

Perinatal Mental Health

Community Providers

List compiled by Deschutes County Health Services staff. Availability and contact information may have changed. DCHS does not endorse any particular provider.

Clinician	License	Address	City	Phone	Insurance	Notes
Sharon Balsamo	LPC	1011 SW Emkay Dr. Ste 101	Bend	(541) 626-0139	Offers monthly invoices to submit to insurance for out-of-network	Offers sliding scale \$80-\$150
Nancy Doster	LCSW	155 NW Hawthorne Ave	Bend	(541) 419-8392		EMDR
Dara Pearson	LPC	29 NW Greeley	Bend	(541) 205-4352	Aetna, BC/BS, First Choice Health, OHIP, Optum, PacificSource, Providence, Regence, TriWest, United Healthcare	Cost per session \$100+
Jillian Sammon	LCSW	15 SW Colorado Ave Ste 350	Bend	(541) 647-0514	First Choice, PacificSource Commercial and Medicare, Medicare, Moda, BC/BS, BridgeSpan, Atrio	Cost per session \$120
Mindy Soules	LCSW	745 NW Mt. Washington Dr. Ste 301	Bend	(541)408-5609	BC/BS, PacificSource, First Choice, MODA, Cigna	Cost per session \$130 EMDR
Nicole Spreadborough	LPC	St. Charles Behavioral Health	Bend	(541) 706-2768		
Carol Zancanella	LCSW	965 SW Emkay Dr. Ste 200	Bend	(541) 410-4374		EMDR

Clinician	License	Address	City	Phone	Insurance	Notes
Jennifer Weeks	LPC	1104 NE Revere Ave	Bend	(541) 480-9443		Spanish speaking EMDR
Nicole Gricius	LPC	593 NW York Dr.	Bend	(541) 640-5270	Cigna, PacificSource, First Choice, OHP	OHP
Adeline Holter	LCSW	Viewpoint Therapy	Bend	(720) 606-5943	Out of network	Cost per session \$125
Erika Myers	LPC	740 NW Colorado Ave	Bend	(828) 515-1994	Out of network	Cost per session \$100- \$175
Alice O'Keefe	LMFT	Growing Life Therapy	Bend	(541) 631-5133	Out of network	Cost per session \$90- \$180
Heather Wheeler	LPC	354 NW Greenwood Ave. Ste 215	Bend	(541) 248-6113	Aetna, Anthem, BC/BS, Cigna, GEHA, MultiPlan, New Directions, Optum, Providence, Regence, UMR, UniCare, UnitedHealthcare	Offers sliding scale Cost per session \$75- \$175

Updated 6/18/20

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