

# Delta County Counselors

Compiled as a resource to assist parents seeking counseling services by  
Special Services Office of Delta County Joint School District  
Updated: June, 2014

## COUNSELING CENTERS

### **DELTA:**

Midwestern Colorado Mental Health Center:

-----24-hour hotline: 252-6220-----

**Delta Office:** 107 W 11<sup>th</sup> St. 874-8981 [www.centermh.org](http://www.centermh.org) Regional Manager: Stacey Curry

**Montrose Office:** 605 E. Miami 249-9694 Offering family/ parenting groups and Empowerment Center:  
classes in practical life skills for teens to adult age (contact: Trisha Bush, Montrose Services Coordinator)

**Bilingual Counseling (translation) & Community Service Info: call 252-4687 (Olathe Community Clinic)**

Basic Rate: Based on income, reduced rate through Colorado Child Health Plan Plus, Medicaid & insurance

### **Service Providers in Delta:**

Becky Benzel, MA, LPC, Counselor  
Elizabeth Dufek, MS, LPC. Intake, Counselor  
Stacey Curry, MS, Program Supervisor  
Clif Barnhart, M.D., Medical Director  
Betsy Nordstrom, MA, LPC, Counselor  
Laurie Mahar, Psychiatric Nurse Practitioner  
Janice Phillips, Psychiatric Nurse

**Substance Abuse Counselors:**  
Carolyn Merrick, MA, CACIII, Counselor  
Melissa Pangborn, MA  
Debra Taylor, PhD, LP, CACIII  
**Case Managers:**  
Susan Butcher, BA, Medical Care  
Peggy Pine, BA, Social Worker, Jails

**In School Counselors:** Richard Williams, MA and Janice Phillips,

*Psychiatry Specialists: Serving by referral through MCMHC*

Delta: Dr. Karls, M. D. Psychiatrist  
Montrose: Dr. Karls, M.D. Psychiatrist  
Dr. Richard Wallingford, M.D. Psychiatrist

### Families Plus

115 Grand Ave, suite 2, Delta, CO 81416 874-0464

Counselors: Brenda K. Holland, PhD, Clinical Psychologist, Sr. Alcohol & Drug Abuse Counselor  
Tom Friel, MA, LPC. Trauma, anxiety, depression, families, children  
Suzanne Horning-Rieder, MA, LPC.  
Karen Wolfram, MA, LCSW. Kids & families (in-home option)

### **OLATHE:**

Dream Catcher Therapy Center

5814 Hwy 348, Olathe, CO 81425 323-5400

DCTC.org Director: Kathy Hamm. Therapists: Tycee Belacastro, MA, LMFT, Edith Johnston, PhD, LPC,  
Jenaine LeMaster, OT. Center specializes in trauma support. Therapy for kids & families in unique outdoor  
setting with animals (primarily dogs & horses), equine assisted psychotherapy with licensed counselors, equine  
assisted learning and hippo-therapy (physical therapy on horses). Accepts some insurance, Medicaid, CHP+,  
private pay (set rate).

### **PAONIA/ DELTA:**

Colorado Western Slope Counseling:

42218 Hwy 133, Paonia, CO 81428 527-6112

211 W 4<sup>th</sup>, Delta, CO 81416 874-9180

**PAONIA/ DELTA:** Colorado Western Slope Counseling, continued.

Basic Rate: \$65 per hour (or sliding scale)

Michael L. Blue, LPC, LAC, MAC, SAP

Specializations: anger management, drug & alcohol, mental illness, trauma, youth offenders,  
adolescent & family

Ginger Becker, CACIII, addictions

**GRAND JUNCTION:**

Associates in Behavioral Counseling

518 28 Road, Suite A207, Grand Junction, CO 81501 **245-3212**, Fax **245-3216** [abccounseling.com](http://abccounseling.com)

Basic Rate: \$65 - \$125. Accept RMHP, Medicaid, and most insurance plans

Offering Love & Logic, STEP Parenting Training, Equine assisted therapy

Bruce Bishop, PhD, LPC: Spec: Personality and Neuropsychological Evaluations, Parenting

Suzanne Goudzwaard, PsyD, LPC. Spec: Families, parenting, child/teen, Psych. testing, Play & art  
therapy, animal-assisted therapy, **Spanish services**

Barbara Kinkelaar, MA, LCSW. Spec: Adolescents & family, substance abuse (LAC, SAP)

Kendra Kinney, MSW, LCSW. Specializations: Child/teen, parenting. EMDR, DBT, CBT, yoga for kids

Timothy Landis, LCSW. Spec: Family, child, teen. CBT, solution focused, abuse, attention, school  
issues

Matthew Pettit, LMFT, ECP-P. Specializations: families, children (8 yrs +), equine therapy, Christian  
approach

Behavioral Health Center

3150 N 12<sup>th</sup>, Grand Junction, CO 81502 **242-5707**, **242-7245** Fax

Basic Rate: \$90 - \$150. Accepts RHMP, CHP+, & most insurance plans (no Medicaid).

Discount payment day of service.

Alanna Bell, LPC. Children (5 yrs +), families, behavioral issues.

Sue Brewington, LCSW. Family, divorce, adolescents (12 yrs.+), trauma

Raul DeVillegas-Decker, Ph.D. **Bilingual Licensed Psychologist**. Child (2 yrs+) families

Sandy Forrest, PhD RN, LPC. Psychiatric Nurse. Medical issues, Family & adolescents (15 yrs.+)

Millie Funderburk, PsyD, LPC. Child (10 yrs.+), families, anxiety, behavioral problems, eating disorders,  
psychological assessment

Rickelle Hicks, LMFT, CACIII. Children (3 yrs.+), and families, play therapy, abuse, trauma

Joe Jueschke, MSW. Adolescent male issues (8-18 yrs.)

Kymerly Maestas, LPC, CACIII. Children (7 yrs.+), families, trauma, sexual abuse, substance abuse,  
grief/ loss, adoption & blended family issues.

Gary Miller, LCSW. Families & children (10 yrs.+), Hypnotherapy

Shelley Millsap, LPC. Children (10 yrs.+), families (military population), grief/loss, trauma.

Kent Snowbarger, Ed.D. School Psychologist. Education issues, ADHD, Children (5 yrs.+)

Raul DeVillegas-Decker, Ph.D. **Bilingual Licensed Psychologist**. Child (3 yrs+) families

Thomas Weir, PsyD, At-risk youth (9 yrs.+), Psych. & Neuropsychology testing

Cheryl Young, MA, LMFT. Forensic assessments (child abuse & custody) play therapy,  
attachment disorders (2yrs.+), & child trauma, EMDR (not accepting new patients now)

Chris Young, PhD., Clinical Psychologist. Chronic pain, trauma, biofeedback, ADHD testing,  
EMDR, adolescents (15 yrs+) Psych & Neuropsychology testing

## PRIVATE COUNSELORS

(Delta & Montrose Counties)

Anna Adams, MA. Infinite Solutions Counseling, 715 S 1<sup>st</sup> St, Montrose. 252-3855

Specializations: adolescents, families, anger management, parent classes

Kay Bartlett, MA, LPC, NCC, CACIII

Advent Counseling, 211 Grand, Suite 110 in Paonia & 115 Grand in Delta. 527-4422 & 270-0819

Specializations: Violence treatment, anger mngmt., addictions, eating disorders, teens, families. Faith based.

Maria Call, MA, LPC, Certified Clinical Hypnotherapist. 540 Main St, Suite 110, Delta. 874-0104

Specializations: **Bilingual Counselor**. Individual, marriage, family. Anxiety, anger management, depression, ADHD, panic attacks, violence prevention. Accepts most insurance, RMHP, Medicaid, CHP+.

Erik Cooper, MA, LMFT. Western Slope Psych-Health, 543 S 2<sup>nd</sup>, Montrose. 249-2332

Specializations: individual, marriage/couples, family counseling & EMDR. Accepts Medicaid, other insurances.

Bret Corbridge, MA, LPC, LMHP. Truth Works Counseling, 314 S 6<sup>th</sup>, Montrose. 275-5054

Specializations: marriage & family conflicts, trauma. Accepts most insurances, sliding scale.

Mariah Emond, OTR, LPC, CACII. Great Experiences Counseling, 1025 Main St, Delta. 874-2992

[mariah@greatexperiencescounseling.com](mailto:mariah@greatexperiencescounseling.com), cell: 901-0707

Specializations: child & family counseling, anxiety/mood disorders, substance abuse. Accepts some insurance.

Tom Friel, MA, LPC. Integrative Counseling Solutions, 326 Main St., suite 209 Delta. 216-1740,

[tfriel@sopris.net](mailto:tfriel@sopris.net)

Specializations: Trauma. Cash only, sliding scale.

Peggy Godin, LPC, CACII, EMDR. North Fork Therapeutic Center, 433-5855

341 W Bridge, Hotchkiss and 115 Grand Ave, Delta

Specializations: EMDR, substance abuse, trauma, family, couples, adolescents. Accepts some insurance.

Dana Hawk, MA. San Juan Counseling, 200 S Townsend, Suite C, Montrose 209-8359

Specializations: depression/anxiety, addictions, anger management, parenting ed, children, couples

Brenda K. Holland, PhD, Clinical Psychologist, Sr. Alcohol & Drug Abuse Counselor 874-0875

115 Grand Ave, Delta

Specializations: child & adolescent treatment, family therapy, ADHD, depression & trauma recovery

Basic rate: \$60 - \$90, discount for prompt pay. Reduced rate through Medicaid and CHP+. Accepts RMHP and other insurances.

Masa Holle, MA. 223 2<sup>nd</sup> St, Paonia 433-3525

Specializations: integrative body psychotherapy, addictions, adolescent, children, couples. Flat cash rate.

Jacque Jeffreys, MA+, PsyS. Stillpoint 970-417-8866, Paonia; 311 2<sup>nd</sup> on TWTh, Delta; 104 Meeker on M,

Base rate: \$50 (sliding scale)

Specializations: coping with trauma through body awareness & noticing presence, offers DBT classes.

Timothy Kavanaugh, MA, LPC. Professional Counseling Services, 747 N 4<sup>th</sup>, Montrose 249-1335 or 249-4912

Specializations: individual & family therapy, Reactive Attachment Disorder, anger management and parenting.

Accepts most insurance, RMHP, sliding scale. [Tim64.look.com](http://Tim64.look.com)

Danielle Kemper, LCSW. 179 Bridge St, Hotchkiss 872-4800

Specializations: children, families, divorce, school issues, anxiety, trauma, eating disorders. Cash, sliding scale, can help bill insurance.

Betsy Koos, LCSW. Koos Counseling, Cedaredge 856-9656 or 208-7781 [www.stoneforestretreat.com](http://www.stoneforestretreat.com)  
Specializations: solution focus, eating disorders, learning disabilities, allergies, trauma & phobias, marital & family. Sliding scale.

Steve Landman, LCSW, LMFT, CACIII. 245-6624 fax: 243-0880 [steve\\_landman@yahoo.com](mailto:steve_landman@yahoo.com),  
[familycounselingcentergj.com](http://familycounselingcentergj.com) 726 Colorado Ave., Grand Junction  
Specializations: family counseling, alcohol and anger management, domestic violence. Therapist serving Colbran Job Corps Center.

Bob Lang, LPC, LAC, MAC. 228 Meeker St, Delta 201-8472 [familytreatmentcenter.com](http://familytreatmentcenter.com)  
Specializations: substance abuse, autism, forensic counseling

Donna Littlefield, LCSW. 540 Main, Delta 874-8029  
Specializations: children (play therapy), trauma, family. Cases not taken: chronically mentally ill.  
Accepts Medicaid.

Barbara Philips, Mental Health Worker. 29812 N Rd, Hotchkiss 872-2261 or 640-3213  
Specializations: adolescence & family therapy. Flat cash rate. In home therapy option.

Pam Schofield, MA. 543 S 2<sup>nd</sup>, Montrose 252-0911  
Specializations: life transitions – counseling & coaching, individuals & families.  
Accepts no insurance. Sliding fee.

Laurence Smith, Jr., PhD, Developmental Clinical Psychologist. 856-4955  
140 SW 2<sup>nd</sup>, Cedaredge (across from Post Office) [lcsmithphd.com](http://lcsmithphd.com)  
Specializations: developmental, child, adolescent therapy. Accepts most insurances, CHP+.

Nick Taylor, PhD, Clinical Psychologist, CACIII. Taylor Behavioral Health Center 249-4448  
242 W Main, Suite 9, Montrose & 70 Stafford Ln, Delta  
Specializations: clinical evaluations, drug and alcohol issues. Accepts RMHMO, BC/BS.

Bonnie Thompson, LPC. 540 Main St, Delta & 543 S 2<sup>nd</sup>, Montrose 874-8744  
Specializations: individual, marital, family, EMDR

Patricia Van Dusen, MA, LCSW, CACIII. PO Box 3030, 219 N 1<sup>st</sup>, Montrose 874-2581  
Specializations: licensed alcohol/drug treatment agency. Anger management, vocational rehabilitation

Steve Warner, MA, LPC. 543 S 2<sup>nd</sup>, Montrose 252-1586  
Specializations: Christian counseling upon request

Carol Watson, LPC, NCC. New Directions Counseling, 1802 S Townsend, Montrose 249-2134  
Specializations: domestic violence counseling, individuals, couples.

Karen Wolfram, LPC, LPSW. 250-7775  
Specializations: kids & families. Private pay, CHP+, sliding scale.

### **BILINGUAL COUNSELING --- SPANISH TRANSLATION**

Bilingual Counselors: Maria Call (874-0104), Raul de Villegas-Decker @ Behavioral Health Center (242-5707), Suzanne Goudzwaard @ Assoc.'s in Behavioral Health (245-3212)  
Spanish Translation for Midwestern Mental Health: Call Estela: 252-4687 @ Olathe Community Clinic

## PSYCHIATRISTS

Dr. Matthew Burson, Child Psychiatrist. 515 28 ¾ Rd. Gd. Jct., 245-3270

Dr. David Good, Child Psychiatrist. 715 S 1<sup>st</sup> St, Montrose 249-0442

Dr. Kurt Humphrey, Psychiatrist. Referral through Midwestern Mental Health in Montrose

Dr. Paula Trautner, Psychiatrist. 700 Main St, Montrose 249-6116

Dr. Richard Wallingford, Psychiatrist. 700 Main St, Montrose 249-1238

(Doctors of Psychiatry are medical doctors. PhD indicates a doctorate in a Philosophical field, Psychology.)

## AREA COUNSELING/SERVICE PROGRAMS

**Emergency Hotline:** 252-6220 (24 hr. line) OR 911

**Delta County Health & Human Services:** 874-2030

**Delta County Child Protective Services:** 874-2030

**Tri County Resource Center** (violence/abuse protections for women, men, & dependent children): 249-2486

**Families Plus** (family mentoring program for at-risk children & community support): 874-0464, [familiesplus.net](http://familiesplus.net)

**Hilltop** (support programs: prenatal, juvenile & adult, including Tandem Families) 252-7445, [www.htop.org](http://www.htop.org)

**Hope West Kids** (hospice grief support for children & families including summer camps): 874-6823

**Partners** (adult mentoring program for area youth): 874-4661

**Olathe Community Clinic:** 252-4687 Info. for community support services and **BILINGUAL TRANSLATION** for mental health counseling (counselors from Midwestern Colo. Mental Health)

**Tandem Families** (family mentoring programs for at-risk children): 252-7445, [www.tandemfamilies.com](http://www.tandemfamilies.com)

Please refer to: [specialservices.deltaschools.com](http://specialservices.deltaschools.com) (970-874-7607) for listings of school based programs

### **NATIONAL HOTLINES:**

National Eating Disorders Association: 800-931-2237

National Runaway Hotline: 800-786-2929

National Resource Center on Domestic Violence: 800-537-2238

Prevent Child Abuse National Hotline: 800-244-5373

Rape, Abuse and Incest National Hotline: 800-656-4673

Suicide Hotline: 1-800-SUICIDE & also 1-800-273-TALK (8255)

### **GUIDE TO COUNSELING CREDENTIALS, LICENSES AND TYPES OF THERAPY:**

#### **Therapy Techniques:**

**DBT:** Dialectical Behavioral Therapy, **EMDR:** Eye Movement Desensitization Rehabilitation, **CBT:** Cognitive Behavioral Therapy

#### **Addictions related licenses:**

**CAC:** Certified Addictions Counselor (Levels I, II, & III)

**MAC:** Master Addictions Counselor

**LAC:** Licensed Addictions Counselor

**SAP:** Substance Abuse Professional

#### **Equine related licenses:**

**EAP:** Equine Assisted Therapy Professional

**ECP-P:** Equine Co-facilitated Psychotherapy-Professional

**LCSW:** Licensed Clinical Social Worker

**LPC:** Licensed Professional Counselor

**LMFT:** Licensed Marriage & Family Therapist

**LSW:** Licensed Social Worker

**NCC:** Nationally Certified Counselor

**MA:** Master of Arts, **MS:** Master of Science

**OT:** Occupational Therapist

**Ph.D.:** Doctoral Degree, **Psy.D.:** Psychology Doctorate, **Psy.S.:** Psychology Specialist