

TTU Psychology Clinic Mental Health Resources for Lubbock, TX 1/21/2021

General Mental Health Services				
Location	Phone Number	Physical Address	Web Link	Information
Catholic Family Services Spanish	(806) 765-8475		http://www.cclubbock.org/	Individual, Group, Family (adult and child), Drug Assistance, Immigration Sliding scale (\$0-up)
Community Health Center of Lubbock	(806) 765-2611	1610 5th Street Lubbock, TX 79401	http://www.chclubbock.org/	Individual (adult and child), family, couples. Spanish. Insurance, Medicaid, Blue Card. Sliding scale (\$25 and up)
Covenant Counseling Center	(806) 725-2222	1302 Broadway St. Lubbock, TX 79401	https://www.covenanthealth.org/about-us/community-outreach/	Individual, couples, family; No psychosis or anger issues. Sliding scale (\$0-25)
Family Counseling Services	(806) 747-3488	5701 Avenue P Lubbock, TX 79412	http://www.fcslubbock.org/	Individual, group, family, (adult and child) Spanish. Sliding scale (\$0-75)
Gateway Counseling	(806) 793-6160 (806) 799-1033	2232 Indiana Ave, Suite One Lubbock, TX 79410	http://gatewayscounseling.com/	Fixed fee; counseling in relationship problems, abuse, couples communication; individual
Lubbock VA Outpatient Clinic	(806) 472-3400	6104 Avenue Q South Drive Lubbock, TX 79412	https://www.amarillo.va.gov/locations/Lubbock.asp	Individual, group, PTSD, alcohol and drug assessment, suicide prevention referrals *All services free of cost
StarCare Specialty Health System	(806) 766-0310	1950 Aspen Ave, Lubbock, TX 79404	http://www.lubbockmhmr.org/services/	Adult and child mental health, intellectual disability assessment, substance abuse
TTU Student Counseling Center	(806) 742-3674	1003 Flint Ave, Lubbock, TX 79409 (Room 201 of Student Wellness Center)	http://www.depts.ttu.edu/scc	Free counseling (limited number of sessions) for TTU and TTUHSC students; walk-in hours Monday – Friday from 12:30 pm to 3:30 pm
TTU Family Therapy Clinic	(806) 742-3074	1301 Akron Ave, Lubbock, TX 79409 (Room 165 of Human Sciences Building)	http://www.depts.ttu.edu/hs/mft/clinical_services.php	Child, family, marriage, and individual counseling Sliding scale (\$10 - 70)
TTU HSC Employee Assistance Program	(806) 743-1327	Texas Tech University Health Sciences Center 3601 4 th St. Lubbock, TX 79430	http://www.ttuhs.edu/centers/SWIAD/eap/	Individual, couples, family, work groups for employers and employees
TTU Psychology Clinic	(806) 742-3737	2810 18th Street Lubbock, TX 79409	https://www.depts.ttu.edu/psy/clinic/	Individual (adult and child), family, couples therapy, parent-child interaction therapy, ENERGY program Sliding scale (\$7 - 50)

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Crisis Intervention				
Location	Phone Number	Physical Address	Web Link	Information
Children's Advocacy Center	(806) 740-0251	720 Texas Ave. Lubbock, TX 79401	http://www.safeplace4kids.org/	Assists children and adolescents between the ages of 2-17 and developmentally delayed adults who have been abused or witnessed family violence or crimes
Covenant Medical Center Emergency Room	(806) 725-4288	3615 19 th St Lubbock, TX 79410	https://www.covenanthealth.org/our-services/emergency-services/	Provide medical services to all ages
Contact Lubbock	(806) 765-8393	N/A	http://www.contactlubbock.org/	24/7 support All calls confidential
COVID-19 Mental Health and Information Hotline	(806) 740-1450 or text StarCare to 67634	N/A	Starcarelubbock.org	As part of Texans Recovering Together, StarCare is currently providing a COVID-19 Mental Health and Information Hotline. If you are feeling anxious or stressed about COVID-19, call the StarCare COVID-19 hotline 9am-6pm Monday-Friday.
Voices of Hope (Lubbock Rape Crisis Center)	Hotline: (806) 763- 7273 Phone: (806) 763-3232	Rape Crisis Center Lubbock, TX 79457	http://www.voiceofhopelubbock.org/	24/7 hotline; long-term counseling; support groups for victims & family
StarCare Crisis Intervention	(806) 740-1414 Inpatient: (806) 740-1420	1950 Aspen Ave, Lubbock, TX 79404	http://www.lubbockmhm.org/crisis_line/	Can send crisis team to assess for admission to Sunrise Canyon
National Suicide Prevention Lifeline	1-800-273-8255 Text Line: 741741	N/A	https://suicidepreventionlifeline.org/	24/7, free and confidential support for people in distress, and resources for families of those in distress
Texas Department of Family and Protective Services	(806) 762-2680	7 Briercroft Office Park Lubbock, TX 79412	https://www.dfps.state.tx.us/	Child, adult, elderly, & disabled abuse
TTU Campus Police	(806) 742-3931	413 Flint Ave, Lubbock, TX 79415	http://www.depts.ttu.edu/ttspd/	Provide 24 hour law enforcement and security services for the Texas Tech University and the Texas Tech University Health Sciences Center locations
Lubbock Police Crisis Intervention Team (CIT)	Office: (806) 775-2905 Non-emergency dispatch: (806)	N/A	https://ci.lubbock.tx.us/departments/police-department/links/crisis-intervention	Respond to calls for service involving mental or behavioral health crises, and utilize their expertise in de-escalation

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	775-2865			techniques to intervene and calm such persons.
TTU Student Crisis HelpLine	(806) 742-5555	N/A	https://www.depts.ttu.edu/scc/For_Students/crisis.php	24/7 service to assist students experiencing a mental health or interpersonal violence crisis
University Medical Center Emergency Room	(806) 775-8200	602 Indiana Ave Lubbock, TX 79415	https://www.umchealthsystem.com/	Provides emergency care service and various specialized medical treatment
Women's Protective Services	(806) 747-6491	N/A	https://www.wpslubbock.org/	Shelter services for women and children, crisis hotline, emergency transportation, and long-term support

Religious Based Counseling				
Location	Phone Number	Physical Address	Web Address	Information
Catholic Charities of Lubbock	(806) 765-8475	103 Avenue J Lubbock, TX 79401	http://www.cclubbock.org/	Individual, group, family (adult and child), drug assistance, immigration Sliding scale (\$0-up)
Listening Heart Center	(806) 773-1642	4120 34th St Lubbock, TX 79410	http://www.listeningheartcenter.com/	Sliding scale (\$0-40); no insurance
New Hope Christian Counseling Services	(806) 780-0003	254 74th St Lubbock, TX 79423	http://www.nhcclubbock.com/	Individual, group, couples, family. Sliding scale (\$45-65); Insurance also accepted
Real Life Christian Counseling	(806) 478-2565	1718 33rd St Lubbock, TX 79411	http://lubbockcounseling.org/	Sliding scale (\$20-80)
Shepard of the Plains	(806) 794-4203	5812 73rd St. Lubbock, TX 79242	http://www.shepherdibk.org/default.asp?sec_id=180013647	Free
Shiloh Counseling Center	(806) 794-3232	12402 Slide Rd. #402 Lubbock, TX	http://www.shilohcounselingservices.com/	Individual, group, couples
The Church of Jesus Christ of Latter Day Saints	(806) 401-4661 (806) 794-0774	7016 Frankford Ave. Lubbock, TX 79424	https://www.lds.org/temples/details/lubbock-texas-temple?lang=eng	Religious-based groups for addiction recovery and family members of addicts (adults only); Free

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Family/Children				
Location	Phone Number	Physical Address	Web Address	Information
Canyon Lakes Residential Treatment Center	(806) 762-5782	2402 Canyon Lake Dr. Lubbock, TX 79415	http://www.nmjustice.net/nmsc/juvenile/program.php?id=5330	Inpatient treatment center for emotionally disturbed children ages 5-17
Child Custody Cases: Richard Wall	(806) 799-5175	4920 S Loop 289 #102C Lubbock, TX 79414	http://www.drrwall.com/default.htm	Insurance accepted Also does ADHD screenings-- \$550
Children's Advocacy Center	(806) 740-0251	720 Texas Ave. Lubbock, TX 79401	http://www.safeplace4kids.org/	Forensic interviews for children and therapy for children who are victims of sexual abuse
Children's Hope Residential Service	(806) 897-9735	2402 Canyon Lake Drive Lubbock, TX 79415	https://www.childrenhp.org/	Provide safe home environment for children that have been abused
Marriage and Family Therapy Associates	(806) 797-4283	3809 22 nd St. Lubbock, TX 79410	http://www.usbizs.com/TX/Lubbock/Marriage Family Therapy Associates 4cBi.html	Sliding scale (\$60-100); accepts Medicaid and Medicare
Parent Child Interaction Therapy (PCIT)	(806) 834-4624		See brochure at bottom of resource list	PCIT is a short-term, specialized behavior management program designed for young children experiencing behavioral and/or emotional difficulties and their families. PCIT teaches caregivers to manage their child's difficult behaviors, while increasing their positive behaviors. PCIT works with the child and caregiver together to improve behavior and reduce parenting stress.
Refuge Services	(806) 748-7202	8405 County Rd. 2500 Lubbock, TX 79404	http://www.refugeservices.org/	Turf therapy riding center Individual and marriage therapy and equine assisted psychotherapy
TTU Family Therapy Clinic	(806) 742-3074	1301 Akron Ave, Lubbock, TX 79409 (Room 165 of Human Sciences Building)	http://www.depts.ttu.edu/hs/mft/clinical_services.php	Child, family, marriage, and individual counseling Sliding scale (\$10 - 70)

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Substance Disorders				
Location	Phone Number	Physical Address	Web Address	Information
AA and NA Meetings	AA: (806) 799-0124 NA: (806) 747-1976	NA: 1109 Main St. Lubbock, TX 79401 AA: 4234 Boston Ave #B Lubbock, TX 79413	NA Website: https://www.sober.com/meetings/ AA Website: https://www.aa.org/g/	Provide alcohol and substance addiction services
American Cancer Society	1-800 QUIT NOW Quit-Line: 1-877-937-7848	3511 10th St. Lubbock, TX 79415	https://www.cancer.org/healthy/stay-away-from-tobacco.html	Free smoking cessation courses (phone coaching)
Aspire Addiction Recovery Center	(806) 589-5911	3330 70th #120 Lubbock, TX 79413	https://aspireoftexas.com/	Treatment within the principles of a 12-step recovery
Covenant Chemical Dependency Intensive Outpatient Program	(806) 725-7145	4001 22 nd Street Lubbock, TX 79410	Email: covenantCDIOP@covhs.org	Provides individual/conjoint therapy, early recovery, relapse prevention, family education, social support. Cognitive behavioral and motivational enhancement treatment. Comprehensive 10-week program led by experienced substance abuse providers.
Department of Veteran Affairs	(806) 355-9703 x7655 Intake (806) 472-3420	3106 50th St. Lubbock, TX 79413	https://www.va.gov/	Provides patient care and federal benefits to veterans and their dependents
Lubbock Faith Center	(806) 762-8086	2809 Clovis Rd. Lubbock, TX 79415	http://www.lubbockfaithcenter.com/	12-Step recovery program; addictions
Lubbock Lighthouse	(806) 744-3419	1308 Ave. Q Lubbock, TX 79401	http://new.lubbocklighthouse.org/	Provide methadone and subutex treatment services
The Meadows Texas	(888) 862-6809	Various Locations	www.themeadowstexas.com	Treatment facility for substance use, trauma, and co-occurring conditions
Ranch at Dove Tree	(800) 218-6727 (806) 746-6777	1406 County Rd. 5800 Lubbock, TX 79403	http://www.ranchatdovetree.com/	Inpatient for alcohol and drug addiction
Stages of Recovery	(806) 412-4721	4913 S Loop 289 Lubbock, TX 79242	https://lubbockaddictionsservices.com/	Intensive outpatient services, sober living,

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				recovery coaching Accept insurance and have a slide scale
StarCare Specialty Health System	(806) 740-1421 (806) 766-0310	1950 Aspen Ave. Lubbock, TX 79404	http://www.starcarelubbock.org/	Offering services for people with chemical dependency, HIV; methadone clinic
SUSAN Substance Use Service Assistance Network	LaShonda Black (Lead Case Manager): 806-775-2857 Email: lblack@mylubbock.us	City of Lubbock Health Department		Offers financial assistance for treatment/detox, transportation (medical), medical services, personal hygiene, educational & employment needs, and sober housing. Provides syringe cleaning kits, naloxone, condoms/lubricants, and wound care kits.
TTU Center for Study of Addiction and Recovery	(806) 742-2891	2500 Broadway, Lubbock, TX 79409	http://www.depts.ttu.edu/hs/csa	Daily support groups, no cost
Horizon's Outpatient Mental Health and Substance Abuse Recovery Program	(806) 725-7034	4001 22nd St. Bldg. #66 Lubbock, TX 79410	https://www.covenanthealth.org/our-services/behavioral-health/	Up to a year of services; first 3 months - group therapy, short-term individual therapy, and resource management; following 9 months - aftercare group

Local Support Groups				
Program	Phone Number	Physical Address	Web Address	Information
Alcoholics Anonymous	(806) 741-8780	4234 Boston Ave #B Lubbock, TX 79413	https://www.aa.org/	Provide services for alcohol addiction
Alzheimer's Association Caregiver Support Groups	(800) 272-3900	Turning Point Community Church 1102 Quaker Ave. Lubbock, TX 79424	https://www.alz.org/we-sttexas/in-my-community-support.asp?type=alzchptfooter	For caregivers of Alzheimer's patients
Cancer Support Group	(806) 725-8002	American Cancer Society Hope Lodge 3511 10 th St Lubbock, TX 79415	https://www.cancer.org/treatment/support-programs-and-services/resource-search.detail.html/123675.html	Open to cancer patients, survivors, family, and caregivers
Diabetes Support Group	(806) 725-0358	Covenant Corner of 21 st and Knoxville Ave	https://www.covenanthealth.org/patients-and-visitors/for-	Services including self-management training, diabetes education

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		Lubbock, TX 79410	patients/classes-events/event-details/?Event=7	
DivorceCare	(806) 794-4015 X 756	Lakeridge United Methodist Church 4701 82 nd St Lubbock, TX 79424	https://www.divorcecare.org/countries/us/states/tx/cities/lubbock	Support groups intended for adults that have gone through a separation
Faith Alcoholics Anonymous Open Speakers Meeting	(806) 762-8086	Lubbock Faith Center 2819 Clovis Rd. Lubbock, TX 79415	http://www.lubbockfaithcenter.com/	Support groups and meetings provided
Families Anonymous	(806) 787 9554	Christ the King Cathedral 4011 54 th St. Lubbock, TX 79413	http://www.familiesanonymous.org/image/data/WSOFO7USDir2017.pdf	Provide support and services to families or friends of someone concerned with a loved one's destructive behavior
LIFE/RUN	(806) 795-5433	8240 Boston Ave. Lubbock, TX 79423	https://liferun.org/	Provides peer support for individuals with disabilities
Lubbock Stroke Club	(806) 725-1630	6610 S. Quaker Lubbock, TX 79413	https://www.covenanthealth.org/patients-and-visitors/for-patients/classes-events/event-details/?Event=24	For stroke survivors, family, and friends
StarCare Lubbock: NAMI Connection	(806) 783-9268	Oakwood Baptist Church 6002 Ave. U Lubbock, TX 79412	http://www.lubbockmhm.org/groups/groups.htm	Weekly recovery support group for people living with mental illnesses
StarCare Lubbock: NAMI family Support Group	(806) 783-9268	Oakwood Baptist Church 6002 Ave. U Lubbock, TX 79412	http://www.lubbockmhm.org/groups/groups.htm	Meets weekly for individuals who have a loved one that has a mental illness
StarCare Lubbock: NAMI Monthly Programs	(806) 783-9268	Oakwood Baptist Church 6002 Ave. U Lubbock, TX 79412	http://www.lubbockmhm.org/groups/groups.htm	Open to the public
Southwest Parkinson's Society	(806) 725-0941	5825 34th St. Lubbock, TX	https://www.covenanthealth.org/patients-and-visitors/for-patients/classes-events/event-details/?Event=27	For those with Parkinson's disease, family, and friends

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Medication Options				
Location	Phone Number	Physical Address	Web Address	Information
Community Health Center of Lubbock	(806) 765-2611	1650 5 th St. Lubbock, TX 79401	https://chclubbock.org/main	Provides services such as health education, nutrition, transportation assistance, substance abuse, and mental health counseling
Heartline Women's Clinic	(806) 788-0500	2309 Broadway Lubbock, TX 79401	http://heartlineinlubbock.com/	Pregnancy tests, ultrasound, pregnancy support, parenting classes
Larry Combest Community Health & Wellness Center	(806) 743-9355	301 40th St., Lubbock, TX 79404	http://www.ttuhs.edu/nursing/combest/default.aspx	Beginning at \$12
Lubbock Children's Health Clinic	North Clinic (806) 749-3803 East Clinic (806) 749-3800	North Clinic 302 N. University Ave. Lubbock, TX 79415 East Clinic 1307 MLK Blvd. Lubbock, TX 79403	http://www.liveunitedlubbock.org/lubbock-childrens-health-clinic	Preventive health care, sick child/infant care, immunizations, school and daycare physicals, lab work and pharmacy. Sliding scale. Medicaid, CHIP, Insurance.
Parkridge	(806) 794-8555	5203 79th St. Suite A Lubbock, TX 79424	http://parkridge.org/	Pregnancy tests, ultrasound, pregnancy support
StarCare Specialty Health System	(806) 766-0310	1950 Aspen Ave, Lubbock, TX 79404	http://www.lubbockmhmr.org/	Screenings and assessments are available to everyone. Psychiatric care available for those eligible (Bipolar, Major Depressive Disorder, and Schizophrenia). Substance abuse services
Texas Department of State Health Services	(806) 744-3577	6302 Iola Ave. Lubbock, TX 79424	https://www.dshs.texas.gov/region1/	Children with special health care needs, family health services, immunizations, Texas health steps, STD/HIV testing, vision & hearing screening
TTU Psychiatry Clinic	(806) 743-2800	164 Human Sciences Bldg, Lubbock, TX 79409	http://www.ttuhs.edu/medicine/psychiatry/contacts.aspx	Chemical dependency, psychiatric care, child psychiatry, evaluation and treatment, group and family counseling; Free meds assessment for TTU students with referral
TTU Student Health Services	Appointment (806) 743-2848 Pharmacy (806) 743-2636	1003 Flint Ave Lubbock, TX 79410	http://www.ttuhs.edu/studenthealth/location.aspx	Free to TTU students

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Miscellaneous				
Location	Phone Number	Physical Address	Web Address	Information
Alzheimer's Association West Texas	(800) 272-3900	3610 22 nd St. Ste. 300 Lubbock, TX 79410	https://alz.org/westtexas/	Provide and enhance care and support
Family Promise	(806) 744-5035	1319 15 th St. Lubbock, TX 79401	http://www.familypromiselubbock.org/	Provide homeless families with children the tools necessary to achieve long term financial, parental and personal self-sufficiency
Look Good, Feel Better	(800) 227-2345	Southwest Cancer Treatment and Research Center 602 Indiana Avenue Lubbock, TX 79415	https://www.cancer.org/treatment/support-programs-and-services/resource-search.detail.html/90244-97788.html	Women (age 18 or older) must be currently undergoing cancer treatment, about to undergo cancer treatment, or have recently completed cancer treatment (chemotherapy, radiation therapy, surgery, hormone therapy, or other forms of treatment).
Nutrition & Metabolic Health Initiative	(806) 742-6644	1901 University Ave Lubbock, TX 79404	https://www.depts.ttu.edu/hs/nms/nmhi/clinical.php	Conducts bariatric surgery evaluations, weight management programs, and nutrition consultations
Raider Relief	(806) 742-2984	Texas Tech University Suite 201 AA, Student Union Building Lubbock, Texas	https://www.depts.ttu.edu/dos/raiderrelief.php	Raider Relief was developed to support the needs of students and connect them with the most essential resources required to achieve academic goals as a Texas Tech University student. Those needs include but are not limited to: food, housing, financial education, and basic living supplies (clothing, kitchen essentials, toiletries, etc.) The university wants to help students stay enrolled in college and complete their education.
StarCare First Episode Psychosis	Connie Bradshaw: (806) 507-1700 or Shely Adamson (915) 276-2107	1950 Aspen Ave, Lubbock, TX 79404	http://www.lubbockmhmr.org/	Offer a variety of services to individuals aged 15-30 experiencing their first psychotic episode. Our care model uses a team approach and is community-based. We provide evidence-based practices to assist young individuals who are recently experiencing symptoms of psychosis such as visual or auditory hallucinations, delusions, paranoia, grandiose thoughts, etc. hallucinations, delusions,

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StarCare Specialty Health System	(806) 766-0310	1950 Aspen Ave, Lubbock, TX 79404	http://www.lubbockmhmr.org/	Screenings and assessments are available to everyone.

Licensed Professionals			
Psychologists			
Provider	Phone Number	Physical Address	Specialty / General Info
Dr. Abbott, Marcia	(806) 792-3808	5502 58 th St., Suite 600 Lubbock, TX 79414	Eating Disorders, mood disorders (depression)
Dr. Baker, Camille	(806) 243-1680	6824 Wayne Avenue, Suite 1 Lubbock, Texas 79424 dr.camillebaker@therapysecure.com	Specialty areas: trauma and PTSD, depression, anxiety Some other areas in which I have experience: career counseling, chronic pain, interpersonal conflict, grief, life transitions, men's issues, self-esteem, sleep and insomnia, stress, women's issues
Dr. Bartsch, Nadine	(806) 928-3085	2604 77th St. Lubbock, TX 79423	Geropsychology
Dr. Brown, Ray	(806) 792-3808	5502 58 th St. Suite 600 Lubbock, TX 79414	Child, adolescent, adults, collaborative law (divorce facilitation), psychological assessments
Dr. Boyd, Sharla	(806) 414-3616	6824 Wayne Ave, Ste 1	Anxiety, Depression, Trauma, LGBT,

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TTU Psychology Clinic Mental Health Resources for Lubbock, TX 1/21/2021

		79424	Relationship Concerns
Dr. Buchanan, King	(806) 798-8855	8008 Slide Road, Unit # 24 Lubbock, TX 79424	Christian counseling – adult (individual and couples therapy), psychopharmacology (master’s degree), personality disorders
Dr. Carr, Brian	(806) 795-3911	3709 22 nd Place Lubbock, TX 79410	Behavioral health/health psychology, hypnotherapy, adults, children, adolescents. ADHD evaluations. Emotional support animal evaluations.
Dr. Coca-Lyle, Vanessa	(806) 792-3808	5502 58 th St Lubbock, TX 79414	Adults only. Relationship and adjustment concerns. Couples therapy.
Dr. Cook, Robert	(806) 763-0173	7021 Kewanee Avenue, Suite 7-101 Lubbock, TX 79424	Children, adolescents, adults, trauma, grief, behavioral disorders, Asperger’s, adoption
Dr. Davis, Phil	(806) 792-1179	5502 58 th St. Suite 600 Lubbock, TX 79414	Forensic-clinical-adult
Dr. Dennard, Eliot	(806) 513-3920	6824 Wayne Ave Suite 1 Lubbock 79424	Depression, eating disorders, relationship concerns, LGBT, trauma, general psychotherapy
Dr. Driskill, Pat	(806) 794-3393	5212 75 th St Lubbock, TX 79424	Child, adolescent, adult - no substance, psychopharmacology (master’s degree)
Dr. Friedman, Andrew	(806) 793-7491	4401 6 th Street Lubbock, TX 79416	Behavioral health, men’s issues, general psychotherapy
Dr. Garza, Lauren	(806) 615-3889 drlaurengarza@gmail.com	Lubbock, TX	Couples therapy/polyamory, sex therapy, trauma, graduate students, and eating disorders. Sliding scale, does not take insurance.
Dr. Gonzalez, John	(806) 745-0589	2112 71 st St Lubbock, TX 79412	
Dr. Grant, Robert	(806) 786-4384	4325 Marsha Sharp FWY Lubbock, TX 79407	Neuropsychology - assessment
Dr. Haley, Sarah	(806) 687-9414	7021 Kewanee Ave., Building 2, Suite #104 Lubbock, TX 79424	Individual adults only. Specialty is trauma, EMDR therapy. Almost all issues <u>except</u> eating disorders and substance abuse.

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TTU Psychology Clinic Mental Health Resources for Lubbock, TX 1/21/2021

Dr. Hall, Cheryl	(806) 763-0173	7201 Kewanee Avenue, Suite 100 Lubbock, TX 79424	Child, adolescent, adults, CBT approaches, psychopharmacology (master's degree)
Dr. Hoke, William	(806) 799-3011	5502 58 th St., Suite 100 Lubbock, TX 79414	Assessments
Dr. Ingram, Paul	(785) 390-9743	Virtual only currently, In person anticipated during 2021	Specialize in ADHD evaluations, Dementia neuropsychological evaluations, Depression, Trauma, ADHD, and Anxiety Psychotherapy. Adults only. Doesn't take insurance.
Dr. Keller, Charles	(806) 792-4713	5502 58 th Street, Suite 600 Lubbock, TX 79414	Anxiety, phobias, PTSD, depression, grief, interpersonal concerns, family concerns, relational issues, sexual dysfunctions, gender identity, geriatric issues
Dr. Lanham, Catherine	(806) 763-0173	7021 Kewanee Ave, Suite 7-101 Lubbock, TX 79424	Adult-general, children, play therapy, trauma, mood disorders, LGBTQIA
Dr. Logue, Erin	(512) 399-0109	N/A	Neuropsychological assessment, takes insurance. Can do evals remotely. 25% off services if referred from TTU Psych Clinic
Dr. Milan, Maritza J.	(806) 787-1812	6309 Indiana Ave, Suite D Lubbock, TX 79413	Spanish speaking; Adult -General. Disability testing for mental health reasons.
Dr. Mumma, Gregory	(806) 793-7491 (806) 742-3711 x 246	4401 A 6th Street Lubbock, TX 79416	Adult & adolescent-anxiety & mood
Dr. Pair, Beverly	806-474-8959	5109 82nd Street, Suite 7, PMB 209, Lubbock, TX 79424	Treats Age 18 on up to geriatrics. No eating disorders. Specialize in all anxiety types (e.g., generalized, OCD, panic, social), depression, bipolar, and LGBT. Only doing Telehealth.
Dr. Rathael, Michael	(806) 792-3808	9114 Salem Dr. Lubbock, TX 79424	Child (particularly younger children), adolescent; autism spectrum disorder
Dr. Rougeaux-Burnes, Gaston	(806) 370-0767 ADHD testing: (210) 314-3476	Currently everything is online, and I'm looking for a new office space	Couples Therapy; Individual Therapy; Family Therapy; and Psychological Evaluations
Dr. Robertson, Scott	(806) 445-1523	6809 Slide Rd Suite J Lubbock, TX 79424	neuropsych screening/LD/ADHD, precollege ADA assessments, presurgical evals, juvenile risk assessments, substance abuse disorders,

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TTU Psychology Clinic Mental Health Resources for Lubbock, TX 1/21/2021

			affective disorders, PTSD, medical/end of life issues, and habit disorders
Dr. Shulman, Norman	(806) 793-7491	4401 A 6th Street Lubbock, TX 79416	Adult – general; vocational assessment
Dr. Smith, Shena	(806) 482-1683	2034 82 nd St., #103, Lubbock, TX 79423	Adults (18+), depression and anxiety tx using ACT/DBT/CBT
Dr. Tackett, Bailey	(806) 319-5426	2024 82 nd St., Suite 103 Lubbock, TX 79423	Clinical psychology, body image and eating disorders, sport psychology, consulting psychology
Dr. Thompson, Kimberly	(806) 993-3529	1500 Broadway, Suite #122 Lubbock, TX 79401	By videoconference only (until fall 2021) -- Perinatal issues, women only, psychological testing (only taking new clients by referral only, so please instruct anybody you send to me to name the TTU Psych Clinic as the referral source. Not seeing children at the present time and generally am limiting caseload to pregnant/postpartum women or moms with small children)
Dr. Trotter, David	(806) 743-2757		
Dr. Verrone, Julie	(806) 687-9414	7201 Kewanee Ave., Building 2, #104 Lubbock, TX 79424	Anxiety disorders, bipolar disorder, depression, couples, eating disorders, grief
Dr. Walker, Ben	(806) 773-9480	5120 29 th Street Suite D Lubbock, TX 79407	ADHD Clinic
Dr. Walker, Gary	(806) 798-8855	5120 29 th Street Suite D Lubbock, TX 79407	Christian counseling
Dr. Wall, Richard	(806) 799-5175	4920 S Loop 289 #102C Lubbock, TX 79414	Child custody cases; also does ADHD
Kent, Carol LPC-S	(806) 589-3811	3403 73 rd Street, Suite 16 Lubbock, TX 79423	Emotional support animal documentation

Licensed Professionals

Psychiatrists

Provider	Phone Number	Physical Address	Specialty / General Info
Dr. Azatian, Ashot	(806) 687-7394	4401 6 th Street Ste A Lubbock, TX 79416	Psychiatrist

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TTU Psychology Clinic Mental Health Resources for Lubbock, TX 1/21/2021

Dr. Butler, Dana	(806) 792-4495	2202 Memphis Ave St.102 Lubbock, TX 79410	Psychiatrist
Dr. Chavez, Marina	(806) 472-3400	6104 Ave. Q South Dr. Lubbock, TX 79412	Psychiatrist
Dr. Cobb, John	(806) 791-5100	6502 Slide Rd Suite 311 Lubbock, TX 79424	Psychiatrist
Dr. Curtis, Brigitte	(806) 793-7491	4401 A 6 th Street Lubbock, TX 79416	Psychiatrist
Dr. Gore, Thomas	(806) 791-2024	3302 34 th St. Lubbock, TX 79410	Psychiatrist
Dr. Manning, Stephen	(806) 743-2800	3601 4 th St. Lubbock, TX 79430	Psychiatrist
Dr. McMahon, Terry	(806) 743-2800	3601 4 th St. Lubbock, TX 79430	Psychiatrist
Dr. Patel, Arun	(806) 785-1611	2424 50 th St. Suite 104 Lubbock, TX 79412	Psychiatrist
Dr. Porto, Boris	(806) 792-7843	4412 74 th St. Ste. E102 Lubbock, TX 79424	Child & Adolescent Psychiatrist
Dr. Vahora, A. Shiraj	(806) 766-0268	1950 Aspen Avenue Lubbock, TX 79404	Psychiatrist
Dr. Wakefield, Sarah	(806) 743-2800	3601 4 th St. Lubbock, TX 79430	Child & Adolescent Psychiatrist; Perinatal Psychiatrist

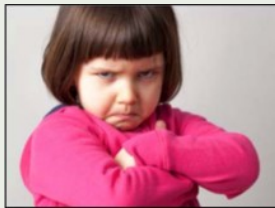
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Is PCIT right for your family?

- *Do you have a 2 ½ to 6 year old child with challenging behaviors?*
- *Do you worry about how to manage your child's difficult behaviors?*

If yes, then PCIT might be right for you and your family! Contact us for more information and to schedule an appointment. We look forward to working with you!



PRIDE Skills

Praise
Reflect
Imitate
Describe
Enjoy

Questions? Contact:

Joy Wang, PhD, NCSP
806-834-4624
Joy.wang@ttu.edu
PCIT Therapist and Within Agency Trainer

Michael Gomez, PhD, LP
drmichaelgomezbt@gmail.com

Updated 9/21-2020

Parent-Child Interaction Therapy (PCIT)



Adversity and Resilience
Community Center
(ARCC)

Now offering home-based
telehealth PCIT

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Parent-Child Interaction Therapy (PCIT)

PCIT is a short-term, specialized behavior management program designed for young children experiencing behavioral and/or emotional difficulties and their families. PCIT teaches caregivers to manage their child's difficult behaviors, while increasing their positive behaviors. PCIT works with the child and caregiver together to improve behavior and reduce parenting stress.

What is PCIT?

PCIT consists of weekly sessions conducted in two treatment phases.

Child-Directed Interaction (CDI)

Caregivers are taught the PRIDE skills: Praise, Reflect, Imitate, Describe and Enjoyment. These skills promote positive child behaviors.

Parent-Directed Interaction (PDI)

Caregivers learn to use effective commands and discipline procedures. The PCIT therapist helps caregivers manage their child's behaviors in many settings.

How Does PCIT Work?

PCIT is an exceptionally effective treatment backed by over 30 years of research. Live coaching is a hallmark of PCIT. The therapist observes the caregiver and child together, then provide coaching on the PCIT skills.

Caregivers and therapists work together to manage challenging child behaviors.



Advantages of Live Coaching:

- Skills are acquired rapidly by caregivers, as they practice in the moment with therapist support.
- Therapists provide caring support as caregivers gain confidence and master their skills.
- Therapists provide immediate feedback about strategies to manage the child's challenging behaviors.

Who is PCIT for?

Children ages 2 ½ to 6 who display any or all of the following:

- Parent-child relational problems
- Refusal and defiance of adult requests
- Easy loss of temper
- Purposeful annoyance of others
- Destruction of property
- Difficulty staying seated
- Difficulty playing quietly
- Difficulty taking turns

Who are appropriate caregivers for PCIT?

- Biological parents
- Foster parents
- Adoptive parents
- Legal guardians
- Grandparents
- Kinship caregivers

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