

Child and Adolescence Counseling and Therapy providers



Jennifer Dye, MED, LPC	• CBT- Cognitive behavioral therapy • Acceptance therapy • Rational Emotive Behavioral Therapy	• Works with all ages	(907) 235-1264 149 W. Fairview Ave., Homer, AK 99603 Does not bill insurance but provides information for you to submit Cannot bill Medicare or Medicaid
Sea Sparrow Counseling and Wellness • Irene Saxton, LCSW, TBT-S	• Gender-affirming care • LGBTQIA support • Grief, anxiety, bipolar • Autism/Neurodivergent • Sex Therapy • Poly relationship structuring	• Works with individuals • Ages 16+ • CBT • DBT • Psychodynamic • Queer • Narrative • Feminist	(907) 235-2102 1060 East End Rd, Homer, AK 99603 Homer, AK 99603 seasparrowcounselingandwellness.com irene@seasparrowcounselingandwellness.com Aetna, BCBS, Moda, United, Tricare-Triwest(sooon), Medicaid(sooon), Medicare(sooon) Offers sliding-scale for self-pay clients
South Peninsula Behavioral Health Services. • "The Center"	• Emergency services • Adult Rehab services • Adult outpatient • Psychiatric care	• Works with all ages	(907) 235-7701 3948 Ben Walters Lane, Homer, AK 99603 https://www.spbhs.org/ Accepts Medicaid Most private insurances accepted, offers a sliding-scale for self-pay clients
Transitional Counseling • Lucy Mahan, LPC	• Substance abuse • Depression • Trauma • ADD/ADHD • Grief • Aging transitions • Anxiety	• Works with Individuals 13 and older, couples, and families • Brain spotting • EMDR-sensory motor • Havening	(907) 240-1465 1225 Lake Shore Dr. Processingknowledge.com transitionalcounseling@gmail.com Most private insurances accepted. Tricare, Moda, Preferred provider with BCBS Cannot bill Medicare or Medicaid
Alaskan Wellness Adventures • Jason Pretzel, MA, LPC	• Offers counseling and retreats	• Individuals 10 and older • Adolescents, adults, couples and families	(907) 885-1985 41495 Stellars Jay Dr. jasonpretzel@hotmail.com Most private insurances accepted Preferred provider with BCBS and Aetna. No Medicaid or Medicare
• Dori Hagen, LPC	• Anxiety • Depression • Addiction • Grief • Trauma focused	• Works with 16 and older • EMDR • CBT • CPT • Faith Based (optional)	907-299-9544 1091 East End Rd., Homer, AK 99603 dori@dorihagen.com dorihagen.com Aetna, BCBS, TriWest, Self-pay
• Bobbi Cleary, MSCP, LPC	• Substance Abuse • Trauma & PTSD • LGBTQ • Grief	• Couples Therapy • Ages 11+ • *Best described as eclectic and holistic*	(907) 440-6405 3691 Ben Walters Lane, Homer, Alaska Provides online counseling Moda, BCBS, TriWest, VA, Tricare and Medicaid. no Medicare
• Maria Calhoun, LPC	• Anxiety, stress, trauma • Grief, depression, women's health • Mindfulness	• Works with ages 16+ • CBT/ACT • EMDR certified therapist • Telehealth only	(907) 215-2505 www.mariacalhoun.org Telehealth only, can provide bills to submit to private insurance Cannot bill Medicare or Medicaid

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Whole Mind Integrative Mental Health • Brandy Zollars	• Depression/Bipolar • Anxiety/OCD/Phobias • PTSD/undiagnosed trauma • ADHD/cognitive challenges • Personality concerns • Insomnia and vague physical/neurological symptoms	• Ages 8+ • Integrative Psychiatry • Oral Ketamine • Clinical Hypnotherapy • Bioenergetic Therapy • Coaching • Supplements • Counseling and Medication Management	(907) 299-6410 1379 East End Rd, Ste 3, Homer, AK 99603 support@wholemindintegrativementalhealth.com https://www.wholemindintegrativementalhealth.com/ Moda, Premera BCBC, Aetna, Optum, UHC, Cigna TriCare and Medicaid coming soon Cannot bill Medicare Can accept HSA/FSA and Care Credit
Spring Reign Counseling Services, LLC • Lydia Koch, LPC	• Depression • Anxiety • Grief/Loss • Interpersonal relationship conflicts • Complex trauma	• In person and telehealth • 9yr+ • Adolescent, adults, couples • CBT • EMDR • Polyvagal informed	907-416-2415 1091 E. End Rd Self-pay
Restore Wellness • Suanne Sikkema, MS Nutrition, LDN	• Eating disorders • Gastrointestinal issues • Mental Health • Anxiety/depression • Lymphedema • Food allergies	• Ages 15 and older • Virtual and Telehealth • Personalized plan of care • Vibrant labs food allergy/intolerance testing • GI MAP stool testing	907-830-9877 https://suannesikkema.com/ Can bill private insurance, is a BCBS preferred provider
Cornerstone Counseling • Has a team of providers with different specialties	• Christian faith-based counseling • Faith-based approach is optional	• Individuals 10 and older, couples and families	(907) 522-7080 https://cornerstonehealthalaska.org/counseling/ Based in Anchorage and only offering Telehealth to clients on the Kenai Peninsula Can bill some private insurance Cannot bill Medicaid or Medicare
Birchwood Behavioral Health • Offers a team of providers	• Faith-based, trauma-informed approach • Psychotherapy, case management, medication management	• Adults and children age 4 and older • Individuals, families, and couples	(907) 349-2222 https://bbhalaska.com/ Based in Anchorage and offers Telehealth Accepts Medicaid, cash payment, and provides paperwork for clients to bill private insurance for reimbursement
Healing Tides Counseling LLC • Christine Prokop, LPC-S	• Depression • Anxiety • Mood disorders • Grief and loss issues • Relationship struggles • Life transitions • Career difficulties • Stress and trauma	• Adults • Telehealth only • CBT (cognitive behavioral therapy)	907-744-7969 www.christineprokop.com christineprokopLPC@gmail.com Self-pay, provides paperwork for clients to bill private insurance for reimbursement and offers a sliding scale. If you have VA benefits or Tricare West, please contact for more information.

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Peninsula Community Health Services of Alaska • Offers a team of providers	• Therapy • Medication management	• Ages treated varies by provider	907-262-3119 https://www.pchsak.org/ 230 E Marydale Ave, Soldotna, AK 99669 and 805 Frontage Rd., Kenai, AK 99611 www.pchsak.org/behavioral-health-center Offers Telehealth and in-person visits Accepts Most insurances including private insurance, VA, Medicaid, and Medicare. Sliding scale based on income and income.
Alaska Telepsychology Providers: Psychotherapy & psychological Testing for youth and adults – many more providers available			
• Mary Palko, MS, LPC • Sue R Scott, MS LMFT • Cathy von Hippel PHD • Sammy Mack, MS, LPA	• Anxiety, grief • Depression • ADHD • Substance abuse • Trauma • Mood disorders • Relationship Problems • Career changes • Substance abuse • Disabilities • Anxiety • Mood Disorders • Autism spectrum disorder • Autism Spectrum Disorder • Cognitive behavioral therapy	• Therapy for all ages • Offers therapy in sign language • Therapy for adults • EMDR • Cognitive-behavioral therapy • Mindfulness training • Youth and adults • Develop actionable, concrete plans for achieving goals • Psychological testing • Young adults	(907) 885-6288, https://www.aktelepsych.com/ Offers telepsychology, zero travel time to attend appointments, flexible scheduling, including nights & weekends, reduced costs. Offers telepsychology Offers face-to-face visits in Anchorage location and/or encrypted videoconferencing platform using computer, tablet or smart phone. Preferred for BCBS and AETNA Now accepts Tricare Does not accept Medicaid or Medicare
Alaska Behavioral Health Child and Family Clinic • Offers a team of providers	• Psychiatric evaluations • Medication and symptom management • Coordination of care	• All ages	907-563-1000 https://alaskabehavioralhealth.org/ Accept Medicaid/Medicare and most private insurances
Me to Wee Counseling • Judy Kamara, LSCW RN -Certified Lactation Counselor	• Individual, group, Couples therapy • Generational trauma • PTSD/Complex trauma • Perinatal Mental Health • Parenting Support • Military/Veterans • Talk Therapy	• Ages 13 and above • CBT • ACT • FAN model reflective Parenting	907-630-0639 1044 East End Rd Solstice Bldg, Suite C, Homer, AK 99603 me2wee.com akme2wee@gmail.com Accepts Moda, Aetna, Cigna, BCBS, Meritain Does not accept Medicaid or Medicare

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Orion Behavioral Health • Offers a team of providers	• Counseling • Medication and symptom management • Tele-Health	• Ages 3-18yrs	907-696-7466 Fax 907-726-0332 https://www.obhn.org/ Telehealth 1600 Centerfield Dr Suit 205, Eagle River Accepts AETNA, BCBS, Fed BC, MODA, Meritain, and Tricare. Accepts Medicaid for evaluations/medical management/therapy on a limited basis. Does not accept Medicare.
Frontier Psychiatry • Offers a team of providers	• Medication Management • Mood and Anxiety • ADHD • Depression • Bipolar Disorder • Autism • Insomnia • OCD • Schizophrenia • Addiction • Trauma	• Child/Adolescent 4-18 • Adult • Therapy • Neuropsychiatry	907-311-4166 833-465-3766-Fax https://frontier.care/ Telehealth Accepts most insurance carriers, BCBS, Medicare. Tricare, Triwest, Humana, United Behavioral Health, Medicaid, Aetna, Moda
Mountain Valley Professional Counseling • Lise Klein Kirsis, LPC	• Trauma and PTSD • Addiction • Depression • Anxiety • Marriage and family counseling • Grief/End of Life • Spiritual Health • Veterans	• Ages 12 and up • EMDR • CBT • Attachment Therapy/Psychodynamic • Individual/Family and group Therapy	907-435-1581 moutainvalleyprofessionalcounseling@outlook.com lise-kirsis.com 1044 East End Rd, Ste C, Homer, AK 99603 In person or Telehealth Accepts Triwest, Premiera BCBS and Moda Offers sliding scale
Maitri Holistic Therapy & Wellness • Offers a team of providers	• Trauma • Attachment Issues • Self Esteem • Life Transitions • Family Conflict • Peer Relationships • Military Families • LGBTQIA+ • BIPOC •	• Child/Adolescent • Family • Adult- telehealth • Military • EMDR • DBT • CBT • Trauma Focused • Attachment-Based Family Therapy • ACT	907-931-6930 https://www.maitrihtw.com/ 1379 East End Rd, Ste 1, Homer, AK 99603 In person/Telehealth Accepts Aetna, BCBS, Cigna, EMBS, Meritain, Moda, Tricare, Triwest, UHC, Public Education Health Trust, Self Pay
www.psychologytoday.com			

- CBT-cognitive behavioral therapy
- ACT-acceptance and commitment therapy
- DBT-dialectical therapy
- SFBT-solution focused brief therapy
- EMDR-eye movement desensitization & reprocessing therapy
- FAN-facilitating attuned interactions • IFS-internal family systems