

A Mother's Guide Maternal Depression Care Providers



Have you...

Blamed yourself unnecessarily when things went wrong?

Been anxious or worried for no good reason?

Felt scared or panicky for no very good reason?

Been unable to laugh or find enjoyment?

If so, this directory may be helpful to you.

**The Franklin County
Maternal Depression Task Force
Resource Directory**

The Maternal Depression Task Force is a collaborative effort among individuals from the health and social service fields.

Allied with Columbus Public Health, this resource list is for pregnant women and new mothers suffering from depression and/or other related disorders.

The directory is updated bi-annually.
Additional copies and future editions
are available online at
www.poemonline.org/tools.html

Someone in need of urgent support or services should call a local emergency number, their physician or the 24-hour crisis line:

614-221-5445

Teen Crisis line: 614-294-3300

www.suicidepreventionservices.org

It is important to reach out and find the information you need to be safe. Call for yourself or for a loved one.

Being an expecting or new mom can be exciting and joyous. But, there are times it is difficult. All mothers occasionally feel down, worried or overwhelmed. But, for about 1 in 5 pregnant and new mothers, these unwanted feelings are part of a common illness called maternal depression.

The providers in this booklet are here to assist you if you may be experiencing maternal depression or a related mood/anxiety issue. Each listing contains information to help you determine if the provider may be able to aid you in coping with and recovering from your illness.

Below is a guide to help you understand the abbreviations in each listing.

✓ = Yes ---- = No/none

Services:

This is a summary of the services offered by this provider.

Special Training:

The provider has indicated specialized training in addressing maternal depression or related disorders.

Eligibility:

The provider has certain requirements to be eligible for services.

Wait Time:

This indicates approximately how long it might take to schedule a first appointment.

Interpreter:

The agency provides interpreter services.

Bus Line:

The office is located on or near the bus line.

Parking:

Parking is free and/or available.

Eve/Wknd:

Some appointments are available in the evenings and/or weekends.

Payment types:

These are forms of payment that are accepted.

*Additional copies of this directory
are available to download and print at
www.poemonline.org/tools.html*

Finding a Helpful Counselor

Below are some questions helpful in identifying qualified providers. Remember to trust your instincts and keep reaching out until you find someone with whom you feel comfortable.

- *What special training do you have in treating women like me?*
- *How long have you been helping women like me?*
- *Can you recommend any helpful readings (i.e. magazines, articles, books)?*
- *What can I expect if I choose to work with you?*

Adapted from *Beyond the Blues: A guide to understanding and treating prenatal and postpartum depression* By Shoshana Bennett & Pec Indman 2006

Provider Listings

Arbor Counseling 614-766-0161

2690 Billingsley Rd. Columbus, 43235 (main office)
3 additional locations www.arborcounseling.org

| | |
|---|---------------------|
| Services: Counseling | Interpreter: French |
| Special Training: ---- | Bus Line: ---- |
| Eligibility: Must have resources for payment | Parking: Free |
| Wait Time: 3-5 days | Eve/Wknd: ✓ |
| Payment Types: Private Insurance, Payment Plans | |

Sarah Auman, PCC, RN 614-299-0992

1155 W. 3rd Ave. Grandview, 43212

| | |
|---|-------------------|
| Services: Counseling | Interpreter: ---- |
| Special Training: ✓ | Bus Line: ✓ |
| Eligibility: ---- | Parking: Free |
| Wait Time: 1-2 weeks | Eve/Wknd: ✓ |
| Payment Types: OSU Insurance, Sliding Fee, Self Pay | |

Anxiety & Behavioral Health Services 614-436-5030

659 High St. Suite 202 Worthington, 43085 www.abhs.com

| | |
|--|-------------------|
| Services: Counseling | Interpreter: ---- |
| Special Training: ✓ | Bus Line: ✓ |
| Eligibility: adults only | Parking: ✓ |
| Wait Time: varies; typically 2 weeks | Eve/Wknd: ✓ |
| Payment Types: Private Insurance, Self-pay | |

Bethel Olentangy Psychological Services 614-451-6606

4949 Olentangy River Rd. Columbus, 43214

| | |
|--|----------------------|
| Services: Counseling | Interpreter: Spanish |
| Special Training: ✓ | Bus Line: ✓ |
| Eligibility: ---- | Parking: Free |
| Wait Time: 2 weeks | Eve/Wknd: ---- |
| Payment Types: Private Insurance, Self Pay | |

Buckeye Psychiatry, LLC 614-766-5205

5060 Parkcenter Ave. Suite F Dublin, 43017

| | |
|---|-------------------|
| Services: Med. Mgmt., Psychiatric Assess., Counseling | Interpreter: ---- |
| Special Training: ✓ | Bus Line: ✓ |
| Eligibility: ---- | Parking: Free |
| Wait Time: 1-2 weeks | Eve/Wknd: ✓ |
| Payment Types: Out-of-network benefits, Cash, Check, Credit Cards | |

Catholic Social Services 614-221-5891**Maternal Counseling**197 E Gay St. Columbus, 43215 www.colscss.org

| | |
|---|---------------------|
| Services: Individual, Group and Family Counseling | Interpreter: ✓ |
| Special Training: ✓ | Bus Line: ✓ |
| Eligibility: ---- | Parking: Free & Pay |
| Wait Time: ---- | Eve/Wknd: ✓ |
| Payment Types: Medicaid, Sliding Scale Fee, Private Insurance | |

Janet L. Clark, PhD 614-231-7255

3449 E Livingston Ave. Columbus, 43227

| | |
|--|-------------------|
| Services: Counseling | Interpreter: ---- |
| Special Training: ---- | Bus Line: ✓ |
| Eligibility: ---- | Parking: Free |
| Wait Time: within a week | Eve/Wknd: ✓ |
| Payment Types: Medicaid, Private Insurance, Self Pay | |

Conscious Connections LLC 614-949-0082466 N. Cassady Ave. Bexley, 43209 www.carasusman.com

| | |
|---|-------------------|
| Services: Counseling | Interpreter: ---- |
| Special Training: ✓ | Bus Line: ✓ |
| Eligibility: ---- | Parking: Pay |
| Wait Time: 1-2 days, same day sometimes | Eve/Wknd: ✓ |
| Payment Types: fee for service, sliding scale | |

Jane E. Cottrell, PhD 614-267-0944

4400 N. High St. Suite 407 Columbus, 43214

| | |
|---|-------------------|
| Services: Counseling | Eligibility: ---- |
| Special Training: ---- | Bus Line: ✓ |
| Interpreter: French, Italian, German, Romanian | Parking: Free |
| Wait Time: varies, up to 1-2 weeks | Eve/Wknd: ✓ |
| Payment Types: Medicaid, Sliding Scale, Private Insurance, Disability | |

Ellen Kay Douglas, PhD 614-621-3673

785 E Broad St. Columbus, 43205

| | |
|---|-------------------|
| Services: Counseling | Interpreter: ---- |
| Special Training: ✓ | Bus Line: ✓ |
| Eligibility: must be able to do stairs | Parking: ✓ |
| Wait Time: 1 week | Eve/Wknd: eve |
| Payment Types: Private Insurance, Other | |

William Friday, PhD 614-501-8220

5340 E. Main St. Suite 205 Columbus, 43213

| | |
|--|-------------------|
| Services: Counseling | Interpreter: ---- |
| Special Training: ✓ | Bus Line: ✓ |
| Eligibility: ---- | Parking: ✓ |
| Wait Time: 24-72 hours | Eve/Wknd: ✓ |
| Payment Types: Medicaid, Sliding Scale, Private Insurance, Other | |

Earl Greer, PhD 614-253-5574

1289 Livingston Ave. Columbus, 43205

| | |
|--|-------------------|
| Services: Counseling | Interpreter: ---- |
| Special Training: ✓ | Bus Line: ✓ |
| Eligibility: must be independent adult | Parking: ✓ |
| Wait Time: 2-3 weeks | Eve/Wknd: ---- |
| Payment Types: Private Insurance, Molina, Caresource | |

Carl Grody, LISW (614) 889-6422

5060-B Bradenton Ave. Dublin, 43017

www.grodyfamilycounseling.com

| | |
|---|-------------------|
| Services: Counseling | Interpreter: ---- |
| Special Training: ---- | Bus Line: ---- |
| Eligibility: ---- | Parking: Free |
| Wait Time: within same week | Eve/Wknd: ✓ |
| Payment Types: Private insurance, self-pay, sliding fee scale if criteria met | |

Heartland Wellness 614-245-0400

68 N High St. Bldg A New Albany, 43054

www.heartland-wellness.com

| | |
|--|-------------------|
| Services: Counseling | Interpreter: ---- |
| Special Training: ✓ | Bus Line: ---- |
| Eligibility: self-pay and out-of-network | Parking: ✓ |
| Wait Time: 2-3 days | Eve/Wknd: ✓ |
| Payment Types: credit card/cash/check | |

Herb Hausman, PhD 614-481-0033

1943 W. Fifth Ave. Columbus, 43212

| | |
|---|-------------------|
| Services: Counseling | Interpreter: ---- |
| Special Training: ---- | Bus Line: ✓ |
| Eligibility: ---- | Parking: ✓ |
| Wait Time: varies, usually 3-7 days | Eve/Wknd: ✓ |
| Payment Types: Sliding Scale Fee, Private Insurance | |

Heidi S. Johnson, MD 614-842-9966

659 High St. Suite 201 Worthington, 43085

| | |
|---|------------------|
| Services: prescribe and manage medications, psychotherapy | Interpreter: --- |
| Special Training: ✓ | Bus Line: ✓ |
| Eligibility: Adults | Parking: ✓ |
| Wait Time: 3-5 days | Eve/Wknd: ✓ |
| Payment Types: Cash or Check | |

Lighthouse Christian Services, Inc. 614-337-19862085 Mecca Rd. Columbus, 43224 www.lighthousepathway.org

| | |
|---|-------------------|
| Services: Counseling-Individual, Pastoral, Couple, Family, Children | Eligibility: ---- |
| Special Training: ---- | Bus Line: ✓ |
| Wait Time: 3-5 days | Parking: ✓ |
| Interpreter: ---- | Eve/Wknd: ✓ |
| Payment Types: Sliding Scale Fee, Private Insurance, Molina, Other | |

Lowenstein & Associates 614-443-6155**Kim Boggs, MSW, LISW-S**

691 S Fifth St. Columbus, 43206

| | |
|----------------------------------|-------------------|
| Services: Individual Counseling | Interpreter: ---- |
| Special Training: ✓ | Bus Line: ✓ |
| Eligibility: ---- | Parking: ✓ |
| Wait Time: within 1 week | Eve/Wknd: ✓ |
| Payment Types: Private Insurance | |

Netcare Corp. 614-276-2273199 S. Central Ave. Columbus, 43223 www.netcareaccess.org

| | |
|--|----------------|
| Services: Crisis Services only; Open 24 hrs. | Interpreter: ✓ |
| Special Training: ---- | Bus Line: ✓ |
| Eligibility: ---- | Parking: ✓ |
| Wait Time: walk-in only, no appointments | Eve/Wknd: ✓ |
| Payment Types: Other; ADAMH funded | |

North Central Mental Health: Family Focus 614-227-68651301 N. High St. Columbus, 43201 www.ncmhs.org

| | |
|---|----------------|
| Services: Individual, Family and Group Counseling | Interpreter: ✓ |
| Special Training: ---- | Bus Line: ✓ |
| Eligibility: must be resident of Franklin Co. | Parking: ✓ |
| Wait Time: varies, 1-2 weeks, pregnant clients have priority | Eve/Wknd: ✓ |
| Payment Types: Medicaid, Sliding Scale Fee, Private Insurance | |

Northwest Counseling Services 614-457-7876

1560 Fishinger Rd. Columbus, 43221
www.northwestcounselingservices.org

| | |
|---|-------------------|
| Services: Counseling | Interpreter: ---- |
| Special Training: ✓ | Bus Line: ✓ |
| Eligibility: Must be resident of Franklin Co. for fee scale | Parking: ✓ |
| Wait Time: varies; pregnant women, PTSD are priority | Eve/Wknd: ✓ |
| Payment Types: Medicaid, Sliding Scale Fee, Private Insurance | |

Optima Behavioral Health, Inc. 614-759-5075

Vikki Spohn, LISW

81 Outerbelt St. Columbus, 43213

| | |
|--|---------------------|
| Services: Counseling, Medication Mgmt. | Special Training: ✓ |
| Eligibility: Private Insurance or Medicare | Bus Line: ✓ |
| Wait Time: 1-2 weeks | Parking: ✓ |
| Interpreter: Upon request, with notice | Eve/Wknd: ---- |
| Payment Types: Private Insurance | |

POEM, Inc. 614-315-8989**Spanish: Línea de Apoyo 614-285-7636**

(Perinatal Outreach & Encouragement for Moms)

P.O. Box 20635 Columbus, 43220 www.poemonline.org

| | |
|---|-------------------|
| Services: Support Groups, Mentors, Resources | Eligibility: ---- |
| Special Training: ✓ | Bus Line: ✓ |
| Wait Time: ---- | Parking: ✓ |
| Interpreter: Spanish; materials in multiple languages | Eve/Wknd: ✓ |
| Payment Types: All support services are free | |

Aimee Rhoden, MEd, LPC 614-832-2351

5775 Perimeter Dr. Dublin, 43017 www.thewinchesterinstitute.com

| | |
|--|-------------------|
| Services: Counseling | Interpreter: ---- |
| Special Training: ---- | Bus Line: ---- |
| Eligibility: ---- | Parking: ✓ |
| Wait Time: 5-7 days | Eve/Wknd: ✓ |
| Payment Types: Private Insurance, Out-of-Network, Self Pay | |

Suzanne Saul, PhD 614-844-6886

355 E. Campus View Blvd. Suite 285 Columbus, 43235
www.saulandsaul.com

| | |
|--|----------------------|
| Services: Counseling | Interpreter: Spanish |
| Special Training: ---- | Bus Line: ---- |
| Eligibility: Need to use out-of-network benefits | Parking: ✓ |
| Wait Time: 3-5 days | Eve/Wknd: ✓ |
| Payment Types: Private Insurance, PrimeCare | |

Jennifer R. Schantz, PhD 614-361-0503

450 W. Wilson Bridge Road Suite 350 Worthington, 43085

| | |
|---|-------------------|
| Services: Individual and Couples Counseling | Interpreter: ---- |
| Special Training: ✓ | Bus Line: ✓ |
| Eligibility: ---- | Parking: ✓ |
| Wait Time: 2 weeks | Eve/Wknd: ✓ |
| Payment Types: Sliding Scale, Private Insurance | |

Seasons Life Coaching & Counseling, LLC 614-787-8218

7644 Slate Ridge Blvd. Reynoldsburg, 43068

| | |
|---|-------------------|
| Services: Individual and Couples Counseling | Interpreter: ---- |
| Special Training: ✓ | Bus Line: ---- |
| Eligibility: ---- | Parking: ✓ |
| Wait Time: within 2 weeks | Eve/Wknd: ✓ |
| Payment Types: Checks, Credit Cards, Cash | |

Julie Shuptrine, LISW 614-228-7275

850 King Ave. Suite B Columbus, 43212

| | |
|---|-------------------|
| Services: Individual Counseling | Interpreter: ---- |
| Special Training: ✓ | Bus Line: ✓ |
| Eligibility: ---- | Parking: ✓ |
| Wait Time: 1-2 weeks | Eve/Wknd: ✓ |
| Payment Types: Private Insurance, Sliding Scale, Self-pay | |

Associated Resources

The Sommer Group Counseling & Consulting 614-985-5500

Heidi Sommer McAlister, MEd, LPCC Annie Abraham, MEd, LPCC
130 Northwoods Blvd. Columbus, 43235 www.thesommergroup.com

| | |
|--|-------------------|
| Services: Individual and Group Counseling | Interpreter: ---- |
| Special Training: ✓ | Bus Line: ---- |
| Eligibility: Private Insurance, out-of-network, self pay | Parking: ✓ |
| Wait Time: 5-10 days | Eve/Wknd: ✓ |
| Payment Types: cash/check/credit cards/HSA funds | |

Stoneburner and Associates, LLC 614-457-8359

Steve Martin, LISW Megan Mottet, MS, PCC

1910 Crown Park Court Columbus, 43235

| | |
|----------------------------------|-------------------|
| Services: Counseling | Interpreter: ---- |
| Special Training: ✓ | Bus Line: ✓ |
| Eligibility: ---- | Parking: ✓ |
| Wait Time: 2-3 days | Eve/Wknd: ✓ |
| Payment Types: Private Insurance | |

Nancy Walker, PhD & Michael Forman, PhD 614-263-5908

3545 Olentangy River Road Suite 214 Columbus, Ohio 43214

| | |
|---|-------------------|
| Services: Individual and Group Counseling | Interpreter: ---- |
| Special Training: ---- | Bus Line: ✓ |
| Eligibility: ---- | Parking: Pay |
| Wait Time: 1-2 weeks | Eve/Wknd: ✓ |
| Payment Types: Private Insurance, Out-of-pocket | |

WellSpring 614-538-0353

1115 Bethel Rd., 1st Floor Columbus, 43220 (main office)

23 satellite offices www.wellspringcolumbus.org

| | |
|---|-------------------|
| Services: Individual and Group Counseling | Interpreter: ---- |
| Special Training: ---- | Bus Line: ✓ |
| Eligibility: ---- | Parking: ✓ |
| Wait Time: 3-5 days | Eve/Wknd: ✓ |
| Payment Types: Scholarship Fees, Private Insurance, Other | |

Action for Children 614-224-0222

Child care and early learning services

78 Jefferson Ave. Columbus, 43215 www.actionforchildren.org

C.H.O.I.C.E.S 614-224-4663

Domestic Violence

P.O. Box 06157 Columbus, 43206 www.choicesdvcols.org

Compassionate Friend 614-882-8986

Support group for parents who have lost children of any age

Ohio Chapter

Meet in various parts of Central Ohio

Directions for Youth & Families 614-294-2661

Counseling and Parenting Programs for Teens

1515 Indianola Ave. Columbus, 43201 (Main) – 5 locations

www.dfyf.org

Mental Health America 614-221-1441

Ombudsman program, online directory, pro-bono counseling

538 E. Town St. Suite D Columbus, 43215

www.mhafc.org

OTIS Pregnancy 877-311-8972

Questions about medication and exposures in pregnancy or breastfeeding

www.otispregnancy.org

Mt. Carmel Pregnancy and Infant Loss 614-234-5999

Ongoing Support Group and Series

Call for registration or more information

Single Parent Link

Resources for single parents

614-558-3302

www.singleparentlink.com

Healthy Start *Caring for 2* Project Director

Grace Kolliesuah, MSW, LSW
Columbus Public Health
240 Parsons Ave. Columbus OH 43215
gmkolliesuah@columbus.gov
(614)645-1697

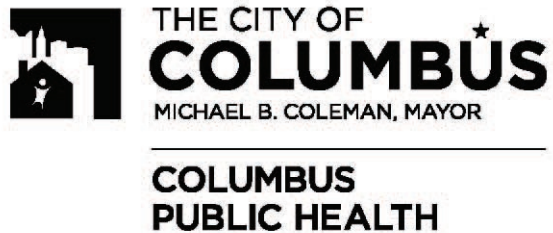
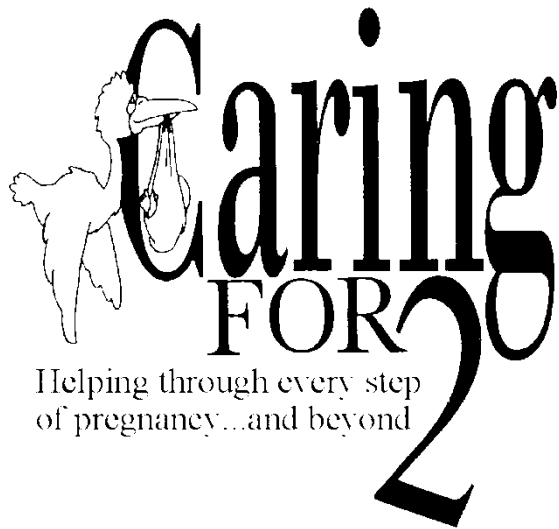
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**Franklin County Maternal Depression
Task Force Members**

Catholic Social Services
Columbus Neighborhood Health Centers
Columbus Public Health
Council on Healthy Mothers & Babies
Denison University
Dublin Counseling Center
Franklin County Job & Family Services
Mental Health America of Franklin County
Mount Carmel Health System
Nationwide Children's Hospital
Northwest Counseling Services
Ohio Department of Health
OhioHealth
Ohio Job & Family Services
Ohio State University
OSU Medical Center
POEM, Inc.



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PUBLIC HEALTH**

Caring for 2 is a federal Healthy Start Project, supported in part by project H49MC0028 from the U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau (Title V, Social Security Act)