



# Counseling and Community Resources

**Covington Exempted Village Schools**

Covington, Ohio 45318

Miami County and Surrounding Area

2021

Updated on 9/29/21

## **COUNSELING SERVICES:**

### **Anna Oparah Counseling**

15 W. Main Street P.O. Box 923

Tipp City Ohio, 45371

annaoparahcounseling.com

Anna Oparah is a private practice counselor.

Services:

- Abuse/ Neglect
- Anxiety
- Behavioral Problems
- Bullying
- Depression
- Eating Disorders
- Family and School Issues
- Grief/Loss
- Self-Esteem
- Trauma

Clients ages 12 and over. She accepts the following insurances: Aetna, Medical Mutual and United Healthcare.

Self-Pay rates: 1st session= \$115 Each following session= \$105

After the 1st session, a fee adjustment can be discussed, if needed for established self-pay clients.

### **Aspen Family Center**

317 E. Poplar St.

Sidney, OH 45365

937-493-4673

www.aspenfamilycenter.com

Team of counselors, range of therapy options.

Services:

- Individual Counseling
- E-Counseling
- Child/Family Relationships
- Marriage
- Reactive Attachment Disorder
- Foster/Adoption Services
- ADHD
- Anxiety
- Abuse/Neglect
- Grief & Loss
- Self-Esteem
- Trauma

Most private insurances are accepted, excluding Medicaid.

### **Dolph Counseling & Wellness, LLC**

Kristin Dolph, Private Practice Counselor

405 SW Public Square, 2nd Floor Suite 255

Troy, OH 45373

(937)949-0121

www.dolphcounselingwellness.com

Services:

- Depression
- Stress
- Anxiety
- Trauma, Somatic symptoms, Issues relating to traumatic events
- Life Transitions/Adjustments
- Difficulty managing anger
- Mood swings

- Learning Disabilities
- Experiencing difficulty in everyday activities
- Desire to build self-care and self-compassion
- Child/Adolescent behavioral, attention and social skills issues

Accepted methods of payment are credit, cash, check, HSA & FSA. Insurance is not accepted.

**Hagan Counseling Services, LLC**

Tara Hagan, Private Practice Counselor  
 405 Public Square  
 Suite 255  
 Troy, OH 45373  
 (937) 216-5290  
 hagancounselingservices@gmail.com

Types of Services:

- Online Counseling
- Individual Therapy
- Couples Therapy
- Family Counseling
- Group Counseling

Sliding pay scale.

**Family Resource Center**

1101 N. Vandemark Rd.  
 Sidney, OH, 45365  
 www.frcoho.com

Team of counselors, range of therapy options.

Services:

- Abuse/Neglect
- ADHD
- Anxiety
- Behavioral Problems
- Bullying
- Depression
- Eating Disorders
- Family and School Issues
- Grief/Loss
- Self-Esteem
- Substance Abuse
- Trauma

The center accepts most private insurances, as well as Medicaid, Medicaid HMOs, and private pay. Sliding scale fees are available.

**New Creation Counseling Center**

Main Campus  
 7695 S. Co. Rd. 25A  
 Tipp City, OH 45371  
 (937) 667-4678  
 Newcreationcounselingcenter.org

Piqua Compassion Network  
 531 W. Ash St.  
 Piqua, OH 45356

Team of counselors with two branch locations in the area. A variety of services provided.

Services:

- Telecounseling
- Individual Counseling
- Child and Adolescent Counseling
- Couples and Family Counseling
- Psychiatric Care
- Support Groups (varies)
- Anxiety
- Behavioral Problems
- Depression
- Grief/Loss
- Self-Esteem
- Trauma

Rates:

Patients 13 and older. If uninsured, you may qualify for reduced cost for your professional counseling. The intake specialist will discuss fees and payment options at the time the initial appointment is made. Most of our licensed counselors are on a variety of insurance panels as well as several Employee Assistance Programs. We accept Medicaid including CareSource, Molina and other Medicaid plans.

### **Professional Counseling Services of Ohio, LLC**

300 James Bohanan Dr.  
Vandalia, OH 45377  
(937) 742-7516

Services:

- Addiction & Recovery
- Conflict Resolution
- Couples Counseling
- Grief Counseling
- Family Counseling
- Parenting Support
- Stress Management
- Therapy for Depression and Anxiety
- Work and Career issues

We take most insurance and EAP's. We encourage you to check with your insurance prior to the session to assure that the provider you are scheduled with is an approved provider for that insurance due to the large quantity of insurance companies available.

This service could be provided for students considering counseling.

### **Recovery & Wellness Centers of Midwest Ohio**

Darke/Miami/Preble County  
212 East Main St  
Greenville, OH 45331  
(937) 548-1635  
recoveryandwellnessohio.org

Services:

- Individual, Family, Group Therapy
- Dual Diagnosis Treatment
- Anger Management
- Skills Training
- Psychiatric Services
- Diagnostic Evaluations
- Crisis Intervention
- Community Psych Supportive Treatment
- Abuse/Neglect
- ADHD
- Anxiety/Depression
- Substance Abuse
- Trauma

The center accepts most insurances as well as Medicaid and Medicare. They do not accept Tricare.

**Samaritan Behavioral Health**

3130 North County Rd. 25-A  
Troy, OH 45373  
(937) 440- 7121  
sbhihelp.org

Services:

- Crisis
- Abuse/Trauma/Neglect
- Emotional Issues
- Bullying
- Self-Esteem
- Depression/Anxiety
- Peer/Social Relationships
- Stress Issues
- School Problems
- ADHD
- Grief
- Oppositional Defiant Disorder
- Aggression/Anger
- Drugs and Alcohol Services
- Psychiatric Medical Services

There is an approximate 1-2 week wait for a new intake appointment. Some private insurances (OPTUM, and Medical Mutual) are accepted, as well as Medicaid.

**Sincere Counseling, LLC**

305 SE Public Square  
2nd Floor, Suite 1  
Troy, 45373  
(937) 756-0183  
Sincerecounseling.com

Team of counselors with a variety of services provided.

Services:

- Depression and Anxiety
- Faith Based Counseling
- Anger Management
- Self-defeating and Addictive Behaviors
- Childhood Abuse
- Multicultural Concerns
- Trauma (including accidents & assaults)
- Low Self-esteem, Mood Swings, Irritability
- Social Skills Building
- Guilt and Shame
- Assertiveness Training
- Stress Management
- Adjusting to Life / Life Transitions
- Inadequacy, Perfectionism
- Communication Problems
- Disordered Eating / Body Image Issues
- Forgiveness
- Identity Issues
- Academic Concerns
- LGBTQ Issue

**SAFY: Specialized Alternatives for Families and Youth**

1065 Fairington Dr.  
Sidney, OH, 45365  
937-497-7239  
www.safy.org

Services:

- Art Therapy
- CBT Therapy
- Emotionally Focused Therapy
- Telehealth Services
- Minority Mental Health Awareness
- Abuse/Neglect
- ADHD
- Anxiety
- Behavioral Problems
- Bullying
- Depression
- Eating Disorders
- Family and School Issues
- Grief/Loss
- Substance Abuse
- Trauma

The organization only accepts traditional Medicaid and Medicaid HMO's.

**Tri County Crisis Response Team (Tri County is also an informational network)**

Tri-County Board of Recovery & Mental Health Services  
 1100 Wayne Street, Suite 4000  
 Troy, OH 45373  
 937-335-7727  
 www.tcbmds.org

The Tri-County Crisis Response Team provides services upon request to any local business, school, first responders, or other community group within Darke, Miami, and Shelby counties where a crisis-like event has taken place.

Services:

- Criminal incidents of a nature that affect a specific or entire community like homicide, robbery, missing children.
- Incidents such as serious automobile accidents, suicides, multiple deaths from any means.
- Incidents involving natural or manmade disasters such as floods, violent storms, plane crashes, industrial accidents or fires.

**Dispatched through the Miami/Darke/Shelby County Crisis Hotline:1-800- 351-7347**

There is no fee for the Tri-County Crisis team's services. However, local community organizations may provide support.

**Upper Valley Behavioral Health**

3130 N. County Road 25A  
 Troy, OH 45373  
 (937)-440-7626  
 www.premierhealth.com  
 Services:

- Abuse/Neglect
- ADHD
- Anxiety
- Behavioral Problems/Bullying
- Depression
- Eating Disorders
- Family and School Issues
- Grief/Loss
- Self-Esteem
- Substance Abuse
- Trauma

Patients 13 and up. The center accepts most private insurances as well as traditional Medicaid and Medicaid HMO's.

## Other Resources

### HOTLINES:

**Miami/Darke/Shelby County CrisisHotline:** 1-800-351-7347

**Crisis Text Line:** 741741 text "4Hope"

**National Suicide Prevention Lifeline:** 1-800-273-8255

### American Foundation for Suicide Prevention

Suicide prevention resources and crisis information, also minority suicide prevention  
www.afsp.org

### Autism Speaks

Advocacy, Support and Solutions  
Autismspeaks.org

### Bethany Center

339 S. Street  
Piqua, OH  
(937) 615-9762

Serving Lunch to Those in Need  
Tuesday thru Thursday – noon to 1:00 pm  
Friday Evening Meal: 5 pm to 6 pm  
Food Bank:  
Wednesday from 1:00 pm to 3:00 pm  
Thursday from 1:00 pm 3:00 pm  
Area Served: Piqua & surrounding areas

### Bradford Food/ Utility Resources

Deb Jess  
(937) 216-8452  
203 E. Main Street  
Bradford, Ohio (The Depot Building)

### Community Church

2261 S. Miami Street  
West Milton, OH  
937-698-4048

Thursday 6:30 – 8:00 pm  
Food for families in need.  
Proof of address required

### Covington Outreach Association

101 N. Wall Street  
PO Box 125  
Covington, Ohio 45318  
(937) 473-2415

<https://www.covingtonoutreach.org/>

Emergency Assistance:  
(Food Pantry/Utility/Rent Assistance)  
(by appointment)

Requirements for Assistance:

\* Driver's License or State ID

\* Proof of Residence

Area Served: Covington 45318 area code

### Eagles' Wings

Therapeutic Riding Center  
Piqua, Ohio  
Eagleswingstable.org

### Family Abuse Shelter of Miami County

16 E. Franklin Street  
Troy Ohio 45373  
(937) 339- 6761

### First Place Food Pantry

721 Lincoln Avenue  
Troy, Ohio 45373  
(937) 335-2826

Monday: 1:00 pm to 3:00 pm; 5:00-6:30 pm

Tuesday: closed

2nd Wednesday: 3:00 pm to 5:00 pm

Other Wednesdays: 1:00 pm to 3:00 pm

Friday: 1:00 pm to 3:00 pm

Area Served: Troy, Casstown, Conover, Covington, Laura, Ludlow Falls, Pleasant Hill

– Bring proof of residency and photo I.D.

### GLAAD

LBGTQ+ Information  
www.glaad.org

### Green Street United Methodist Church

415 W Greene St  
Piqua, OH

937-773-5313

Monday & Wednesday

10:00 a.m. – 11:00 a.m.

### Highland Brethren in Christ Church

7210 S. Jay Road  
West Milton, OH

937-698-3300

3rd Sunday of each month

12:30 – 1:30 pm

Low income – bring I.D.

**Iris Center**

Free evidence based resource center for parents and educators helping students with disabilities of struggling learners.

[Iris.peabody.vanderbilt.edu](http://Iris.peabody.vanderbilt.edu)

**Miami Valley Regional Center**

Free to Parents

Support for students who qualify of IDEA

Springfield, Ohio

[casamc.com/node/117](http://casamc.com/node/117)

**Mothers Helping Mothers**

Teen Pregnancy Resources

[www.mhmteen.org](http://www.mhmteen.org)

**Needy Basket of Southern Miami County**

330 S Fifth St.

Tipp City, OH

937-667-1977

Fri, 3:00 p.m. to 5:30 p.m.

Mon, 10:00 a.m. to Noon

Wed, 10:00 a.m. to Noon

Wed, 3:00 p.m. to 5:00 pm.

Area Served: Tipp City, Bethel Twp., and Monroe Twp.

**New Path Outreach**

1876 Commerce Dr.

Piqua, Ohio 45356

937-416-2080

Wednesday 2:00 pm to 3:00 pm

Area Served: Miami County

**Partners in Hope**

180 E. Race Street

Troy, OH 45373

(937) 335-0448

<http://www.partnersinhopeinc.org/>

**Saint Patrick Soup Kitchen**

25 N. Mulberry Street

Troy, Ohio 45373

(937)335-7939

**Schizophrenia and related disorders Alliance of America**

Promotes hope and recovery through support programs, education, collaboration, and advocacy.

[Sardaa.org](http://Sardaa.org)

**Seeds of Hope Food Pantry**

New Carlisle, Ohio

2550 S. Dayton Lakeview Road

(937) 849-1478

**Troy Christian Church**

1440 E St. Rt. 55

Troy, OH

937-335-8731

12:00 pm – 1:00 pm (no evenings)

2nd & 4th Thursdays of every month

Area Served: Troy – bring ID for proof of residency

**Urban Minority Alcoholism and Drug Abuse Outreach Programs: Dayton**

[www.umadaopofdayton.org](http://www.umadaopofdayton.org)

**U.S. Department of Health and Human Services**

Health Insurance, Mental Health, Head Start Information

[www.hhs.gov](http://www.hhs.gov)