

Community Counseling Referral List

Disclaimer: We cannot offer any guarantee regarding the quality of these providers' services. Please use your judgment when selecting a therapist, psychologist, or psychiatrist. We do our best to verify insurance information for your convenience; however, we are not notified of changes. Always call providers to verify.

-Please see pages 5-6 for help on “**Finding a Therapist in the Community**”

Anna Lopez, LMFT/Diosa Counseling Center -- www.annalopezlmft.com

(760) 253-1834

14201 Kentwood Blvd., Ste. 2, Victorville, California 92392

Virtual and in-person

Specialty: Multiple providers. LGBTQIA2S+ affirming. EMDR available. Review website for information on specialties.

Insurance: Most major health insurances accepted. Sliding scale or free services available, if working with a graduate intern.

C & C Center for Healing -- www.cccenterforhealing.com

(909) 566-9669

308 W. State St. Unit 3D, Redlands, CA 92373

Virtual and in-person

Specialty: Multiple providers. LGBTQIA2S+ affirming. EMDR available. Review website for information on specialties.

Insurance: IEHP, MHN, and Molina. Limited no-cost spots available for individuals needing assistance.

Central Counseling Services -- www.centralcounselingservices.com

(951) 778-0230

6840 Indiana Ave. Suite 275, Riverside, CA 92506

Virtual and in-person

Specialty: Multiple providers. LGBTQIA2S+-owned and affirming. Review website for information on specialties.

Insurance: Aetna, Blue Shield of CA, CalOptima, CAIVCB, Caredon, Cigna, HealthNet, IEHP, Kaiser Direct, Lucet, Magellan, Managed Health Network (MHN), Meritain, Optum/United Healthcare, Sharp Health Plan, Tri-Care. Sliding scale available.

Chase Uribe, ASW -- www.centralcounselingservices.com

(951) 778-0230

6840 Indiana Ave. Suite 275, Riverside, CA 92506

Virtual and in-person (available in Redlands)

Specialty: LGBTQIA2S+ affirming; anxiety; depression; grief and loss; trauma; suicidal ideation.

Insurance: Aetna, Blue Shield of CA, CalOptima, CAIVCB, Caredon, Cigna, HealthNet, IEHP, Kaiser Direct, Lucet, Magellan, Managed Health Network (MHN), Meritain, Optum/United Healthcare, Sharp Health Plan, Tri-Care. Sliding scale available.

Creative Insights Counseling -- <https://creativeinsightscounseling.com/>

(909) 240-7833

Virtual appointments only

Traci Lowenthal, PsyD

Esther Loewen, AMFT

Specialty: generalist; college aged; LGB & Trans* (including transition); sexual assault, cancer/chronic illness; nontraditionally aged students.

Insurance: Loma Linda Risk Management and cash pay. Call to verify.

Darissa Brooks, LMFT -- <https://www.thruthesea.com/>

(949) 408-0851

4000 Macarthur Blvd. East Tower, Suite 600, Newport Beach, CA 92660

Specialty: Anxiety; depression; eating disorders; chronic pain; family conflict; relationship issues; sexual abuse; dissociative disorders; personality disorders; trauma and PTSD

Insurance: Most major health insurance plans accepted. Call to verify.

Heather Fraser, LCSW -- www.heatherfraser.com

(909) 810-3971

104 E. Olive Ave. Suite 201, Redlands, CA 92373

Specialty: generalist; depression; anxiety; trauma; panic attacks; phobias; OCD

Insurance: IEHP

Hera Counseling -- <https://www.heracounseling.com/>

(909) 553-2573

1706 Plum Lane, Suite 110, Redlands, CA 92374

Specialty: Multiple providers. Review website for more information on specialties.

Insurance: Anthem Blue Cross, Aetna, Loma Linda Risk Management, Managed Health Network (MHN), Tri-West serving our Veterans, United Behavioral Health/Optum.

InlandPsych Redlands, Inc. -- www.inlandpsychredlands.com

(909) 798-1763

255 Terracina Blvd. St. 204, Redlands, CA 92373

Specialty: Multiple providers. Review website for information on specialties.

Insurance: Most major health insurance plans accepted. Call to verify.

Mariposa Counseling -- www.mariposa-therapy.com

(909) 816-7421

473 E. Carnegie Dr., San Bernardino, CA 92408

Specialty: Trauma; relationship issues; attachment issues; grief; boundary setting; LGBTQIA2S+; EMDR-trained.

Insurance: Aetna, Anthem, Blue Cross, Cigna, IEHP, MHN/Health Net, Optum/United Healthcare. Call to verify.

Michelle Bourbonnais, LPCC

(626) 726-4306

675 W. Foothill Blvd. Suite 200, Claremont, CA 91711

Specialty: Anxiety; depression; eating disorders; relationship issues; trauma and PTSD

Insurance: Most major health insurance plans accepted. Call to verify.

Saguaro Counseling -- <https://welcometosaguaro.wordpress.com/>

rebeccakahnmft@gmail.com

Virtual services only

Twelve main providers. Review website for more information on specialties.

Specialty: anxiety; trauma; PTSD; C-PTSD; coping skills; boundaries; perinatal; interpersonal relationships; adjustment; and cultural issues

Insurance: Aetna, Anthem, Anthem Medi-Cal, Cigna, MHN, MHN Medi-Cal, and United/Optum.

Shawna House, LMFT

(909) 748-1689 (serviced by Google Voice, please follow prompts)

1150 Brookside Ave. Suite J-3, Redlands, CA 92373

Specialty: generalist; anxiety/depression; PTSD; adolescents

Insurance: Kaiser, IEHP, United Health Care, UBH PacifiCare, Anthem, BC/BS. Call to verify.

Spring to Autumn Family Counseling -- www.springtoautumn.com

(909) 557-6574

2068 Orange Tree Ln. #216, Redlands, CA 92374

Virtual and in-person

Specialty: Multiple providers. Review website for information on specialties.

Insurance: Aetna, Beacon, Blue Cross, Blue Shield, Cigna, IEHP, MHN/Healthnet, Magellan, and Optum/United. Call to verify.

Stephen Zorn, LCSW at InlandPsych Redlands, Inc. -- www.inlandpsychredlands.com

(909) 798-1763

255 Terracina Blvd. St. 204, Redlands, CA 92373

Specialty: mood disorders including depression and bipolar; anxiety disorders including OCD and PTSD; anger management; substance abuse/addiction; LGB; sexual/physical abuse victims

Insurance: Aetna, Blue Cross, Blue Shield, Cigna, HealthNet, MediCare, Value Option, TriWest, United Health Care/United Behavioral Health, Pacific Behavioral Health. Call to verify.

Transgender Health and Wellness Center -- <https://trans.health/>

(951) 530-8139

info@trans.health

6800 Indiana Ave., Riverside, CA 92506

Specialty: generalist; LGBTQIA2S+ affirming and informed; substance use; interpersonal violence; depression; trauma; case management and community resourcing

Insurance: Services are free; no insurance is required. Call or email to inquire.

William Nelson, PhD

(951) 285-2197

420 Brookside Ave., Redlands, CA 92373

Specialty: generalist; behavioral therapist; extensive experience with college age; ADHD; learning disability; substance abuse

Insurance: Most major health insurance plans including Blue Cross/Blue Shield, Cigna, United Behavioral Health, and PacifiCare.

William C. Shearer, PhD

Robin L. Shearer, MFT-- www.calmchoices.com

(909) 798-4668

<https://www.psychologytoday.com/us/therapists/william-shearer-forest-falls-ca/1216559>

Specialty: anxiety; eating disorder treatment; substance abuse/addiction; couple/family relationship

Insurance: Most major health insurance plans accepted. Call to verify.

Valenta Clinics -- <http://www.valentaonline.com>

Depression and Anxiety Recovery Program: (909) 719-7979

Eating Disorder Treatment Program: (909) 771-8023

9479 Haven Ave, Rancho Cucamonga, CA 91730

Specialty: Intensive virtual services for college-aged students experiencing depression and anxiety; intensive eating disorder treatment for adult females.

Insurance: Initial assessment is free. Private and government insurance plans, including IEHP and Anthem Blue Cross. Call to verify other insurances. Sliding scale and scholarships available.

Virtual Therapy Websites

The following websites accept most major health insurances. Users input their insurance information to browse the profiles of insurance-eligible therapists. Users can filter the list of therapists based on their desired specialties, demographic characteristics, and other therapeutic needs.

www.growththerapy.com

www.headway.co

Finding a therapist can be hard. It takes patience, intuition, and some work on your part. We hope that the information we provide here will help you in this process.

If you are **not** using insurance to pay for mental health services:

You have two options:

1. Depending on the fee that you are willing to pay, you may contact clinicians directly on the list, who may have fees in the range of \$100 to \$200 per hour or you may contact one of the agencies listed in our low-cost and sliding scale section and schedule an appointment. They may ask you, generally, what you are struggling with. It's good to be prepared with a few sentences here. Inquire about session fees. These agencies often charge different fees depending on the training/experience of the therapist, i.e., the fees of unlicensed therapists are less than those of licensed therapists.
2. Review our provider list and their specialty areas to identify several individual providers who meet your needs. You may review their websites, if we have listed one. To find out additional information about a provider, use *Psychology Today's* website: www.psychologytoday.com or the *Counseling California* website: www.counselingcalifornia.com. Click, "Find a Therapist," and type in the last name of the therapists you have identified from our list. If the individual has a profile on the website, you can read more about them to get a feel for who they are and how they practice. If there is a link to the provider's personal webpage on the website, peruse that as well. When you have landed on a few people who feel right for you, call and let them know you are a University of Redlands student and that you'd like to schedule an initial meeting for psychotherapy. Ask them their session fee. They may ask you, generally, what you are struggling with. Be prepared with a few sentences here.

If you will be using the UofR's student health insurance plan:

Visit <https://wellfleetstudent.com/careconnect/> to get started. Student members in need of assistance may call 1-888-857-5462 to be immediately connected with a counselor.

CareConnect counselors will provide in-the-moment support and determine the most clinically appropriate next step. This includes counseling, referrals to a medical provider, or emergency services, based on the student's immediate needs.

Some of the providers in this list are in network. For a full list of providers covered by the UofR's insurance, visit <https://www.studentinsurance.com/Client/1383> Go to "Find Health Professional", choose "Locate a provider in the Cigna OAP network".

To find out additional information about a provider, use *Psychology Today's* website:

www.psychologytoday.com or the *Counseling California* website:

www.counselingcalifornia.com, as outlined above, in #2. When you have landed on a few people who feel right for you, call and let them know you are a University of Redlands student,

you have the UofR student health insurance plan, and you'd like to schedule an initial meeting for psychotherapy. The provider may ask you, generally, what you are struggling with. Be prepared with a few sentences here. Ask the provider their session fee.

The UofR's student health insurance plan requires a one-time payment deductible before receiving services. After the deductible is paid, mental health is covered at 80% in network, so students are responsible for 20% of the cost. There is no copay.

If you will use another health insurance plan, that is not the UofR's student insurance:

First, contact your insurance company and inquire about the following:

1. I'd like to see a mental health professional. How do I go about doing this?
2. Be sure to ask if you need a referral from your general physician in order to begin psychotherapy.
3. Ask for a list of mental health providers in your area who are on your insurance panel.
4. Ask if you are permitted to go out-of-network to find a provider. If so, ask about this process, i.e., inquire about any required documentation you must submit.
 4. Ask for your co-pay amount for both in-network and out-of-network.
 5. Ask if there is a limit to the number of sessions offered and if so, ask what that is.
6. Ask if there are any steps you need to take besides finding a provider, scheduling the appointment, providing your insurance card, and paying the co-pay.

If you want to go in-network, compare the provider list you receive from your insurance company with our referral list in order to identify several providers who are local, who take your insurance, and who meet your needs. To find out additional information about a provider, use *Psychology Today's* website: www.psychologytoday.com or the *Counseling California* website: www.counselingcalifornia.com, as outlined on the previous page, in #2. Also, when you contact a provider, let them know you will be using insurance. Have your insurance card ready, so that they can verify your insurance.

If you want to go out-of-network, identify several providers from our list who are local and who meet your needs. To find out additional information about a provider, use *Psychology Today's* website: www.psychologytoday.com or the *Counseling California* website: www.counselingcalifornia.com, as outlined on the previous page, in #2. Even though this provider is out-of-network, they may want to verify your insurance. Have your insurance card ready.

If you have Kaiser and plan to use Kaiser for mental health services:

If you are from Southern California and are already registered with Kaiser Southern California, contact your primary care physician and request a referral to a mental health provider. The person may need to see you in-person or may complete the referral without an office visit. You will then be scheduled for an intake session with a Kaiser mental health professional. That person will conduct a thorough intake interview and will provide more information about their

services, given the information that they gather from you. They may refer you for individual psychotherapy, group therapy, or both.

If you are from Northern California or another area, you will first need to go through the process of transferring your insurance information to Kaiser Southern California. Then, you will go through the process outlined in the paragraph above.