, adolescents, and adults.

**Lynn Olson (MSW, LCSW):** Works with: adults, couples, families, and children over 10-years-old

**Katie Salazar-Schuckman (BS, MA):** Works with children and adolescents

**Lisa Anne Swinger (MA, LPC):** Dialectical Behavioral Therapy (DBT) and Solution Focused Therapy

### **Grand Junction Counseling**

115 North 5th Street Suite 401  
970-640-2428

**Stephen Anthony (LPC):** Anxiety, depression, trauma, marriage/relationship, and addictions

**Cori Pearl (Psychotherapist):** Women's issues, couples, teen girls, eating disorders, parenting

### **Lotus Counseling**

420 North 8th Street

970-773-4691 or 970-260-2867

Lotus Counseling is unique from other counseling centers for many reasons. We work with a multidisciplinary team of therapists, medical doctors, nutritionists, practitioners of movement therapies, and experts in spirituality.

**Krista Carpenter (MS, LPC):** Adults and adolescents with eating disorders, depression, LGBTQ

**Bret Phillips (NLC):** Kids of all ages, life crisis, relationships, anxiety, addiction, LGBTQ

**Robin Levitt (MA, NLC, LPCC):** Anxiety, depression, chronic pain, PTSD, substance abuse

**Laura Blair (MA, NCC, NLC):** Addictions, depression, anxiety, ADHD, autism

**Lea Ayer (MA, LPC, NCC):** EMDR, teens and adults with anxiety, depression, trauma, chronic illness, caregiver stress

### Marillac Clinic

2333 North 6th St

970-298-1782

Follows a team-based model of care in which medical and behavioral health providers partner to facilitate the detection, treatment, and follow-up of mental health of behavioral disorders. (For those who don't qualify for Medicaid, but do not have insurance either. Low cost.

**Kelly Duncombe (PSYD):** Works with children, adolescents, and adults

**Rody Pyland (LCSW):** Certified Acupuncture Detoxification Specialist. Addictive behaviors, emotional balance and sleep.

**Pamela Shannahan-Sturgon (LPC):** Works with children, adolescents, and adults

### Mind Springs Health (Accepts MEDICAID)

Main Campus: 515 28 ¾ Rd. Office: 241-6023 (Outpatient) Crisis Line: 1-888-207-4004 or 970-241-6022

West Springs/Transitions (Inpatient Hospital) Office: 970-263-4918 Admissions: 970-201-4299

Wide range of services (all ages) including: outpatient therapy/groups/psychiatry, detox/substance abuse, inpatient, crisis evaluations, and peer services.

### Individual Therapists

**Nancy Tanner (LCSW): 970-242-3897** Play therapy and works with children

**Natalie Ivey (MA, LPC): 970-245-7489** Works with children/specializes in eating disorders

**Connie Robins-Brady (MC, LPC): 970-216-5400** Art therapy (expressive art sessions for individuals/groups)

**Jessica Stone (PhD): 970-589-2525** Short and long term therapy, play therapy, and psychological testing

**Scott Aber (LPC): 970-315-3776** Certified addictions counselor. Marriage/Family, children, grief counseling, substance abuse, Christian counseling.

**Bill Wimsatt (LCSW, CAC III): 970-462-7717** trauma, evaluations, anger management, substance abuse, general counseling

**Steve Landman (LCSW, LMFT, CAC III): 790-254-6624** Children and adults  
**Chelsea Yamaguchi (MA, LPC): 970-812-0136** Individual child and adult counseling

### Other Organizations

**Latimer House: 970-241-0324** (Domestic Violence Children's Group, Wednesdays 4:00, open to join at any time 1129 Colorado Ave)

**Al-Anon Grand Junction Support Group: 970-242-1075** (Family support groups dealing with alcoholism, 2754 B Rd, Grand Junction)

**HopeWest: 970-241-2212** (Grief support-Child and Teen Center)

**The Parenting Place: 970-254-8240** (Parenting classes and support through counseling, 422 White Ave.)

**Hilltop: 970-242-4400** (Provides support for families through groups, classes, etc.)

**Western Slope Center for Children: 970-245-3788** (Support for children of sexual abuse, 2350 G Rd)