Child & Adolescent Mental Health Resources

Milford, Pennsylvania & Surrounding Communities
Counseling • Psychiatry • In-Home & Community Support • Crisis & Hospital Care • Family & Basic-Needs Supports

WHERE DO I START?

Looking for ongoing counseling or therapy?
→ Start with **Outpatient Counseling & Therapy –pp. 2-6**

Looking for medication evaluation or management?
→ See **Psychiatry / Medication Management –p. 7**

Need more intensive support at home, school or in the community?
→ See **In-Home, Intensive Behavioral Health & Specialized Support (including BHT / IBHS providers) –pp. 8-11**

Need immediate mental-health support or are concerned about safety?
→ See **Crisis & Immediate Support –p. 12**

Need an emergency evaluation, walk-in assessment or inpatient psychiatric care?
→ See **Hospitals, Walk-In & Higher Levels of Care –pp. 13-14**

Looking for family, legal, LGBTQ+ or community resources?
→ **See *Family, Legal, LGBTQ+ & Community Supports* – pp. 14–15**

Looking for support groups, youth programs or family connections?
→ **See *Support Groups, Youth Programs & Family Connection* – pp. 16–17**

Need help with food, housing, utilities or other basic needs?
→ **See *Food, Housing & Utility Assistance* – p. 18**

WHEN SEEKING COUNSELING OR BEHAVIORAL-HEALTH SERVICES

Before reaching out: It may help to have your child's age, main concerns, insurance information, scheduling needs and preference for in-person or telehealth care in mind. Ask about current availability, insurance coverage and waitlist or cancellation-list options if needed.

Insurance: When scheduling, consider confirming that the clinician is **in network** with your insurance and asking about any expected out-of-pocket costs. You can also contact the **member services number on the back of your insurance card** for help identifying in-network behavioral-health providers or understanding your coverage. If cost is a concern, ask whether **sliding-scale fees or other payment options** are available.

Finding the right fit: Connecting with the right services may take time. Try not to be discouraged if the first option is not the right fit or does not have an opening. Asking about waitlists, cancellations, telehealth, or another recommended provider can help you find the next option.

For additional telehealth options, Psychology Today's Therapist Directory can be used to search for providers throughout Pennsylvania and filter by child/teen age group, insurance, specialty and other needs. Review the clinician's profile and practice website for additional information.

NOTE: This directory is provided for informational purposes and does not endorse or recommend any provider or service. Information may change; confirm current services, age eligibility, availability and insurance/network status directly with the provider and/or insurance plan. For an immediate safety emergency, call **911** or go to the nearest emergency department. For mental-health or suicide crisis support, call or text **988**.

OUTPATIENT COUNSELING & THERAPY | MILFORD / PIKE COUNTY

Counseling by Kathleen Donson, LLC

1863 Route 736, Suite 1, Dingmans Ferry, PA 18328

Phone: 570-687-6830

Email: kathleendonson@gmail.com

Web: counselingbykathleendonsonllc.com

Serves: Children/adolescents; confirm current ages and openings

Services: Outpatient counseling; virtual appointments available

Insurance / cost: Sliding fee scale; most insurances accepted (confirm current network).

Cornerstone Counseling – Jennifer A. Smetana, LCSW

1863 Route 736, Suite 4, Dingmans Ferry, PA 18328

Phone: 570-828-7050

Serves: Children, adolescents and adults; current age availability varies

Services: Individual and family counseling for anxiety, depression, trauma, grief, behavioral/emotional concerns and other mental-health needs.

Insurance / cost: Accepts multiple plans including BCBS, CHIP, Medicaid and UnitedHealthcare; sliding-fee options available.

Dr. John G. Kuna and Associates

1011 Pennsylvania Avenue, Matamoras, PA 18336

Phone: 570-961-3361

Email: schedulers@drjohngkuna.com

Web: drjohngkuna.com

Serves: Children/adolescents depending on clinician

Behavioral-health practice; virtual appointments available.

Insurance / cost: Accepts most insurance plans. Contact the office to confirm in-network coverage for your plan.

Elisa Yost, MS, LPC

102 Wheatfield Drive, Suite B, Milford, PA 18337

Phone: 570-734-7798

Serves: Preteens, teens and families

Services: Outpatient counseling; virtual appointments available.

Insurance / cost: $130 per individual session; sliding-scale options may be available.

Now Me Counseling Services

224 Broad Street, Suite 205, Milford, PA 18337

Phone: 570-618-5889

Serves: Children, preteens, teens and families

Services: Outpatient psychotherapy; virtual appointments available

Insurance / cost: Aetna, UnitedHealthcare/Optum, Cigna, Geisinger, Centerstone Solutions listed in source guide.

Mark Imbrie, Psy.D.

204 East Hartford Street, Milford, PA 18337

Phone: 570-296-2145

Serves: Preteens and teens

Services: Licensed psychologist providing psychotherapy and psychological testing/evaluation. In-person and telehealth appointments available.

Insurance / cost: Insurance can be billed upon request; contact the provider to confirm in-network coverage and current costs.

Lighthouse Counseling and Treatment Services

510 Route 6 & 209, Milford, PA 18337

136 Jersey Avenue, Port Jervis, NY 12771

Phone: 845-281-5959

Web: lhcsny.com

Serves: Children ages 5+, adolescents, adults and families

Services: Individual, child, family and couples counseling; trauma/PTSD treatment and biofeedback. In-person and telehealth appointments available.

Insurance / cost: Accepts Aetna, Cigna, Fidelis, MVP, UnitedHealthcare, 1199 and NY Medicaid; self-pay and sliding scale available.

Soothing Souls Counseling, LLC – Zlata Berezhna, LCSW

1869 Route 739, Dingmans Ferry, PA 18328

Phone: 570-730-6148

Serves: Adolescents ages 11+ and adults

Services: Individual therapy for anxiety, depression, trauma/PTSD, ADHD, grief, self-esteem, stress and life transitions; CBT, IFS and trauma-focused approaches. In-person and telehealth available; therapy offered in English and Russian.

Insurance / cost: Accepts Aetna, BCBS/Highmark, Cigna, Geisinger, Medicaid, Optum/UHC and UPMC, among others. Self-pay $150/session.

Donna Marie Piazza, LCSW

111 Wheatfield Drive, Suite 3, Milford, PA 18337

Phone: 201-317-5481

Provider type: Licensed Clinical Social Worker / psychotherapy

Serves: Children and adolescents of all ages as well as families

Insurance: Participating provider with **Geisinger Health Plan**; she has also appeared as a participating clinical social worker in **Highmark Blue Shield/Community Blue Medicare PPO** directories.

Milford Counseling and Consultation – Robin A. Engels, LCSW

406 Broad Street, Milford, PA 18337

Phone: 570-539-7153

Serves: Preteens, teens, adults and families

Services: Individual, family and couples therapy for anxiety, depression, grief, trauma, behavioral concerns, substance use, family conflict and life transitions; Telehealth available.

Insurance / cost: In-network with Aetna, Cigna, Highmark/BCBS and Medicare; out-of-network benefits/superbills available. Self-pay $150/individual session; sliding scale available.

Polaris Counseling & Wellness

110 Hemlock Farms, Suites 2 & 8, Lords Valley, PA 18428

Phone: 570-290-8603

Email: admin@ polariscounselingandwellness.com

Web: polariscounselingandwellness.com

Serves: Children, adolescents and adults; age availability varies by clinician

Services: Individual mental-health counseling and Theraplay; in-person and virtual appointments available

Insurance / cost: Accepts Aetna, BCBS/Highmark, Cigna, Geisinger, Medicaid/CCBH, Medicare, Optum/UHC, TRICARE, UPMC and other plans. Self-pay $120-165 session; sliding scale available.

Amanda Rickard, MS, LPC, EMDR

102 Wheatfield Drive, Suite B, Milford, PA 18337

Phone: 267-402-7921

Web: amandarickard.com

Serves: Adolescents 12+, Teens, and family

Services: Individual and family therapy for anxiety, depression, trauma and related concerns; EMDR therapy and PANS/PANDAS parent support. In-person and telehealth appointments available.

Insurance / cost: In-network with Blue Cross Blue Shield, Highmark and Horizon BCBS; out-of-network superbills available. Self-pay $160/individual session; sliding scale available.

Catholic Social Services - Drug & Alcohol

111 Wheatfield Dr., Ste 2, Milford, PA 18337

Phone: 570-296-1054

Fax: 570-296-9227

Email: info@cssdioceseofscranton.org

Serves: Children/adolescents (12+), teens, and adults

Services: Outpatient & intensive outpatient substance-use treatment, evaluations, counseling, case management & referrals.

Insurance / cost: Medicaid, private insurance & self-pay accepted; contact the program for coverage and financial-assistance details.

Brezia Healing/ Heather Arculeo, MSW, LCSW

Phone: 760-484-0562
Email: harculeo@brezia-healing.com
Telehealth throughout Pennsylvania

Spanish-Speaking Services
Serves: Children, adolescents, adults and families, including those with trauma, special needs, or co-occurring mental health/substance-use concerns; veterans/military families.
Services: Individual and family therapy using trauma-informed, evidence-based approaches, with support tailored to each client's needs and goals.

Insurance / cost: Accepts many major insurance plans and PA Medical Assistance/HealthChoices, including AmeriHealth Caritas, Geisinger, Highmark Wholecare, Jefferson EverWell and UPMC for You. Private pay and sliding-fee options available; additional plans pending. Confirm coverage.

Journey Life Balance – Jennifer Rowe, LCSW, CDP, CADDCT

Health House, 110 E. Catharine Street, Milford, PA 18337

Phone: 570-775-3559

Email: jennifer@journeylifebalance.com

Web: journeylifebalance.com

Serves: Teens (13+), college students and adults

Services: Individual therapy specializing in anxiety, perfectionism, self-esteem, gender affirming care, 9 week teen program, overwhelm/burnout and life transitions; in-person in Milford and telehealth throughout PA and NY.

Insurance / cost: Private pay; not accepting new insurance clients. $150/session; out-of-network superbills available for possible reimbursement.

OUTPATIENT COUNSELING | HAWLEY / HONESDALE / POCONO / SCRANTON AREA

Better Together Counseling & Wellness, LLC

1100 Church Street, Suite 100, Honesdale, PA 18431

Phone: 272-359-8694

Serves: Children ages 6+, preteens, teens and adults

Services: Individual therapy for anxiety, depression, grief, trauma, behavioral concerns, anger, self-esteem and family/school/social difficulties; in-person and virtual appointments available.

Insurance / cost: Accepts Aetna, BCBS/Highmark and Geisinger. Self-pay $80/session.

Children's Service Center of Wyoming Valley

Honesdale: 840 Main Street, Honesdale, PA 18431 | 570-253-0321
Wilkes-Barre: 335 S. Franklin Street, Wilkes-Barre, PA 18702 | 570-825-6425
New Client Intake: 570-825-6425 ext. 7529

Web: cscwv.org
Serves: Children, adolescents and families; eligibility varies by program.
Services: Therapy, medication management, autism evaluations, IBHS/ABA, family-based services, PCIT and case management. Varies by location.
Insurance / cost: Accepts Medicaid and other insurance; sliding fees may be available.

Northern Light Counseling & Integrative Wellness

951 Main Street, Honesdale, PA 18431

Phone: 570-280-6321

Email: northernlightcounseling@gmail.com

Web: northernlightcounseling.org

Serves: Children, adolescents, adults and families

Services: Individual and family counseling, play, art and sand-tray therapy; K–12 school-based counseling available.
Insurance / cost: Highmark/BCBS and Geisinger accepted; participation varies by clinician.

Heather A. Christensen, LCSW, RPT-S

602 Church Street, Honesdale, PA 18431

Phone: 201-500-3541

Serves: Toddlers, children, preteens, teens and adults

Services: Individual/family therapy, play therapy/groups, trauma-focused care and parent support for childhood emotional, behavioral and developmental needs.

Insurance / cost: Accepts BCBS/Highmark, Geisinger, CCBH, CHIP, Medicaid, Medicare, UMR and UnitedHealthcare; out-of-network benefits. Self-pay $95/session; sliding scale available.

Unity Healing, LLC – Brittney Tunilo, PhD, LPC

616 Main Street, Suite 303, Honesdale, PA 18431

Phone: 570-504-2697

Email: brittney@unityhealingnow.com

Web: unityhealingnow.com

Serves: Children, adolescents and adults

Services: Individual and family therapy, play therapy, CBT, trauma-focused CBT and EMDR; in-person and telehealth available.

Insurance / cost: Accepts Aetna, BCBS/Highmark, Cigna, Geisinger, UnitedHealthcare, Magellan, CCBH and Beacon; EAPs accepted.

Blissful Minds Counseling Services

106 Shook Road, Suite 204, Hawley, PA 18428

Phone: 570-977-1294

Email: blissfulmindcounseling@hotmail.com

Serves: Children ages 6+, preteens, teens and adults

Services: Individual and family counseling; Telehealth available.

Insurance / cost: Highmark Community Blue Medicare PPO and Medicare participation are currently documented; contact the practice to confirm other insurance plans and current costs.

Thaxton Holistic Wellness Center & Counseling

Hawley: 620 Church Street, Hawley, PA 18428
Scranton: 228 S. Main Avenue, Scranton, PA 18504

Phone: 570-904-7363

Email: info@thaxtonwellness.com

Serves: Children, teens and families

Services: Individual and family counseling; in-person and telehealth.

Insurance / cost: Accepts Aetna, AmeriHealth, Cigna, Geisinger, Highmark/BCBS, Magellan, Medicare, Optum/UHC, TRICARE, UPMC and others; self-pay/out-of-network options available.

Preventive Measures

243 East Brown Street, East Stroudsburg, PA

Phone: 484-225-4323

Serves: Children ages 5+, adolescents and families

Services: Therapy and psychiatric care; in-person and telehealth.

Insurance / cost: Accepts Medicaid through CCBH, CBH and Magellan; self-pay options available.

Merakey

912 Main Street, Suite 202, Stroudsburg, PA 18360

Phone: 570-424-9229

Serves: Children and adolescents under age 21; eligibility varies by program.

Services: Outpatient and community-based behavioral health services, including family, home and school-based supports.

Insurance / cost: Medicaid accepted; other coverage varies by program and insurance plan.

Northeast Counseling Services

100 N Wilkes Barre Blvd, Wilkes-Barre, PA

Phone: 570-812-5050

Web: northeastcounseling.org

Serves: Children and adolescents; specialized youth programs have additional eligibility requirements.

Services: Outpatient therapy, psychiatry, IBHS, and community/school-based behavioral health services.

Insurance / cost: Medicaid, Medicare and private insurance accepted; self-pay and financial-assistance options may be available.

Dr. Tiffany Griffiths, Psy.D. & Associates

502 North Blakely St., Dunmore, PA 18512

Phone: 570-342-8434
Email: office@drtiffanygriffiths.com

Serves: Children, adolescents and families

Services: Therapy, psychological testing, and psychiatric evaluation/medication management; in-person and telehealth.

Insurance / cost: Accepts many plans, including Aetna, BCBS/Highmark, Carelon, CHIP, Cigna, Magellan, Medicare, Optum, TRICARE and UnitedHealthcare; out-of-network options may be available.

Scranton Counseling Center

329 Cherry Street, Scranton, PA

Phone: 570-348-6100

Web: scrantoncounselingcenter.org

Serves: Children and adolescents through age 18

Services: Therapy, psychiatric evaluation/medication management and psychological assessment; specialized school-based services for ages 5–18.

Insurance / cost: Accepts Aetna, Cigna, Geisinger, Highmark, Humana, Medicaid, Medicare, TRICARE, UHC and UPMC; accepts CCBH for **Pike County** and several surrounding counties.

The Aaron Center

116 Larch Street, 3rd Floor, Scranton, PA 18509

Phone: 570-489-5561

Serves: Children and adolescents through age 18; IBHS available through age 21.

Services: Therapy, psychiatry/medication management, and psychological testing, including autism and ADHD evaluations.

Insurance / cost: Highmark, Medicaid, Medicare and Quest Behavioral Health participation documented; additional plans may be accepted

Suzanne Grierson, LCSW

1258 Purdytown Turnpike, Suite 2, Lakeville, PA 18438

Phone: 570-226-4444

Serves: Contact provider for current age range.

Services: Clinical social work and outpatient psychotherapy.

Insurance / cost: Accepts Geisinger and Medicare; additional insurance plans may be accepted.

Pocono Resolutions

3041 PA-940, Unit 106, Mount Pocono, PA 18344

Phone: 272-219-0844

Serves: Children ages 6+, preteens and teens

Services: Therapy and psychiatric evaluation/medication management; in-person and telehealth.

Insurance / cost: Accepts Geisinger, UnitedHealthcare, UPMC, BCBS, HealthChoices/Medicaid, Aetna, Highmark and Magellan. Self-pay and sliding-scale options available.

Arbor Vitae Behavioral Health

1258 Purdytown Turnpike, Lakeville, PA 18438

Phone: 570-647-9277

Email: admin@arborvitaebh.org

Serves: Children, adolescents, adults and families

Services: Counseling & psychiatric medication management.

Insurance / cost: Accepts most private insurance, Medicaid and Medicare. Self-pay and need-based sliding-scale options are available; insurance participation may vary by clinician.

Advanced Counseling and Research Services (ACRS) - Grief Services

313 W Liberty St., Suite 224, Lancaster, PA 17603

Phone: 717-394-3994

Serves: Children ages 6+, preteens and teens

Services: Grief/loss and trauma-focused counseling; **Telehealth available throughout PA.**

Insurance / cost: Accepts many plans, including Aetna, BCBS/Highmark, Carelon, Cigna, Geisinger, Magellan, Optum, TRICARE and UnitedHealthcare; Medicaid not accepted. Self-pay options available.

NEW YORK & NEW JERSEY COUNSELING OPTIONS

Orange County Department of Mental Health – Port Jervis Clinic

146 Pike Street, Port Jervis, NY 12771

Phone: 845-858-1456

Serves: Children/youth ages 5–21 and adults

Services: Outpatient mental health/substance use treatment, individual/family therapy, psychiatry and case management. **Same-day access: Mon–Fri 9:30–10:30 AM; Tue–Thu 1:30–2:30 PM.**

Insurance / cost: Accepts Medicaid, Medicare and commercial plans; insurance assistance and sliding fees available.

Zambezi Mental Health

31 Ball Street, Port Jervis, NY 12771

Phone: 845-412-9682

Web: zambezimentalhealth.com

Serves: Children ages 5+, adolescents and adults

Services: Psychiatric evaluations, medication management and therapy for anxiety, depression, mood disorders, PTSD/trauma, ADHD, ODD and autism-related concerns. In-person/telehealth.

Insurance / cost: Accepts Aetna, Anthem/BCBS, Carelon, Cigna, Optum/UHC, Oscar, Oxford and Quest. Self- pay $300 initial/$150 follow-up; sliding scale available.

Garnet Health - Middletown Outpatient Behavioral Health

75 Crystal Run Road, Suite 135, Middletown NY

Phone: 845-333-7575

Serves: Children, adolescents and adults

Services: Psychiatric evaluation, individual/family therapy, medication management, group therapy and crisis planning; co-occurring substance-use treatment also available.

Insurance / cost: Accepts many plans, including Aetna, BCBS, Carelon, Cigna/Evernorth, Medicaid plans, TRICARE, UHC/Optum and WellCare; financial assistance available for eligible patients.

Crystal Run Healthcare - Behavioral Health & Psychiatry

155 Crystal Run Road, Middletown, NY 10941

Phone: 845-703-6999

Serves: Children ages 3+, adolescents and families

Services: Psychiatry/medication management, psychotherapy and psychological evaluation; child and adolescent psychiatry available.

Insurance / cost: Accepts major plans including Aetna, Anthem BCBS, Cigna, Geisinger, MVP, Medicare, Oxford, TRICARE and UnitedHealthcare. NY Medicaid limited to existing patients.

The Center for Prevention and Counseling

61 Spring Street, 3rd Floor, Newton, NJ 07860

Phone: 973-383-4787

Web: centerforprevention.org

Serves: Adolescents (12+) and families; youth program eligibility varies by service.

Services: Adolescent substance-use evaluation, early intervention, outpatient and intensive outpatient treatment; youth and family prevention programs.

Insurance / cost: Medicaid accepted; sliding-scale self-pay and county/state funding options available for eligible clients.

Lakeside Counseling Associates, LLC

Sparta: Multiple office locations

Newton: 30 Moran Street, 2nd Floor, Newton, NJ 07860

Phone: 973-726-4533

Web: lakesidecounselingassociates.com

Serves: Children, adolescents and families

Services: Individual, family and group therapy (in-person/telehealth) for mental health, behavioral, parenting, trauma, grief and substance use concerns.

Insurance / cost: Accepts Aetna, AmeriHealth, Carelon, Cigna, Horizon BCBS, Magellan, Optum/UHC, Oxford and others; varies by clinician. Self-pay/out-of-network options available.

Willow Tree Counseling

50 Wilson Drive, Sparta, NJ 07871

Phone: 973-903-5431

Email: intake@willowtreetherapyservices.com

Serves: Children ages 4+, preteens, teens and families

Services: Child/play therapy, adolescent and family therapy, trauma treatment and substance-use services; telehealth available with some clinicians.

Insurance / cost: Insurance participation varies by clinician; out-of-network benefits and courtesy billing are available, with some in-network plans accepted.

New Bridge Counseling

70 Sparta Avenue, Sparta, NJ 07871

Phone: 973-726-0697 | **Central Access:** 973-316-9333

Serves: Children, adolescents and families

Services: Individual and family counseling, trauma-focused treatment and outpatient behavioral-health services.

Insurance / cost: Accepts most major insurance plans, including Medicaid and Medicare.

Flora & Associates, LLC

17 Woodport Road, Suite 2A, Sparta, NJ 07871

Phone: 973-222-3030

Web: floraandassociates.com

Serves: Children, adolescents and families

Services: Individual and family therapy; child/adolescent crisis and school-clearance evaluations. Limited in-home/concierge services also available.

Insurance / cost: Contact the practice for current fees and insurance / reimbursement information.

PSYCHIATRY / MEDICATION MANAGEMENT

Children's Service Center – Honesdale

840 Main Street, Honesdale, PA 18431

Phone: 570-253-0321

New client intake: 570-825-6425 ext. 7529

Web: cscwv.org

Serves: Children and adolescents; ages/eligibility vary by program

Services: Outpatient therapy, psychiatric medication management, autism testing/treatment, IBHS/ABA, family-based services, PCIT, case management and other child/adolescent behavioral-health services.

Wayne Memorial Community Health Center - Honesdale Behavioral Health

600 Maple Avenue, Suite 15, Honesdale, PA 18431

Phone: 570-253-8219

Serves: Children, adolescents and adults

Services: Therapy, psychiatric evaluation and medication management; Dr. Campbell and Dr. Paez provide psychiatry.

Insurance / cost: Accepts most private insurance, Medicaid and Medicare; sliding-fee assistance available for those who qualify.

InSite Health – Newton

33 Newton Sparta Road, Suite 3, Newton, NJ 07860

Phone: 833-494-6724

Email: hello@insitehealth.net

Web: insitehealth.net

Serves: Children, adolescents and adults

Services: Psychiatric evaluations, medication management, therapy, behavioral screenings and threat assessments. In-person/telehealth.

Insurance / cost: Accepts major plans, including Horizon, Aetna and Medicaid; self-pay/sliding-scale options available.

Live Well Psychology Center, LLC

48 Woodport Road, Suite 22, Sparta, NJ 07871

Phone: 973-726-5200

Email: office@livewellpsychologycenter.com

Web: livewellpsychologycenter.com

Serves: Children, adolescents and adults; age availability varies by clinician

Services: Individual and family psychotherapy, ADHD evaluation/testing and psychiatric medication management; in-person and telehealth available.

Insurance / cost: Accepts Horizon BCBS, Aetna, Cigna, Medicare and TRICARE; insurance claims processed by the practice.

Sussex Psychiatry – Kathryn Montgomery, DO

48 Woodport Road, Sparta, NJ 07871

Phone: 973-577-6562

Email: admin@sussexpsychiatry.com

Web: sussexpsychiatry.com

Serves: Children ages 4+, adolescents and young adults; primarily ages 4–25

Services: Psychiatric evaluation and medication management for a range of mental-health and behavioral concerns; in-person and telehealth available.

Insurance / cost: In-network with Aetna; other insurance out-of-network with superbills available. Self-pay $550 initial evaluation / $250 follow-up.

Dr. Paul Termini

340 Montage Mountain Rd., Moosic, PA 18507

Phone: 570-346-3686

Serves: Children and adolescents

Services: Child/adolescent psychiatry and medication management; telehealth available.

Insurance / cost: Accepts many plans, including Aetna, AmeriHealth, BCBS, Cigna, Geisinger, Medicaid, Medicare, TRICARE, UnitedHealthcare and UPMC

Blackbird Health- Virtual Mental Health Care

Phone: 484-202-0751

Email: info@blackbirdhealth.com

Web: blackbirdhealth.com

Serves: Children, adolescents and young adults ages 2–26

Services: Virtual psychiatric evaluations, medication management and therapy; ADHD/autism and other diagnostic assessments also available. Virtual care available statewide in Pennsylvania.

Insurance / cost: In-network with most major insurers, including Highmark, Independence Blue Cross, Aetna, Cigna and UnitedHealthcare; coverage verified before care.

IN-HOME, INTENSIVE BEHAVIORAL HEALTH & SPECIALIZED SUPPORT

Colonial Intermediate Unit 20

6 Danforth Drive, Easton, PA 18045

Phone: 610-252-5550

Web: ciu20.org

Serves: Children and youth ages 3–21; eligibility and referral requirements vary by program.

Services: Specialized educational and behavioral-health programs, including Alternative Education, Emotional Support, Life Skills, Autism Support and Partial Hospitalization.

Matrix Behavior Solutions - Pike County Center

510 Route 6 and 209, Suite 104, Milford, PA 18337

Phone: 570-994-6079

Email: info@matrixaba.com

Serves: Children and adolescents ages 2–21

Services: IBHS, ABA, mobile therapy, individual and group behavioral-health services; home, school, community and center-based care.

Insurance / cost: Services are insurance-authorized; Medical Assistance and commercial insurance options available. Confirm current plan participation.

Mental Health & Developmental Services (MH/DS) - Carbon-Monroe-Pike

111 East Catharine Street, Suite 250, Milford, Pa 18337

Phone: 570-421-2901

Serves: Children, adults and families; eligibility varies by program.

Services: County mental-health, intellectual/developmental disability and autism, and Infant-Toddler Early Intervention programs, including service coordination, referrals and connections to community supports. Infant-Toddler Early Intervention serves children birth–3.

Helpful for: Families who need assistance navigating county mental health, developmental or Early Intervention services and understanding how to access available supports.

Cost: Infant-Toddler Early Intervention is provided at no cost to families. Eligibility and funding requirements for other MH/DS services vary by program.

MHY Family Services – In-Home Multisystemic Therapy (MST)

521 Route 228, Mars, PA 16046

Phone: 724-625-3141

Email: info@mhyfamilyservices.org

Serves: Youth ages 12–17 and their families in Pike County who meet program criteria.

Services: Intensive, evidence-based therapy provided in the home and community for youth with serious behavioral concerns or risk of out-of-home placement.

Referral: Professional referrals accepted; eligible families may also receive assistance with self-referral.

A Home Within

Phone: 888-898-2249

Web: ahomewithin.org

Serves: Current and former foster youth of any age

Services: Free, weekly individual therapy with a licensed volunteer therapist; telehealth and in-person options available.

Eligibility / cost: Free. Anyone who has spent at least one day in foster care is eligible to apply; self-referrals accepted.

PATH - PA Treatment & Healing

1855 Fair Avenue, Honesdale, PA 18431

Phone: 570-253-3980

Serves: Adolescents and adults; serves Pike and Wayne Counties.

Services: Outpatient substance-use treatment, intensive outpatient treatment and medication-assisted treatment (MAT); trauma-informed care.

Insurance / cost: Medicaid, Medicare, private insurance and self-pay accepted.

Youth Advocate Programs (YAP)

542 US Routes 6 & 209, Milford, PA 18337

Phone: 570-296-5690

Web: yapinc.org

Contact: iortiz@yapinc.org

Serves: Children and youth ages 2–21 in Pike County

Services: Home-, school- and community-based behavioral health services, including individual/family therapy, behavioral supports and services for youth with autism.

Insurance / cost: Behavioral health services funded through Medical Assistance (Medicaid); eligibility varies by program.

Pike County Teen and Family Resource Center

Milford Health & Wellness, 111 East Catharine Street, Milford, PA 18337

Phone: 570-409-8484

Serves: Pike County adolescents and families

Services: Free prevention, education and support for mental health, disability, alcohol/substance-use concerns and family wellness; services are offered in community settings and in collaboration with schools and providers.

Cost: Free; funded through the Pike County Health Fund and Newton Medical Center.

Devereux Pocono

1547 Mill Creek Road, Newfoundland, PA 18445

Phone: 570-839-6140

Serves: Children and adolescents ages 4–18; some programs have specific eligibility, referral or service-area requirements.

Services: Specialized behavioral-health treatment and educational support for youth with significant emotional, behavioral and developmental needs.

Insurance / cost: Medicaid, Medicare, private insurance and private pay accepted; coverage varies by program.

CONCERN Behavioral Health Services – Tannersville

2937 Route 611, Suite 10, Tannersville, PA 18372

Phone: 272-207-4655

Web: concern4kids.org

Serves: Children ages 2+, adolescents and adults

Services: Outpatient individual, family and group therapy; psychiatric/psychological evaluations and medication management. Additional intensive and school/community-based behavioral-health services available based on program eligibility.

Insurance / cost: Accepts Medicaid, Medicare, private pay and various commercial insurance plans; plan participation varies.

Friendship House

415 Biden Street, Scranton, PA 18503

Phone: 800-226-0456

Web: friendshiphousepa.org

Serves: Children and adolescents; Pike County included in service area

Services: Community/school-based behavioral-health services, family-based mental-health services and autism/developmental supports; additional outpatient therapy and psychiatry available through Friendship House programs.

Insurance / cost: Accepts insurance, including Medical Assistance/Medicaid; coverage and eligibility vary by program.

Service Access & Management (SAM), Inc.

Phone: 855-737-2223

Web: sam-inc.org

Serves: Children, adolescents, adults and families; eligibility and available programs vary by service and county.

Services: Human-services coordination and case management, including mental-health case management, developmental-disability supports and other county-based services. Children's mental-health case management assists eligible youth with serious emotional/behavioral needs in accessing and coordinating services.

Access / eligibility: Programs and eligibility vary by county; contact SAM to determine available local services and referral requirements.

LOOKING FOR IBHS / BHT SERVICES?

Intensive Behavioral Health Services (IBHS) may include **Behavior Consultation (BC), Mobile Therapy (MT), Behavioral Health Technician (BHT)** services, **ABA-based** treatment and/or group services, depending on the child's needs, eligibility and provider. Services may be provided in the home, school and community. Families can contact providers below to ask about current Pike County services, availability, eligibility, assessment/referral requirements and insurance authorization.

Matrix Behavior Solutions – Pike County Center

BEHAVIORAL HEALTH TECHNICIAN (BHT) / IBHS PROVIDER

510 Route 6 & 209, Suite 104, Milford, PA 18337

Phone: 570-994-6079

Web: matrixaba.com

Serves: Children and adolescents; Pike County is within the current service area

Services: IBHS and ABA-based behavioral services, including behavior consultation and individual behavioral support provided in home, school, community and center-based settings.

Insurance / access: Services may require insurance authorization; Medical Assistance and commercial insurance options available. Contact Matrix for current eligibility, coverage and availability.

Clarvida – Pike County IBHS

BEHAVIORAL HEALTH TECHNICIAN (BHT) / IBHS PROVIDER

10 Buist Road, Suite 202, Milford, PA 18337

IBHS: 570-409-3048

Web: clarvida.com

Serves: Children and adolescents eligible for IBHS

Services: Intensive Behavioral Health Services providing individualized behavioral support in **home, school and community settings**, including support from trained behavioral-health professionals.

Insurance / access: Contact Clarvida's Pike County IBHS program for current eligibility, referral/assessment requirements, insurance authorization and availability.

Youth Advocate Programs (YAP) – Pike County

BEHAVIORAL HEALTH TECHNICIAN (BHT) / IBHS PROVIDER

542 US Routes 6 & 209, Milford, PA 18337

Phone: 570-296-5690

Web: yapinc.org

Serves: Children and youth through age 21; program eligibility varies

Services: Home-, school- and community-based behavioral-health services, including individual/family therapy, behavioral support and services for youth with autism and other behavioral or emotional needs.

Insurance / access: Behavioral-health services are available through Medical Assistance; contact YAP regarding current eligibility, referral requirements and availability.

Center for Developmental Disabilities (CDD) – IBHS Program

BEHAVIORAL HEALTH TECHNICIAN (BHT) / IBHS PROVIDER

101 Pocono Drive, Milford, PA 18337

Phone: 570-296-3992

Web: cddkids.org

Serves: Children with developmental, behavioral and related support needs; eligibility varies by program

Services: Intensive Behavioral Health Services and ABA-based behavioral treatment, including individualized services provided in **home, school/childcare, community and center-based settings**; parent training and behavioral skill-building also available.

Insurance / access: Contact CDD's IBHS program for current eligibility, referral/assessment requirements, insurance coverage and availability.

Keystone Behavior Services

ABA / BEHAVIOR TECHNICIAN PROVIDER

310 Market Street, Kingston, PA 18704

Phone: 570-362-2348

Web: kbskids.com

Serves: Children and youth **ages 2–21** with autism and other developmental delays; **Pike County is within the service area**

Services: ABA-based behavioral therapy provided in home, school and community settings, including individualized behavior support, communication, adaptive/life skills, social skills and family support; behavior technicians provide direct services under clinical supervision.

Insurance / access: Contact Keystone for current eligibility, insurance authorization and Pike County availability.

⚠ Not accepting new clients (as of October 2026)

Availability may change; families are encouraged to contact the provider for updates.

Step By Step, Inc. **IBHS / BEHAVIORAL SUPPORT PROVIDER** Northeast Regional Office: 744 Kidder Street, Wilkes-Barre, PA 18702 **Phone:** 570-829-3477 **Web:** stepbystepusa.com **Serves:** Children and adolescents ages 2–21 with autism and other behavioral-health diagnoses; Pike County is within the Northeast service area. **Services:** Intensive behavioral support in home, school and community settings, including Behavior Consultation (BC), Mobile Therapy (MT) and one-to-one Behavioral Health Technician (BHT) services. ABA-trained staff are utilized. Step By Step also operates a Specialized Autism Support Program (SASP), a team-based, ABA-informed model supporting autism/early-intervention classrooms. **Insurance / access:** Contact Step By Step's Northeast Children's Services program to confirm current Pike County availability, eligibility, referral/assessment requirements and insurance authorization.		

CRISIS & IMMEDIATE SUPPORT

For an immediate or life-threatening emergency, call 911. Emergency departments can provide immediate medical/psychiatric evaluation when outpatient or mobile-crisis care cannot safely wait.

Carbon-Monroe-Pike County Crisis Intervention

Phone: 570-992-0879 **or** 800-849-1868
Text support:
63288 – ***CCR (local crisis support)***
HOME to 741741 – ***National Crisis Text Line (24/7)***
Serves: Carbon, Monroe and Pike County residents
Services: 24/7 telephone crisis support, assessment, screening, referral and mobile crisis response. **Pike County crisis services are provided by Center for Community Resources (CCR); callers should select option 2.** Free; no insurance required.

Newton Medical Center – Psychiatric Emergency Services & Screening Centers

175 High Street, Newton, NJ 07860
Crisis / Screening: 973-383-0973
Serves: Children and adults
Services: 24/7 psychiatric emergency screening and risk assessment, crisis stabilization, mobile crisis response when appropriate, and referrals for follow-up mental-health or substance-use care. Evaluation may result in referral for outpatient care or hospitalization when needed.

Northeast Regional Crisis Stabilization Center

100 Park Street, Honesdale, PA 18431
Phone: 833-557-3224
Text: 63288
Serves: Children, adolescents and adults
Services: 24/7 walk-in crisis assessment, intervention and stabilization, with referrals to additional care as needed. No appointment required. Operated by Center for Community Resources (CCR).
Note: Crisis residential services are available for adults 18+ only.

American Foundation for Suicide Prevention (AFSP)

Phone: Call OR Text 988
Text TALK to 741741,
General Inquiries: 888-333-2377
Web: afsp.org
Serves: Individuals, families and communities affected by suicide
Services: Suicide-prevention education, resources and support for suicide loss and lived experience. **Languages:** English; Spanish-language resources available.
For immediate crisis support, call or text 988.

VIP - Victims Intervention Program

Honesdale, PA
Phone: 570-253-4401 or 570-296-HELP
Web: vipempowers.org
Serves: Survivors of domestic violence, sexual violence, stalking, trafficking and other abuse in Pike and Wayne Counties
Free, confidential counseling, advocacy, emergency shelter and 24-hour support; services available to youth and adults.

988 Suicide & Crisis Lifeline

Phone: Call or text 988
Chat: 988lifeline.org
Serves: Anyone experiencing suicidal, mental-health or substance-use crisis
Services: Free, confidential, 24/7 crisis support.

Mental Health WARM Line

Phone: 866-654-8114
Serves: Non-emergency emotional and peer support
Confidential support for people seeking someone to talk with; 6:00 PM–10:00 PM, 365 days/year.

Crisis Text Line

Phone: Text HOME or HOLA to 741741
Serves: Anyone needing mental-health or emotional support
Free, confidential text-based support 24 hours / 7 days a week.

The Trevor Project

Phone: 866-488-7386
Text: START to 678678
Web: thetrevorproject.org/get-help
Serves: LGBTQ+ young people
Free, confidential 24/7 crisis and emotional support by phone, text and online chat with trained crisis counselors.

HOSPITALS, WALK-IN & HIGHER LEVELS OF CARE

Newton Medical Center – Emergency Department & Atlantic Behavioral Health

24/7 Emergency Department / behavioral-health evaluation pathway.

Phone: 973-383-2121 (hospital); 973-383-0973 (24/7 psychiatric emergency screening)

Serves: Children, adolescents and adults

Services: 24/7 emergency evaluation for urgent medical, psychiatric or safety concerns; psychiatric emergency screening, risk assessment and crisis stabilization are available through Newton Medical Center's designated screening center, with referral or hospitalization when needed.

Insurance / cost: Coverage varies by insurance plan and service; emergency care is available regardless of ability to pay.

KidsPeace Hospital

Psychiatric hospital providing inpatient treatment for youth ages 5–21.

5300 KidsPeace Drive, Orefield, PA 18069

Phone: 800-854-3123

Web: kidspeace.org

Serves: Youth ages 5–21

Services: Inpatient psychiatric stabilization and treatment for youth experiencing serious mental-health crises; residential and other behavioral-health programs also available.

Insurance / cost: Works with many insurers, including Aetna, BCBS/Highmark, Cigna, Community Behavioral Health, Magellan and TRICARE; financial assistance available.

Wayne Memorial Hospital – Emergency Department

24/7 Emergency Department. Evaluation/stabilization and referral or transfer as needed; not a dedicated pediatric psychiatric inpatient unit.

601 Park Street, Honesdale, PA 18431

Phone: 570-253-8141

Serves: Children, adolescents and adults

Services: 24/7 Emergency Department for urgent medical, mental-health or safety concerns; emergency evaluation and stabilization with referral/transfer for additional behavioral-health care when needed.

Insurance / cost: All insurance plans accepted in the Emergency Department; no one is turned away based on insurance or ability to pay. Financial assistance is available for eligible patients.

Lehigh Valley Hospital–Pocono Mattioli Emergency Center

24/7 Emergency Department. Pediatric emergency care is available, but not a pediatric psychiatric inpatient unit.

206 East Brown Street, East Stroudsburg, PA 18301

Phone: 570-421-4000

Serves: Children, adolescents and adults

Services: 24/7 Emergency Department for urgent medical or behavioral-health/safety concerns; pediatric emergency services available.

Insurance / cost: Accepts many insurance plans; emergency care is provided regardless of ability to pay. Billing assistance available.

Behavioral Health Science Center - Lehigh Valley Hospital Muhlenberg

Immediate inpatient psychiatric treatment for ages 12–18, when available

2555 Schoenersville Rd., 1st Floor, Bethlehem, PA 18107

Phone: 888-402-5846

Serves: Adolescents ages 12–18

Services: Short-term inpatient psychiatric care for adolescents experiencing severe acute mental-health crises; 24-hour stabilization and treatment.

Insurance / cost: Accepts many commercial plans, Medicaid and CHIP; behavioral-health plans include Cigna, Community Care, Magellan and Optum/UHC. Financial assistance available for eligible patients.

St. Luke's Monroe Campus

24/7 Emergency Department / behavioral-health emergency pathway. Not a dedicated pediatric psychiatric inpatient unit.

100 St. Luke's Lane, Stroudsburg, PA 18360

Phone: 866-785-8537

Serves: Children and adults through the hospital Emergency Department

Services: 24/7 emergency medical evaluation, including behavioral-health emergencies; telepsychiatry consultation is available at Monroe Campus.

St. Luke's Penn Foundation Mental Health Walk-In Center

Mental-health walk-in/crisis assessment center, not a hospital ED and not an inpatient psychiatric unit.

211 N. 12 Street, Lehighton, PA 18235

Phone: 610-577-0555

Serves: Ages 14+

Services: Walk-in assessment and support for non-life-threatening mental-health and addiction concerns; 24/7 weekdays and 7 AM–11 PM weekends.

Insurance / cost: Medicaid behavioral-health plans accepted; county funding supports eligible uninsured/unfunded services.

FAMILY, LEGAL, LGBTQ+ & COMMUNITY SUPPORTS

NAMI Carbon-Monroe-Pike PA

912 Main Street, Suite 301B, Stroudsburg, PA 18360

Phone: 570-620-6317 or 570-534-4145

Email: info@namicmp.org

Web: namicmp.org

Serves: Carbon, Monroe and Pike County residents affected by mental-health conditions

Services: Free mental-health education, peer/family support programs, advocacy and community resources.

Pike County Assistance Office

Milford Professional Park, 10 Buist Road, Suite 101, Milford, PA 18337

Phone: 866-267-9181 or 570-296-6114

DHS HelpLine: 800-692-7462

Serves: Pike County residents seeking public benefits

Services: Assistance with programs including Medical Assistance, SNAP, cash assistance and LIHEAP; eligibility varies by program.

Pike County Human Development Office

506 Broad Street, Milford, PA 18337

Phone: 570-296-3434

Web: pikepa.org

Serves: Pike County residents seeking human-service support

Services: Information, referrals and assistance connecting residents with housing, utility, food and other community-support programs.

Pennsylvania Bar Association Lawyer Referral Services

Phone: 800-932-0311, option 2

Serves: Pike County residents seeking referral to a private attorney

Cost: Referral is free; initial consultation of up to 30 minutes costs no more than $30.

Pennsylvania CHIP

Phone: 1-800-986-KIDS (5437)

Web: chipcoverspakids.com

Serves: Pennsylvania families seeking health coverage for children and teens through age 18

Services: CHIP coverage information, eligibility and application assistance; families can apply by phone or through COMPASS.

North Penn Legal Services - Stroudsburg Office

10 N. 10th Street, Stroudsburg, PA 18360

Phone: 570-424-5338 or 800-532-8282 press 5

Serves: Low-income individuals and families in Monroe and Pike Counties who meet eligibility requirements

Services: Free civil legal assistance for qualifying clients, including family, housing, public-benefits, consumer and other non-criminal matters.

TriVersity - The Pride Center

201 W. Harford Street, Milford, PA 18337

Phone: 570-618-9638

Web: triversitycenter.org

Serves: LGBTQ+ people, families, allies and the broader tri-state community

Services: LGBTQ+ community support, educational programming, support/social groups, events, gender- and sexuality-related resources, and a media/lending library; youth-focused support and programming are also supported through the center.

Cost: Many community programs and resources are free; contact TriVersity for current program schedules and eligibility.

National Domestic Violence Hotline

Phone: 800-799-SAFE (7233)

Text: START to 88788

Web: thehotline.org

Serves: People affected by domestic violence, including survivors, concerned family/friends and others seeking support

Services: Free, confidential, 24/7 crisis support, safety planning, information and connection to local resources; live chat available.

TeenCentral

Web: teencentral.com

Serves: Adolescents/youth

Services: Free, anonymous online mental-health information and support. Youth can submit a story or concern and receive a therapeutic support response within 24 hours; self-help resources cover topics including anxiety, depression, relationships, bullying, grief and other concerns.

Cost: Free; no insurance required.

Note: Not an online therapy or emergency/crisis service.

Ginnie's House Children's Advocacy Center

4 High Street, Newton, NJ 07860

Phone: 973-579-0770

Web: ginnieshouse.org

Serves: Children and families affected by child abuse

Services: Child-focused advocacy and support, including therapeutic services for children and free Family Advocate support for parents/caregivers navigating the aftermath of abuse.

Cost/ access: Family Advocate and child-support services are provided free of charge; visits are by appointment.

Trans Lifeline

Phone: 877-565-8860

Web: translifeline.org

Serves: Transgender, nonbinary and questioning people

Services: Confidential peer support provided by trans/nonbinary operators for people seeking support, connection or someone to talk with; callers do not need to be in crisis or certain of their gender identity.

Hours: Monday–Friday, 1–9 PM ET

Cost: Free; no insurance required.

LGBT National Youth Talkline – LGBT National Help Center

Phone: 800-246-7743

Web: lgbthotline.org/youth-talkline

Serves: LGBTQIA+ youth and young adults ages 25 and younger

Services: Free, confidential peer support for sexual orientation, gender identity/expression, coming out, family/relationship concerns, bullying and school concerns; online peer chat and moderated youth chatrooms also available.

Hours: Monday–Friday 2–11 PM ET; Saturday 12–5 PM ET

Cost: Free; no insurance required.

TRUE COLORS Center for Creative Therapy / Jennifer Whitlock, MA, LPC, ACS Telehealth only

724 Lehigh Street, Easton, PA 18042

Phone: 973-222-3750

Email: Jen@JenWhitlock.com

Ages served: Contact provider to confirm current teen availability.

Services: Individual counseling with specialties including LGBTQ+/gender identity concerns.

Insurance / cost: Accepts many plans, including Aetna, BCBS/Highmark, Carelon, Cigna, Geisinger, Medicare, Optum and UnitedHealthcare. Self-pay is $160/session; sliding scale may be available.

SUPPORT GROUPS, YOUTH PROGRAMS & FAMILY CONNECTION

Karen Ann Quinlan Hospice – Pike County Bereavement Support Group

GRIEF & BEREAVEMENT

200 Third Street, Milford, PA 18337
Phone: 570-296-3591 | **Bereavement Center:** 973-948-2283
Web: karenannquinlanhospice.org
Serves: Children, teens, adults and families grieving the death of a loved one.
Services: Individual grief counseling, adult bereavement support groups, school-based grief support and community resources.
Group schedule: Fourth Tuesday monthly, 10:00–11:30 AM (Milford).
Cost / access: Support groups free and open to all; no registration required. Individual counseling free for eligible hospice families; community counseling $90/50-minute session, subject to availability.

The Center for Prevention & Counseling

GRIEF & BEREAVEMENT

61 Spring Street, Newton, NJ 07860
Phone: 973-940-2966
Serves: People grieving the death of a loved one related to substance use, overdose or addiction
Services: In-person grief support group providing a supportive setting for people coping with an addiction-related death.
Cost / access: Contact the Center for current availability and participation information.

Joseph T. Quinlan Bereavement Center – Quinlan Care Concepts

GRIEF & BEREAVEMENT

5 Plains Road, Augusta, NJ 07822
Phone: 973-948-2283
Web: karenannquinlanhospice.org
Serves: Children, adolescents, adults and families grieving the death of a loved one
Services: Grief counseling, support groups, education and community/school support. The **Children's Bereavement Art Program** is available for children **ages 6–12** who have experienced a death.
Cost / access: Bereavement support is available to hospice families and members of the community; contact the center for current group schedules and registration.

NAMI Carbon-Monroe-Pike PA

FAMILY MENTAL-HEALTH SUPPORT

912 Main Street, Suite 301B, Stroudsburg, PA 18360
Phone: 570-620-6317 or 570-534-4145
Web: namicmp.org
Serves: Individuals and families affected by mental-health conditions in Carbon, Monroe and Pike counties
Services: Mental-health education, family/peer support, community resources, advocacy and connection to support programs.
Cost / access: NAMI education and support programs are generally offered at no cost; contact the local affiliate for current groups, programs and schedules.

NAMI – Hawley Family Support Group

FAMILY MENTAL-HEALTH SUPPORT

Format: Virtual / Zoom
Web: naminepa.org
Serves: Family members and caregivers of people experiencing mental-health conditions
Services: Peer-led family support providing connection, shared experience, coping strategies and mental-health resources
Schedule: Third Wednesday of each month
Cost / access: Free; registration available through NAMI. Pike County programs are transitioning to the newer NAMI Carbon, Monroe & Pike affiliate, so confirm the current group schedule when registering.

NAMI New Jersey – Family Support Group for School-Aged Parents/Caregivers

PARENT / CAREGIVER MENTAL-HEALTH SUPPORT

Format: Virtual
Phone: 866-626-4664
Web: naminj.org
Serves: Parents and caregivers concerned about the mental health of a **school-aged child**
Services: Free, confidential peer support focused on navigating a child's mental-health challenges, including practical resources, strategies, education and connection with other parents/caregivers.
Schedule: Second Tuesday of each month, 12:00–1:30 PM ET
Cost / access: Free; advance online registration required.

Journey Family Success Center – Parents' Support Group

PARENT & FAMILY SUPPORT

127 Mill Street, Newton, NJ 07860

Phone: 973-940-3500

Web: journeyfsc.org

Serves: Parents and families in the community

Services: Parent support and family-strengthening programming; the Parents' Support Group provides a place to discuss parenting challenges and successes, share frustrations and gain insight from other parents. Parenting classes, family activities and additional support programs are also available.

Schedule: Select Wednesdays at 7:00 PM; check the current program calendar for dates.

Cost / access: Contact Journey Family Success Center for current participation information.

Compadres - Pathways to Prosperity (Norwescap)

YOUTH DEVELOPMENT / SEL PROGRAM

Newton, NJ (contact program to confirm location)

Phone: 973-383-4787

Web: norwescap.org/compadres/

Serves: Children whose parents participate in Center for Prevention **Pathways 2 Prosperity** program

Services: Weekly youth programming focused on social-emotional learning, conflict resolution, problem-solving, teamwork, communication, STEM activities, career exploration and peer mentoring.

Access: Eligibility is tied to parent participation in Pathways 2 Prosperity; contact Norwescap for current enrollment information.

Port Jervis Youth Community Center

YOUTH CONNECTION / SOCIAL-EMOTIONAL SUPPORT

134 Pike Street, Port Jervis, NY 12771

Recreation Department: 845-858-4045

Serves: Youth **ages 7+**

Services: Supervised youth/community center providing a safe space for recreation, social connection and organized activities after school and during seasonal programming.

Cost / access: Contact Port Jervis Recreation for current hours, activities and registration requirements.

Therapeutic Play Dyads – Heather Christensen, LCSW, RPT-S

CHILD SOCIAL-EMOTIONAL / PLAY SKILLS

Honesdale, PA 18431

Phone: 201-500-3541

Serves: Children **ages 4–12**

Services: Children are paired with a developmentally compatible peer with similar or complementary treatment goals. Therapeutic play addresses conversation and shared interests, flexibility, frustration tolerance, compromise, fairness and related social-emotional skills.

Insurance / cost: Accepts BCBS/Highmark, Geisinger, CCBH, CHIP, Medicaid, Medicare, UMR and UnitedHealthcare; out-of-network benefits also accepted. Self-pay $95/individual session; sliding scale available.

FOOD, HOUSING & UTILITY ASSISTANCE

Please note: Food pantry hours, distribution schedules, eligibility requirements and available resources are subject to change.

Ecumenical Food Pantry of Pike County

321 Fifth Street, Milford, PA 18337

Email: pikefoodpantry@gmail.com

Serves: Pike County individuals and families experiencing food insecurity

Services: Free supplemental and emergency groceries/toiletries; Fridays 12–1:30 PM and 6:30–7:30 PM. No appointment required.

Tri-State Family & Pregnancy Center

105 Wheatfield Drive, Suite 4, Milford, PA 18337

Phone: 570-491-5151

Text: 570-534-0031

Serves: Pregnant individuals and families with babies/young children

Services: Free diapers, wipes, baby/children's clothing and other material assistance; formula and additional baby supplies may be available based on need and inventory.

Cost: Free; no insurance required.

LIHEAP / Pike County Assistance Office

10 Buist Road, Suite 101, Milford, PA 18337

Phone: 866-267-9181 or 570-296-6114

Web: compass.dhs.pa.gov

Services: Heating and energy assistance for income-eligible households through the Low-Income Home Energy Assistance Program (LIHEAP).

Holy Trinity Lutheran Church Food Pantry

103 Delaware Crest, Dingmans Ferry, PA 18328

Phone: 570-828-7411

Serves: Pike County households; emergency food packages available to anyone in need

Services: Free food and household necessities; Tuesday–Thursday, 9 AM–12 PM **by appointment**. Call 24–48 hours ahead.

Baby Blessings Pantry - Dingmans Ferry United Methodist Church

115 Myck Road, Dingmans Ferry, PA 18328

Phone: 570-828-2288

Serves: Families with emergency or urgent baby-supply needs

Services: Baby supplies and material assistance based on current availability; contact the church/Baby Blessings Pantry for assistance.

Wayne County Housing Authority - Serving Wayne & Pike

130 Carbondale Road, Waymart, PA 18472

Phone: 570-488-6069

Web: wchahousing.com

Serves: Wayne and Pike Counties

Services: Affordable housing and rental-assistance programs, including Section 8/Housing Choice Voucher assistance for eligible households.

Loaves & Fishes Food Pantry - Paupack United Methodist Church

Route 507, Paupack, PA 18451

Phone: 570-857-1141

Serves: Pike County and Palmyra-area residents

Services: Food pantry; current Pike County pantry directory lists distribution the **first Friday of each month, 9–11 AM**.

Bushkill Outreach Program

Lehman Township Community Park, 216 Lehman Park Road, Bushkill, PA 18324

Phone: 570-588-0660

Serves: Pike and Monroe County service-area households meeting eligibility guidelines

Services: Food and personal-care assistance; open Tue–Thu, 9 AM–12 PM.

Cost: Free to eligible households.

Good Cheer Food Pantry – St. Luke's Lutheran Church

Route 590, Greeley, PA

Phone: 570-226-3966

Serves: Pike County residents; proof of residence and photo identification required

Services: Monthly food pantry; walk-ins accepted.

Hours: First Sunday of each month, 10:00–10:30 AM

Cost: Free.

Queen of Peace Church - Community Assistance

314 Chestnut Avenue, Hawley, PA 18428

Phone: 570-226-3183

Services: Food assistance through Bag-a-Month; Helping Hands provides diapers, baby supplies, clothing and essentials for children in need.

St. Paul's Lutheran Church - Community Food Pantry

401 Church Street, Hawley, PA 18428

Phone: 570-226-2411

Services: Community food pantry; **Thursdays, 9 AM–1 PM.**

Hawley United Methodist Church - Sojourners' Cafe

315 Church Street, Hawley, PA 18428

Phone: 570-226-3875

Services: Community food pantry and free community-meal outreach; contact church for current pantry distribution information.