

UNDERSTANDING YOUR CHOICES

If you need help, this brief guide will assist you in your search to find personal assistance in Ridgecrest for yourself, a friend, or a family member.

A Licensed Clinical Social Worker (LCSW) has completed a master's degree in social work as well as extensive post-graduate clinical training. She/he can evaluate, diagnose, and treat nervous, emotional, and mental disorders as well as problems of everyday life. Social workers may provide psychotherapy for individuals, couples, families, and groups, rehabilitation and case management services in hospitals, clinics, and in private practice.

A Licensed Marriage and Family Therapist (LMFT) has completed a master's degree in counseling, as well as extensive post-graduate clinical training. LMFT's may provide psychotherapy and work in a variety of settings with individuals, couples, families, children, and groups to improve the client's interpersonal functions.

A Psychiatrist is a Medical Doctor (M.D.) with special education and training in psychiatry. She/he can diagnose and treat the biological causes of mental disorders and prescribe medications and other therapies.

A Licensed Clinical Psychologist must complete a Ph.D. or Psy.D. in clinical psychology as well as extensive post graduate clinical training. She/he can evaluate, diagnose, and treat nervous, emotional, and mental disorders as well as everyday problems of life. Most psychologists have specialized expertise in testing, psychological evaluation and psychotherapy.



For questions about these
resources please call:
Ridgecrest Regional Hospital
(760) 499-3825



**MENTAL HEALTH
RESOURCES**
in the Ridgecrest Area



EXPERTS TO HELP YOU

LICENSED CLINICAL SOCIAL WORKERS

Sierra View Counseling & Psychotherapy:

Richard Rohrlick, MSW, BCD, LCSW

- Individual/ couples/ family/ group counseling
- Treatment of sexual dysfunction
- Insurance: Accepts most insurances, including Medicare
801 N. Downs St, Suite I.....760-375-0348

Southern Sierra Medical Clinic

Amanda Lockie, LCSW

- Evaluate, diagnose and treat emotional and mental health disorders
- Support for life stressors or grief/loss
- Provide psychotherapy for individuals or couples
- Insurance: Medicare, Medi-cal and most major insurance
105 E Sydnor.....760-446-6404

LICENSED MARRIAGE & FAMILY THERAPIST (LMFT)

Anita J. Walraven, MA, LMFT

- 25+ years of experience treating children, juveniles, young adults and families. Currently, through the Eagala* Military Designated program, she is only providing services to the Military and Veteran population. Through a team approach, Anita and her husband, Rex, offer these sessions at no cost to the service men or women or veteran. Please go to www.3starranch.com for more details and for contact information.
- *Eagala – Equine Assisted Growth and Learning Association

Center for Personal & Family Counseling:

Tom Martin, Ph.D., LMFT

- Depression/ substance abuse/ children behavioral problems
- Insurance: Tricare, Anthem PERS, Anthem Sierra Sands School District, Anthem Cerro Coso, GEHA
501 Atkins Avenue.....760-371-5928

Ridgecrest Rural Health Clinic

Janine Arbalaez, LMFT

- Evaluate, diagnose, and treat nervous, emotional and mental disorders. Along with everyday life struggles.
- Psycho-therapy for individuals, couple, families and groups
- Insurance: Medi-cal & most major insurance
1111 N. China Lake Blvd.....760-499-3863

Maria Llamas, LMFT

- Evaluates and treats a wide range of clinical problems including anxiety, depression, PTSD, grief/loss, self-esteem issues and relationship challenges.
- Works with adults, children, families and couples.
- Insurance: Medi-cal & most major insurance
1111 N. China Lake Blvd. Suite 401.....760-499-3863

Center for Personal & Family Counseling:

Bob Huey, LMFT:

- Individuals/couples/adolescents (16 & above) depression/anxiety/grief/marriage/stress management relationships/work issues (away for the summer)
- Insurance: Most insurances (no Medi-Cal or Medicare) and EAPs
501 Atkins Avenue.....760-382-1783

Corri Moss—Hunter, LMFT:

- Adolescents/anxiety/depression/relationship concerns
- Insurance: Not accepting insurance at this time
501 Atkins Avenue.....760-428-8673

Compassionate Couch:

Darrelyn Dorais, LMFT:

- 815 N Downs Suite B.....760-977-1286

Genesis Counseling Service:

Tiffany Lewis, LMFT

- Christian counseling available
- Insurance: Sliding fee scale/accepts most insurance
1201 N. China Lake Blvd.....760-301-6085

Susan Logan, LMFT

- Christian counseling available
- Insurance: Sliding fee scale/accepts most insurance
1201 N. China Lake Blvd.....760-375-6348

ASSOCIATE PROFESSIONAL CLINICAL COUNSELOR (APCC)

Ridgecrest Rural Health Clinic

Cierra Cameron, APCC

- 1111 N. China Lake Blvd.....760-499-3683
760-499-3863 Front Office / Appointments

PSYCHIATRISTS

Ridgecrest Rural Health Clinic:

Telepsychiatry available through:

- **Ernest De Guzman, M.D.**
- **Sharon Clay NP-C**
- **Anca Chiretescu, MD**
- Insurance: Medicare, Medi-Cal and most major insurances
1111 N China Lake Blvd.....760-499-3863

PSYCHOLOGISTS

Center for Personal & Family Counseling:

Kevin Seymour, Ph.D.

- Insurance: Accepts most insurances
501 Atkins Avenue.....760-446-5515

Advance Counseling Center:

Lawrence Coates, Ph.D.

- Specializes in neurofeedback
- Insurance: Accepts most insurance
121 S. China Lake Blvd., Suite C.....661-945-6706

SOCIAL THERAPY SERVICES

Maria Holm, LCSW

- Services focus on depression, anxiety, EMDR in children, teens and adults.
- By Appointment Only: Call or text.....760-618-2477

SUPPORT AGENCIES

College Community Services (CCS):

- East Kern County outpatient clinic for Kern Mental Health System of Care
- Accepts Medi-Cal
- Substance Abuse Programs (adults and teens)
- Mental Health Counseling for adults & children
400 N. Norma St, Suite 133.....760-499-7406

Fleet and Family Support Center:

- Available to all active duty & their registered dependents, activated reservists & their dependents, & retirees based upon availability
- LMFTs available for counseling
610 Blandy Ave. Bldg. 02308
China Lake Naval Station.....760-939-4545

Hope Recovery Center:

- Christian, non-profit recovery retreat for people with hurts, habits, or addictions who seek hope and purpose.
- Outpatient only
- No charge.....951-603-0031

Legacy Behavioral Services:

- Provider for Court Ordered Anger Management and Batterers' Intervention Program, and 52 Week Child Neglect Program
- Parenting classes offered
722 N. Norma, Suite D.....661-861-1133 (option 0)

NAMI: (National Alliance on Mental Illness):

- 12 week education course for family members on how to be an effective support person to someone with mental illness
- 10 week Peer to Peer course on relapse prevention for those with mental illness
- Weekly support groups available.....760-384-8672

Ridgecrest Crisis Stabilization Unit—Telecare:

- Adults and youth diagnosed with serious mental illness who are experiencing a mental crisis and who have a co-occurring substance use disorder
- 24 hours a day, 7 days a week
1141 Chelsea St.....760-463-2880