**Center for Counseling & Human Development**

**Millersville University  
Referral List**

**Kathleen Den Bleyker, Psy.D**

313 W. Liberty St., Suite 228

Lancaster, PA 17603

717-368-2350

* **Insurance Options:** Highmark Blue Shield, Capital Blue Cross, Aetna, Independence Blue Cross, Wellspan, CoreSource, Medicare, QUEST
* **Specialty Area(s):** Adults and Adolescents, Relationships/Building Healthier Relationships, Healing from Trauma, Anxiety and Stress, Addictions, Depression, Grief/Coping with loss, Navigation through Difficult Change, LGBTQ+ affirming, racial justice allied, body positive
* Offers in-person and virtual sessions
* **Website:** www.kathleendenbleykerpsychologist.com

**Kelly Dennis, MS, LPC**

163 W. Frederick St.  
Millersville, PA 17551

717-951-0266

* **Insurance Options:** No insurance accepted; Cash payment only; Reduced fee for students
* **Specialty Area(s):** Trauma, PTSD, eating disorders, body image, OCD, anxiety, depression
* Offers in-person and virtual sessions
* **Website:** www.kellyfdennis.com

**Connect Counseling**

244 N. Lime St., Lancaster, PA 17602  
717-224-1273

* **Insurance Options:** Some of our counselors accept insurance, some do not. If your counselor does accept your insurance (is “in network”), we will facilitate the claims and you will only be responsible for any co-pays, co-insurance or your deductible If your counselor does not accept your insurance, we will prepare a “Super Bill” upon request to submit for “out-of-network” benefits. (All counselors will consider a sliding scale. Please ask them.)
* **Specialty Area(s):** Anger Management, Anxiety, Behavioral Issues, Bipolar Disorder, Child or Adolescent Issues, Depression, Identity Development, Oppositional Defiance, Parenting Challenges, Peer Relationships, Porn/Sex Addiction, School Issues, Self Esteem, Suicidal Ideation, Stress, Trauma and PTSD, LGBTQ+ Support Groups
* Offers in-person and virtual sessions
* **Website:** www.connectcounselingpa.com

**Shanna Scott-Klunk, LCSW, ACS**

Thoughtful Wellness

514 E. Main St., Ephrata, PA 17520

717-721-1752

* **Insurance Options:** Accepts all major insurances except Cigna.
* **Specialty Area(s):** ADHD Services, Anger Management, Anxiety, Autism, Couples Counseling, Depression, EMDR, EMDR Intensives, Individual Therapy, LGBTQIA+, Play Therapy, Sex Therapy, Social Anxiety, Trauma
* Offers in-person and virtual sessions
* **Website:** www**.**thoughtfulwellness.com

**Sarah Krick, LCSW**

Behavioral Healthcare Consultants, P.C.

1755 Oregon Pike, Suite #200

Lancaster, PA 17601

717-581-5255

* **Insurance Options:** Aetna, Capital Blue Cross, Carelon Behavioral Health, Children's Health Insurance Program (CHIP), Geisinger, Highmark, Magellan, Quest Behavioral Health, UnitedHealthcare UHC | UBH
* **Specialty Area(s):** Life Transitions, LGBTQ+, Grief, Anxiety, Cancer, Coping Skills, Depression, Family Conflict, Impulse Control Disorders, Mood Disorders, Non- Traditional Relationships, Open Relationships Non-Monogamy, Peer Relationships, Personality Disorders, Relationship Issues, School Issues, Self Esteem, Sex-Positive, Kink Allied, Spirituality, Thinking Disorders, Transgender, Trauma and PTSD, Veterans
* Offers in-person and virtual sessions
* **Website:** www**.**bhclanc.com

**Anita Pilkerton-Plumb, MSW, LCSW:**

424 W. James St., Lancaster, PA 17603

717-850-8780

* **Insurance Options:** No accepted insurance; Gives receipts for possible insurance reimbursement; Takes health savings account funds; 75$/hour
* **Specialty Area(s):** anxiety, depression, body image issues, eating disorders, sexual assault advocate, LGBTQIA advocate
* **Website**: http://onewhoplantsseeds.net/

**Sarah Regner, MA, LPC**Integrative Life Counseling305 N George St, Millersville, PA 17551  
717-584-1388  
sarahregner@integrativelifecounseling.com

* **Insurance Options:** Capital Blue Cross, Highmark, Cigna, Optum Behavioral Health, Quest EAP; I offer "super bills" if your insurance is not listed, and you have "OON" out of network benefits.
* **Specialty Area(s):** depression, anxiety, college athletes, eating disorders, trauma
* Offers in-person and virtual sessions
* **Website:** https://www.integrativelifecounseling.com/

**Laura Alleva, LCSW**304 N. George St., Millersville, PA 17551  
717-256-3577  
Laura.Alleva.LCSW@gmail.com

* **Insurance options:** Highmark Blue Cross, Independence Blue, Cigna, United Healthcare, Optum
* **Specialty Area(s):** Mood Disorders, Life Transitions, Relationship/Attachment Issues, and Diverse populations (LGBTQIA friendly)
* Offers in-person and virtual sessions

**Shelby Wallick, LCSW**304 N. George St., Millersville, PA 17551  
717-219-2158  
shelbylwallick@gmail.com

* **Insurance options:** Capital Blue, Quest, Cigna, United Healthcare, Independence Blue Cross, Optum
* **Specialty Area(s):** Personality Disorders, Depression, Anxiety, Life Transitions
* Offers in-person and virtual sessions

**Kendra Trufahnestock, LCSW**

New Passages

3235 N 3rd St., Harrisburg, PA 17110-1308

717-234-3839

* **Insurance Options:** No Medicaid or Medicare, Highmark, Aetna, Capital Blue Cross, United Behavioral Health, UPMC,
* **Specialty Area(s):** depression, anxiety, OCD, eating disorders, family of origin issues, LGBT issues, women’s issues, grief/loss, relationship issues, and survivors of childhood abuse.
* Offers in-person and virtual sessions
* **Website:** https://newpassagesinc.com/

**Jane Weierbach, PhD:**

1630 Manheim Pike, Suite #4  
Lancaster, PA 17601  
717-560-6234

* **Insurance Options:** Blue Cross & Blue Shield, Capital Blue Cross, Highmark, Medicare, Quest Behavioral Health
* **Specialty Area(s):** Generalized anxiety including obsessive worry, rumination, panic, social anxiety and social skills challenges, sleep issues and mood disorders, chronic pain, illness, recovery from abuse, death of loved one, loss, grief
* American Sign Language Certified
* Offers in-person and virtual sessions
* **Website:** http://drjanew.com/Home.html

**Carolyn Whitt, MS, Psychologist**

1630 Manheim Pike, Suite 4

Lancaster, PA 1760

717-397-7710

* **Insurance Options:** Blue Cross & Blue Shield, Capital Blue Cross, Highmark, Aetna, Magellan, Beacon, Anthem Optum.
* **Specialty Area(s):** PTSD, substance abuse, depression, anxiety, marital conflict, family issues
* Offers in-person and virtual sessions

**Outpatient Mental Health Agencies**

**Behavioral Healthcare Consultants**

1755 Oregon Pike, Ste. 200

Lancaster, PA 17601

717-581-5255

* **Insurance Options:** Accept all major insurances except Medicaid. not all therapists participate with all plans.
* **Specialty Area(s):** Psychotherapy, Psychological & neurological Assessment, Vocational Assessment & Testing Career Counseling, Business & Church Consultation, ADHD, Conduct Problems, School Stress and Adjustment Issues, Eating Disorders, Depression, Marriage & Family Problems, Life Transitions & Coping Strategies, Stress, Anxiety, Phobias, Panic Disorders, Learning & Attention difficulties, Anger Management, Women’s issues, Seniors: Chronic Illness, Chronic Pain, Memory Problems & Dementia,
* Offers in-person and virtual sessions
* **Website:** www**.**bhclanc.com

**Community Services Group**

1902 Olde Homestead Ln,

Lancaster, PA, 17601

877-907-7970

* **Insurance Options:** MedAssist, Highmark Blue Shield, Capital BlueCross
* **Specialty Area(s):** Outpatient psychiatry and psychotherapy; partial day programs
* Offers in-person and virtual sessions
* **Website**: http://www.csgonline.org/

**Move Forward Counseling**

**Lancaster Office** (admin/mailing)

825 Eden Road, Lancaster, PA 17601

**Lancaster Downtown Office**

226 N Arch Street 2nd Floor,

Lancaster, PA 17603

717-462-7003

* **Insurance Options:** Aetna, Blue Cross/Blue Shield, Capital Blue Cross, Eliance Health Solutions (Preferred Health Care), Employer EAP from Move Forward

Counseling, Evernorth (formerly CIGNA), Geisinger, Highmark Blue Shield, Life

Solutions EAP, Optum, Populytics (Highmark), Quest / Quest EAP, United Behavioral Health Optum, United Healthcare UHCI UBH, UPMC

* **Specialty Area(s):** Anxiety, Body Image Issues, Caregiver Stress, Counseling for Mothers Depression, Eating Disorders, Infertility Counseling, LGBTQIA+ Counseling, Life Transitions, Relationship Issues, Therapy for Teens, Trauma & PTSD, Therapy for 20-Somethings
* Offers in-person and virtual sessions
* **Website:** www.moveforwardpa.com

**Penn State Health Medical Group - Psychiatry and Behavioral Health**

22 Northeast Dr., Entrance B

Hershey, PA 17033

717-531-8338

* **Insurance Options:** Aetna, AmeriHealth, Blue Cross/Blue Shield, Capital Blue Cross, Centene, Cigna, Devon Health Inc, EHP Significa Network, Geisinger Health Plan, Highmark, Humana, Independence Blue Cross, InterGroup, Jefferson Health Plans, Keystone Autism Services, Magellan, Medical Assistance of Pennsylvania, Medicare, Preferred Health Care, Preferred Healthcare System, Inc., Prime Health Services, Private Health Care Systems (Multiplan), Quest Behavioral Health, TriCare, Trustmark, United Healthcare, UPMC, USA MCO, Valley Preferred
* **Specialty Area(s):** Anxiety and phobias, Attention Deficit Disorder (ADD), Autism Spectrum Disorder, Bipolar Disorder, Borderline Personality Disorder (BPD), Conduct disorders, Depression, Eating disorders, Intellectual or developmental disabilities, Learning disorders, Memory disorders, Mood disorders, Post-traumatic stress disorder (PTSD), Psychosis, Schizophrenia, Sleep disorders, Substance use disorders
* Offers in-person and virtual sessions
* **Website:** https://www.pennstatehealth.org/locations/penn-state-health-medical-group-psychiatry-behavioral-health

**Pennsylvania Counseling Services**

40 Pearl St, Lancaster, PA 17603

855-272-1653

* **Insurance Options:** Advantra, Anthem, Aetna, Allied Trade, AmeriHealth, Carelon/Beacon, Capital Blue Cross, CCBHO, Central PA Teamsters, CoreSource, CorpHealth, Freedom Blue, Highmark Blue Shield, Highmark WholeCARE, Horizon Health, IBC, Integra, Integrated Behavioral Health (IBH), Keystone Health Plan, Magellan Behavioral Health, Medical Assistance, Medicare, Meritain Health, MHNet Behavioral Health, Optum/UBH, OVR, Perform Care, Personal Choice, Preferred M.H. Mgmt (PMHM), PHCS/Multiplan, Quest Behavioral Health, Railroad Medicare, Total Care Network, Tricare, United Health Care, UPMC, Wellspan EAP
* **Specialty Area(s):** trauma and abuse issues, co-occurring treatment, adjustment to life stressors, adjustment to chronic health problems, anger management, family and marital conflict, panic, anxiety and phobias, eating disorders, cutting and self-injurious behavior, autism and applied behavior analysis, sexual addiction, obsessive-compulsive disorder, ADHD, gay, lesbian and gender identity issues, codependency, depression and bi-polar disorder, grief and loss
* Offers in-person and virtual sessions
* **Website:** https://pacounseling.com/

**Riegler Shienvold Associates**

2151 Linglestown Rd., Ste. 200

Harrisburg, PA 17110

717-540-1313

* **Insurance Options**: Medicare, Highmark Blue Cross, Capital Blue Cross, Aetna, UPMC, Magellan
* **Specialty Area(s):** Anxiety, Depression, ADHA, Autism, Grief, PTSD, Body Image, Substance Abuse
* Offers in-person and virtual sessions

**Samaritan Counseling Center**

1803 Oregon Pike, Lancaster, PA 17601

717-560-9969

* **Insurance Options:** Aetna, Geisinger, Highmark Blue Shield, Magellan, Medicare, Optum/United Behavioral Health, Quest Behavioral Health and UPMC, among others.
* **Specialty Area(s):** Relief and treatment for emotional distress (depression, anxiety, panic, anger, and adjustment disorders) Preparing for Marriage – Premarital Counseling, Coping With a Loss, Navigating Life Transitions, Managing the Stress of Parenting, Addressing Substance Use, Attaining Balance in Life, Reducing Stress and Overcoming Anxiety, Altering Negative Behaviors, Creating a Fulfilling Life, Improving Body Image, Helping with Attention Deficit Disorders, Improving Communication Skills, Healing from Trauma, Exploring Personal Meaning, Growth, and Spirituality, Understanding Gender Identity, Developing Positive Decision-Making and Problem-Solving Skills
* Offers in-person and virtual sessions
* **Website:** https://samaritanlancaster.org/

**Sun Point Wellness**

8 N. Queen St. Lancaster, PA 17603

Call/Text 717-297-0515

* **Insurance Options:** Highmark/BlueCross BlueShield insurances, Capital Blue Cross, PerformCare
* **Specialty Area(s):** EMDR, substance use, depression, anxiety, sex therapy, trauma, family and couples counseling
* Offers in-person and virtual sessions
* **Website:** https://www.sunpointwellness.com

**TeamCare Behavioral Health**

1808 Colonial Village Ln, Suite #103, Lancaster, PA 17601

717-391-0172

* **Insurance Options:** AARP Medicare Complete, Aetna, Aetna Better Health Community Plan, Allwell PA Health & Wellness, Amerihealth VIP Medicare, Allied Trade Assistance Program  
  Blue Cross/Blue Shield (Commercial & Medicare), Blue Cross/Blue Shield (Federal Plans), Beacon Health Options  
  Behavioral Health Systems, Capital Blue Cross (Commercial & Medicare), Central PA Teamsters, CHAMPVA  
  Cigna (Most Commercial & Medicare), Community Care Behavioral Health (CCBH), Coresource, Emblem Health Plan  
  Government Employee Health Assoc. (GEHA), Geisinger (Commercial & Medicare), Golden Rule, Highmark Wholecare Medicare, Health America  
  Highmark Blue Cross (Commercial & Medicare), Highmark Blue Cross (Federal)  
  Humana (Commercial & Medicare), Humana Tricare, Imagine Health Network

Independence Blue Cross (Commercial & Federal), Integrated Behavioral Health, Intergroup First Health, Keystone Health plan, Life Solutions EAP, Luminare (Formerly Trustmark Life Insurance Co)  
Magellan, Mazzitti Sullivan EAP, Medicare Part B, Meritain, Mental Health Consultants  
MVP Healthcare, Ontrak, Optum, Oxford, PA Medicaid, PerformCare, Quest, Starmark Insurance, Tricare East, United Healthcare (Commercial & Medicare), United Healthcare Community Plan, UMR, UPMC (Commercial & Medicare), Vibra Health Plan, Victims Compensation, Self-Pay

* **Specialty Area(s):** Psychiatric Services, Therapy Services, Behavioral Health Rehabilitation Services (BHRS), School Based Outpatient Services, Behavioral Health Rehabilitation Services, Psychological Testing, Assessments, & Diagnostics, Family Based Mental Health Services, Consultation and Training
* Offers in-person and virtual sessions
* **Website:** https://teamcarebh.com/

**Ponessa Behavioral Health**

410 N. Prince Street, Lancaster, PA 17603

717-560-7917

* **Insurance Options:** Aetna, Albright Life, Blue Cross/Blue Shield Plans, Capital Blue Cross, CHAMPVA, CHIP Plans, Cigna/Evernorth, Community Care Behavioral Health (CCBH), Crime Victims' Compensation, Dauphin Co. Drug and Alcohol Single Co. Authority (SCA), Dauphin MH/IDD, Eliance/PHC, GEHA-Government Employee Health Association, Geisinger, Highmark Blue Shield, Highmark Wholecare (Gateway Healthcare), Independence Administrators, Independence Blue Cross, Keystone Autism Services, Lancaster Co. Drug and Alcohol Single County Authority (SCA), Lebanon Co. Drug and Alcohol Single Co. Authority (SCA), Lebanon MH-IDD, Magellan Health, Medicaid, Medicare, Meritain Health, Optum, OVR, PerformCare, Personal Choice, Quest Behavioral Health, Teamsters, Tricare Humana, Trustmark, United Healthcare, UPMC, Wellspan EAP, Workers Comp, York MH-IDD
* **Specialty Area(s):** Depression, Anxiety, Drug and Alcohol Issues, Trauma, Grief and Loss, Physical/Sexual/Emotional Abuse, Parent-Child Problems, Personality Disorders, Conduct Disorders, Attention Deficit/Hyperactivity Disorder
* Offers in-person and virtual sessions
* **Website:** https://www.twponessa.com

**WellSpan Philhaven**

2501 Oregon Pike, Suite #105  
Lancaster, PA 17601

717-735-1954

* **Insurance Options:** Aetna, Aetna Signature Administrators, Amerihealth Administrators, Capital Blue Cross and Keystone Health Plan Central (includes out-of-area Blue Cross Blue Shield Plans), Cigna, First Health Network, Geisinger Health Plan, Highmark (includes out-of-area Blue Cross Blue Shield Plans and Independence Blue Cross), Independence Blue Cross, Johns Hopkins HealthCare Plan, PPHN (Pennsylvania's Preferred Health Networks), PHC (Preferred Health Care), PHCS (Private Healthcare System)/MultiPlan (excludes discount cards/programs), South Central Preferred, UnitedHealthcare, WPN (WellSpan Provider Network), Medicare, Medicaid, Community Health Choices (CHC), CHIP, TRICARE
* **Specialty Area(s):**  autism spectrum disorders, attention-deficit/hyperactivity disorder (ADHD), anxiety disorders, mood disorders, disruptive behavior disorders, post-traumatic stress disorder (PTSD), eating disorders, substance use disorders, psychotic disorders, intellectual and developmental disabilities, adjustment disorders, personality disorders, trauma-related disorders, sleep disorders, self-harm and suicidal ideation
* Offers in-person and virtual sessions
* **Website:** https://www.wellspan.org/locations/wellspan-philhaven-oregon-pike-loc0000169661

**Yorlan Psychological Associates**

3601 Concord Rd, York, PA 17402

717-858-0503

* **Insurance Options:** Highmark, Capital Blue Cross, BC/BS, Cigna, Aetna,
* Geisinger, Tricare, South Central Preferred, Quest, Wellspan EAP, Magellan, UPMC, MHNet, Medicare, Optum, The Office of Vocational Rehabilitation (OVR), The Bureau of Disability (SSI/SSDI Evaluations)
* **Specialty Area(s):** depression, anxiety, PTSD, women’s issues, grief, stress, relationship/sexual, addiction, offers testing and evaluation, offers group therapy
* Offers in-person and virtual sessions
* **Website:** https://yorlanpsych.com

**Intensive Outpatient Providers**

**Community Services Group**

Partial/ Intensive Outpatient

1902 Olde Homestead Lane

Lancaster, PA 17601

877-907-7970 Ext. 50068

* **Insurance Options:** Takes most commercial insurances and Medicare/Medicaid
* **Specialty Area(s):** Each PHP program is different but all offer group therapy, educational group and medication appointments with a psychiatrist or Certified Registered Nurse Practitioner (CRNP). The clinical team members will also meet with you individually as needed.
* **Website:** https://csgonline.org/adult-mental-health-services/partial-hospitalization-services/

**Pennsylvania Counseling Services**40 Pearl St, Lancaster, PA 17603

855-272-1653

* **Insurance Options:** Advantra, Anthem, Aetna, Allied Trade, AmeriHealth, Carelon/Beacon, Capital Blue Cross, CCBHO, Central PA Teamsters, CoreSource, CorpHealth, Freedom Blue, Highmark Blue Shield, Highmark WholeCARE, Horizon Health, IBC, Integra, Integrated Behavioral Health (IBH), Keystone Health Plan, Magellan Behavioral Health, Medical Assistance, Medicare, Meritain Health, MHNet Behavioral Health, Optum/UBH, OVR, Perform Care, Personal Choice, Preferred M.H. Mgmt (PMHM), PHCS/Multiplan, Quest Behavioral Health, Railroad Medicare, Total Care Network, Tricare, United Health Care, UPMC, Wellspan EAP
* **Specialty Area(s):** Drug and Alcohol Treatment
* **Website:** https://pacounseling.com/mental-health-services/outpatient/

**WellSpan Adult Day Hospital:**

283 South Butler Rd, Mt Gretna, PA 17042

717-273-8871

* **Insurance Options:** Aetna, Aetna Signature Administrators, Amerihealth Administrators, Capital Blue Cross and Keystone Health Plan Central (includes out-of-area Blue Cross Blue Shield Plans), Cigna, First Health Network, Geisinger Health Plan, Highmark (includes out-of-area Blue Cross Blue Shield Plans and Independence Blue Cross), Independence Blue Cross, Johns Hopkins HealthCare Plan, PPHN (Pennsylvania's Preferred Health Networks), PHC (Preferred Health Care), PHCS (Private Healthcare System)/MultiPlan (excludes discount cards/programs), South Central Preferred, UnitedHealthcare, WPN (WellSpan Provider Network), Medicare, Medicaid, Community Health Choices (CHC), CHIP, TRICARE
* **Specialty Area(s):** Family members and significant others are actively involved in the treatment process. You’ll engage in individual therapy, group therapy, psychiatric medication evaluation and treatment. Psycho-education sessions focus on symptom management, coping skills development and problem-solving techniques. Psychopharmacological consultations may be provided as needed. Regular individual meetings are held to review treatment progress.
* **Website:** https://www.wellspan.org/conditions-and-treatments/intensive-outpatient-care