

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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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 Hibsichman, 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](http://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](http://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](http://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

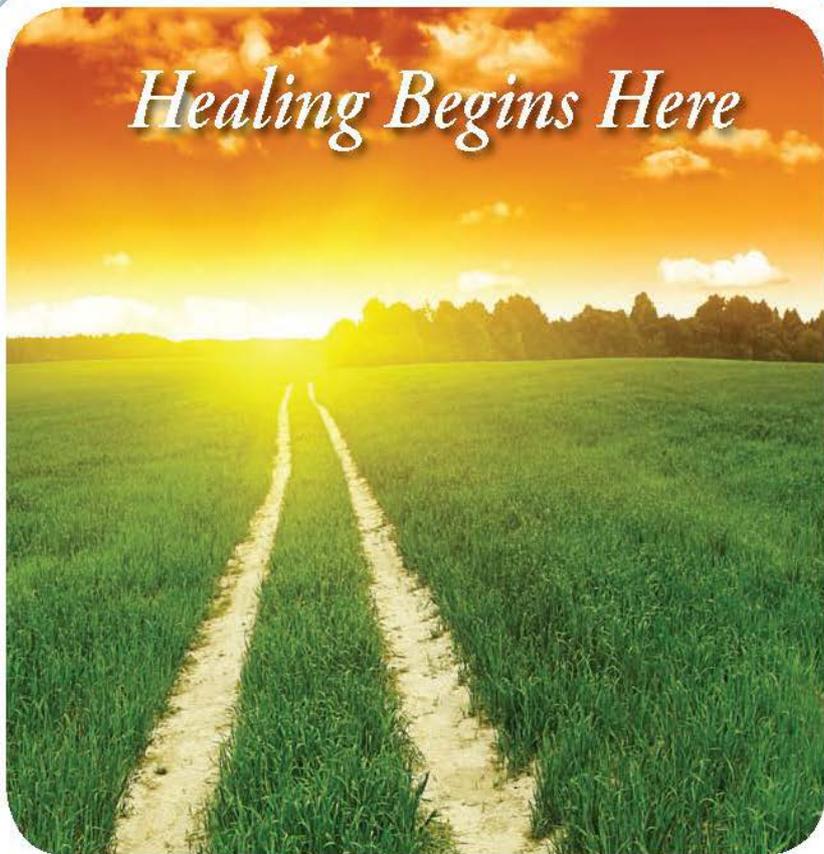
(850) 939-1200 [www.twelveoaksrecovery.com](http://www.twelveoaksrecovery.com)

All major insurance companies and Tricare





# *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](http://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](http://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](http://www.mcphersoncounseling.org)



## **RIVER REGION** **Human Services, Inc.**

**Improving the**

**Quality of Life in Northeast Florida**

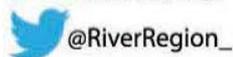
*We offer a broad array of services for: for more than 40 years*

- 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](http://www.rrhs.org)







Sources:

[nefloridacounts.org](http://nefloridacounts.org)

[Helpguide.org](http://Helpguide.org)

[Freestockimages.com](http://Freestockimages.com)

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



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

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