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- ACTING UNCHARACTERISTICALLY, ISOLATED, ANGRY, WITHDRAWN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 32210
(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 GA 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 Hibschman, 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
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.
Changing Health Care for Good.

It's time to start living again.

Wekiva Springs

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:

- 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.