

| Agency Name/Individual                                       | Address                                                        | Phone Number    | Website                                                                                                                                                                                     | Services Offered                                                                                                                                                                                                                              | Virtual (Y/N) | In Person (Y/N)        | Insurances Accepted                                                                                                                                                                                                                                                                                                                                                       |
|--------------------------------------------------------------|----------------------------------------------------------------|-----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Mind Springs Health                                          | 407 S Lincoln Ave, Steamboat Springs, CO 80487                 | 970-879-2141    | <a href="https://www.mindspringshealth.org/treatment-services/locations/steamboat-springs/">https://www.mindspringshealth.org/treatment-services/locations/steamboat-springs/</a>           | Outpatient counseling and therapy. Services for all ages offered                                                                                                                                                                              | Y             | Y but very limited.    | Aetna: Cofinity: Beacon Health Options: BCBS (Anthem) of CO: Cigna: CompPsych: Friday Health Plans: Humana: Mines & Associates: Medicaid (Health First Colorado): Medicare: Multi-Plan: Rocky Mountain Health Plans:TriWest: United Healthcare Behavioral Health: University of Utah Hralth Plans: <b>Don't see your insurance contact cdbreuil@northrouttcharter.org</b> |
| Northwest Colorado Health                                    | 940 Central Park Drive Suite 101, Steamboat Springs, CO, 80487 | 970-879-1632    | <a href="https://northwestcoloradohealth.org/who_we_are/locations/steamboat-springs-office.html">https://northwestcoloradohealth.org/who_we_are/locations/steamboat-springs-office.html</a> | Primary care, dental care, and behavioral health services. Prevention services offered as well                                                                                                                                                | Y             | Y but very limited     |                                                                                                                                                                                                                                                                                                                                                                           |
| Steamboat Counseling: Portal to therapists in Steamboat Area | N/A                                                            | N/A             | <a href="https://www.steamboatcounseling.com/">https://www.steamboatcounseling.com/</a>                                                                                                     | List of therapists in the Steamboar area. Outpatient therapy for a wide range of issues. Services for all ages offered.                                                                                                                       | Y             | Dependent on therapist | Dependent on therapist however, common insurances accepted include: Anthem: Aetna: Cigna: Medicare: Medicaid: United Healthcare: Rocky Mountain Health Plans: Tri-Care                                                                                                                                                                                                    |
| Guiding Bright                                               | N/A                                                            | 970-819-3577    | <a href="https://www.guidingbright.com/">https://www.guidingbright.com/</a>                                                                                                                 | Guiding Bright works with children who demonstrate an exceptional, natural ability in one or more areas, yet struggles with the social and emotional hallmarks that accompany these gifts. Offers family counseling and resources on website. | Y             | Y                      | Does not accept insurance however, your family may qualify for financial assistance. Contact Guiding Bright to see if you qualify.                                                                                                                                                                                                                                        |
| Growing Potential LLC                                        | 1041 Lincoln Ave, Suit 120, Steamboat Springs, CO, 80487       | 970-819-6751    | <a href="https://www.growingpotentialnow.com/">https://www.growingpotentialnow.com/</a>                                                                                                     | Outpatient counseling and therapy. Services for children of all ages offered. Also offers play therapy, case management and consultation, parent sessions, family therapy, EDMR,intergrated based stress removal, and support groups.         |               |                        |                                                                                                                                                                                                                                                                                                                                                                           |
| Minds In Motion                                              | 1169 Hilltop Parkway #206, Steamboat Springs, CO, 80487        | 970-761-2249    | <a href="https://mindsinmotionco.com/">https://mindsinmotionco.com/</a>                                                                                                                     | Somatic Experience Counseling, EDMR, Hypnotherapy, Mindfulness Counseling, and Yoga and Psychotherapy.                                                                                                                                        | Y             | Y                      | Does not accept insurance.                                                                                                                                                                                                                                                                                                                                                |
| William Hambleton Bishop LPC, LMFT, AAMFT                    | N/A                                                            | 303-718-7292    | <a href="https://steamboatspringstherapy.com/index.html">https://steamboatspringstherapy.com/index.html</a>                                                                                 | Individual counseling, couples counseling, and family therapy.                                                                                                                                                                                | Y             | N                      | Prefered Privider Organization Plans                                                                                                                                                                                                                                                                                                                                      |
| Matthew Larock LCSW and LAC                                  | 100 Park Ave, Suite 204, Steamboat Springs, CO, 80487          | 970-846-6379    | <a href="https://mattlarock.com/">https://mattlarock.com/</a>                                                                                                                               | Works with men, women, teens, and young adults. Trained in Somatic Experiencing trauma treatment, is a certified nature-based coach, and a licensed clinical addition counselor.                                                              | Y             | Y                      | Does not accept insurance at this time.                                                                                                                                                                                                                                                                                                                                   |
| Craig Thornhill LPC and LAC                                  | 810 Lincoln Ave, Suite 200, Steamboat Springs, CO, 80487       | 970-879-7637 X9 | <a href="https://www.thornhillcounseling.com/">https://www.thornhillcounseling.com/</a>                                                                                                     | Individual adult and adolescent mental health and addiction therapy (13-75), family therapy, mental health and drug evaluations, and case management and coordination                                                                         | Y             | N                      | Cigna, Anthem and United/UMR                                                                                                                                                                                                                                                                                                                                              |
| Tiana Schneider LPC                                          | 1041 Lincoln Ave, Suite 130, Steamboat Springs, CO, 80487      | 970-457-0473    | <a href="https://www.tianaschneidercounseling.com/">https://www.tianaschneidercounseling.com/</a>                                                                                           | Works with adults, children,and families. Certified in synergetic play therapy and wildrerness therapy.                                                                                                                                       | Y             | Y                      | Does not take insurance but does work with companies that offer mental health benefits through their employee assistance program.                                                                                                                                                                                                                                         |
| Natalie Gavic LLC                                            | 405 S Lincoln Ave, Steamboat Springs, CO, 80487                | 651-270-5912    | <a href="https://www.nataliegavictherapy.com/">https://www.nataliegavictherapy.com/</a>                                                                                                     | Works with teenagers, adults, and couples. Specializes in neurofeedback, postpartum or birth trauma,                                                                                                                                          | Y             | Y                      | Does not take insurance at this time.                                                                                                                                                                                                                                                                                                                                     |