



## 2021 FREE Community Counseling Program

For the latest updates, go to <https://tetonvalleymentalhealth.com/>

### FREE Mental Health Services available to Teton Valley residents!

- ~Are you feeling stressed, overwhelmed, anxious, or depressed?
- ~Has your mental health been negatively impacted by recent events?
- ~Would you benefit from speaking to a professional mental health counselor?
- ~Are financial concerns preventing you from seeking out counseling?

If you answered YES to any of these questions and you currently reside in Teton County, ID or Alta, WY, local help is available!

The Teton Valley Mental Health Coalition's Community Counseling Program offers up to six FREE counseling sessions for local residents in need.

#### CLIENT ELIGIBILITY CRITERIA:

Client participation is limited to local residents, defined as those who:

- Currently reside in Teton County, ID or Alta, Wyoming; and
- Are experiencing a mental health crisis or emotional distress; and
- Are unable to obtain or pay for mental health counseling through health insurance, private means, or are otherwise ineligible to receive mental health services through the Idaho Department of Health and Welfare.

#### HOW TO ACCESS FREE COUNSELING:

To access this program, interested Teton Valley residents can contact any one of the following Participating Providers of their choice to determine their eligibility and schedule an appointment:

# 2021 Participating Providers

## **Jean Abrams, LCSW**

Ages: All ages & Families

Areas of Expertise: Anxiety, depression, trauma, domestic violence, play therapy

Primary Modalities: Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Family Therapy, Art Therapy, Play Therapy

Phone: (307) 734-6040

Email: [info@tetonbehaviortherapy.com](mailto:info@tetonbehaviortherapy.com)

Website: <https://tetonbehaviortherapy.com/>

## **Sandra Bills, LCPC**

Ages: Adults & Couples

Areas of Expertise: Depression, Anxiety, Abuse

Phone: (208) 787-9804

Email: [billslpc@msn.com](mailto:billslpc@msn.com)

## **Jennifer Bradof, LCSW**

Ages: All ages

Areas of Expertise: Anxiety, depression, suicidality, OCD, phobias, trauma

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Website: <https://tetonbehaviortherapy.com/>

## **Lana Bronn, PMFT**

Ages: All ages & Families

Areas of Expertise: Anxiety, depression, eating disorders, addictions, trauma, grief, gender and sexuality, spiritual/existential issues, family and couples work, play therapy

Primary Modalities: Emotion Focused Therapy, Internal Family Systems (IFS), Experiential and Structural Family Therapies

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Website: <https://tetonbehaviortherapy.com/>

## **Jeff Decker, LCPC**

Ages: Adults

Areas of Expertise: Addiction, Trauma, Depression, Anxiety

Phone: (307) 699-3077

Email: [jeffdeckerlpc@gmail.com](mailto:jeffdeckerlpc@gmail.com)

## **Heather Franklin, PCSW**

Ages: Teens & Adults

Areas of Expertise: Anxiety, depression, suicidality, substance use disorders, trauma, older population, intimate partner violence, persistent mental health issues, and crisis intervention

Primary Modalities: Solution-Focused Brief Therapy, Cognitive Behavioral Therapy (CBT) for Substance Abuse, mindfulness and relaxation

Phone: (307) 734-6040

Email: [info@tetonbehaviortherapy.com](mailto:info@tetonbehaviortherapy.com)

Website: <https://tetonbehaviortherapy.com/>

## **Amy Herzog, LCSW**

Ages: Adults, Adolescents, Children & Families  
Areas of Expertise: Divorce, blended families, grief and loss  
Phone: (307) 690-0639  
Email: [amy@thrivejhcounseling.com](mailto:amy@thrivejhcounseling.com)  
Website: [www.thrivejhcounseling.com](http://www.thrivejhcounseling.com)

**Kristie Louderbough, LPC**

Ages: All ages  
Areas of Expertise: Anxiety, phobias, depression, trauma and PTSD, relationship issues, domestic violence, existential issues, faulty coping mechanism, family systems, life transitions and developmental concerns, self-esteem, personality and mood disorders, play therapy  
Primary Modalities: Solution Focused Therapy, Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), attachment based Adlerian therapy, as well as other trauma-informed practices  
Phone: (307) 734-6040  
Email: [info@tetonbehaviortherapy.com](mailto:info@tetonbehaviortherapy.com)  
Website: <https://tetonbehaviortherapy.com/>

**Elizabeth Martinez, PCSW**

Ages: All ages  
Areas of Expertise: Bi-Lingual, English/Spanish Speaker - Anxiety, depression, trauma, addictions, domestic violence, play therapy, Latino population  
Phone: (307) 734-6040  
Email: [info@tetonbehaviortherapy.com](mailto:info@tetonbehaviortherapy.com)  
Website: <https://tetonbehaviortherapy.com/>

**Jennifer McCrillis, LCSW**

Ages: Adults & Teens  
Areas of Expertise: Trauma, Depression, Anxiety  
Primary Modalities: Eye Movement Desensitization and Reprocessing (EMDR)  
Phone: (530) 321-3051  
Email: [jennimccrillis@gmail.com](mailto:jennimccrillis@gmail.com)

**Mickie Newby, LMSW**

Ages: Children, Teens & Families  
Areas of Expertise: Bi-Lingual, English/Spanish Speaker - Self-regulation, impulse control, grief and loss, changing families  
Phone: (307) 734-6040  
Email: [info@tetonbehaviortherapy.com](mailto:info@tetonbehaviortherapy.com)  
Website: <https://tetonbehaviortherapy.com/>

**Megan O'Brien, LCSW**

Ages: Adults, Adolescents, Children (10 years or older)  
Areas of Expertise: Depression, anxiety, trauma, evolutionary psychology  
Primary Modalities: Internal Family Systems (IFS), Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), child-directed play therapy  
Phone: (208) 243-8507  
Email: [megan@thrivejhcounseling.com](mailto:megan@thrivejhcounseling.com)  
Website: [www.thrivejhcounseling.com](http://www.thrivejhcounseling.com)

**Lou Parri, LCSW**

Ages: Adults, Couples & Families  
Primary Modalities: Biofeedback

Phone: (208) 354-6333  
Email: [lou@highpeakspt.com](mailto:lou@highpeakspt.com)

**Sarah Sellergren Dunn, LPC**

Ages: Adolescents & Adults

Areas of Expertise: Anxiety, depression, health issues

Primary Modalities: Cognitive Behavioral Therapy (CBT), Motivational Interviewing, Eye Movement Desensitization and Reprocessing (EMDR), medical self-hypnosis, Acceptance and Commitment Therapy (ACT), and others.

Phone: (307) 734-6040

Email: [info@tetonbehaviortherapy.com](mailto:info@tetonbehaviortherapy.com)

Website: <https://tetonbehaviortherapy.com/>

**Michael Tilden, LCSW**

Ages: All ages

Areas of Expertise: Anxiety, depression, trauma, OCD, attachment issues, Oppositional Defiant Disorder, ADHD, drug and sexual addiction, trauma, couples work, play therapy

Primary Modalities: Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Motivational Interviewing, Gottman, EFT, TF-CBT, EMDR, and Sand Tray therapy

Phone: (307) 734-6040

Email: [info@tetonbehaviortherapy.com](mailto:info@tetonbehaviortherapy.com)

Website: <https://tetonbehaviortherapy.com/>

**Adam Williamson, LCPC**

Ages: Adults & Couples

Primary Modalities: Eye Movement Desensitization and Reprocessing (EMDR), Dialectical Behavior Therapy (DBT), Reality Therapy, Equine Assisted Psychotherapy (EAP), Motivational Interviewing

Phone: (208) 705-7898

Email: [adamwilliamson02@gmail.com](mailto:adamwilliamson02@gmail.com)

Website: <http://adamwilliamsoncounseling.com/>

**Questions? Please contact:**

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Teton Valley Mental Health Coalition  
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Email: [carrie@tetonvalleymentalhealth.com](mailto:carrie@tetonvalleymentalhealth.com)

**Providers who are temporarily  
unable to take new clients**

**Jennifer Carter, LCPC**

Last updated 2/11/21

Ages: Adults & Adolescents

Areas of Expertise: Co-occurring Disorders, Grief

Primary Modalities: Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT)

Phone: (208) 390-0988

Email: [jen@jennifercartercounseling.com](mailto:jen@jennifercartercounseling.com)

Website: <http://www.jennifercartercounseling.com/Home/>

**Christina Riley, LCSW**

Ages: Adults & Couples

Areas of Expertise: Trauma, Grief, Depression, Anxiety

Primary Modalities: Eye Movement Desensitization and Reprocessing (EMDR), Dialectical Behavior Therapy (DBT), Mindfulness-Based Cognitive Therapy

Phone: (307) 730-7060

Email: [cemderileylcsw@gmail.com](mailto:cemderileylcsw@gmail.com)

Website: <https://www.insightscounselingandcoaching.com/>