

## **Psychiatry Referral List**

Please call the number listed below to make an appointment with the appropriate doctor. It is the patient's responsibility to verify insurance participation. If your insurance requires a referral notify our office by phone or e-mail to [llazenby@ppfred.com](mailto:llazenby@ppfred.com) with the appointment date. **If 48 hour notification is not given referral may NOT be processed.** If therapist recommends medication our doctors can prescribe. Call to make an appointment if needed.

<p><b>Aquia Therapy &amp; Counseling</b> 305 Hanson Ave., Ste 170 Fredericksburg, VA 22401 (540) 361-4330 or</p> <p>365 Garrisonville Rd., Ste 113 Stafford, VA 22554 (540) 657-1228</p>	<p>Specializes in children, adolescents, ADHD, behavioral issues, anger management <b>Linda Minor, LCSW</b> <b>Michelle Kozlowski, LPC, LMFT</b></p> <p><b>Bill Gay, MA, LPC, 12-19 years old</b> <b>Nadine Lupton, LCSW 5+</b> <b>Lisa Lapier, LSCW 5+</b></p>
<p><b>Aracoma Smith and Christina Woods</b> 713 Westwood Office Park Fredericksburg, VA 22408 (540) 361-1844</p>	<p>Children 5+ &amp; adolescents. ADHD, behavioral issues, and behavioral problems. <b>Aracoma Smith, LCSW</b> <b>Christina Woods, LCSW</b></p>
<p><b>Behavioral Health Care</b> 312 Progress St., Ste.200 Fredericksburg, VA 22401 (540) 310-0797</p>	<p>Children, adolescents, testing &amp; counseling <b>Roy Jarnecke, Ph.D., LCP</b></p>
<p><b>Boulware, Valerie, MD, Inc.</b> 6330 Five Mile Center Park, Ste. 400 Fredericksburg, VA 22407</p> <p><b>Dr. Boulware</b> (540) 548-2960 <b>Beverly Grove</b> (540) 548-2284</p>	<p>Specializes in children, adolescents, ADHD, depression, anxiety, behavioral issues, anger and behavioral management</p> <p>Dr. Boulware only prescribes medicines Beverly Grove, LCSW counsels children</p>
<p><b>Catholic Charities</b> 612 Lafayette Blvd., Ste. 50 Fredericksburg, VA 22401 (540) 371-1124</p>	<p>Children and adolescents</p>
<p><b>Center Point Health Specialist</b> 3920 Plank Road, Ste. 120 Fredericksburg, VA (540) 242-4141</p>	<p>Evaluates for ADD, ADHD, depression and will maintain medications. Does not counsel. <b>Ruby Thomas, MD</b></p>
<p><b>Child and Adolescent Psychological Services</b> 4607 Harrison Rd. Fredericksburg, VA 22408 (540) 898-7995</p>	<p>Long wait list but will make exceptions for emergency cases. <b>Dr. William Lynch, PsyD</b></p>
<p><b>Jannah Holmes, LCSW</b></p>	<p>(540) 370-4596</p>

<p><b>Child and Family Counseling</b> 13649 Office Place, Ste. 102 Woodbridge, VA 22192 (703) 670-5738</p>	<p>Counsels and prescribes medicines. Specializes in children, adolescents, ADHD, depression, and anxiety. <b>Renee Burdette, MD</b></p>
<p><b>Fredericksburg Psychological Services</b> 1119 Caroline Street Fredericksburg, VA 22401 (540) 371-2251</p>	<p>Children, adolescents, abuse issues, mood &amp; anxiety disorders <b>Alex Bory, Ph.D., LCP, ABPP</b> <b>Eric Swift</b></p>
<p><b>Mike Fray, Ph.D.</b> 2636 Caroline Street Fredericksburg, VA 22401 (540) 899-7762</p>	<p>Children and adolescents</p>
<p><b>Insight Physicians</b> 1701 fall Hill Avenue Fredericksburg, VA 22401 (540) 735-9897</p>	<p>Only prescribes medicines. Pediatric psychiatrist. Specializes in ADHD <b>Dr. Ali Altahir</b></p>
<p><b>Karen Brown, LCSW</b> 1320 Central Park Blvd. Fredericksburg, VA 22401 (540) 785-5759</p>	<p>Play therapy and child psychiatrist</p>
<p><b>Peak Mental Health Services</b> Fredericksburg, VA (540) 907-4282</p>	<p>Prescribes medicines. Ages 12+ <b>John Swing, MD</b></p>
<p><b>Psychiatric Assessment Services</b> 2601 Princess Anne St. Ste. 101 Fredericksburg, VA 22401 (540) 368-3030</p>	<p>Provides psychological testing and therapy for children 4 years old and up. Does not prescribe medicines. <b>June Wright-Good, Ph.D.</b></p>
<p><b>Mental Health Resources</b> 412 Chatham Square Office Park Fredericksburg, VA 22405 (540) 899-9826</p>	<p>Children and adolescents. <b>Roberta Price, MSW 4+</b> <b>Tina Staik, Ph.D. 10+</b></p>
<p><b>Riverside Counseling</b> 406 Chatham Square #201 Fredericksburg, VA 22405 (540) 373-1200</p>	<p>Children and adolescents. <b>Teresa Weedon, LCSW 4+</b> <b>Delise Dickard, LPC 10+</b> <b>Dr. Heidi Donovan 10+</b></p>
<p><b>VCU Medical Center</b> <b>Richmond, VA</b> (804) 828-3129 or (804) 828-2000 or toll free at: (800) 232-0901</p>	<p>Medical Psychiatry Services for children and adolescents. Accepts private and all state insurances</p>

<p><b>Rappahannock Community Services Board (RACSB)</b> 600 Jackson St. Fredericksburg, VA 22401 (540) 373-6876</p>	<p>Accepts Medicaid. Counsels children and adolescents</p> <p><b>Dr. Young</b></p>
<p><b>SOULutions</b> 1101 Caroline Street Fredericksburg, VA 22401 (540) 847-2876</p>	<p>Adolescents 13 and older. Specializes in substance abuse/addictions, children of alcoholics, self esteem, and abuse issues.</p> <p><b>Elaine Westcoat, LPC, LSATP</b></p>
<p><b>Jody Spafford, LPC</b> 2217 Princess Anne St., Ste 106-1C Fredericksburg, VA 22401 (540) 371-1110</p>	<p>Children &amp; adolescents</p>
<p><b>Snowden@Fredericksburg</b> (540) 741-3900</p>	<p>Access patients and have them placed in appropriate place. Will admit if needed. Ages 5+</p>
<p><b>Stafford Family Counseling</b> 11 Hope Road, Ste. 213 Stafford, VA 22554 (540) 658-0888</p>	<p>Children 3+ and adolescents</p>
<p><b>Transformation Counseling</b> 150 Old Greenwich Dr. Fredericksburg, VA 22408 (540) 898-6851</p>	<p>Adolescents 10+. Mental health, mood disorders, substance abuse</p> <p><b>Terry Cockrell, LPC, CSAC</b></p>
<p><b>Carol Westphal</b> 3516 Plank Road, Suite 5-C Fredericksburg, VA 22407 (540) 786-3049</p>	<p>Children 4+ and adolescents. ADHD, family trauma, adoptions, behavioral issues.</p>
<p><b>Kids Helping Kids – through Hospice Support</b> 1701 Fall Hill Avenue Fredericksburg, VA 22401 (540) 361-7071</p>	<p>Free of charge. Especially beneficial after losing a loved one.</p>
<p><b>Virginia Smith, PhD, PLLC</b> Suite 303B 380 Maple Ave, West Vienna, VA 22180 (703) 938-5234, #1</p>	<p>Clinical psychologist for children and teenagers. Assessment for learning disabilities, ADHD, emotional and behavior problems. Provides parent training to help manage behavior.</p>
<p><b>Stepping Stones Counseling and Therapy, PLLC</b> 2217 Princess Anne Street Ste. 105-5 Fredericksburg, VA 22401 (540) 371-1006</p>	<p><b>Specializes with pediatrics</b></p> <p><b>Vicki McCarthy &amp; Keely G. Turner</b> Licensed Clinical Social Workers</p>

08/16/2010

