

## 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

## Psychiatrists

### Ridgecrest Rural Health Clinic:

*Telepsychiatry available through:*

#### Ernest De Guzman, M.D.

#### Phacharawut Kanchananakhin, M.D.

#### Neville Kotwal, M.D.

#### Alejandra Suzuki, M.D.

#### Swati Thacker, M.D.

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

## 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

**For questions about this brochure please call:  
Ridgecrest Regional Hospital 760-499-3825**



## A Guide for Mental Health Resources in the Ridgecrest Area



# 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.

# Experts to help you

## Licensed Clinical Social Workers

### Sierra View Counseling & Psychotherapy:

#### Richard Rohrlick, MSW, ACSW, 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**

### Ridgecrest Rural Health Clinic:

#### Maria Holm, LCSW

- Evaluate, diagnose, and treat nervous, emotional and mental disorders.
- Everyday life struggles
- Psycho-therapy for individuals, couple, families and groups

Insurance: Medicare, Medical & most major insurance

1111 N. China Lake Blvd..... **760-499-3863**

## Licensed Marriage & Family Therapist (LMFT)

### Anita Shumway Walraven, MA, LMFT

- Clinical skills in treating children, juveniles, young adults and families/couples with a variety of mental health issues. EAGALA certified in equine assisted psychotherapy. Part-time therapist working Tues-Thurs only.

501 Atkins Avenue ..... **760-375-7674**

### Ridgecrest Rural Health Clinic

#### Janine Arbelaez, LMFT

- Evaluate, diagnose, and treat nervous, emotional and mental disorders.
- Everyday life struggles
- Psycho-therapy for individuals, couple, families and groups

Insurance: Medical & most major insurance

1111 N. China Lake Blvd..... **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**

### Darrellyn Dorais, LMFT:

- Psychotherapy for adults, children and teens
- Insurance: No insurance accepted. Some sliding scale; cash, major credit card and health savings cards.

1111 W. Inyokern Rd., Ste. D..... **760-977-1286**

### Guinivere A. Bork, LMFT:

- General psychotherapy practice/individual adults and teens

Insurance: Accepts most insurances

720 N. Norma St., Ste. A ..... **760-371-7777**

### Lori Weidner-Alvarez, LMFT:

- Individuals/ children ages 5 and up/teens/adults/ couples/families
- Depression, anxiety, coping with chronic pain/ illness, divorce, stress management, grief & loss and more

Insurance: Most major insurances (no Medi-Cal & Medicare)

1615 N. Downs, Suite B ..... **760-499-7448**

## 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**