

Parkway School District Referral List Counseling Resources

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Name	Specialties- Age Group:	Specialties - Type of Issue	Price/ Insurances Accepted	Phone Number:	Website:	Email:
Karen Banks	Pre-K, Elementary School, Middle School, High School, Family	anxiety, depression, lgbtq+, general support	\$120/sliding scale available	3144008211	<a href="http://www.TrinityWellnessStl.com">www.TrinityWellnessStl.com</a>	info@trinitywellnessstl.com
Lee Bascom	Pre-K, Elementary School, Family	Child centered play therapy, anxiety, transitions, special education, grief, emotional regulation, routines, learning new coping skills	BC/BS, United, Cigna, Aetna, Healthlink, Magellan all Medicaid plans	314-991-9058	<a href="http://www.leebascom.com">www.leebascom.com</a>	lee@leebascom.com
Susie Berg	Middle School, High School, Family	anxiety, depression, grief and loss, transitions	\$175 an hour	314-503-6966	<a href="http://soundmindtherapy.com">soundmindtherapy.com</a>	susie@soundmindtherapy.com
Peter Bogart	Elementary School, Middle School, High School, Family		\$150/Individual Therapy \$175/Family & Couples Therapy	314-403-2611	<a href="https://www.allintherapyllc.com/">https://www.allintherapyllc.com/</a>	peterbogartlpc@gmail.com
Dr. Laura Bumberry	Middle School, High School, Family	Eating disorders, any form of disordered eating	Out of network	314-736-5446	<a href="http://www.partnersinwellnessstl.com">www.partnersinwellnessstl.com</a>	Laura@partnersinwellnessstl.com

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Allison Campbell, MSW,LCSW	Pre-K, Elementary School, Middle School, High School	Anxiety, Anger Management, Autism	\$205 per session. No Insurance.	(314) 339-7640	<a href="http://compassionatecounselingstl.com">compassionatecounselingstl.com</a>	allison@compassionatecounselingstl.com
Laura Chackes	Pre-K, Elementary School, Middle School, High School, Family	Anxiety, OCD, skin picking, hair pulling, depression, ADHD, autism, trauma	\$50-\$175, insurance accepted	314-561-9757	<a href="http://Mindfulstl.com">Mindfulstl.com</a>	info@mindfulstl.com
Lori Cox-Buday	Elementary School, Middle School, High School, Family	Primarily LGBTQIA+ and gender identity; also anxiety, depression, ADHD	\$100 per one hour session; Anthem/BCBS, Aetna, Cigna, Optum/UHC, Ambetter, Mercy Behavioral Health	314.328.5701	<a href="http://www.thinkwellcounseling.com">www.thinkwellcounseling.com</a>	loricb@thinkwellcounseling.com
TANYA L CREWS	Pre-K, Elementary School, Middle School, High School, Family	ALL CHILDHOOD ISSUE, FAMILY, IND AND GROUP. NO ADDICTION	IN NETWORK MOST INSURANCE/ NO STATE INSURANCE	636 728 0510	NONE	TANYALCREWSTRI@ME.COM
Rebecca Dougherty, LCSW	Elementary School, Middle School, High School, Family	Anxiety, Depression, Stress, Relationships & Other Mental Health Concerns	Private Pay	314-942-1147	<a href="http://STLmentalhealth.com">STLmentalhealth.com</a>	receptionist@STLmentalhealth.com
Emily Dreher	High School	Suicidal ideation, self-harm behaviors, PTSD, Borderline Personality Disorder	BCBS, UHC, Aetna, Cigna	314-531-1155	<a href="http://www.sparlmentalhealth.com">www.sparlmentalhealth.com</a>	emily.dreher@sparlmentalhealth.com

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Joann Elliott	High School	College and Career Counseling	\$95/hour / no insurance accepted	314-384-3134	<a href="http://www.cct-stl.com">www.cct-stl.com</a>	joann@cct-stl.com
Elizabeth Ernest	Pre-K, Elementary School, Middle School, Family	anxiety; depression; relationship dynamics; family dynamics; school behaviors; trauma	\$100-60	8124546913	<a href="https://www.psychologytoday.com/us/therapists/elizabeth-ernest-creve-coeur-mo/871049">https://www.psychologytoday.com/us/therapists/elizabeth-ernest-creve-coeur-mo/871049</a>	elizabeth@mindfulstl.com
Kara Friedman	Middle School, High School, Family	Anxiety, OCD, Depression	I don't take insurance but will give a superbill for out of network reimbursement . I offer a sliding scale for a certain	314.669.5580	<a href="http://www.methodsstl.com">www.methodsstl.com</a>	kara@methodsstl.com
Laurie Furman	Pre-K, Elementary School, Middle School, High School, Family	(Physical/Sexu al), Anxiety Disorders, High functioning Autism, Attachment Disorders, Attention- Deficit Disorder,	Blue Cross Blue Shield	314-993-7616	<a href="http://www.lauriefurman.com">www.lauriefurman.com</a>	Laurie@lauriefurman.com
Allegra Grawer, MSW,LCSW	Pre-K, Elementary School, Middle School, High School	Anxiety, Anger, Attachment	\$205/a session. No insurance.	314-525-5055	<a href="http://compassionatecounselingstl.com">compassionatecounselingstl.com</a>	allegra@compassionatecounselingstl.com
KAREN HAMPTON	Elementary School, Middle School, High School, Family	Students and Families with ADHD, Learning differences, Emotional struggles and Adjustment challenges.	Aetna, Anthem BCBS, Cigna, UHC, UMR	3144325036	<a href="http://www.karenhamptonphd.com">www.karenhamptonphd.com</a>	karenhamptonphd@yahoo.com

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Name	Specialties-Age Group:	Specialties - Type of Issue	Price/ Insurances Accepted	Phone Number:	Website:	Email:
Jenny Hoffman	Middle School, High School	adjustment issues, ADHD and executive functioning, anxiety, depression, LGBTQ, trauma, grief	Out of network receipts provided for clients, as needed	314-485-9059	<a href="http://www.jennytalkstherapy.com">www.jennytalkstherapy.com</a>	jenny@jennytalkstherapy.com
Rachel Kalina	Middle School, High School	ADHD, Anxiety, Gender identity, Depression	Cigna, Anthem, United Healthcare	3144143385	<a href="http://www.rachelkalinalcsw.com">www.rachelkalinalcsw.com</a>	rachel@rachelkalinalcsw.com
Taylor Kennedy	Elementary School, Middle School, High School, Family	divorce, trauma, behavioral concerns, depression, anxiety, navigating life transitions	None	3145987693	<a href="https://wcpastl.com/team/taylor-kennedy-msw/">https://wcpastl.com/team/taylor-kennedy-msw/</a>	taylor.kennedy927@gmail.com
Michael Knobloch, PsyD	Elementary School, Middle School, High School	anxiety, depression, AD/HD (testing and therapy), acting out behaviors	Most insurances accepted	314-534-0200	<a href="https://www.slbmi.com">https://www.slbmi.com</a>	michael.knobloch@uhsinc.com
Whitney L. Larkin	High School	Anxiety, trauma, depression, eating disorders	\$150 per session; Anthem, BCBS, UHC	13145260086	<a href="https://www.psychologytoday.com/us/therapists/whitney-l-larkin-creve-coeur-mo/786898?preview=1&amp;return_to=https%3A%2F%2Fmember.psychologytoday.com%2Fus%2Fprofile%2Flisting-area&amp;ga=2.232001567.1077087988.1598882466-119096433.1598882465">https://www.psychologytoday.com/us/therapists/whitney-l-larkin-creve-coeur-mo/786898?preview=1&amp;return_to=https%3A%2F%2Fmember.psychologytoday.com%2Fus%2Fprofile%2Flisting-area&amp;ga=2.232001567.1077087988.1598882466-119096433.1598882465</a>	whitney@larkin-counseling.com
Rachael Livasy, LPC	High School	emotion dysregulation, suicide, self harm, anxiety, depression, reactivity, trauma	sliding scale for my employees (\$65/session); \$100 for myself, Cigna, Aetna, Anthem, UHC,	6362886006	<a href="http://www.connectscenter.com">www.connectscenter.com</a>	rachael@connectscenter.com

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Susie McGaughey	Pre-K, Elementary School, Middle School, High School	Anxiety, Anger, Trauma	\$205/per session	(314) 339-7640	<a href="http://compassionatecounselingstl.com">compassionatecounselingstl.com</a>	susie@compassionatecounselingstl.com
Taylor Medernach	Pre-K, Elementary School, Middle School, High School, Family	Grief/Loss, Anxiety Disorders, Social/Emotion al Learning	UHC/UMR, Anthem/BCBS, Cigna, Aetna	314-561-9757	<a href="https://mindfulstl.com/providers/taylor-medernach-msw-lcsw-rpt/">https://mindfulstl.com/providers/taylor-medernach-msw-lcsw-rpt/</a>	taylor@mindfulstl.org
Krista Mertz	Middle School, High School	Trauma, Anxiety, Depression	\$110 for out of pocket. I accept Anthem BCBS and United Healthcare plans	314-399-9032	<a href="http://www.inspirechangecounseling.org">www.inspirechangecounseling.org</a>	krista.inspirechangestl@gmail.com
Heather Midgley	Pre-K, Elementary School, Middle School, Family	Behavioral concerns, emotional regulation, social concerns, defiance, hypervigilance, anxiety, depression, family conflict.	Cigna, Anthem BCBS, United Healthcare, UMR, Optum, Wellfirst	3146498377	<a href="http://www.bloomstlcounseling.com">www.bloomstlcounseling.com</a>	Heathermcounseling@gmail.com
Kathleen Musca	High School	anxiety, depression, relationship issues, life transitions	Private pay with sliding scale options	3144992994	<a href="http://newleafstl.com">newleafstl.com</a>	kathleen@newleafstl.com

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Kent Newcome, LCSW	Elementary School, Middle School, High School, Family	General mental health and substance abuse	Most insurances	636 532 9188	<a href="http://www.slbmi.com">www.slbmi.com</a>	kent.newcome@uhsinc.com
Dr. Bryan Pearlman,EdD,LMSW	Pre-K, Elementary School, Middle School, Family	Anxiety, Depression, Stress, Relationships, ADHD, School Related Issues...	Private Pay	314-942-1147	<a href="http://STLmentalhealth.com">STLmentalhealth.com</a>	bryan@STLmentalhealth.com
Dr. Lena Pearlman,LCSW	Middle School, High School, Family	Anxiety, Depression, Stress, Relationships & Other Mental Health Concerns	Private Pay	314-942-1147	<a href="http://STLmentalhealth.com">STLmentalhealth.com</a>	doctor@stlmentalhealth.com
Karen Preusser	Elementary School, Middle School, High School, Family	Perfectionism. Depression, Anxiety	BCBS, Aetna, Cigna	635-256-0600	<a href="http://www.clarksoncounseling.com">www.clarksoncounseling.com</a>	karenpreusser@sbcglobal.net
Sandhill Counseling andConsultation	Pre-K, Elementary School, Middle School, High School, Family	Anxiety, Depression, Relationships, Grief, Life Transitions, Divorce, Stress	Anthem, UHC, Aetna, Cigna, and Medicare	6363791779	<a href="https://www.sandhillcounseling.com/">https://www.sandhillcounseling.com/</a>	kristen.guemmer@sandhillcounseling.com
Liz Schwarz	Pre-K, Elementary School, Middle School, High School, Family	Disorders, Anger Management, Anxiety, Attention Deficit Disorders, Behavioral issues, Depression,	Aetna, Anthem BCBS, and Cigna	314-406-7475	NA	easchwarz@att.net

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Madeline Senay	Middle School, High School, Family	anxiety, depression, trauma	\$125	314-499-9144	<a href="http://soundmindtheapy.com">soundmindtheapy.com</a>	madeline@soundmindtheapy.com
Allison Shipley	High School, Family	Anxiety, depression, family and coparenting issues	Anthem and United Healthcare	3142827368	<a href="http://www.inspirechangecounseling.org">www.inspirechangecounseling.org</a>	allison.inspirechangestl@gmail.com
Kathy Simmons	Elementary School, Middle School, High School, Family	anxiety, OCD, family concerns	\$120/50min; HSA & FSA cards accepted	314-899-2670	<a href="http://www.getcenteredcounselingstl.com">www.getcenteredcounselingstl.com</a>	kathy@getcenteredcounselingstl.com
Rose R Trevino	Pre-K, Elementary School, Middle School, High School, Family	Attachment and Behavioral concerns, parent- child relationship, anxiety	UHC , UMR	3144322428	<a href="http://www.connected-family.com">www.connected-family.com</a>	connectedfamilycounseling@gmail.com
Evonne Weinhaus	High School, Family	parenting, relationships, problem solving	\$150	314-499-9144	<a href="http://soundmindtherapy.com">soundmindtherapy.com</a>	evonne@soundmindtherapy.com
Dan Weinstein	Middle School, High School, Family	ADHD, Psychoeducati onal, and Psychological Evaluations - down to age 8, psychotherapy down to age 12	\$200 per session	314-721-7201	<a href="http://www.doctordanw.com">www.doctordanw.com</a>	dan@doctordanw.com

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Stephanie Williams	Pre-K, Family	Anxiety, Behavioral Issues, Divorce, Social skills, Self esteem, Parenting Group counseling, Adoption or Guardianship Attachment (International, Domestic or Fostercare),	\$70/30 minutes or \$100/45 minutes	314-329-7107	<a href="http://www.playtherapystlmo.com">www.playtherapystlmo.com</a>	stephanie@playtherapystlmo.com
Jennie Wilson	Pre-K, Elementary School, Middle School, High School, Family	Anxiety / Depression, Disruptive mood dysregulation	MOHealthnet, UHC Medicaid, Healthy Blue, United Healthcare, Aetna	6362550002	<a href="http://www.StepByStepCounselingLLC.com">www.StepByStepCounselingLLC.com</a>	info@StepByStepCounselingLLC.com