

PRESENTED BY:

**NASSAU ALCOHOL CRIME AND
DRUG ABATEMENT COALITION
(NACDAC)**

**BEHAVIORAL HEALTH
RESOURCE GUIDE**

FOR NASSAU AND SURROUNDING
COUNTIES



For issues concerning:

- *Substance Abuse*
- *Mental Health*
- *And Much More*

Every day many Americans face difficulties brought on by this journey called life. Some may deal with depression while others suffer from the grief from the loss of a loved one. This resource guide was created so those who are having a hard time will know where they can turn. This guide entails many therapists from all walks of life and an assortment of specialties to help ensure you to find the correct fit. Also, with this resource guide we would like the community to know that reaching out for help does not in any means have to be shameful or embarrassing. The sole purpose of this guide is to provide community members with the proper tools necessary to help through difficult times.



DO YOU KNOW WHAT DEPRESSION LOOKS LIKE?

Signs in Teens:

- Sadness, feeling of hopelessness
- Irritability, Anger, Hostility
- Tearful, Frequent Crying
- Withdrawal from Family and Friends
- Loss of Activity Interest
- Changes in Eating or Sleeping Habits
- Restlessness and Agitation
- Feeling worthless or guilty
- Fatigue
- Difficulty concentration
- Thoughts of Death or Suicide

Signs in Adults:

- Feeling sad or hopeless
- Loss of interest in daily activities
- Appetite and weight change
- Loss of energy
- Change in sleep habit
- Reckless Behavior
- Concentration problems
- Unexplained aches and pains

SIGNS OF SUBSTANCE ABUSE

PHYSICAL SIGNS:

- BLOOD SHOT EYES
- CHANGE IN APPETITE OR SLEEP PATTERNS
- DETERIORATION IN PHYSICAL APPEARANCE
- UNUSUAL SMELL ON BREATH OR BODY
- TREMORS, SLURRED SPEECH, IMPAIRED COORDINATION

BEHAVIORAL SIGNS:

- DROP IN ATTENDANCE AT WORK
- UNEXPLAINED NEED FOR MONEY
- ENGAGING IN SUSPICIOUS BEHAVIOR
- SUDDEN CHANGE IN FRIENDS
- FREQUENTLY GETTING IN TROUBLE

PSYCHOLOGICAL WARNING:

- UNEXPLAINED CHANGE IN PERSONALITY
- SUDDEN MOOD SWINGS OR ANGRY OUTBURST
- UNUSUAL HYPERACTIVITY OR AGITATION
- LACK OF MOTIVATION, APPEARS LETHARGIC
- APPEARS ANXIOUS OR PARANOID FOR NO REASON

Teens substance abuse is more evident than you think. In 2012, in Nassau County, 22.9% of teens reported having used marijuana in their lifetime.

SIGNS IN TEENS:

- BLOOD SHOT EYES
- SKIPPING CLASS, DECLINING GRADES AND SUDDEN DISCIPLINE PROBLEMS
- ACTING UNCHARACTERISTICALLY, ISOLATED, ANGRY, WITHDRAWN
- MISSING MONEY OR VALUABLES, PRESCRIPTIONS
- NEW GROUP OF FRIENDS AND BECOMING SECRETIVE
- LOSS OF INTEREST IN OLD HOBBIES, LYING ABOUT NEW ACTIVITIES OR INTEREST
- DEMAND FOR MORE PRIVACY; LOCKING DOORS AVOIDING EYE CONTACT SNEAKING AROUND



Starting Point Behavioral Health Inc.

463142 State Road 200

Yulee FL 32097

(904) 225-8280 www.spbh.org

Mix of mental health and substance abuse services

Substance abuse treatment, Buprenorphine Services

Outpatient

Adolescents, Persons with co-occurring mental and substance

Self payment, Medicaid, Medicare, State financed insurance

(other than Medicaid), Private health insurance, Military insurance (e.g., VA, TRICARE)

ASL or other assistance for hearing impaired

Stepping Stone Center for Recovery

1815 Corporate Square Boulevard Building 100

Jacksonville FL 32216

(904) 446-1041 www.steppingstonecenter.org

Substance abuse treatment services

Substance abuse treatment, Detoxification, Methadone Detox

Hospital inpatient, Residential short-term treatment (30 days)

Self payment, Private health insurance

McPherson Counseling Services Inc.

85031 U.S. Highway 17

Yulee FL 32097

(904) 548-0160 www.mcphersontrainingconcepts.com

Substance abuse treatment services

Substance abuse treatment

Outpatient

Adolescents, Persons with co-occurring mental and substance

Self payment

Lakeview Health Systems LLC

2701 Gateway Drive

Pompano Beach FL 32216

(904) 727-6455 www.lakeviewhealth.com

Substance abuse treatment services

Substance abuse treatment, Buprenorphine Services

Residential short-term treatment (30 days or less), Outpatient,

Gays and Lesbians

Self payment, Private health insurance

Lakeview Health Systems LLC

8889 Corporate Square Court

Jacksonville FL 32216

(904) 727- 6455 www.lakeviewhealth.com

Substance abuse treatment services

Substance abuse treatment, Detoxification, Methadone Detox

Hospital inpatient, Residential short-term treatment (30 days)

Gays and Lesbians

Self payment, Private health insurance

Northwest Behavioral Health Services

2392 North Edgewood Avenue

Jacksonville FL 32254

(904) 781-0600 www.nwbh.org

Mental health services

Substance abuse treatment

Outpatient

Persons with co-occurring mental and substance abuse disorders

Self payment

ASL or other assistance for hearing impaired

Starting Point Behavioral Health Inc.

371015 Eastwood Road

Hilliard FL 32046

(904) 845-7777 www.spbh.org

Mix of mental health and substance abuse services

Substance abuse treatment, Buprenorphine Services

Outpatient, Partial hospitalization / day treatment

Persons with co-occurring mental and substance abuse disorders

Self payment, Medicaid, Medicare, State financed insurance

(other than Medicaid), Private health insurance,

Military insurance (e.g., VA, TRICARE)

ASL or other assistance for hearing impaired

Greenfield Center

3 Shircliff Way Suite 640

Jacksonville FL 32204

(904) 389-3784 www.greenfieldcenter.net

Substance abuse treatment services

Substance abuse treatment, Detoxification, Buprenorphine

Outpatient

Self payment, Private health insurance

ASL or other assistance for hearing impaired

River Region Human Services Inc/Outpatient Services

390 Park Street

Jacksonville FL 32204

(904) 899-6300 www.rrhs.org

Substance abuse treatment services

Substance abuse treatment, Methadone Maintenance Outpatient

Persons with co-occurring mental and substance abuse disorders

Self payment, Medicaid

ASL or other assistance for hearing impaired, Spanish

Gateway Community Services Inc-New Beginnings

555 Stockton Street

Jacksonville FL 32204

(904) 646-4889 www.gatewaycommunity.com

Substance abuse treatment services

Substance abuse treatment, Detoxification, Buprenorphine

Residential short-term treatment (30 days or less)

Adolescents, Persons with co-occurring mental and substance

Self payment, State financed insurance (other than Medicaid),

Private health insurance, Access to Recovery

ASL or other assistance for hearing impaired, Spanish

River Region Human Services Inc/Dual Diagnosis Program

390 Park Street

Jacksonville FL 32204

(904) 899-6300 www.rrhs.org

Mix of mental health and substance abuse services

Substance abuse treatment

Outpatient

Persons with co-occurring mental and substance abuse disorders

Self payment, Medicaid

ASL or other assistance for hearing impaired, Spanish

Gateway Community Services Inc-Substance Abuse Treatment

555 Stockton Street

Jacksonville FL 32204

(904) 387-4661 www.gatewaycommunity.com

Substance abuse treatment services

Substance abuse treatment, Detoxification, Halfway house,

Residential short-term treatment (30 days or less), Outpatient

Adolescents, Pregnant / postpartum women, Women, Residential

Self payment, Medicaid, Private health insurance

ASL or other assistance for hearing impaired, Spanish

Jacksonville Metro Treatment Center

3609 Emerson Street

Jacksonville FL 32207

(904) 398-7015 www.methadonetreatment.com

Substance abuse treatment services

Substance abuse treatment, Detoxification, Methadone Maintenance Outpatient

Self payment

Spanish

Gateway Community Services Inc-Adolescent Outpatient Program

3747 Belfort Road

Jacksonville FL 32216

(904) 646-4889 www.gatewaycommunity.com

Substance abuse treatment services

Substance abuse treatment

Outpatient

Adolescents, Persons with co-occurring mental and substance

Self payment, Medicaid, State financed insurance (other than Medicaid), Private health insurance

ASL or other assistance for hearing impaired, Spanish

River Region Human Services Inc

2981 Parental Home Road

Jacksonville FL 32216

(904) 899-6300 www.rrhs.org

Substance abuse treatment services

Substance abuse treatment

Residential long-term treatment (more than 30 days)

Pregnant/postpartum women, Women, Residential beds for

Self payment, Medicaid, Medicare, Private health insurance

Gateway Community Services Inc-Adolescent Residential

3747 Belfort Road

Jacksonville FL 32216

(904) 646-4889 www.gatewaycommunity.com

Mix of mental health and substance abuse services

Substance abuse treatment

Residential short-term treatment (30 days or less), Residential

Adolescents, Persons with co-occurring mental and substance

Self payment, Private health insurance

ASL or other assistance for hearing impaired, Spanish

Sigma Center for Counseling

1727 Blanding Boulevard Suite 105

Jacksonville FL 32 210

(904) 981-9881 www.sigmajax.com

Mix of mental health and substance abuse services

Substance abuse treatment

Outpatient

Persons with co-occurring mental and substance abuse disorders

Self payment, Private health insurance

Spanish

Breakthroughs Counseling and Recovery

3810 Williamsburg Park Boulevard Suite 3

Jacksonville FL 32257

(904) 419-6102 www.jaxtherapists.com

Mix of mental health and substance abuse services

Substance abuse treatment, Detoxification

Outpatient

Adolescents, Persons with co-occurring mental and substance

Self payment, Private health insurance

Spanish

Substance Abuse Rehabilitation Program

Naval Air Station Jax Box 46 Building 2034 Tatum Avenue
Jacksonville FL 32212

(904) 542-3473 ext. 122 www.navalhospitaljax.com

Substance abuse treatment services

Substance abuse treatment

Residential short-term treatment (30 days or less), Outpatient,
Military insurance (e.g., VA, TRICARE)

Saint Simmons by the Sea

2927 Demere Road

Saint Simons GA 31522

(912) 638-1999 www.ssbythesea.com

Mix of mental health and substance abuse services

Substance abuse treatment, Detoxification, Buprenorphine

Hospital inpatient

Adolescents, Persons with co-occurring mental and substance

Self payment, Medicaid, Medicare, State financed insurance

(other than Medicaid), Private health insurance, Military insurance
(e.g., VA, TRICARE)

Spanish

Treatment Center of Brunswick

100 Cornerstone Drive

Brunswick GA 31523

(912) 262-0311 www.tcaclinics.com

Substance abuse treatment services

Substance abuse treatment, Methadone Maintenance

Outpatient

Self payment

Clay Behavioral Health Center

3292 CR 220 Middleburg FL 32068

(904) 291-5561 www.ccbhc.org

Mix of mental health and substance abuse services

Substance abuse treatment

Outpatient

Adolescents, Persons with co-occurring mental and substance

Self payment, Medicaid, Medicare, Private health insurance,

Military insurance (e.g., VA, TRICARE)

ASL or other assistance for hearing impaired, Spanish

Gateway Behavioral Health Services-Crisis Stabilization

121 Burgess Street

Brunswick GA 31525

(912) 554-8454 www.gatewaybhs.org

Mix of mental health and substance abuse services

Substance abuse treatment, Detoxification, Buprenorphine

Residential short-term treatment (30 days or less)

Self payment, Medicaid, State financed insurance (other than Medicaid), Private health insurance

ASL or other assistance for hearing impaired

Alpha Recovery Centers Inc

11 Alpha Circle Brunswick GA 31525

(912) 554-2025 www.alpha-recovery.com

Substance abuse treatment services

Substance abuse treatment

Residential long-term treatment (more than 30 days)

Men

Self payment

River Region Human Services Inc.

56 N 2nd St.

Macclenny, FL 32063

(904) 259-0264 www.rrhs.org

Substance abuse and mental health outpatient services

Men, women and children

Self-pay, Medicaid and private insurances

Wekiva Springs Hospital

3947 Salisbury Rd.

Jacksonville FL 32216

(904) 296-3533 www.wekivacenter.com

Substance abuse treatment services

Substance Abuse Treatment

Inpatient

Persons dealing with eating disorders, depression, drug and alcohol

Self-payment and private insurance

Breakthrough Therapist Jacksonville Counseling and Rehab

3810-3 Williamsburg Park Blvd.

Jacksonville FL 32257

(904) 419-6102 www.jaxtherapists.com

Mix of mental health and substance abuse services

Substance abuse treatment

Outpatient

Persons with co-occurring mental and substance abuse

Self payment, Medicaid, Medicare, State financed insurance

(other than Medicaid), Private health insurance, Military insurance

(e.g., VA, TRICARE)

Coastal Counseling Center

104 Lakeshore Drive Suite D

St. Marys GA 31558

(912) 729-1120 www.coastalcounselingcenter.org

Substance abuse treatment services

Substance abuse Treatment

Outpatient

Persons with co-occurring mental and substance abuse disorders

Self payment, GA Wellcare

M.J. Martelli, MD

4019 Highway 40 East

St. Marys GA 31558

(912) 673-6145

Mix of All services including Mental, Behavioral, and Substance

Outpatient

Self payment

Anania and Associates

102 Marsh Harbour Pkwy. Suite 102

Kingsland G A 31548

(912) 882-7400

Mix of services including substance abuse, mental health, and
behavioral health

Outpatient

Teens with Substance abuse

Self payment, Medicaid, Medicare, State financed insurance

(other than Medicaid), Private health insurance, Military insurance
(e.g., VA, TRICARE)

Gateway Behavioral Health Services

700 Charles Gilman Blvd.

Kingsland GA 31548

(912) 729-4557 www.gatewaybhs.org

Substance abuse treatment services

Substance abuse and Anger Management

Outpatient

Women Depression

Self payment, Medicaid, few uninsured

Cumberland Health

10545 Colerain Rd.

St. Marys GA 31588

(912) 882-3662

Mental health services

Outpatient

Self payment, Medicare, Tricare, certain private insurance
companies

Amelia Psychological Services

1405 Park Avenue Suite 202

Amelia Island FL 32034

(904) 628-2996

Mix of All services including Mental, Behavioral,
and Substance Abuse

Payment Varies based on Doctor

Dabney Byrd Med, Counselor, LMHC

501 Center St.

Fernandina FL 32034

(904) 701-0318 www.dabneybyrd.com

Mix of relationship issues, trauma, various abuse, chronic pain,
and anxiety

Outpatient

Self-payment Blue Cross/Blue Shield, Aetna, Cigna, ComPsych,
Humana MHN

Dr. Ernest Paul Bicknell PsyD-Amelia Psychological Services

1405 Park Avenue Suite 202

Amelia Island FL 32034

(904) 628-2996

Treats issues dealing with anger management, relationships, addictions, various disorders, life coaching, trauma, and sex therapy

Outpatient

Self-payment, most major insurance companies

Cynthia Hambrick LMHC, CPE, CAPP

Yulee FL 32097

(904) 209-9377

A Female only practice focuses on personal issues, anxiety, chronic pain, and eating disorders

Outpatient

Self-payment and sliding scale

Mary Southwick-Jones Clinical Social Work, MSW, LCSW

14-05 Park Avenue Suite 202

Amelia Island FL 32034

(904) 277-2052

This practice focuses on issues dealing with grief, depression, anxiety, fears, as well as divorce and relationship issues

Outpatient

Self-payment, Aetna, Beech Street, Blue Cross Blue Shield, Tricare, CorpHealth, Value Option, Behavioral Health Systems

Marion Haftel Counselor MEd, LMHC, NCC-Haftel Healing

1885 S. 14th St. Suite 5

Amelia Island FL 32034

(904) 432-3739 www.marionhaftel.com

Focus includes behavioral health, trauma, anxiety, life coaching, parenting, spiritual, and ADHD

Outpatient

Self-payment, Blue Cross Blue Shield, ComPsych, Healthnet, Humana, Mangellan Behavioral Health, MHN, Tricare, United Value Option

Paul Hibschan, LSCW

1890 S. 14th Street

Fernandina FL 32034

(904) 998-5147

Focuses on all types of abuse, personality disorders, and family conflict

Outpatient

Cash

Candace G. Tierney MA, LMHC, LMFT

501 Centre St.

Fernandina FL 32034

(904) 701-3161

Specializing in Trauma, grief, mood disorders as well as personal and family matters

Outpatient

Self-payment, Sliding Scale, Aetna, Belt Systems, Blue Cross

Blue Shield, Ceridian Cigna, Health Net Human, Valued Option,

MHN

Lori Beard, MS, RMHCI

1915 Citrona Ave

Fernandina FL 32034

(904) 746-4365 www.therapyforliving.org

Mix of life coaching, sexual abuse, relationship,
family conflict, OCD, anxiety, divorce, spirituality

Outpatient

Self-payment, Sliding Scale, FL Victims Compensation

Robert Weimer MS, LPC

140 Powder Horn Rd.

St. Marys GA 31588

(912) 434-1513 www.robertweimar.com

Focus includes anxiety, depression, chronic pain, addiction, ADHD,
dual diagnosis, personal, sleep insomnia

Outpatient

Self-payment, special arrangements made based on
situation

Paula M. Porterfield-Izzo LMHC, NCC

2890 South 8th St. Suite D

Fernandina FL 32034

(904) 310-4254 www.ameliaislandcounseling.com

Mix of grief, relationship, family conflict, anxiety,
behavioral, sexual abuse, trauma, depression

Outpatient

Fluent in ASL

Self-payment, Aetna, Beech Street, Blue Cross

Blue Shield, Tricare, United

Karen Gabriel LHMC, NCC

1405 Park Avenue Suite 202

Amelia Island FL 32034

(904) 290-1965

Services include relationship problems, adolescent, depression,
anxiety, grief, life, OCD, trauma, spirituality

Outpatient

Self-payment, Aetna, Blue Cross Blue Shield, Cigna, CorpCare

EAP, Coventry, First Coast Health, Humana, PHCS Private Health
Care System, Tricare, United, Valued Options

Twelve Oaks Recovery Center

2068 Healthcare Ave.

Navarre, FL 32566

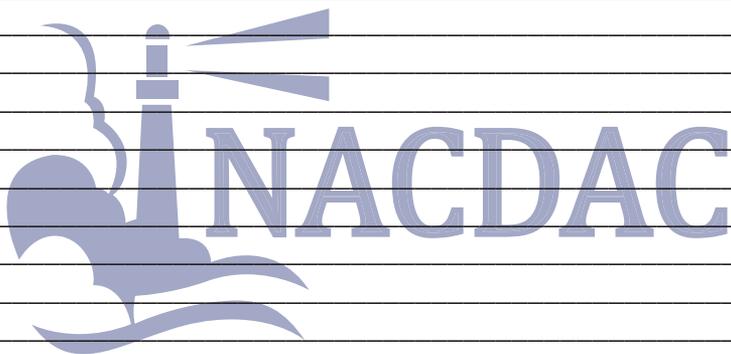
1-800-622-1255

(850) 939-1200 www.twelveoaksrecovery.com

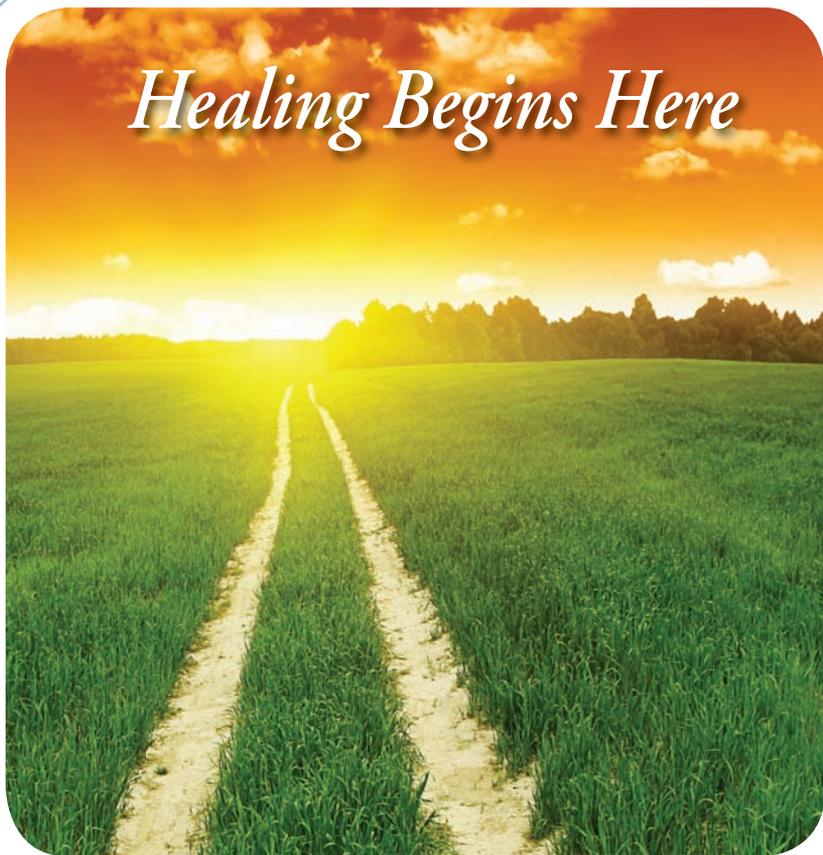
All major insurance companies and Tricare



Notes:



Healing Begins Here



If you or a loved one are coping with depression, addiction or other behavioral health issues, Starting Point Behavioral Healthcare is the place to begin your journey toward healing. Our professional staff is dedicated to helping those with addiction or behavioral health challenges through counseling, therapy and support.

Call Starting Point Behavioral Healthcare today. We will get you started on your path to healing.

STARTING POINT
Behavioral Healthcare

(904) 225-8280 • www.spbh.org • 463142 SR 200, Yulee, FL 32097



Changing
Health Care
for Good.

*It's time to start
living again.*



877.339.6636 • 904.296.3533 • wekivacenter.com



McPherson Counseling Services, Inc is a 501(c)(3) nonprofit organization founded by Mike McPherson.

- Alcohol and Drug Evaluations
- Group and Individual Therapy
- Drug Testing
- Parenting Classes
- Anger Management
- DOT Substance Abuse Professional Services

904-548-0160 www.mcphersoncounseling.org



RIVER REGION Human Services, Inc.

Improving the

Quality of Life in Northeast Florida

*We offer a broad array of services for: *for more than 40 years**

- substance abuse and mental health/psychiatric treatment
- intervention and prevention services
- primary care
- HIV/AIDS Outreach

for individuals, children, and their families--from grade school to the elderly.

Call 904-899-6300 x4100 for details.

www.rrhs.org





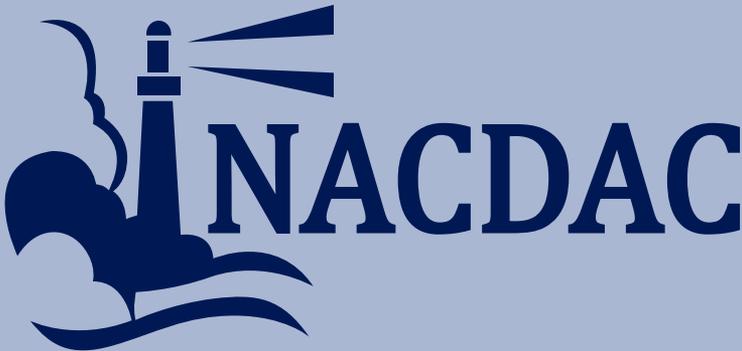
Sources:

nefloridacounts.org

Helpguide.org

Freestockimages.com

For More Information please visit our website at
www.nacdac.org or contact us at (904) 277-3699



516 SOUTH 10TH STREET
SUITE 211
FERNANDINA BEACH, FL 32034

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