

African American Mental Health Services

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Name	Website	Contact Information	Insurance	Treatment Specialization
Alice Williams, LMFT, LPC	http://www.abalancematters.com/	12655 SW Center Street, Suite 470 Beaverton, OR 97005 P: 503.227.2150 F: 888.972.8764 alice.balancematters@gmail.com		Consulting and Trainings only!
Alisha Kelley, LCSW	www.alishakelleylcsww.com	1701 N. Lombard Portland Or 97217 P:971-377-9605	Atena, United health care, Cigna, Optum, OHP	13 years old - Adults
Anchor Within Counseling, LCSW	https://www.anchorwithincounseling.com/	Anchor Within Counseling 8383 NE Sandy Boulevard Suite 110B Portland, OR 97220 Call Fayanna Johnson (971) 373-4085	Aetna, BlueCross and BlueShield, Cigna and Evernorth, First Choice Health FCH, Medicaid, Oregon Health Plan (OHP), PacificSource, Providence, Regence, TRICARE, Out of Network	Preteen - Adults Couples and Families
Andre Pruitt, LCSW	http://www.rusticsage.org/contact.html	P: 503-860-1213 W: andrepruitt@rusticsage.org E: pruittan@gmail.com	Kaiser	Adults Depression, Anxiety, Grief & Loss LGBTQI2-S, CBT,
Andrea Rosemarie Redeau, LPC	https://www.uycounseling.org/	Uniquely You Counseling 4424 Northeast Glisan Street Portland, OR 97213 P: 971.264.7626	Pacific Source, Out of Network	Adults, Individual, Couples Supervision
Andrea Wright Johnson, LMFT	https://www.psychologytoday.com/us/therapists/andrea-j-wright-johnston-portland-or/210270	Portland Family Therapy 7218 NE Sandy Blvd Suite 3 Portland, Oregon 97213 P: 503.405.4321	Blue Cross, Blue Shield BlueCross and BlueShield Cigna, Empire BlueCross BlueShield, Optum Providence, Regence UMR, United Behavioral Health UnitedHealthcare, Out of Network	Adolescents / Teenagers (14 to 19) Adults Elders (65+)
Ashford Weston CSWA		333 NE Russell St Suite 200 Portland OR 97212	Moda, OHP, Pacific Source, Reliant Behavior Health	Adolescents- Adults

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		P: 503.746.1111 E:ashfordweston1@gmail.com		
Ava M. Stone, Ph.D	https://www.psychologytoday.com/us/therapists/ava-m-stone-phd-pc-portland-or/121990	516 SE Morrison Street Suite 530 Portland, Oregon 97214 P: 503.451.6079	Anthem, Beech Street, BlueCross/BlueShield, First Choice Health, Medicare, Moda Health, Optum, PacificCare, PacificSource, Premera, Providence, Regence	Adolescents / Teenagers (14 to 19) Adults Elders (65+)
Avel Gordly Center		621 SW Alder, Suite 520 Portland, Oregon 97205 W: 503.418.5311	Most insurances are accepted. Confirm coverage at 503-418-5311	
Becca Flatt, MSW, CSWA	www.mendedheart.org	Mended Heart Counseling Services, LLC 444 Villa St. Newberg, OR 97132 P: 503-899-2013 E: Rebeccamflatt@mendedheart.org	Moda, OHP, Pacific Source.	Adolescents- Adults
Ceshaun Hankins, LCSW		Portland, OR 97215 P: (503) 822-3797	No Insurances \$200	Teens-Adults
Chanda Hayes, LPC, ACS, LMHC		Portland, OR 97209 P:(503. 212-9961	Aetna, Anthem, BCBS BlueCross and BlueShield, Optum, TRICARE, UHC UnitedHealthcare UBH United Behavioral Health, UMR	Youth 14-Adult
Chanel Harris, LPC, CADC	www.westernpsych.org chanelwharrisipc@gmail.com		All Insurances	Youth 14-18 Adults as well
Cheryl Jefferson, LMCH	www.shelteredfromthestorm.com	Sheltered From The Storm, LLC P: 503. 577.5109 E:chamjeffs@gmail.com Vancouver, WA	Kaiser, Out of \$90-150	Adults
Chrishinda Dempsey, LPC, LMHC, NCC WA/OR	www.Isabellscorner.com	Isabell's Corner Of Hope Counseling Services P: 971-393-0573 F:971-249-8569	Providence, PacificSource, Oregon Medicaid, Trillium, Samaritan Health, OHP, Out of	Youth 16- Adults, Seniors, LGBTQ+ Allied

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			Network as well as sliding scale fee (\$70-200)	
Cole Prophet, LPC, NCC, LPCI	https://www.intersections-counseling.com/	Intersections-Counseling Downtown 510 SW 3rd Ave, #200 Portland OR 97204 Southeast 1110 SE Alder St, #301 Portland OR 97214 P: 971-865-3573 E: colw@intersections-counseling.com	Out of Network	Youth 14-19 Adults Bisexual Allied, Body Positivity, Gay Allied, HIV / AIDS Allied, Queer Allied
Danette C. Gillespie-Otto, LCSW	https://communioncounseling.com/	Communion Counseling & Consulting LLC Portland OR P: 503.482.8982 E: communioncounseling@gmail.com	Kaiser	Adult Women Attachment, Cognitive behavioral therapy
DeShawn Williams, LCSW4ew	http://www.raapcounseling.com/	R.A.A.P. Counseling and Consulting 333 NE Russell Street Suite 200 Portland, Oregon 97212 P: 503.616.2042	Kaiser, OHP, Regence Blue Cross Blue Shield, Pacific Source, Moda	Youth and Family
Donita Jordan	http://www.raapcounseling.com/	333 NE Russell Street Suite 200 Portland, Oregon 97212 P: 503-419-6456	Insurance: OHP; Private Pay	Adults and Couples Counseling
Dr. Cynthia Fowler, MD Psychiatrist	www.CynthiaFowlerMD.com	4839 NE Martin Luther King Jr Blvd #204, Portland, OR 97211 P: 503.953.4491	MHN, United Behavioral Health, Aetna, ODS, Regence Blue Cross, Providence Preferred, Others	Interpersonal issues, Cultural and gender issues

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Elisabeth Braswell-Duckwell, LPC, NCC	www.elisabeth@thrivesoul.org	333 NE Russell St Suite 200 Portland Oregon 97212 P: 503.683.1702	Insurance: Aetna, United Behavioral Health, Kaiser	Youth 0-18, Families & Millennial Femmes of Color
Elisa Lewis, LCSW		Portland, OR 97205 (510) 256-7565	Insurance: Out of network, Cigna , Evernorth \$150-\$210	Teen- Adults
Fayanna Johnson, LCSW	https://www.anchorwithincounseling.com/	8383 NE Sandy BLVD. Portland OR 97220 P: 971-373-4085 E: fayanna@anchorwithincounseling.com	Insurance: Accepts multiple insurances except OHP, check website to confirm	Adults, Youth, Couples, & Families Multicultural-informed Practice
Frankie Lemmons, MFT-A		5454 River Road North #21181 Keizer, OR 97303 P: 971. 224.7892	\$80-\$100 Per session	Toddlers 6 years old - Adults
Halle M. Thomas, MFTA, CGACII		Chicory Counseling, LLC 400 SE 103rd Dr PO Box 16165 Portland, OR 97292 P: 971.274.5591	\$90-120	Adults/Elders Specializes in mixed race
Heather Leilani Simpson, LMFT-A		Portland, OR 97214 P: 503. 994.9547	\$125-\$180	Marriage and Family Counseling
Holistic Community Therapy, Occupational Therapist, OTD, MHA, OTR/L, QMHP-R		Portland, OR 97220 Call Elizabeth Martin P: 971. 251.1105	Insurance: Medicaid, Medicare, Medicare Part B, Oregon Health Plan (OHP), PacificSource, Regence	Adults
Jamaica Imani-Nelson, CADC 111, CSWA	https://holistichealingbh.org/	HOLISTIC HEALING BEHAVIORAL HEALTHCARE 5257 NE Martin Luther King Jr. Blvd – Suite 201 Portland, Oregon 97211 E: info@holistichealingbh.org P: 503-954-2077	Insurance: OHP, Most Insurances	Individual, Family Therapy

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Javelin Hardy, CSWA	www.javelinhelpsheal.com	Healing from the Heart	\$180 for on-going individual therapy, \$90.00 PH.	Adults, Trauma Informed Care, Training/Consultation
Jerry Woodwards		Pathways to Peace Therapy 2100 Northeast Broadway Suite 331 Portland, OR 97232 E: jerry@pathwaystopeace.com P: 503.436-6541 P: 360-977-4133	Insurance: BCBS BlueCross and BlueShield, Blue Cross Blue Shield, Cigna, Humana, Medicare, Optum, PacificSource, Providence, Regence, Reliant, UHC UnitedHealthcare UBH United Behavioral Health, Out of Network	Youth-6-Adult
Jhaizmine Smith, CSWA		Jhaizmine MarieWellness & Consulting 333 NE Russell Street Suite 200 Portland Oregon 97212 P: 503-345-5531 E: jhaizminemarieconsulting@gmail.com	Insurance: Moda, Pacificsource, OHP, Reliant Behavior Health	Ages 11- Adults
Jayotta Jefferson-Feimoefiafi		5257 NE MLK Suite 201 Portland OR P: 503-249-8851 E: jayotta@gmail.com		Teens- Adults Neurobiology
Jonica Shelton, CSWA	http://www.talkswithjune.com	Talks With June 333 NE Russell St. Suite 200 Portland OR 97212 P: 971.263.3879 E: talkswithjune@gmail.com	Insurance, OHP Fee: \$120-180	Youth, Adults. Marriage/Couples, Families, Trainings, Consulting work
John K. Anderson, LCSW, CADC111	https://www.psychologytoday.com/us/therapists/spanish/or/portland/734045?sid=5e95fbefcdcf2&ref=19&tr=ResultsName	1820 SW Vermont Street Suite J Portland, Oregon 97219 P: (971) 601-3007	Insurance: Aetna, OHP - Open Card Members, Oregon Health Plan (OHP)	Preteens / Tweens (11 to 13), Adolescents / Teenagers (14 to 19), Adults, Elders (65+)

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John Wolfe, LCSW	horizoncounselingservices@yahoo.com	Horizon Counseling 2306 NE Glisan St. Ste. 200 97232 Portland United States P: 503.702.9259 P: 503.954.3332 E: horizoncounselingservices@yahoo.com	Insurance: Blue Cross Blue Shield of Oregon, Lifewise, Kaiser Permanente, United Behavioral Health, Pacific Source, Providence Behavioral Health, Aetna, Moda (formerly ODS)	Adolescents, Individual Men and Women, Couples and Families.
Joy Young, LCSW	www.mjoyyoung.com	4839 NE MLK Jr. Blvd., Suite 209 Portland Oregon 97211 P: 503-309-1163 E: joy@mjoyyoung.com	Insurance: Providence, Aenta, Cigna, MHN, Regence, Pacific source, Optum, United.	Individual adults and seniors. Mindfulness based treatment.
Dr. Keith Dempsey PhD, LPC	kdempseycounseling.com	2100 NE Broadway, STE 335 Portland OR. 97232 P:503-799-1298 E: drkdempsey1@gmail.com keithdempseycounseling.com	Insurance: OHP and Private Pay	Individual Adults and Couples <i>Heal the Healers</i> Training for Agencies

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<p>Kelsey Sompii, MA, LMFT, RPT, CMHS, MHP</p>	<p>https://www.psychologytoday.com/us/therapists/kelsey-somppi-vancouver-wa/402960</p> <p>https://csfamilytherapy.com/</p>	<p>Vancouver Counseling Solutions Vancouver, WA 98660 P: <u>360.205.1562</u></p>	<p>Insurance: Aetna, BlueCross and BlueShield, Cigna, First Choice Health, Meritain Health, Moda Health, Optum, PacificSource, Providence, Regence, UMR, UnitedHealthcare, Out of Network</p>	<p>Bisexual Allied, Gay Allied, Intersex Allied, Lesbian Allied, Non-Binary Allied</p> <p>Adults, Adolescents / Teenagers (14 to 19), Preteens / Tweens (11 to 13), Children (6 to 10), Toddlers / Preschoolers (0 to 6)</p>
<p>Kenneth Burton, MA, CDP, CADCI</p>	<p>https://www.westernpsych.com/directory/kenneth-burton</p>	<p>Western Psych 7507 NE 51st. St. Vancouver WA. 98662 P: 360.906.1190 Ext. 2212 F: 360.906.1193</p>	<p>All Insurances Excepted</p>	<p>Individuals 12 & Up</p>
<p>Kiante Holmes, CSWA</p>	<p>kiante@cementedrose.com</p>	<p>Cemented Rose P:971-380-5695</p>	<p>OHP</p>	<p>13-Adults</p>
<p>L. Pearson, LPC, MA</p>	<p>https://www.agatepsychotherapy.com/</p>	<p>Agate Psychotherapy 1135 SE Salmon Suite L5 Portland, OR 97214 <u>(503) 754-8905</u></p>	<p>Out of Network \$150 - \$225</p>	<p>Adults</p>
<p>Lanette Ambers, LCSW, LLC</p>	<p>https://www.psychologytoday.com/us/therapists/lanette-ambers-portland-or/67887</p>	<p>3529 NE Broadway Street Suite 201 Portland, OR 97232 P: <u>503.567.6230</u></p>	<p>Insurance: Aetna, Anthem, Blue Cross, Blue Shield, BlueCross and BlueShield, CareMark PPO, Cigna, FEI Behavioral Health, First Choice Health, MHN, Moda Health, Optum, Peace Health, Providence, Regence, Tuality Health & Associates, Out of Network</p>	<p>Preteens / Tweens (11 to 13), Children (6 to 10), Toddlers / Preschoolers (0 to 6)</p>

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LaShawnda Q. Jones, LPC LMHC, CADCH, ACS	https://my-aoc.org/	Aspiration of Character Counseling Services, LLC 4424 NE Glisan St. 2nd Floor Portland OR 97213 P: 503-490-5580 E: aspirationofcharacter@outlook.com	OHP, Regence Blue Cross Blue Shield, Pacific Source, MODA, \$130/140 per session \$60/90-Supervision Licensure	Children: 7-12, Adolescents 13-18, Young Adults 18-35 and Families
Latisha Brown, LPC Intern		2926 NE Flanders Suite 3c Portland, OR 97232 <u>P:503.386.0961</u>	Insurance: Cigna, Providence	Adolescents: 14-Adults
Latrece Gaither, MA	www.psychologytoday.com	333 NE Russel St #209-211 Portland, Oregon 97212 P: 971.213.7558	NA, Cash- \$60-100	Preteens / Tweens (11 to 13), Adolescents / Teenagers (14 to 19), Adults
Malik-Hakim Kadir, PsyD, LPCI, CADC111	https://www.newspringscounseling.org/	New Springs Counseling Tigard, OR 97223 P: 503.755.1589	Aetna, Cigna and Evernorth, Health Net, Kaiser (Out-of-Network), MHNet Behavioral Health, Oregon Health Plan (OHP), PacificSource, Providence, Regence, TRICARE	Adults
Dr. Marcella Chiromo		E: dr.chiromo@gmail.com	Individual \$125, Couple Consulting \$150, Family Consulting \$200, Group Consulting \$75	Adults
Matthew J. Lucas, CSWA	https://pulsewellnesspdx.com/matthew-lucas/	Pulse Wellness 812 NE 28th Avenue Portland, OR 97232 P: 503.386.0151	OHP, Out of Network	Teens- Adults
Melvin Hawkins, LCSW		4424 NE Glisan St. 2nd Floor Portland OR 97213 P: 503.484.8608	OHP	Individual, Couples, Families working with African American males boys/men 12 to 40

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Miriam L Robinson, LCSW	www.miriamthesocialworker.com	4380 SW Macadam Ave Suite 220 Portland Oregon 97239 P: 503.456.5708 F: 503.456.5707 E: robinsonlcsw@gmail.com	Except all insurances except Kaiser	Children: 12 & up Adults
Misao Michikami, LMFT, Intern		P: 971-231-1422	OHP	Teen-Adults, Marriage & Family Therapist
Nahomie Guillaume, MBA, LMFT		8885 Southwest Canyon Road Portland, OR 97225 (909) 531-5803	Aetna, Medicaid, Oregon Health Plan (OHP)	Adults Marriage & Family Therapist
Nicci Ramsey, LPC	https://www.nicciramseylpc.com/	Nicci Ramsey,LPC Psychotherapy & Consultation, LLC Portland, OR 97220 (971) 800-2506	Aetna, BlueCross and BlueShield, Cigna, ComPsych, MHN, Magellan, Moda Health, MultiPlan, Optum, PacificSource, Providence, Regence, TRICARE, UnitedHealthcare, Out of Network	Children 11 & up Adults
Dr. Patrick Ethel-King, PhD	https://nhws.us/	New Horizons Wellness Services, LLC 13333 SW 68th Parkway Suite 020 Tigard, OR 97223 P:(971) 351-4409	Aetna, Beacon, Cigna, Great-West Life, Health Net, MHN, Moda Health, PacificSource, Providence, TRICARE, TriWest, UnitedHealthcare, Out of Network	Adults, Adolescents / Teenagers (14 to 19), Preteens / Tweens (11 to 13), Children (6 to 10)
Paul Peters, CSWA		Influenced Wellness P: 971-268-8842 E: influencedwellness@gmail.com	OHP	Teens 14 & up Adults
Rachel Jackson, CSWA	www.flourishcw.com	Flourish Counseling & Consulting Halsey Plaza 8401 NE Halsey St.	Sliding Scale, Oregon Health Plan (open card)	3-19, Adults, Art Therapy, Play Therapy Ect.

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		Suite 107 Portland, Oregon 97220 P: 972-401-7119 E: Rachael@flourishcw.com		
Ramon Benton, CSWA	https://www.psychologytoday.com/us/therapists/ramon-benton-gresham-or/367037	Liberating Minds PDX P: 503.738.1525	No Insurances	Youth and Adults
Rebecca Davis, CSWA	https://www.therapyaltered.com/	Therapy Altered P: 971.256.8244	Cost: \$75-100 Sliding Scale \$40	0-Adult
Dr. Rosemarie Hemmings, PhD, LCSW	https://blacktherapistandcompany.pdx.com	Black Therapists & Company, LLC 10700 SE Beaverton Hillsdale HWY, Bldg 3, Ste 560 Beaverton, OR 97005 E: learning2live1202@gmail.com P: 503.628.9452	BlueCross BlueShield, Cascade Health, Medicare, Moda Health, Optum, Providence, UnitedHealthcare	Adults
Ruth Tessema, M.Ed., NCC, LPC-Intern therapist and School Counselor in Oregon	Website: http://healingbirdcounseling.com Psychology Today Page	Telehealth P: (503) 714-6858 E: healingbirdcounseling@gmail.com	Private Pay and OHP (\$120/session) Sliding scale offered Private Practice	Ages 6 +, individual and family counseling.
Sarita Trawick, LCSW	https://www.healingspaces4u.com/contact-me	2951 NW Division Street, Suite 120, Gresham, OR 97030 P: 503.688.3802 E: healingspaces4u@gmail.com	OHP , Moda, PacificSource, Regence, BCBS	15 & up

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Sharice Burnett, LCSW	www.shariceburnettlcsw.com	Mental Health Provider & Consultant Portland, Oregon P: 971.380.8801 E: shariceburnett@gmail.com	Kaiser and Private Pay	Early Childhood (0-5) Adolescents/Adults African American Family Therapy, Parent-Child Psychotherapy,
Sharnissa Secrett LCSW		Cemented Rose Portland OR E: cementedrose@gmail.com P: 971.227.3553	OHP, Other Insurances	Adolescents 5-18 years old and adults. For specialties please refer to Portland Therapy
Sheri Annette Hamilton, PCA		Portland, OR 97211 P: 503.563.2693	\$150 per session	Adults
Sofia Jasani, LPC Intern		Portland, OR 97232 P:971.340.2665	\$125 per session	6- Adults
Steffanie Rochea		5257 NE MKL Suite 201 Portland OR		
Summer Brown, LMFT	www.therapeuticchangepllc.com	1314 Kauffman Ave, Vancouver, WA 98660 P: 360.602.1477 E: Summer@SummerBrownLMFT.com	Aetna, First Choice, First Choice Health, Cigna, Providence/Preferred, Molina, Moda Health, OHSU PPO, ODS Plus/Connexus, American Behavioral, United Healthcare, Premera Blue Cross, Regence Blue Cross, Samaritan Health Plans, Tricare, Medicaid	LGBTQIA2+, fat people/bigger bodies, nontraditional relationships
Taronda Jones, LCSW		Los Angeles, CA 90048 (323) 347-3314		Adults
Timisha Wilson, LCSW	https://www.psychologytoday.com/us/therapists/timisha-k-wilson-portland-or/704475	Sovalti Culturally Responsive Services 12505 NE Halsey St. Portland, OR 97230 P: 971.279.7439 E: Tkwlcsw@gmail.com Wilson Family Services PO Box 55861	Insurances: Aetna, Regence Blue Cross Blue Shield, Cigna, MHN, Optum, PacificSource, Providence, Reliant, UnitedHealthCare, Reliant Behavioral Health, Kaiser Permaete	Consulting on Adolescents, Cognitive Behaviors, Family Therapy, Play Therapy. Solution Based Practice

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		Portland, Or 97238 Horizon Counseling LLC 2306 NE Glisan St STE 200 Portland, OR 97232 Miracles Central 1306 NE 2nd Ave Portland, OR 97232		
Tucker J. Rene', LCSW	https://www.psychologytoday.com/us/therapists/97211/206517?sid=5db317f41043c&ref=2&rec_next=21&tr=ResultsName	WE RISE, LLC 5257 NE MLK Jr Blvd Suite 202C Portland, Oregon 97211 <u>P: 503.406.4809</u>	Aetna, BlueCross and BlueShield, Cigna, Healthshare, MHN, Medicaid, Medicare, Moda Health, PacificSource, Regence, Reliant, UMR	Adults
ZaDora Williams, LCSW	www.sankofacenterforhealing.com	Sankofa Center for Healing, LLC 8885 SW Canyon Rd suite 109 P: 971-800-1403	Moda, Aetna, Cigna, Regence Blue Cross Blue Shield	Children, teens, and young adults 5-30 yrs, Anxiety, Depression, ADHD, Cultural Identity, Postpartum Depression, Trauma

Multnomah County Call Center/Crisis Line: (503) 988-4888 (24 hours a day, 7 days a week)

[Urgent Walk-In Clinic](#) 4212 SE Division (503) 963-2575 (Like Zoom Care for Mental Health)
 DAILY 7am-10:30pm - insurance not a barrier

[Kaiser Crisis Line](#) (503) 331-6425 if you have Kaiser Insurance

[National Suicide Prevention Lifeline](#) 24 hours a day 7 days a week
 English: 1 (800) 273-8255
 Spanish: 1 (800) 628-9454

[Oregon Youthline](#):for youth to connect with other youth
 Text: Teen2Teen to 839863 to instantly text with another person

[Trevor Project](#): supporting LGBTQiA+ youth
 Text START to 678678 or TrevorLifeLine 1(866) 488-7386