Center for Counseling & Human Development
Millersville University
Fall 2019 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
- Website: http://www.kathleendenbleykerpsychologist.com/services.html

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.
- Website: http://www.kellyfdennis.com

Jay Essif, M.S.:
Yorlan Psychological Associates
3601 Concord Rd, York, PA 17402
717-885-0503
- Specialty Area(s): depression, anxiety, couple counseling

Karen Foley, M.A, LPC:
Weigal Counseling
2421 Willow St. Pike, Willow St., PA 17584
717-974-3043
- Specialty Area(s): gay and transgender clients
- Insurance Options: Aetna, AmeriHealth, Anthem, Blue Cross/BlueShield, CHIP, Cigna, Highmark, MHNet Behavioral Health, Magellan Behavioral Health, Medicaid, Out of Network

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
- Website: http://garyfriedman.net
- 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.
- Website: www.seclanc.org
**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

**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  
- 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, Mazziti & 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  
bcrennecker@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  
- 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

- 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.
Outpatient Mental Health Agencies

**Behavioral Healthcare Consultants:**
1755 Oregon Pike, Lancaster, PA 17601
717-851-5255
- Insurance Options: Accepts most insurances

**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

**T.W Ponessa & Associates Counseling Services, INC:**
410 N. Prince Street, Lancaster, PA 17603
717-560-7917
- Website: http://twponessa.com/index.html

**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)

**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

**Pennsylvania Counseling Services:**
40 Pearl St, Lancaster, PA 17603
855-272-1653
- Services Provided: General Counseling, Mental Health Counseling, Alcohol and other Drug Counseling

**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

**Yorlan Psychological Associates**
3601 Concord Rd, York, PA 17402
717-858-0503
- Website: http://yorlanpsych.com
- Hours: M-F from 9am-7pm
- Specialty Area(s): CBT, anger management, grief, women issues, workplace problems

**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
- Specialty Area(s): Women's issues
- Website: http://moveforwardlancaster.com

**TeamCare Behavioral Health:**
1808 Colonial Village Ln, Suite #103,
Lancaster, PA 17601
717-391-0172
- Website: http://teamcarebh.com/
- Outpatient Therapy, General Therapy
Intensive Outpatient Providers

**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)

**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