

Postpartum Adjustment Referral Directory

Professional Guide

This is a listing of postpartum mood and anxiety disorder (PMAD) trained mental health care providers that accept referrals from the Parenting Program Postpartum Adjustment Program. *Please make certain you mention the Parenting Program's Postpartum Adjustment Coordinator referred the client.* For questions, please call the Parenting Program at **(248) 898-3234**.

Therapists

Charla Adams, J.D., M.A., LLPC, NCC

Brugmansia Counseling Group, PLLC
 25882 Orchard Lake Rd., Suite L-7A
 Farmington Hills, MI 48336
 (248) 213-9179
 Email: ceadams@brugmansiacounseling.com
 Website: www.brugmansiacounseling.com
 Accepts most major insurance plans including: BCBS, BCN, Beacon, McLaren, Meridian, private pay
 *Trained in EMDR and Trauma-focused Therapy

Susan Boyd, LLP, PC

22811 Mack Ave., Suite 108
 Saint Clair Shores, MI 48080
 (586) 778-9920
 Aetna, BCBS, Cofinity

Joseph G. Castine, M.S., LLP

Archway Associates, P.C.
 217 Knowles St.
 Royal Oak, MI 48067
 (248) 414-3840 or (248) 827-8801 (pager)
 Email: castinejoe@aol.com
 Website: www.a-atherapy.com
 No insurance, sliding scale

Lauren Conibear, M.A., LLPC, NCC

11111 Hall Rd., Suite 303
 Utica, MI 48317
 (248) 960-5153
 Email: conibearcounseling@gmail.com
 Website: www.wentworthandassociates.com
 Call for payment options

Karen Davis, M.A., LLP

36400 Woodward Ave, Suite 225
 Bloomfield Hills, MI 48304
 (248) 210-8110
 Website: www.karendavis.com
 No insurance, sliding scale fee

Laura M. Espinosa, PsyD, LP

39520 Woodward Ave., Suite 215
 Bloomfield Hills, MI 48304
 (248) 925-2250
 Email: drlauraespinosa@gmail.com
 Website: www.drlauraespinosa.com
 BCBS, private pay
 *Services available in Spanish

Elise Ferrary, M.A., LPC, NCC

The Holding Space Counseling and Wellness, LLC
 4604 N. Saginaw Rd., Suite B1
 Midland, MI 48640
 (906) 322-5142
 Email: theholdingspacecw@gmail.com
 Website: www.theholdingspacecw.com
 BCBS, sliding scale, private pay
 *Telehealth offered

Hillary Follis, LLMSW

74 W. Long Lake Rd., Suite 100
 Bloomfield Hills, MI 48304
 (248) 761-7084
 Email: hillary@hillaryfollistherapy.com
 Website: www.hillaryfollistherapy.com
 BCBS, sliding scale, private pay

Erica Galvan, LLMSW

H3 Emotional Wellness Services
 22811 Greater Mack Ave, Suite L2
 Saint Clair Shores, MI 48080
 (586) 335-2006
 Website: <https://h3emotionalwellness.com/>
 Aetna, Anthem, BCBS, Beacon, Humana Medicare, Magellan Behavioral Health, McLaren, Medicare, Optum, Total, TRICARE, UHA, UMR, UnitedHealthcare, sliding scale



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Therapists Continued

Carissa Gluth, LCSW, CCTP

Sacred Oak Counseling, PLLC
 21610 11 Mile Rd., Suite 2A
 Saint Clair Shores, MI 48081
 (586) 913-1530

Email: cgluth@sacredoakcounseling.com

Anthem, BCBS, McLaren, Medicare, Meridian, Optum, UMR, UnitedHealthcare, sliding scale fee, payment plans

**Trained in EMDR and Trauma-focused Therapy*

Deborah Greening, Ph.D.

43157 Schoenherr Rd.,
 Sterling Heights, MI 48313
 (248) 417-1181

Aetna, BCBS, BCN, Beacon, Beaumont, Cigna, HAP, Medicare, PPOM, TRICARE

Camille J. Greenwald, Ph.D., LP

999 Haynes St., Suite 235
 Birmingham, MI 48009
 (248) 594-8206

Email: greenwaldcamille@outlook.com

Website: www.drcamillegreenwald.com

All major insurances accepted except HMOs and Medicaid. In- and out-of-network plans billed directly. Sliding scale, payment plans

Tina Gutman, LMSW

Viewpoint Psychology and Wellness
 7035 Orchard Lake Rd., Suite 800
 West Bloomfield, MI 48322
 (248) 669-9500 ext. 801

Email: tina@viewpointPW.com

Website: www.viewpointPW.com

Aetna, BCBS, BCN, Cigna, HAP, Magellan, Medicare, Priority, UnitedHealthcare, sliding scale, private pay

**In-home visits and teletherapy offered*

Andrea Harris, M.A., LPC

Harris Counseling, LLC
 2655 E. Oakley Park Rd., Suite 102
 Commerce Township, MI 48390
 (248) 368-0064

Email: andrea@harris-counselingllc.com

Website: www.harris-counselingllc.com

BCBS, BCN, private pay

**Office is baby-friendly up to 12 months of age*

Honey: Space for Moms

Individual, Couples and Group Therapy
 3138 Hilton Rd.

Ferndale, MI 48220

(248) 232-2555

Website: <https://www.honeyformoms.com/>

BCBS, BCN, HSA/FSA, private pay

***Brooke Miller, M.A., LMFT**

Kathryn Pozniak, M.A., LPC, NCC

Dr. Christie Mikell, PsyD

Alex Fugedi, M.A., LMSW

**Additional therapists and childcare available*

Lori B. Jacobs, M.A., LPC, NCC

Positive Self Center
 30400 Telegraph Rd., Suite 331
 Bingham Farms, MI 48025
 (248) 645-5960

Email: info@positiveselfcenter.com

Website: www.positiveselfcenter.com

Aetna EAP, BCBS, Cigna, sliding scale

Amanda Kopp, PsyD, LP

Lotus Psychology Group
 31572 Schoolcraft Rd.
 Livonia, MI 48150
 (248) 296-6579

Email: dr.akopp@gmail.com

Website: www.lotuspsychgroup.com

BCBS, BCN, Cigna, HAP, Medicare, Optum, private pay

**Mothers have option to bring their babies/young children*



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Lisa M. Kruman, LMSW, ACSW

5640 W. Maple Rd., Suite 403
 West Bloomfield, MI 48322
 (248) 684-4919
 Email: lisa@ekruman.com
 Website: www.lisakruman.com/
 No insurance, itemized receipt provided

Carol Leach, M.A., LLP

Advanced Counseling Services
 29201 Telegraph Rd., Suite 550
 Southfield, MI 48034
 (248) 213-0501 ext. 3121 or (248) 830-6357
 BCN, BCBS, Beaumont, Care Choices, HAP, Magellan,
 Teamsters, Value Options

Pamela Minelli, LMSW

Birmingham Terrace Clinic
 1935 Southfield Rd.
 Birmingham, MI 48009
 (248) 797-0304
 Email: info@pminellitherapist.com
 Website: www.pminellitherapist.com
 Aetna, BCBS, BCN, Cigna, Medicare, Meridian, Molina

Nature's Playhouse

Individual, Couples and Group Therapy
 703 Livernois St.
 Ferndale, MI 48220
 (248) 955-3219
 Website: www.naturesplayhouse.com
 Email: info@naturesplayhouse.com
 BC Complete, BCBS, BCN, Beacon, Cigna Behavioral,
 HAP/Healthplus, McLaren, Medicaid, Meridian Medicaid,
 Optum/UBH/UHC, Priority Health, sliding scale

Karie Glide, LMSW *Services available in ASL

Linsey Higgins, LMSW *Services available in Spanish

Mikki Hill, LMSW, IMH-E (III)

Amariah Houseknecht, LMSW

Tiffany Murray, LMSW

Heidi Stamper, LLPC

Susan Orlando, M.A., LLPC, NCC

Roots & Wings Counseling
 900 W. University Rd., Suite B-5
 Rochester Hills, MI 48307
 (248) 218-2576
 Email: rwc@rootswingscounseling.com
 Website: <http://www.rootswingscounseling.com/>
 BCBS, Beacon, Meridian

Marina Pessler, M.A., LPC

Lifestart Counseling
 (part of Brugmansia Counseling Group)
 25882 Orchard Lake Rd., Suite L-7a
 Farmington Hills, MI 48336
 (248) 956-0112 or (248) 995-9647 (cell)
 Email: marina@lifestartcounseling.com
 Website: www.lifestartcounseling.com
 Most insurances (no BCBS), sliding scale fee, payment plans
 *Services available in Spanish

Amanda Rose-Horne, M.A., LLMSW

Children's Outpatient Services, Hegira Health
 8623 N. Wayne Rd., Suite 123
 Westland, MI 48185
 Cell phone: (734) 905-3575
 Email: arose-horne@hegirahealth.org
 Accept anyone within Wayne County
 Medicaid accepted at Westland office.
 All other private insurances accepted. New patients may call (734) 793-5026 for insurance authorization

Marla Ruhana, LMSW

23915 Jefferson Ave., Suite 5
 Saint Clair Shores, MI 48080
 (586) 801-4701
 Website: <https://marlaruhana.com/>
 Aetna, BCBS, Meridian, sliding scale



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Melisa Schuster, LMSW

500 Little Lake Dr., Suite 300
 Ann Arbor, MI 48103
 (734) 302-0033
 Website: www.melisaschuster.com
 No insurance, sliding scale fee

Rachael Snyder, LLMSW

30555 Southfield Rd., Suite 325
 Southfield, MI 48076
 Website: <https://www.psychologytoday.com/us/therapists/rachael-snyder-southfield-mi/492126>
 Intake: (248) 320-3916
 Direct Line: (734) 377-2338
 BCBS, Meridian, reduced private pay fee

Shorepointe Counseling
St. Clair Shores Location:

Forsyth Building No. 1, Suite 104
 Saint Clair Shores, MI 48080

Grosse Pointe Woods Location:

20902 Mack Ave. (2nd Floor)
 Grosse Pointe Woods, MI 48236
 (313) 590-4740
 Website: www.shorepointecounseling.com
 BCN, BCBS, Beacon, Medicare, Meridian, TRICARE
 East, UnitedHealthcare, sliding scale, private pay

Lauren Bloom, LMSW
***Natalie Thompson, LMSW**

**Marriage & Divorce Specialist*

Silver Linings Counseling

41400 Dequindre Rd., Suite 110
 Sterling Heights, MI 48314
 (586) 580-2975
 Email: silverliningspllc@gmail.com
 Website: www.silverliningspllc.com
 Aetna, BCN, BCBS, Beacon, Cofinity, HAP, Magellan,
 McLaren, Medicare, Meridian, TRICARE, United
 Behavioral Health/United Healthcare/Optum, private pay

Erin Touchette, MA, LLP
Laura Ray, LMSW
Stacey Dalton, MA, LPC
Deborah Stys, M.A., LLPC

124 W. Gates St., Suite 102
 Bruce Township, MI 48065
 (586) 752-9696
 Call for payment options

Tiny Feet Wellness

41570 Hayes Rd, Suite C
 Clinton Twp., MI 48038
 (586) 231-5298
 Email: elizabeth@tinyfeetwellness.net
 Website: www.tinyfeetwellness.net
 ACI EAP, Aetna, BCBS, Cigna,
Elizabeth Pruzinsky, MA, LPC
Kelly Soley, LMSW, IMH-E (II)

Roberta Toll, Ph.D.

31000 Telegraph Rd., Suite 130
 Bingham Farms, MI 48025
 (248) 594-3337 or (248) 613-6666 (cell)
 BCBS, Medicare, MESSA, PPOM

Deborah Venettis, M.S., R.N.

2855 Coolidge Rd, Suite 101
 Troy, MI 48084
 (248) 220-1218
 No insurance, sliding scale fee



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Psychiatrists & Prescribing Professionals

Lopa K. Rana, M.D.

Maternal Fetal Medicine Office
17400 W. 13 Mile Rd.
Beverly Hills, MI 48025
(248) 712-4120

Accepts most insurances

****When you call to make an appointment with Dr. Rana, please state, "I am an OB patient" so you will be scheduled in the correct time slot.**

Marisa Bell, MN, APRN, PMHNP-BC

Cruz Clinic
17177 N. Laurel Park Dr., Suite 131
Livonia, MI 48152
(734) 462-3210

Accepts most insurances, cash rate available

****When you call to make an appointment with intake coordinator, please state, "I am a pregnant/ OB patient" so you will be scheduled in the correct time slot.**

Dr. Al Garmo

26111 W. 14 Mile Rd., Suite 103
Franklin, MI 48025
(248) 562-7823
Aetna, Blue Cross, Cofinity

Dr. Varsha Karamchandani, M.D.

Mindful Wellness Center
575 E. Big Beaver Rd., Suite 185
Troy, MI 48083
(248) 560-7603
Website: www.mindfulwellnesscenter.com
No insurance, itemized receipt provided

Dr. Sam Ajluni, M.D.

1800 W. 14 Mile Rd., Suite C
Royal Oak, MI 48073
(248) 434-4111
Email: sajlunimd@yahoo.com
Accepts all major insurances

Dr. Dan Guyer, M.D.

131 Kercheval Ave., Suite 390
Grosse Pointe Farms, MI 48236
(313) 885-6400
Accepts all major insurances

Dr. Sabiha J. Omar, M.D.

28592 Orchard Lake Rd., Suite 333
Farmington Hills, MI 48334
(248) 865-7271
Accepts most insurances

Dr. Jennifer Vinch, M.D.

Clearwood Clinic
16010 19 Mile Rd., Suite 100
Clinton Township, MI 48038
(586) 948-9557
BCN, BCBS, Priority Health, private pay

