

Pullman and Palouse Region

Private Practice & Community Referral Resources 2018-2019

Mental Health Care Providers

Barabasz Psychological Services (Hypnosis): 509-301-3811
Behavioral Health Solutions 208-882-2182

- Mark Yama, Ph.D.

Child & Family Services (Washington) 866-789-1511

Child Protection Services 800-557-9671

Idaho Department of Health & Welfare

- Jennifer Shuffield, Clinical Supervisor 208-799-4440

Community Action Center 509-334-9147

Counseling Center of the Palouse 208-883-0619

Children through adults; families, couples/individuals

- Rebecca Alexander, Ph.D.
- Rebecca Bohn
- Keith Haley, M.S., LPC
- Alicia Hu, Ph.D.
- April Rubino, M.Ed., LPC
- Alan Whitlock, Ph.D. (16 & older)
- Susan Simonds, Ph.D. (couples only)

Educational & Psychological Services 208-883-1144

Children through adults; families, couples/individuals; psychological assessment

- Jeanne Steffen (Bulgin), Ph.D.
- Jarod Fitzgerald, Ph.D. (Clarkston office)
- Masha Gartstein, Ph.D.
- Priscilla Hernandez Hacker, Ph.D.
- Tim S. Rehnberg, Ph.D.
- W. Rand Walker, Ph.D.
- Glenn Vaughn, M.Ed.

The Family Center, LLC 509-332-2600

Therapy and Psychological testing

- Jessica Viergutz, Psy.D.

Fraley & Associates, PLLC (Moscow) 509-710-8171

- Lynn A. Fraley, MA, M.Ed., LCMHP

Frances Wagner, MS, LMHC (Colfax) 509-288-4949

Jennifer Luboski, Ph.D. 509-334-0677

Adolescents & adults; couples/individuals

Jack Venbrux, LMHC 509-336-5972

Karen Knoff, LCPC, LMHC, ATR-BC (Moscow) 208-301-0649

Martha Kitzrow, Ph.D. 208-883-1842

Len McCoy, Psy.D. 509-338-9100

Brian McNeill, Ph.D. 509-336-9045

Liana Shull, LICSW 509-334-0782

Laurie J. Smith, Ph.D. 509-595-5225

Palouse Psychological Services 509-330-5456

- Mark Summerson, PhD
- Melanie Whetstine, PhD

Paradise Creek Counseling & Consulting 208-882-2566

- Dan Bayly, LCPC
- Della Bayly, MS
- Caren Loomis, COU-I
- Kami Cornwall, LPC

Piper Warwick, MS, LMHC 509-270-5460

Weeks & Vietri Counseling & Community Services

Mental Health and Substance Abuse Issues 208-882-8514

Wilson Psychological Services 509-334-0782

On call 208-883-5037

Children through adults; families, couples/individuals

- George Langfield, M.Ed.
- Bonita Lawhead, B.S., CDP
- Greg Wilson, Ph.D.

Brain Body Balance LLC 907-314-0594

- Liana Shull, LICSW

Holistic Neurodevelopment 509-844-6279

Lori Woodward Bobo, EdS, M.Ed., LMHC 509-643-3416

Anger Management & Domestic Violence

- George Langfield, M.Ed. 509-334-1133
- Greg Wilson, Ph.D. 509-334-0782

Crime Victim Services

- 24-hour Crisis Line 800-701-8385

Custody Evaluations

- Priscilla Hernandez Hacker Ph.D. 208-883-7766
- Wilson Psychological Associates 509-334-0782

Drug & Alcohol Treatment

- Palouse Recovery Center, LLC 509-334-0718
- Palouse River Counseling 509-334-1133
- Weeks & Vietri Counseling & Comm. Svcs. 208-882-8514

Hospitals: Main Line

- Gritman Medical Center 208-882-4511
- Pullman Regional Hospital 509-332-2541
- Sacred Heart Medical Center (Spokane) 509-474-3131
- St Joseph Medical Center (Lewiston) 208-743-2511

Testing and Assessment

- Rehnberg & Walker 208-883-1144
- WSU Psychology Clinic 509-335-3587
- Wilson Psychological Services 509-334-0782
- Jarod Fitzgerald, Ph.D. 509-758-9698
- Jessica Viergutz, Psy.D. 509-332-2600

Police Departments

- Moscow Police Department 208-883-7054
- Pullman Police Department 509-332-2521
- WSU Police 509-335-8548

Emergency Dial 911

Psychiatric Services (Outpatient)

Pullman Regional Hospital

Behavioral Health 509-339-2394

- Chad Sanders, PhD
- Alan Unis, MD
- Debra Blazzard, ARNP

St. Joseph Mental Health Center Outpatient 208-799-6500
 Inpatient 208-799-5700

Palouse River Counseling 509-334-1133

Bridgeway Counseling (Lewiston) 208-746-6776

Sexual Assault

- Alternatives to Violence of the Palouse 509-332-4357
 (24-hour hotline)

Sliding Fee Scale

- Bonita Lawhead, B.S., C.D.P. 509-334-0782
- Andrea Masom, LCPC 208-882-1289
- Piper Warwick, MS, LMHC 509-270-5460
- Holistic Neurodevelopment 509-844-6279
- WSU Psychology Clinic 509-335-3587

Therapists are Ph.D. students in the clinical psychology dept. at WSU

National Suicide Prevention Hotline- 1-800-273-TALK (8255)

<https://www.crisistextline.org/> - Free 24/7 support for people in crisis

Referral Guide for Off-Campus Psychological Services

You have been provided with a referral to an off-campus mental health care provider. This document is intended to serve as a guide as you connect to the services you *need*, including accessing your insurance benefits and locating service providers in the community.

If You Have Health Insurance, begin by taking these steps:

1. There is a 1-800 number on the back of your insurance card. Call this number to reach the customer service representative for your insurance company. They will ask you for your **Insurance 10 Number** (located on the front of your card), your **birthdate**, and your **home address**.
2. Ask them what your "Outpatient Mental Health Benefits" are. [Note: sometimes these are referred to as "Behavioral Health Benefits."]
3. Ask for a listing of names of therapists or psychological services in your local zip code. Make sure to get more than 1-2 names, as you may need to call several different people. They may also give you a website on which you can look up this information.
4. It can be helpful to have the following questions answered:
 - a) *Is there a deductible to meet?* [A deductible is an amount that you will need to pay before your insurance company starts paying their portion of the cost.] If so, you will want to know: *How much is the deductible*, and *How much has been met to date?*
 - b) *What is my co-pay or co-insurance?* [A co-pay is the financial amount that you will be responsible for paying at each appointment. Your insurance company may provide you with an actual dollar amount (e.g., your co-pay is \$20 per appointment); **OR** they may tell you the percentage that they will pay for each visit, in which case your co-insurance is the remaining portion you are responsible for (e.g., your insurance pays 80% and your co-insurance is 20%).]
 - c) *How many sessions can I receive per year?* [Your insurance company may give you an exact number of sessions, or they may say "unlimited sessions based on medical necessity."]
 - d) *Is pre-authorization or referral required before meeting with a therapist?*

How Do I locate and Contact an Outside Provider/Therapist?

After obtaining a list of providers from your insurance (Note: if you do not have insurance, Counseling and Testing Services can provide you with a list of reduced-fee providers in the area), you will begin by calling the names on the list. Keep in mind that space is limited with counselors and psychiatric providers, so you may need to call several in order to find out who has openings. Try not to get discouraged if you cannot speak with the contact person directly, as you will often need to leave a confidential voice mail. In your voice mail, you will need to identify yourself, mention who referred *you*, and provide a return phone number and times you can be reached.

The provider will call you back, usually within a day or *two*, unless you indicate that you need an urgent contact.

When you make contact, it can be helpful to ask additional questions:

1. Are you currently accepting any new clients?
2. How soon would an appointment be available?
3. My concerns have to do with _____ (e.g., depression/anxiety/eating issues/alcohol issues/relationship problems). Do you have experience working with these concerns?
4. Do you still take _____ insurance payment?
5. What are your payment policies? Do I need provide co-payment at the first visit?
6. Where is your office located?
7. Is there anything else I should be aware of?

If you have additional questions or need assistance in any way, please contact WSU Cougar Health Counseling and Psychological Services at 509-335-4511 and we will do our best to help.