



# Counseling and Community Resources

**Covington Exempted Village Schools**

Covington, Ohio 45318

Miami County and Surrounding Area

2024

Updated on 11/25/24

## RESOURCE COORDINATORS:

Covington is partnering with the ESC to bring us two Family Resource Coordinators: Resource coordinators provide support and resources to families in need with academically and/or otherwise at-risk students. In conjunction with JFS, the program assists low-income students and families identified within the school system. Resource Coordinators help identify, create, and maintain resources for the family. Please reach out to Mrs. Crawford for more information.

## COUNSELING SERVICES:

### Anna Oparah Counseling

15 W. Main Street P.O. Box 923

Tipp City Ohio, 45371

[annaoparahcounseling.com](http://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 age 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](http://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 insurance is 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](http://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.

**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.

**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.

**It Is Well Counseling, LCC**

Holly Alexander  
LPC, M.Ed., Certified Life Coach  
1900 W. Stanfield Rd.  
Troy, OH 45373  
(937) 765-6057  
[www.ItIsWellCounselingServices.com](http://www.ItIsWellCounselingServices.com)

Types of Services:

- Anxiety
- Career Decisions
- Chronic Illness
- Coping Skills
- Depression
- Executive Functioning Skills
- Faith-Based
- Grief
- School Issues
- Self-Esteem
- Self-Harming Behaviors
- Trauma and PTSD

\$120 and Sliding Pay scale

## **New Creation Counseling Center**

Main Campus

7695 S. Co. Rd. 25A

Tipp City, OH 45371

(937) 667-4678

Newcreationcounselingcenter.org

- 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

## **Optimal Wellness Counseling**

Collin Luthman MS, LPC

Optimal Wellness Counseling, LLC

402 Public Square, Suite 252, Troy Oh, 45373

E: [celuthman@therapysecure.com](mailto:celuthman@therapysecure.com)

937-419-1150

Services:

- counseling with adolescents and adult
- couples counseling
- occasional counseling groups
- Anxiety
- Depression
- Anger
- ADHD
- Grief
- LGBTQ+ struggles
- family issues

## **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:

- Tele-counseling
- 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 EAPs. 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 insurance 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

A team of counselors provides a variety of services.

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 HMOs.

### **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 occurs.

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**

The Tri-County Crisis team's services are free; 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 insurance as well as traditional Medicaid and Medicaid HMOs.

## Additional Resources:

### HOTLINES:

**Alcoholics Anonymous** 1-877-726-4727

**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

### Anna's Closet- (Clothing Resource)

937-875-2909

### Autism Speaks

Advocacy, Support and Solutions  
Autismspeaks.org

### Bethany Center (Clothing Resource)

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)

### The Clothesline (Clothing Resource)

937-669-9707

### 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.

**Fletcher United Methodist Church**

937-368-2470 (Food Pantry)

**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

**Miami Valley Regional Center**

Free to Parents  
Support for students who qualify of IDEA  
Springfield, Ohio  
casamc.com/node/117

**Mothers Helping Mothers**

Teen Pregnancy Resources  
www.mhmteen.org

**Needy Basket of Southern Miami County**

330 S Fifth St.  
Tipp City, OH  
937-667-1977  
Area Served: Tipp City, Bethel Twp., and Monroe  
Twp.

**New Path Outreach**

Food Pantry/ Financial Assistance  
1876 Commerce Dr.  
Piqua, Ohio 45356  
937-416-2080

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

**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



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

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**

**U.S. Department of Health and Human Services**  
Health Insurance, Mental Health, Head Start  
Information  
[www.hhs.gov](http://www.hhs.gov)