

Center for Counseling & Human Development

Millersville University

2021-2022 Referral List

Kathleen Den Bleyker, Psy.D:

2461 Lititz Pike, Lancaster, PA 17601
717-560-3525

- Insurance Options: Highmark Blue Shield, Capital Blue Cross, Aetna, Independence Blue Cross, Wellspan, CoreSource, Matrix EAP, Medicare, Magellan
- Specialty Area(s): trauma, addiction, depression, anxiety, grief, relationship issues

Ronald J. Dahl, PhD, LLC:

1630 Manheim Pike, Suite #4
Lancaster, PA 17601
717-808-8400

- Insurance Options: BlueCross and BlueShield, Capital Blue Cross, Health America/Health Assurance-MHNET, Highmark, Medicare, Self-pay, Total Care Network, United Healthcare-United Behavioral Health, Out of Network
- Specialty Area(s): OCD, and other anxiety disorders

Kelly Dennis, M.S., L.P.C.:

304 N. George Street
Millersville, PA 17551
717-951-0266

- Payment Options: No insurance accepted; Cash payment only.
- Specialty Area(s): trauma, PTSD, eating disorders, body image, OCD

Jay Essif, M.S.:

Yorlan Psychological Associates
3601 Concord Rd, York, PA 17402
717-885-0503

- Insurance Options: No Medicare/Medicaid, Cigna, Highmark Blue Shield, United Health Care, Capital Blue Cross, Aetna, Quest, South Central Preferred, Optim Healthcare
- Specialty Area(s): depression, anxiety, couple counseling

Robert Frazier, PhD:

Capstone Behavioral Health
2501 Oregon Pike
Lancaster, PA 17601
717-925-7033

- Specialty Area(s): depression, anxiety, chronic pain, neuropsychology

Gary Friedman, PhD:

2461 Lititz Pike, Lancaster, PA 17601
717-560-3525

- Insurance Options: Highmark Blue Shield, Capital Blue Cross, Independence Blue Cross, Health America/Health Assurance, United Behavioral Health, Quest, Aetna, Magellan
- Specialty Area(s): trauma, anger problems, mood disorders, ADHD, substance-use disorders, chemical dependency

Doug Friesen, PhD:

Emotional Health Center of Lancaster
1525 Oregon Pike, Suite 1002
Lancaster, PA 17601
717-850-9385

- Insurance Options: No accepted insurance, flexible payment.
- Specialty Area(s): depression, anxiety, behavioral issues, relationship issues-couples/families

Michael Hooper, M.A., LPC:

Connect Counseling
237 N Prince St, Suite #304
Lancaster, PA 17603
717-224-1273

- Insurance Options: Can take clients without health insurance; Quest Insurance, Blue Cross Blue Shield, Lancaster General Health (LGH), Pennsylvania Health Insurance
- Specialty Area(s): Anxiety disorders, assault, gender issues

Shanna Scott-Klunk, LCSW, ACS:

Thoughtful Wellness
1987 State ST, East Petersburg, PA 17520
717-340-2097

- Specialty Area(s): trauma, human sexuality

Dave Kunkle, M.S

Yorlan Psychological Associates
3601 Concord Rd, York, PA 17402
717-885-0503

dkunkel@yorlanpsych.com

- Insurance Options: No Medicare/Medicaid, Cigna, Highmark Blue Shield, United Health Care, Capital Blue Cross, Aetna, Quest, South Central Preferred, Optim Healthcare
- Specialty Area(s): anger problems, PTSD, anxiety, depression, trauma

Kathryn R. Maz, Psy.D:

32 E McGovern Ave, Suite 2
Lancaster, PA 17602
717-889-8231

- Insurance Options: No accepted insurance; sliding scale fee
- Specialty Area(s): substance use, sexual addictions, anger management, depression, LGBTQIA

Maria Murphy, Psy.D:

Cornerstone Counseling
6011 Jonestown Rd, Harrisburg, PA 17112
717-967-8052

- Insurance Options: Aetna, BlueCross, BlueShield, Ceridian, Mazzitti & Sullivan EAP, UnitedHealthcare, ValueOptions
- Specialty Area(s): Depression, anxiety, relationship problems

Jeff Pincus, PhD:

2151 Linglestown Rd, Suite 200,
Harrisburg, PA 17110
717-540-1313

- Insurance Options: Medicare, Highmark Blue Shield, Capital Blue Cross, Aetna, UPMC, Magellan, Geissinger

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

Sarah Regner, MA, LPC

Integrative Life Counseling
309 N George St, Millersville, PA 17551
717-584-1388

sarahlacyregner@gmail.com

- Accepts: Highmark, United Health Care, Quest, Capital Blue Cross, Cigna; sliding scale
- Specialty Area(s): depression, anxiety, eating disorders, trauma

Bill Rennecker, M.Ed., L.P.C

46 W. Frederick St., Millersville, PA 17551
717-341-5716

bcrenecker@gmail.com

- Accepts: Considers limited insurances; Cash payment; No charge for first session
- Specialty Area: PTSD

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): eating disorders, PTSD, LGBTQIA, grief, post-partum depression, marriage and family

Jane Weirbach, PhD:

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

- Insurance Options:
- Specialty Area(s): grief, chronic pain conditions, body image, ADHD, anxiety
- American Sign Language Certified

Carolyn Whitt, MA, Psychologist:

2219 Marietta Ave, Lancaster, PA 17603

717-397-7710

- Insurance Options: Blue Cross & Blue Shield, Capital Blue Cross, Highmark, Aetna, Magellan, Independence Blue, Cigna, Beacon, Anthem Optum.
- Specialty Area(s): PTSD, substance abuse, depression, anxiety, marital conflict, family issues

Outpatient Mental Health Agencies

Behavioral Healthcare Consultants:

1755 Oregon Pike, Lancaster, PA 17601
717-581-5255

- Insurance Options: Accepts most insurances
- Hours: Monday-Thursday, 8:00am-6:30pm;
Friday 8:00am-4:00pm

Community Services Group:

790 New Holland Ave, Lancaster, PA 17602
877-907-7970

- Website: <http://www.csgonline.org/>
- Insurance Options: MedAssist, Highmark
Blue Shield, Capital BlueCross
- Outpatient psychiatry and psychotherapy;
partial day programs

Move Forward Counseling:

101 W. Main St., Unit F4
Salunga, PA 17538
717-330-3734

- Insurance Options: Highmark, BlueCross
BlueShield, Quest, United Behavioral
Health (UBH), Optimum, Value Options,
MH Net (Health America), EAP
- Hours: Monday-Friday 8:00am-8:00pm;
Saturday 9:00am-4:00pm
- Specialty Area(s): Women's issues
- Website: <http://moveforwardlanaster.com>

Pennsylvania Counseling Services:

40 Pearl St, Lancaster, PA 17603
855-272-1653

- Hours: Monday-Thursday 8:00am-8:00pm;
Friday 8:00am-5:00pm
- Services Provided: General Counseling,
Mental Health Counseling, Alcohol and
other Drug Counseling

Samaritan Counseling Center:

1803 Oregon Pike, Lancaster, PA 17601
717-560-9969

- Insurance Options: Most insurances except
Medical Assistance and Cigna
- Website: www.scclanc.org
- Offers evening counseling

TeamCare Behavioral Health:

1808 Colonial Village Ln, Suite #103,
Lancaster, PA 17601
717-391-0172

- Hours: Monday-Friday, 8:00am-5:00pm
- Website: <http://teamcarebh.com/>
- Outpatient Therapy, General Therapy

The Light Program:

1725 Oregon Pike, Suite #205B
Lancaster, PA 17601
610-644-6464

- Provides a Level of Care Assessment
- Insurance Options: Most insurance accepted,
except for state insurances
- Website: www.mylightprogram.com

T.W Ponessa & Associates Counseling Services, INC:

410 N. Prince Street, Lancaster, PA 17603
717-560-7917

- Hours: Monday-Thursday 8:00am-8:00pm;
Friday 8:00am-7:00pm
- Website: <https://www.twponessa.com>

WellSpan Philhaven:

2501 Oregon Pike, Suite #105
Lancaster, PA 17601
717-609-4468

- Insurance Options: Most insurances
accepted with the exception of TriCare
- Services Provided: Walk-In Hours
(Monday-Thursday, 8am-3pm and Friday,
8am-12pm)

Yorlan Psychological Associates

3601 Concord Rd, York, PA 17402
717-858-0503

- Website: <http://yorlanpsych.com>
- Hours: M-F 9:00am-8:00pm
- Specialty Area(s): CBT, anger management,
grief, women issues, workplace problems

Intensive Outpatient Providers

The Light Program:

1725 Oregon Pike, Suite #205B

Lancaster, PA 17601

610-644-6464

- Monday-Thursday: 10:00am-12:15pm
- Average Program Length: 6-8 weeks
- Specialty Area(s): CBT, holistic treatments
(art therapy, music therapy, yoga)

Pennsylvania Counseling Services:

40 Pearl St, Lancaster, PA 17603

855-272-1653

- Monday/Tuesday/Thursday: 6:00pm-
8:00pm
- Specialty Area: Drug and Alcohol-
intervention and recovery
(Covered by Medical Assistance)

WellSpan Philhaven

812 N. Prince St, Lancaster, PA 17603

717-273-8871

- 3 Days/Week: 8:30am-2:20pm
(Not covered by Medical Assistance)
- 5 Days/Week: 8:30am-2:20pm
(Covered by Medical Assistance)