Center for Counseling & Human Development
Millersville University
Fall 2020 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 and 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
- Accepting new clients
- Remote services only

**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
- Remote services only

**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
- Waitlist for new patients
- Remote services only

**Robert Frazier, PhD:**
Capstone Behavioral Health
2501 Oregon Pike
Lancaster, PA 17601
717-925-7033
- Specialty Area(s): depression, anxiety, chronic pain, neuropsychology
- In Person and Remote services

**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
- Accepting new clients
- In Person and Remote services

**Doug Friesen, PhD:**
Emotional Health Center of Lancaster
1525 Oregon Pike, Suite 402
Lancaster, PA 17601
717-405-0554
- Insurance Options: Capital BC, Highmark, Aetna
- Specialty Area(s): depression, anxiety, behavioral issues, relationship issues-couples/families
- Website: ehclancaster.com
- In person & remote

**Michael Hoober, 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
- Website: connectcounselingpa.com
- Remote only

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
- Remote only
- Waitlist for new clients currently

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

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; $55/hour
- Specialty Area(s): anxiety, depression, body image issues, eating disorders, sexual assault advocate, LGBTQIA advocate
- Remote only
- Accepting clients

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
bcrennecker@gmail.com
- Accepts: No insurance accepted; Cash payment; No charge for first session
- Specialty Area: PTSD
- Both remote and in person (with social distancing)
- Accepting new clients

Kendra Trufahnestock, LCSW:
New Passages
3235 N 3rd St., Harrisburg, PA 17110-1308
717-234-3839
- Insurance Options: No Medicaid or Medicare, Accepts Highmark, Aetna, Capital Blue Cross, United Behavioral Health, UPMC, Quest, Teamsters
- Specialty Area(s): eating disorders, PTSD, LGBTQIA, grief, post-partum depression, marriage and family
- Remote only
- Not accepting new clients

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:
2938 Columbia Ave, Suite 202, 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
• Remote only
• Accepting new clients
**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  
- Telehealth only  
- Accepting new clients

**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  
- Remote only

**Community Services Group:**  
790 New Holland Ave, Lancaster, PA 17602  
717-392-2164  
- Website: http://www.csgonline.org/  
- Insurance Options: MedAssist, Highmark Blue Shield, Capital BlueCross  
- Outpatient psychiatry and psychotherapy; partial day programs

**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  
- Mostly remote; may be seen in person if "clinically necessary"

**Move Forward Counseling:**  
101 W. Main St., Unit F4  
Salunga, PA 17538  
717-462-7003 ext. 1  
- Insurance Options: Highmark, BlueCross Blue Shield, Quest, United Behavioral Health (UBH), Optimum, EAP, UPMC  
- Hours: Monday-Friday 8:00am-8:00pm; Saturday 9:00am-4:00pm  
- Specialty Area(s): Women’s issues  
- Website: http://moveforward lancaster.com  
- Remote-only  
- Accepting new clients

**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  
- Accepting new clients  
- Both remote and in-person

**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  
- Open for in-person and telehealth

**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  
- Remote and in-person
**WellSpan Philhaven:**
2501 Oregon Pike, Suite #105
Lancaster, PA 17601
717-273-8871
- Insurance Options: Most insurances accepted with the exception of TriCare
- Services Provided: Walk-In Hours
  (Monday-Thursday, 8am-3pm and Friday, 8am-12pm)
- Walk-ins suspended; remote services only
- Accepting new clients

**Yorlan Psychological Associates**
3601 Concord Rd, York, PA 17402
717-885-0503
- Website: http://yorlanpsych.com
- Hours: M-F 9:00am-8:00pm
- Specialty Area(s): CBT, anger management, grief, women issues, workplace problems
- Remote-only
- Not accepting clients

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**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)
- Remote

**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)
- Remote

**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)
- Remote