

Service Providers

Community Services Group

Primary Contact – Rita Boer

Phone#717-390-0353

Multiple locations throughout Lancaster County

Service Providers:

Mike Brinkos, LSW

Mike Brinkos, LSW, obtained his master's degree in social work from Millersville University. Joining the outpatient team at Community Services Group (CSG) in 2019, Mike is an outpatient therapist on our dialectical behavioral therapy (DBT) team and works with both adolescents and adults. Mike's previous experience in mental health includes services provided to dually diagnosed individuals (MH and IDD) in both inpatient and community settings. He also has experience as an adjunct faculty member at Millersville University. In addition to providing DBT at CSG, Mike has interests in working with individuals who are considering weight loss surgery or who are struggling with eating disorders, and with the LGBT population.

Ashley Fisher, MSW, LSW

Ashley Fisher, MSW, LSW is a Licensed Social Worker who has been with Community Service Group since April 2018. She provides outpatient therapy to children, teens, and adults. Ashley also serves as an outpatient clinician on the Same Day Access team. She received her Bachelor's degree (BSW) at Juniata College in 2011 and her Master's degree (MSW) at Shippensburg University in 2015. Her previous clinical experience includes working as a school-based therapist and an inpatient mental health professional. She also has experience working in both outpatient and inpatient settings as a substance abuse therapist. Ashley has special interests in working with individuals who struggle with trauma, mood disorders, anxiety disorders, and body-focused repetitive behaviors such as trichotillomania or excoriation. She also specializes in working with the LGBTQ+ population. A strengths-based, person-centered approach, as well as other therapeutic modalities, guides her practice.

Becky Frey, MSW, LCSW, RPT

Becky Frey, MSW, LCSW, RPT, is a Licensed Clinical Social Worker and Registered Play Therapist who has been with Community Services Group since 2013. She is certified in Parent-Child Interaction Therapy (PCIT) and coordinates PCIT referrals for Lancaster and Dauphin Counties. She completed a Master of Social Work degree with a Certificate in Play Therapy from Temple University. She provides schoolbased outpatient therapy for children & adolescents at the Pequea Valley School District, Parent-Child Interaction Therapy (PCIT) for children (ages 2-7) and outpatient therapy at the Lancaster outpatient office for children, teens, & young adults. Her previous experience includes coordinating CSG's Specialized Transitional Supports for Adolescents program (STSA) for young adults and providing behavioral interventions for children with Autism Spectrum Disorders and other mental health symptoms.

Ellie Herman, MSW, LSW

Ellie Herman, MSW, LSW is a licensed social worker in the outpatient program. An employee since 2016, Ellie received her master's degree in social work from Marywood University. Her previous experience includes mobile psych rehab. In her current role, Ellie serves as one of the clinicians on our same day access team, and also provides outpatient therapy to teens and adults. She provides care that is HAES informed and LGBTQ-aligned.



Service Providers

Angela Keller, MSW, LSW

Angela Keller, MSW, LSW, received her Master's degree in social work from Millersville University. She has worked in the mental health field since 2003 providing case management and outpatient therapy services. She enjoys working with all age groups and utilizes a person centered therapeutic approach. She has participated in post-graduate specialized training in trauma-informed care and trauma-focused therapies, including Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT). When working with children, Angela has experience in both child-centered and directive play therapy. She has been at CSG since 2018 and provides school based outpatient therapy services in the Pequea Valley School District. Most recently, Angela is excited to begin her expanded role at CSG as an outpatient clinician at CrossNet Ministries in New Holland.

Rebekah Meyers, MSW, LSW

Rebekah Meyers, MSW, LSW, is a Licensed Social Worker who has been with Community Services Group since March of 2020. Rebekah received her Bachelors of Science degree in Applied Psychology from New York University and her Master of Social Work degree from the University of South Carolina. Her previous professional experiences include conducting research in preschool classrooms, building a collegiate recovery program, providing therapy to active-duty soldiers and veterans, and interviewing parents about their school-aged children's mental health. At CSG, Rebekah works as both a school-based therapist at Susquehanna Township and an Outpatient Therapist. She primarily uses Cognitive Behavioral Therapy and supportive techniques to guide her work with children of all ages.

John Perez, MA, LMFT

John Perez, MA, LMFT, is a licensed marriage and family therapist who received his MA from the Evangelical Theological Seminary. He has had training in Eye Movement Integration and trauma, and has provided therapy in the outpatient and school settings since 2011. Since joining CSG in 2019, he has provided individual and family therapy. He is bilingual in Spanish and English, and works with adults and children.

Joel Roberts, MSW, LCSW, RPT

Joel Roberts, MA, LMFT is a Licensed Marriage and Family Therapist. He has been providing individual and family therapy for people ages 14 and older at MAPS Behavioral Health since 2007. He obtained his Master of Arts in Marriage and Family Therapy from Evangelical Theological Seminary. Joel's previous professional experience includes providing intensive case management for adults with mental health symptoms at Community Services Group.

Service Providers

John Spychalski, MEd, Psychologist

John Spychalski, MEd is a Licensed Psychologist and Clinical Coordinator at MAPS Behavioral Health. He has been providing individual and couples counseling and psychological evaluations for adults and culturally diverse populations at MAPS since 2008. John provides clinical oversight including professional development, case consultation and training for therapists, as well as consulting services to business and service organizations. He participates in Employee Assistance Programs through various insurances by providing assessment, referral, treatment, critical incident debriefing and training to staff and management personnel. He completed his Master of Education in Counseling Psychology degree at Antioch University and has been practicing and teaching for over 40 years.

Diversity Works- C.S.C.T., LLC

Primary Contact – Dr. Latinia Shell
Phone#717-823-9818

351 West James St., Lancaster, PA
Service Provider:

Dr. Latinia Shell

Dr. Latinia M. Shell's counseling experiences include over 20 years of both teaching and counseling in school, college, and community/mental health settings. Her research area of interests includes racial identity development, multicultural counseling and cultural competence, social and racial justice, diversity school inclusion, supervision and training, and physical/psychological wellness. Dr. Shell has a Doctorate Degree in Counseling Psychology, Master of Education Degree in Counselor Education, and a Bachelor of Arts Degree in Psychology. Dr. Shell has the following credentials- Licensed Professional Counselor in PA, National Certified Counselor, Certified Clinical Mental Health Counselor, and Approved Counselor Supervisor. Dr. Shell is the Owner of Diversity Works- Counseling, Supervision, Counseling, Training, LLC. Counseling services rendered includes counseling for individuals, groups, couples, and families. Specialty areas include working with diverse ethnic minority clientele, as well as working with women in transition with emotional, mental, and behavioral issues. In addition, Dr. Shell provides supervision to counselors interested in seeking national certification and licensure; consultation for both mental health and diversity issues; and training pertaining to diversity/multiculturalism, as well as mental health and wellness. Recently, Dr. Shell and her colleagues just published a book entitled "The Education Pursuit of Black Female Scholars- How I Got Over". Dr. Shell's book chapter title is- "From the Projects to the Professoriate". Additionally, Dr. Shell was featured in an episode of Fatal Attraction- "Jarring Jealousy" as an expert on Domestic Violence regarding a case in Lancaster, PA. Lastly, Dr. Shell's Private Practice Diversity Works, LLC was awarded the Best Counseling Services in Lancaster, PA for the last 2 consecutive years! In sum, Dr. Latinia M. Shell is a proud Counselor Educator and Licensed Professional Counselor in Private Practice, who is making a difference in our society and in the lives of the many students and clients whom she works with. Dr. Shell works with a wide range of emotional and behavioral issues providing services that span from therapy for depression and grief counseling to couples counseling and beyond. In a comfortable and supportive atmosphere, Dr. Shell offers a highly personalized approach tailored to each of her client's individual needs to help attain the personal growth they're striving for.

Focus Counseling Services, LLC Service Providers

Primary Contact - Yvette Maldonado

Phone# 717-690-1092

1689 Crown Ave., Suite 9, Lancaster, PA

Service Providers

Yvette Maldonado, Psychotherapist

With over 9-years-experience as a psychotherapist, 2 1/2 years as the Outpatient Coordinator of the Mental Health Outpatient Program at T.W. Ponessa & Associates Counseling Services, Inc and as a graduate of Lancaster Bible College specializing in Elementary School Counseling I am currently serving as a private practitioner working with individuals, couples, children, adolescents and teens. Among my areas of expertise are Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), working with female victims of Domestic violence and Mental Health disorders. I am an interactive, bi-lingual Spanish and client centered therapist. My therapeutic approach is to provide support, teach and provide practical feedback to help clients effectively address personal life challenges. I am a published author of the workbook titled Renaissance Program: Empowering Abused Women One Step At a Time.

Karen Foley, LPC

Phone# 717-715-9544

320 Laurel Street, Lancaster, PA

Service Provider

Karen Foley

I am fiercely dedicated (in my practice and in the world) to creating spaces where the LGBTQ+ community can feel strong and supported. I specialize in Transgender Health, LGBTQ+ Community and Trauma. I am usually accompanied by dog, May, who specializes in sleeping and snuggling. I also teach Trans/Queer Yoga and just helped found the Lancaster LGBTQ+ Coaliton.

Lancaster General Hospital

Primary Contact – Resource Coordination Staff

Phone# 717-735-7454

Multiple locations throughout Lancaster County

Service Providers

Elizabeth Bejgrowicz, ACT, LCSW

Elizabeth graduated from the University of Notre Dame with a Bachelor of Arts degree in Psychology and Computer Applications; she then earned a Master's degree in Social Work from the Catholic University of America. She is experienced in providing counseling to people with cancer and other medical challenges and navigating the complexities that it brings for patients and their family members.

Stacey Burroughs, LPC

Stacey earned a Bachelor's degree in Psychology at York College of Pennsylvania, and a Master's Degree in Mental Health Counseling from Walden University. She enjoys working with people of all ages with a variety of care needs. She provides inclusive, gender affirming care. Her approach to counseling is strengths based, and trauma informed with emphasis on empowerment, choice, and resilience.

Service Providers

Lancaster General Hospital Providers Con't

Michael Carr, LPC

Michael is a Licensed Professional Counselor who has served twenty-two years in private practice as a pastoral counselor, specializing in couples therapy, internal family systems therapy, grief therapy, trauma therapy, expressive writing, spiritual concerns, mood disorders, sand tray therapy and career/vocational counseling. He is a graduate of Millersville University, United Theological Seminary and the University of Scranton.

Pamela Deloretta, LCSW

Pam received her bachelor's degree in social work from Shippensburg University and her master's degree in social work from West Chester University. She is a Licensed Clinical Social Worker who works to meet the needs of a diverse population of all ages.

Crystal Derose, LPC

Crystal is a licensed professional counselor and certified advanced alcohol and drug counselor. She completed her Bachelor's degree in Psychology with a minor in Sociology at Kutztown University, and her Master's degree in Applied Clinical Psychology from Millersville University. She enjoys working collaboratively with patients to set and obtain goals and to improve their overall health and well-being.

David Erhart, LPC

Dave earned both his Bachelor's Degree in Psychology and his Master's Degree in Clinical Psychology through Millersville University. He has been working as a mental health counselor for over twelve years, and has been a Licensed Professional Counselor for over eight years. His passion is to help others to develop improved emotional regulation, assertive communication, and conflict resolution skills.

Adriane Esposito, LPC

Adriane received her Master's Degree in Art Therapy with a specialization in Counseling from Seton Hill University and her Bachelor's Degree in Art from Southern Illinois University. Adriane has provided individual, couples, family, and group counseling in IOP, in-patient, and outpatient settings. She values using a client centered approach and creating a strong therapeutic alliance when working with patients.

Bruce Eyer, Licensed Psychologist

Bruce is a licensed psychologist with over 30 years of experience working with children, teens, and adults in clinical settings ranging from inpatient hospitals to day hospital programs and outpatient treatment settings. He has extensive experience working with individuals and families using solution-focused methods to assist with resolving problems related to anxiety and depression, relationship and workplace difficulties, parenting and school-based difficulties, and other problems, including stopping tobacco use.

Service Providers

Kim Evans-Whitney, LCSW

Kim is a Licensed Clinical Social Worker who graduated with a Bachelor of Science in Social Work from California University of PA with half of her training in Special Education. After practicing in a variety of mental health settings, including residential and outpatient, she earned her Master's in Social Work at Temple University. Kim has worked in the field of medical social work the past 30 years engaging in collaborative relationships with individuals and families affected by kidney disease, diabetes, and cancer across the disease trajectory.

Ketra Forry, LPC

Ketra completed both her undergraduate and graduate degrees at the Pennsylvania State University. She is a licensed professional counselor, as well as both a certified drug and alcohol counselor and a certified tobacco treatment specialist. She is committed to serving those with both physical health and behavioral health concerns with an aim to improve the quality of life of all patients and families she serves.

Carol Glover, LCSW

Carol is a Licensed Clinical Social Worker who earned her Masters of Social Work degree from Millersville University. She has worked in the behavioral health field for over ten years, with prior experience in non-traditional education. She works with children, adolescents, families, and individual adults of all ages to address depression, anxiety, AD/HD, ODD, autism, family and parenting issues, communication skills, school issues, life stage concerns, and other life stressors. Carol strives to walk alongside each client through the process of change using an empathic, supportive, positive approach.

Kaitlyn Henry, LCSW

Kaitlyn earned her Master's degree in Social Work from Millersville University. She is a licensed clinical social worker, certified co-occurring disorders professional diplomat as well as a certified interventionist. Prior to joining the outpatient team, she worked in the inpatient hospital setting providing substance use consultation and educational services.

Rhonda Hylton, LCSW

Rhonda holds a Bachelor's degree in Psychology from Wilkes University and a Master's degree in Social Work from Temple University. Her career has mainly been within the medical outpatient setting working with chronic disease, end of life, and palliative care. Areas of interest include depression and anxiety as well as the complex psychosocial concerns within the geriatric population. She practices from a strengths-based approach and seeks to improve overall well-being.

Veronica Jusino, LPC

Veronica has been a passionate behavioral health practitioner for over 20 years. She has worked with both adults and children with a wide range of emotional, behavioral and adjustment problems. Veronica enjoys integrating humor into psychotherapy and uses a combination of evidence-based treatment modalities including Cognitive Behavioral Therapy, Motivational Interviewing, Psycho-Education, and Mindfulness Based Stress Reduction.

Jennifer Kelley, LPC

Jen is a Licensed Professional Counselor who completed her undergraduate degree in Psychology and Childhood Studies at Rutgers the State University of New Jersey and her graduate degree in Mental Health Counseling at the Philadelphia College of Osteopathic Medicine. Jen takes a biopsychosocial approach to treatment with a focus on improving the quality of life of all individuals and families she serves.

Service Providers

Lancaster General Hospital Providers Con't

Amy Kerschner, LCSW

Amy earned a Bachelors' Degree in Psychology from Millersville University, and a Master's Degree in Social Work from Temple University. Prior to joining the outpatient team, Amy had spent over 10 years working in the hospital setting at Lancaster General, in both the emergency department and behavioral health unit. Amy enjoys counseling from a client centered, and solution focused approach in order to help patients cope with stress in their lives and achieve their personal recovery goals.

Susan Kiscadden, LCSW

Susan earned a Bachelor of Science degree in psychology from Penn State University and a Master's degree in social work from Marywood University. She brings over 20 years of experience across a variety of settings and utilizes an array of treatment approaches, including CBT, ACT and mindfulness, because no single treatment fits all. Susan sees each person as an individual and provides a safe place for her clients to express themselves openly in which they can build upon their strengths to improve the quality of their lives. Issues treated include, but are not limited to, depression, stress, anxiety, relationship problems, grief issues and trauma.

Cynthia Leard-Longenecker, LCSW

Cynthia has 20 years of experience caring for women and families. She earned her master's degree in Social Work at the University of California in Los Angeles and has experience working with women of varied ages and ethnic backgrounds. Cynthia focuses on the unique behavioral healthcare needs of women.

Sara Marinucci, LMFT

Sara received her Master's Degree in Counseling Psychology from John F. Kennedy University in Pleasant Hill, CA and has a Bachelor's Degree in World Theater and Women's Studies from Antioch College in Yellow Springs, OH. Sara has provided individual, couples, family, and group counseling in different environments, and works to support her clients in improving overall health and well-being, and proactively implementing strategies for greater meaning and purpose in one's life. Her clinical focus stems from a holistic model which incorporates physical, emotional, and spiritual health in the therapeutic relationship.

Zachary Miers, LPC

Zach is a Licensed Professional Counselor (LPC) and a Certified Advanced Alcohol & Drug Counselor (CAADC). He earned his Master's Degree in Professional Counseling from Liberty University and has worked primarily with adolescents and adults with co-occurring disorders. He has extensive training in Ecosystemic Structural Family Therapy (ESFT) and for the last three years has facilitated and supervised individual, group, family, and couples counseling in a partial hospitalization program that specialized in the ESFT clinical framework.

Amanda Morgan, LCSW

Amanda has been working in the human services field for over 15 years, and received her Bachelors of Science in Social Work and Master's in Social Work from New York University. Amanda's clinical experience spans geographical locations, settings, and populations. Her experience includes working with children, adolescents, adults, and families with various forms of trauma, abuse, and mental health challenges. Amanda places value in the fact that everyone's story, thoughts, rationale, and feelings are unique and should be heard and validated.

Service Providers

Elizabeth Naff, LCSW

Elizabeth earned a Bachelors' Degree in Secondary Education from Bloomsburg University, and a Master's Degree in Social Work from Millersville University. Prior to joining the outpatient team, Elizabeth spent over 5 years working in the Lancaster General Hospital's inpatient mental health unit, providing care to individuals in crisis and enjoyed being a part of an interdisciplinary team. Elizabeth practices from a strength based, client centered approach with focus on individualized treatment plans that can be integrated in the daily life of her patients.

Heather Nelson-Przywara, LCSW

Heather earned her Master's degree in Social Work from the University of Maryland at Baltimore and Bachelor's degree at the University of Maryland Baltimore County. She has over 25 years of experience providing case management and counseling to individuals experiencing acute, chronic and end stage medical conditions. She is experienced in the areas of health-related anxiety, adjustment to illness, complex medical issues, caregiver stress and burnout, and grief and bereavement.

Nicole Plaff, LPC

Nicole received her Master's degree in Clinical Mental Health Counseling and her Ph.D. in Human Services from Walden University. Nicole has worked with toddlers, children, adolescents and young adults using a Mindfulness-Based Play Therapy. Nicole also has experience working with adults using a person-centered approach. She believes in offering a space which promotes understanding, acceptance, and self-empowerment. Therapy is a unique journey of self-exploration, therefore, multiple therapeutic approaches may be used in consideration of the client.

Kathleen Riordan, LPC

Kathleen is a licensed professional counselor with more than 15 years of experience in diverse mental health settings, working with all ages and varied diagnoses. She received her master's degree from MCP Hahnemann University. Areas of interest are depression, anxiety, women's issues and the effects of chronic and/or terminal physical illnesses. She uses a strength-based approach to help individuals face challenges and work towards their goals.

Suzanne Rutkowski, LCSW

Suzanne completed her Bachelor's degree in Social Work with a minor in Psychology at the Pennsylvania State University and her Master's Degree in Social Work at Temple University. Suzanne has over 25 years' experience providing mental health services in both inpatient and outpatient mental health settings and has worked with individuals and families within medical settings through home care and hospice. She values a holistic approach to treatment using strength based and trauma informed care practices to help individuals achieve their goals.

Service Providers

Sara Schuch, LPC

Sara is a Licensed Professional Counselor who earned her Master's degree in Clinical Mental Health Counseling from Shippensburg University. She enjoys collaborating with patients to identify treatment options and implement behavioral changes to help them live healthier lives. She uses brief, solution-focused treatment interventions, including mindfulness, Acceptance and Commitment Therapy, and Cognitive Behavioral Therapy, to treat children, adolescents, and adults for various mental health and substance use concerns. Sara is a certified Trauma-Focused Cognitive Behavioral Therapy provider, a Certified Advanced Alcohol and Drug Counselor, and has advanced training in the treatment of tobacco use.

Brian Wenger, LPC

Brian is a licensed professional counselor with 10 years of experience in providing therapy services to individuals and families. He works with anxiety, depression, relationships, anger management, career, chronic pain, "failure to launch", substance use, and many other issues. He enjoys counseling from a solution focused perspective, identifying what works, letting go of what doesn't and educating individuals on practical techniques that they can use in their daily life to help them function at their full potential.

Herb Landis, LCSW, BCD

Phone# 717-723-7129

237 North Prince Street, Suite 303, Lancaster, PA

Service Provider

Herb Landis, LCSW

I provide psychotherapy services to children, teens, young adults, families and couples, and over the 25 years of being in outpatient and private practice settings, I can say I love treating the lifespan of all ages. I promote growth and potential. My clinical focus has been primarily in treating anxiety, depression, grief and complicated grief. I use the creative arts to promote the healing process. My grief work has included individuals and families who have grieved the natural course of death as well as sudden, unexpected death and the grieving of lost opportunities. I use crisis intervention, cognitive behavioral, psychodynamic, solution focused and mindfulness strategies. Presentations: Grief and Complicated Grief, Family Dysfunction, Crisis Theory and Intervention, Anxiety, Depression, Personal Dynamics of Forgiveness and Stress. I work with the Amish population. Consultant to theater groups, and movie, Amish Grace, 2010. Completed Landscapes of Grief and Mourning: A Therapeutic Guide to Death Valley: A Love Story 2016

Service Providers

Matters of the Heart Counseling, LLC

Primary Contact – Karen Mummau, Clinical Director

Phone# 717-282-2908

1987 State St., East Petersburg, PA

Service Providers

Christine Droney, LSW

Christine specializes in helping individuals deal with the difficulties and challenges life presents. Christine's area of focus is coping with infertility, perinatal loss, chronic illness, anticipatory grief, acute grief, adapting to all loss, and caregiver stress. Everyone manages and copes with grief and loss in different ways. Many people are lost in how to best support their loved ones through such a difficult time therefore, Christine creates a warm and inviting atmosphere to walk the journey ahead. Christine completed a Fellowship in Behavioral Health with the Health Resources & Services Administration (HRSA) an agency of the U.S. Department of Health and Human Services. The training included working with a team including family practice physicians, psychologists, medical residents, psychiatric nurse practitioners and a psychiatrist. Christine worked to address the clients' needs to achieve quality outcomes providing person centered care Christine works collaboratively with clients from an evidenced -based, strength-based approach. She can identify and use the client's strengths to manage anxiety and stress while building health and resilience. She will work closely with clients, and their providers, constantly seeking opportunities to integrate compassion, empathy, and brain health into her practice.

Michael Osborne, LPC

Mike believes therapy is a collaborative process where you and I work together to build the life you've that you find satisfying. I'll help you with the guidance of trauma informed therapies including Eye Movement Desensitization and Reprocessing (EMDR), Internal Family System (IFS), Structural Family Therapy, and Reality Therapy. Mike works to create a safe environment that you can focus on the tasks at hand and find peace. However, this is your journey, I'm just your navigator. So give us a call, share your story, and let's begin

Delphine Martin, LPC, LLC

Phone#717-690-0362

1653 Lititz Pike #1047, Lancaster, PA

Service Provider

Delphine Martin, LPC

I am a second-career psychotherapist drawn to this work by my love for people, my dogged faith in each person's potential, and my own pursuits as a self-curious student in the school of life. My approach to therapy is holistic and begins with helping clients tell their story of pain and hope. I take an eclectic approach using evidence-based practices to help clients identify their values, change behaviors, build insight, and find meaning. My work is informed by a love of literature, art, nature, and world travel, and I draw on these in therapy as appropriate.

Service Providers

Samaritan Counseling Center

Primary Contact – Anita Hanna
Phone# 717-560-9969
1803 Oregon Pike, Lancaster, PA
Service Providers

Andrew Bland, PhD.

Andrew is a licensed psychologist. He provides therapeutic services to adults who have concerns including anxiety/mood, trauma, interpersonal relationships, work-life balance, and existential issues. He also works with couples. Andrew earned a master's degree from the University of West Georgia's humanistic-existential-transpersonal psychology program (2003) and a Ph.D. in counseling psychology from Indiana State University (2013). He has over 15 years' experience in numerous settings (including community mental health, hospitals, college counseling centers, and corrections) in four states; he joined the Samaritan counseling staff in 2016. Andrew's therapeutic approach encourages clients to live creatively and expressively in relation to their experience and responsibly in accordance with their values. He employs mindfulness- and acceptance-based, narrative, and systemic interventions with emphasis given to meaning-making and optimal functioning grounded in developmental, interpersonal, cultural/ecological, and psycho-spiritual contexts. In addition to his counseling work at Samaritan, Andrew is associate professor of psychology at Millersville University.

Kristen Bascelli, M.S., L.P.C.

Kristen is a Licensed Professional Counselor who received her MS in Clinical Psychology from Millersville University. She received a BS in Psychology and a BA in Dance from DeSales University. She has worked with children, adolescents, and families, providing intensive counseling and behavior modification in the home, school, and community. Additionally, she has conducted individual, couples, family, and group counseling with children, adolescents, and adults of all ages in outpatient settings. Her areas of specialty include ADHD and anger management; anxiety, adjustment, and mood disorders; abuse and trauma; personal growth; and relationship issues. Kristen utilizes a creative approach, tailored to her clients' unique needs, with humanistic, psychodynamic, and cognitive-behavioral interventions. She enjoys integrating play, art, and the mind-body connection into her therapeutic work.

Service Providers

Shelby Hardy, PhD.

Shelby is a licensed psychologist. She received her PhD in clinical psychology from Suffolk University in 2009. She works with adolescents and adults struggling with depression and anxiety; the experience of trauma; adjustment to chronic and terminal illnesses; behavioral health concerns; issues of identity; marital conflict; and grief. She partners with clients to help them better understand both what they are struggling with and what is important to them so that they can enact meaningful change in their lives and relationships. This collaborative work is done with the goal of helping clients to live a valued and genuine life even in the face of pain and fear. Shelby utilizes Acceptance and Commitment Therapy as well as traditional CBT, existential, and narrative techniques. She has particular experience working with military veterans and their families as well as college students. Shelby is happy to work with all individuals including those who identify as GLBTQ.

Lesley Huff, PsyD.

In Lesley's work with individuals, couples, families, and organizations, she helps clients to focus on the ability to be present in each moment, to become more informed through curiosity about what is working, to identify where they can be most effective with their efforts, and to understand how to be more successful in their communication, decision-making, and problem-resolution. Working in a relational and systemic way, she helps clients to build a sense of balance and compassion for self and for others. Lesley's interests include working with adolescent and adult clients to provide counseling for anxiety, depression, bipolar disorder, anger and aggression, codependency, grief, identity development and self-esteem, parenting, sexual concerns, trauma, life stage adjustment, sleep issues, and health related concerns. Lesley also teaches the 8-week Change Through Compassion Seminar Series, which provides hands-on activities and instruction to foster mindfulness and self-compassion.

Judith Kennedy, M.S., M.A., N.C.C., L.P.C.

Judith is a Licensed Professional Counselor who has Masters Degrees in Clinical Psychology and in Religion from Millersville and Syracuse Universities. Judith has worked in the field of mental health for nearly twenty years. She works with individuals, families and couples from teen years through the adult lifespan. Specialties include work with marital and relational issues, life transitions, grief and trauma, anxiety, depression, and identity. Judith will sometimes integrate poetry with individuals desiring that. Judith integrates a strengths-based focus drawing on individuals' unique resources. She has advanced training in emotion focused couples therapy (attachment theory and gestalt based) and in trauma-focused cognitive behavior therapy. She supports and utilizes clients' unique faith and/or beliefs. Judith also provides Premarital and Marriage Enrichment Assessment and Jump Start Consultations for couples at all stages of their relationship. Judith is available to speak on "Sleep: The Forgotten Messenger of Well-Being," and "Civility and Empathy in Community Life". She also facilitates restorative retreats for women based on the work of Gunilla Norris. Judith writes a blog about the sleep and wellness in contemporary culture. It can be found at sleepthesilentmessenger.wordpress.com.

Service Providers

Samaritan Providers Con't

Andrea Martin, M.S.W., L.C.S.W.

Andrea Martin is a licensed clinical social worker who received her Masters degree in clinical social work from the University of Maryland. She has experience working with children, adolescents and adults. In her practice, Andrea incorporates psychodynamic, cognitive behavioral, strength-based approaches and mindfulness techniques in working with individuals and families with a variety of concerns and life-stressors such as depression, anxiety, grief and stress-management. Her approach to the therapeutic process is one of collaboration and creating a safe environment that promotes healing, personal growth and insight.

Deb Meckley, M.S.W., LC.S.W.

Deb is a licensed clinical social worker having earned a Master's Degree in Social Work from Boston College Graduate School of Social Work. Deb has worked in outpatient mental health and family-based mental health services as a therapist and clinical supervisor and in schools as a school social worker. She has experience in providing individual, group, and family therapy with an expertise in working with adolescents with disabilities. Deb's approach to treatment is eclectic using psychodynamic, family systems, and cognitive behavioral strategies to help clients solve problems in their lives. Deb works with adults and adolescents experiencing depression, anxiety, family and parenting issues, women's issues, school issues, ADHD and bereavement. She enjoys brainstorming with clients to find creative solutions to problems.

Deborah Miller, M.A., L.P.C.

Deborah is a Licensed Professional Counselor and holds a Master's degree from Messiah College in Clinical Mental Health Counseling. She received a BA in sociology from Wheaton College, Wheaton, IL. She has many years of experience working with individuals experiencing homelessness, incarceration and poverty. Debbi has worked with addiction and substance use disorder, depression, anxiety, bipolar, abuse and trauma, and parenting and relationship issues. She incorporates cognitive behavioral, motivational interviewing, mindfulness and person-centered approaches in her work. She uses creativity, spirituality and humor in establishing rapport with clients. By creating safe and sacred spaces in the counseling experience, she helps individuals see the inherent value in themselves.

Service Providers

Beth Mull, PsyD.

Beth is a licensed psychologist who earned her doctoral degree in clinical psychology from Immaculata University and completed a post-doctoral fellowship in clinical neuropsychology through the Samaritan Counseling Center and Penn State Hershey Medical Center. She provides psychotherapy for children, adults, and senior adults, and is LGBTQ-friendly. She assists people struggling with depression, anxiety, OCD, ADHD, and various stressors and behavioral issues. She values developing a trusting relationship with each client in assisting them to reach their goals. Her work with children integrates play with CBT (Cognitive Behavioral Therapy) strategies toward behavior change. She also focuses on increasing clients' self-awareness and understanding the influences of the past on present behavior.

Serenity Patrick, M.A., L.M.F.T., L.P.C., N.C.C

Serenity is a Licensed Marriage and Family Therapist, Licensed Professional Counselor, a National Certified Counselor, and a member of the American Counseling Association. She received her BA in Psychology and a MA in Counseling from Messiah College. Serenity works with children, adolescents, and adults with concerns related to anxiety, depression, grief and loss, stress management, spirituality, and trauma. She also works with couples and families regarding communication, parenting, life or family transitions, and relationship concerns. She has a background working with clients who have experienced sexual abuse, sexual assault, other violent crimes, or losing someone to a homicide. Creating a safe and non-judgmental environment is central to her approach in working with the survivors of trauma. Serenity strives to take a collaborative and strengths-based approach to overcome challenges and support the client working toward personal or relational growth and healing.

Gerald Ressler, LCSW, Executive Director

Gerald's 35-plus years of work experience include hospital inpatient, partial hospital and intensive outpatient services utilizing group therapy, couples therapy and individual therapy modalities. He works primarily with adults and his approach involves using insight, problem solving techniques and new perspectives on problems and oneself to bring about change. Specialty areas include most areas of mental health including depression, anxiety, and bipolar disorder as well as relationship difficulties, life transitions, grief issues, and clarification of one's personal and spiritual values. Gerald is open and accepting of all people including LGBTQ individuals.

Service Providers

Samaritan Providers Con't

Joanne Rohrer Morton, M.S.S.W.

Joanne Morton is a Licensed Social Worker having earned her Masters of Science in Social Work from Columbia University. She has 35 plus years of experience, working in diverse settings such as community mental health, home health, hospice, and life planning communities. She has worked with elders, adults, couples and teens as they have transitioned throughout their life span. Her approach is eclectic, integrative, and strength based, viewing therapy working best when it can be focused and tailored to each unique individual while recognizing the importance and value of diversity. Phase of life concerns, living with illness, unresolved grief and loss, anxiety, depression, relationship issues and personal growth are a few of her focal areas. She strives to create a secure, caring, and collaborative relationship so therapy can be a place one feels fully heard, understood, and respected, all conducive to new insights, growth and change.

Lynn Sommer, M.Ed., L.P.C.

Lynn is a Licensed Professional Counselor who received her Masters in Counseling from West Chester University in 2004. She has 23 years of experience as a special educator, teaching all ages and all disabilities, prior to providing interventions as a School Counselor. She has expertise in behavioral interventions and the group process with children and adolescents. Her humanistic approach to counseling incorporates psychodynamic, solution focused and cognitive behavioral interventions. She enjoys weaving art and play therapy into the therapeutic process. Lynn works with children, adolescents and young adults who are experiencing anxiety, depression, grief and loss, learning challenges, stress management issues, ADHD, anger management issues and with children experiencing blended families. She enjoys helping young adults and children build resiliency and self-advocacy skills.

Wendy Stivers, M.A., L.P.C.

Wendy is a Licensed Professional Counselor with a Master's Degree in Professional Counseling from Liberty University. She has worked with adolescents, adults and couples in various settings. Wendy previously led a support group for women whose partners had been unfaithful. Areas of specialty include relational issues, communication, grief and trauma, anxiety, and navigating life transitions. Wendy sees counseling as a collaborative process of exploring the conflicts, patterns and beliefs that prevent healing and growth. She utilizes a client-centered, strengths-based approach to counseling that focuses on each person's unique experiences and journey. Wendy will integrate clients' individual faith and beliefs into each session to support the desired counseling experience.

Service Providers

Thoughtful Wellness, LLC

Primary Contact – Shanna Scott-Klunk

Phone# 717-721-1752

333 N. State Street, Suite 110, Ephrata, PA

Service Providers

Matthew Harding, LSW

Matthew is a Licensed Social Worker who specializes in anxiety and depression. Matthew works under the mindset of mindfulness, being aware of yourself and staying in the moment and practices what he preaches to his clients.

Carla Petroski, LCSW

Carla is a Licensed Clinical Social Worker and Registered Play Therapist-Supervisor. She enjoys working with younger clients and clients who are on the spectrum of Autism. Carla has been a force in Lancaster County for treating young children who have experienced trauma in their lives.

Shanna Scott-Klunk, LCSW

Shanna is a Licensed Clinical Social Worker and a Board-Certified Sexologist. Shanna specializes in trauma, is certified in Trauma-Focused CBT and trained in EMDR, as well as a specialization in working with clients who identify as transgender. Shanna's approach to mental health is that "Everyone has a story that deserves to be heard."

