



Counseling and Community Resources

Covington Exempted Village Schools

Covington, Ohio 45318

Miami County and Surrounding Area

2022

Updated on 8/2/22

COUNSELING SERVICES:

Anna Oparah Counseling

15 W. Main Street P.O. Box 923

Tipp City Ohio, 45371

annaoparahcounseling.com

Anna Oparah is a private practice counselor.

Services:

- Abuse/ Neglect
- Anxiety
- Behavioral Problems
- Bullying
- Depression
- Eating Disorders
- Family and School Issues
- Grief/Loss
- Self-Esteem
- Trauma

Clients ages 12 and over. She accepts the following insurances: Aetna, Medical Mutual and United Healthcare.

Self-Pay rates: 1st session= \$115 Each following session= \$105

After the 1st session, a fee adjustment can be discussed, if needed for established self-pay clients.

Aspen Family Center

317 E. Poplar St.

Sidney, OH 45365

937-493-4673

www.aspenfamilycenter.com

Team of counselors, range of therapy options.

Services:

- Individual Counseling
- E-Counseling
- Child/Family Relationships
- Marriage
- Reactive Attachment Disorder
- Foster/Adoption Services
- ADHD
- Anxiety
- Abuse/Neglect
- Grief & Loss
- Self-Esteem
- Trauma

Most private insurances are accepted, excluding Medicaid.

Dolph Counseling & Wellness, LLC

Kristin Dolph, Private Practice Counselor

405 SW Public Square, 2nd Floor Suite 255

Troy, OH 45373

(937)949-0121

www.dolphcounselingwellness.com

Services:

- Depression
- Stress
- Anxiety
- Trauma, Somatic symptoms, Issues relating to traumatic events
- Life Transitions/Adjustments
- Difficulty managing anger
- Mood swings
- Learning Disabilities
- Experiencing difficulty in everyday activities
- Desire to build self-care and self-compassion
- Child/Adolescent behavioral, attention and social skills issues

Accepted methods of payment are credit, cash, check, HSA & FSA. Insurance is not accepted.

Hagan Counseling Services, LLC

Tara Hagan, Private Practice Counselor
405 Public Square
Suite 255
Troy, OH 45373
(937) 216-5290
hagancounselingservices@gmail.com

Types of Services:

- Online Counseling
- Individual Therapy
- Couples Therapy
- Family Counseling
- Group Counseling

Sliding pay scale.

Family Resource Center

1101 N. Vandemark Rd.
Sidney, OH, 45365
www.frcoho.com

Team of counselors, range of therapy options.

Services:

- Abuse/Neglect
- ADHD
- Anxiety
- Behavioral Problems
- Bullying
- Depression
- Eating Disorders
- Family and School Issues
- Grief/Loss
- Self-Esteem
- Substance Abuse
- Trauma

The center accepts most private insurances, as well as Medicaid, Medicaid HMOs, and private pay. Sliding scale fees are available.

New Creation Counseling Center

Main Campus
7695 S. Co. Rd. 25A
Tipp City, OH 45371
(937) 667-4678
Newcreationcounselingcenter.org

Piqua Compassion Network

531 W. Ash St.
Piqua, OH 45356

Team of counselors with two branch locations in the area. A variety of services provided.

Services:

- Telecounseling
- Individual Counseling
- Child and Adolescent Counseling
- Couples and Family Counseling
- Psychiatric Care
- Support Groups (varies)
- Anxiety
- Behavioral Problems
- Depression
- Grief/Loss
- Self-Esteem
- Trauma

Rates:

Patients 13 and older. If uninsured, you may qualify for reduced cost for your professional counseling. The intake specialist will discuss fees and payment options at the time the initial appointment is made. Most of our licensed counselors are on a variety of insurance panels as well as several Employee Assistance Programs. We accept Medicaid including CareSource, Molina and other Medicaid plans.

Professional Counseling Services of Ohio, LLC

300 James Bohanan Dr.
Vandalia, OH 45377
(937) 742-7516

Services:

- Addiction & Recovery
- Conflict Resolution
- Couples Counseling
- Grief Counseling
- Family Counseling
- Parenting Support
- Stress Management
- Therapy for Depression and Anxiety
- Work and Career issues

We take most insurance and EAP's. We encourage you to check with your insurance prior to the session to assure that the provider you are scheduled with is an approved provider for that insurance due to the large quantity of insurance companies available.

This service could be provided for students considering counseling.

Recovery & Wellness Centers of Midwest Ohio

Darke/Miami/Preble County
212 East Main St
Greenville, OH 45331
(937) 548-1635
recoveryandwellnessohio.org

Services:

- Individual, Family, Group Therapy
- Dual Diagnosis Treatment
- Anger Management
- Skills Training
- Psychiatric Services
- Diagnostic Evaluations
- Crisis Intervention
- Community Psych Supportive Treatment
- Abuse/Neglect
- ADHD
- Anxiety/Depression
- Substance Abuse
- Trauma

The center accepts most insurances as well as Medicaid and Medicare. They do not accept Tricare.

Samaritan Behavioral Health

3130 North County Rd. 25-A
Troy, OH 45373
(937) 440- 7121
sbhihelp.org

Services:

- Crisis
- Abuse/Trauma/Neglect
- Emotional Issues
- Bullying
- Self-Esteem
- Depression/Anxiety
- Peer/Social Relationships
- Stress Issues
- School Problems
- ADHD
- Grief
- Oppositional Defiant Disorder
- Aggression/Anger
- Drugs and Alcohol Services
- Psychiatric Medical Services

There is an approximate 1-2 week wait for a new intake appointment. Some private insurances (OPTUM, and Medical Mutual) are accepted, as well as Medicaid.

Sincere Counseling, LLC

305 SE Public Square

2nd Floor, Suite 1

Troy, 45373

(937) 756-0183

Sincerecounseling.com

Team of counselors with a variety of services provided.

Services:

- Depression and Anxiety
- Faith Based Counseling
- Anger Management
- Self-defeating and Addictive Behaviors
- Childhood Abuse
- Multicultural Concerns
- Trauma (including accidents & assaults)
- Low Self-esteem, Mood Swings, Irritability
- Social Skills Building
- Guilt and Shame
- Assertiveness Training
- Stress Management
- Adjusting to Life / Life Transitions
- Inadequacy, Perfectionism
- Communication Problems
- Disordered Eating / Body Image Issues
- Forgiveness
- Identity Issues
- Academic Concerns
- LGBTQ Issue

SAFY: Specialized Alternatives for Families and Youth

1065 Fairington Dr.

Sidney, OH, 45365

937-497-7239

www.safy.org

Services:

- Art Therapy
- CBT Therapy
- Emotionally Focused Therapy
- Telehealth Services
- Minority Mental Health Awareness
- Abuse/Neglect
- ADHD
- Anxiety
- Behavioral Problems
- Bullying
- Depression
- Eating Disorders
- Family and School Issues
- Grief/Loss
- Substance Abuse
- Trauma

The organization only accepts traditional Medicaid and Medicaid HMO's.

Tri County Crisis Response Team (Tri County is also an informational network)

Tri-County Board of Recovery & Mental Health Services

1100 Wayne Street, Suite 4000

Troy, OH 45373

937-335-7727

www.tcbmds.org

The Tri-County Crisis Response Team provides services upon request to any local business, school, first responders, or other community group within Darke, Miami, and Shelby counties where a crisis-like event has taken place.

Services:

- Criminal incidents of a nature that affect a specific or entire community like homicide, robbery, missing children.
- Incidents such as serious automobile accidents, suicides, multiple deaths from any means.

- Incidents involving natural or manmade disasters such as floods, violent storms, plane crashes, industrial accidents or fires.

Dispatched through the Miami/Darke/Shelby County Crisis Hotline:1-800- 351-7347

There is no fee for the Tri-County Crisis team's services. However, local community organizations may provide support.

Upper Valley Behavioral Health

3130 N. County Road 25A

Troy, OH 45373

(937)-440-7626

www.premierhealth.com

Services:

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|-------------------|----------------------------|-------------------|
| • Abuse/Neglect | • Depression | • Substance Abuse |
| • ADHD | • Eating Disorders | • Trauma |
| • Anxiety | • Family and School Issues | |
| • Behavioral | • Grief/Loss | |
| Problems/Bullying | • Self-Esteem | |

Patients 13 and up. The center accepts most private insurances as well as traditional Medicaid and Medicaid HMO's.

Additional Resources

HOTLINES:

Alcoholics Anonymous 1-877-726-4727

Miami/Darke/Shelby County CrisisHotline: 1-800-351-7347

Crisis Text Line: 741741 text "4Hope"

National Suicide Prevention Lifeline: 1-800-273-8255

American Foundation for Suicide Prevention

Suicide prevention resources and crisis information, also minority suicide prevention

www.afsp.org

Anna's Closet- (Clothing Resource)

937-875-2909

Autism Speaks

Advocacy, Support and Solutions

Autismspeaks.org

Bethany Center (Clothing Resource)

339 S. Street

Piqua, OH

(937) 615-9762

Serving Lunch to Those in Need

Tuesday thru Thursday – noon to 1:00 pm

Friday Evening Meal: 5 pm to 6 pm

Food Bank:

Wednesday from 1:00 pm to 3:00 pm

Thursday from 1:00 pm 3:00 pm

Area Served: Piqua & surrounding areas

Bradford Food/ Utility Resources

Deb Jess

(937) 216-8452

203 E. Main Street

Bradford, Ohio (The Depot Building)

The Clothesline (Clothing Resource)

937-669-9707

Community Church

2261 S. Miami Street

West Milton, OH

937-698-4048

Thursday 6:30 – 8:00 pm

Food for families in need.

Proof of address required

Covington Outreach Association

101 N. Wall Street

PO Box 125

Covington, Ohio 45318

(937) 473-2415

<https://www.covingtonoutreach.org/>

Emergency Assistance:

(Food Pantry/Utility/Rent Assistance)

(by appointment)

Requirements for Assistance:

* Driver's License or State ID

* Proof of Residence

Area Served: Covington 45318 area code

Eagles' Wings

Therapeutic Riding Center

Piqua, Ohio

Eagleswingstable.org

Family Abuse Shelter of Miami County

16 E. Franklin Street

Troy Ohio 45373

(937) 339- 6761

First Place Food Pantry

721 Lincoln Avenue

Troy, Ohio 45373

(937) 335-2826

Monday: 1:00 pm to 3:00 pm; 5:00-6:30 pm

Tuesday: closed

2nd Wednesday: 3:00 pm to 5:00 pm

Other Wednesdays: 1:00 pm to 3:00 pm

Friday: 1:00 pm to 3:00 pm

Area Served: Troy, Casstown, Conover, Covington,

Laura, Ludlow Falls, Pleasant Hill

– Bring proof of residency and photo I.D.

Fletcher United Methodist Church

937-368-2470 (Food Pantry)

GLAAD

LBGTQ+ Information

www.glaad.org

Green Street United Methodist Church

415 W Greene St
Piqua, OH
937-773-5313
Monday & Wednesday
10:00 a.m. – 11:00 a.m.

Highland Brethren in Christ Church

7210 S. Jay Road
West Milton, OH
937-698-3300
3rd Sunday of each month
12:30 – 1:30 pm
Low income – bring I.D.

Iris Center

Free evidence based resource center for parents and educators helping students with disabilities of struggling learners.
Iris.peabody.vanderbilt.edu

Miami Valley Regional Center

Free to Parents
Support for students who qualify of IDEA
Springfield, Ohio
casamc.com/node/117

Mothers Helping Mothers

Teen Pregnancy Resources
www.mhmteen.org

Needy Basket of Southern Miami County

330 S Fifth St.
Tipp City, OH
937-667-1977
Area Served: Tipp City, Bethel Twp., and Monroe Twp.

New Path Outreach

Food Pantry/ Financial Assistance
1876 Commerce Dr.
Piqua, Ohio 45356
937-416-2080

Area Served: Miami County

Partners in Hope

180 E. Race Street
Troy, OH 45373
(937) 335-0448
<http://www.partnersinhopeinc.org/>

Saint Patrick Soup Kitchen

25 N. Mulberry Street
Troy, Ohio 45373
(937)335-7939

Schizophrenia and related disorders Alliance of America

Promotes hope and recovery through support programs, education, collaboration, and advocacy.
Sardaa.org

Seeds of Hope Food Pantry

New Carlisle, Ohio
2550 S. Dayton Lakeview Road
(937) 849-1478

Troy Christian Church

1440 E St. Rt. 55
Troy, OH
937-335-8731

12:00 pm – 1:00 pm (no evenings)
2nd & 4th Thursdays of every month
Area Served: Troy – bring ID for proof of residency

Urban Minority Alcoholism and Drug Abuse Outreach Programs: Dayton

www.umadaopofdayton.org

U.S. Department of Health and Human Services

Health Insurance, Mental Health, Head Start Information
www.hhs.gov