

# Sacramento Area Support Resources

**Important:** Folsom Cordova Unified School District and its employees cannot recommend that a student seek counseling/support assistance outside of the regular services offered directly by the school sites. In addition, the cost of outside services contracted by a student or guardian cannot be covered by the Folsom Cordova Unified School District. This list of private counselors and support resources is provided solely as a courtesy upon request by student or parent.

## Private Counselors

Name	Address	Website	Phone Number	Specialty
Theresa M. Davis, MFT	310 Natoma Street Folsom	<a href="http://www.folsomcounseling.com">www.folsomcounseling.com</a>	(916) 985-7212	Adolescent depression/anxiety/OD
Sarah Kerem, MFT	310 Natoma Street Folsom	<a href="http://www.folsomcounseling.com">www.folsomcounseling.com</a>	(916) 985-7212	Adolescent drug/alcohol abuse
Ellen Mechling, MS, MFT	1700 Prairie City Road Folsom	<a href="http://www.medclinicmedgroup.org">www.medclinicmedgroup.org</a>	(916) 924-6436	Behavioral health
Kelly Richardson, MFT			(916) 985-6996	Family counseling
Debra Burns, MFT	8723 Sierra College Blvd. #230, Granite Bay	<a href="http://acmepsych.com">http://acmepsych.com</a>	(916) 797-8822	Teen/adolescent counseling
Jon Daily, LCSW CADC II	7996 Old Winding Way, Fair Oaks	<a href="http://www.recoveryhappens.com">www.recoveryhappens.com</a>	(916) 966-4523 ext. 4	Substance abuse/mental health
Julie Morrison, MFT	1580 Creekside Drive #240 Folsom		(916) 508-2010	Anxiety
Nicole Nelson, MFT	8037 Fair Oaks Blvd. #103 Carmichael		(916) 944-3782	Adolescents and families
Vern Dwelly, MFT	4921 Kipling Drive Carmichael		(916) 480-9807	Adolescents and families
Denise Lassalle, MFT	1927 Farmgate Court Folsom		(916) 983-7202	Life coach, art therapist
Andrea Kelly	P.O. Box 2785 Granite Bay		(916) 783-0579	Adolescent counseling

## Agencies & Resources

Organization	Phone Number	Specialty
Sacramento County Mental Health	(916) 875-1000	Alternative crisis line (916) 732-3637
Sacramento County Children's Access Team	(916) 875-9980	Offers youth and family counseling, accepts Medi-Cal
CSU Sacramento Psychotherapy	(916) 278-6887	Reduced rate psychotherapy <a href="http://www.csus.edu/psysrv/resources.htm">www.csus.edu/psysrv/resources.htm</a>
Suicide Prevention hotline	(916) 368-3111	24 Hour crisis line
Women Escaping a Violent Environment	(916) 920-2952	24 Hour crisis line
Child Protective Services	(916) 875-5437	
Sutter Center for Psychiatry	(916) 386-3000	24 Hour line (800) 801-3077
Kaiser Hospital Department of Psychiatry	(916) 973-5300	Testing, classes and one-on-one support
Mercy Education Resource Center	(916) 737-6026	Counseling, groups, workshops & assessments
Bereavement Network Resources	(916) 557-5882	Grief related services, counseling, weekly support groups
Snowline Hospice	(530) 621-7820	Grief support counseling
Juvenile Clearing House <a href="http://www.ncjrs.gov">www.ncjrs.gov</a>	(800) 851-3420	Referrals to state juvenile justice delinquency
Cross Creek Manor (Utah)	(800) 818-6228	Therapeutic boarding school for emotional growth and behavior modification
Breaking Barriers (Steve Purcell)	(916) 447-2437	Gay/Lesbian Issues, confidential HIV testing
Pacific Educational Services (Auburn)	(800) 346-5891	Anger management, life skills
Grizzly Youth Academy (San Luis Obispo)	(800) 926-0643	Residential Charter School for at-risk youth age 16, 17 & 18
Valley Toxicology	(916) 371-5440	Drug testing
Foothills Family Network	(916) 983-7050	<a href="http://www.foothillsfamilynetwork.com">www.foothillsfamilynetwork.com</a> Drug and Alcohol abuse, support groups