

## **Therapists and Psychologists**

Michelle Altevogt, LCSW  
910 Florin Road  
Sacramento, CA 95831  
Parent-Child Interactive Therapy

Charlie Health 866.491.5196 [www.charliehealth.com](http://www.charliehealth.com)  
Virtual programs only  
Contracted with most major insurance plans

Connect Counseling 916-850-9387 [www.connect-counseling.com](http://www.connect-counseling.com)  
Leslie Baughman, LMFT  
701 Howe Avenue, Suite H 58  
Sacramento, CA 95825  
Not contracted with insurance plans  
Virtual and In-person  
Parent-Child Interactive Therapy: For behavior issues ages 2-8

Child Psychology Center 916-572-4501 [www.childpsychcenter.com](http://www.childpsychcenter.com)  
850 Iron Point Road  
Folsom, CA 95630  
Virtual and In-person  
Contracted with Tricare West and Lyra

Julie Cima, LMFT 916-715-5948 [www.jcimatherapy.com](http://www.jcimatherapy.com)  
1330 21<sup>st</sup> Street, Ste 201  
Sacramento, CA 95811  
Teens, Adults and Families  
Accepts: ComPsych, Magellan, United Behavioral/Optum.

Dignity Health Children's Health 916-450-2650  
6615 Valley Hi Drive  
Sacramento, CA 95823

Jennifer Flood, LMFT 530-648-0559 [www.jenflood.com](http://www.jenflood.com)  
2335 American River Drive, Ste 301  
Sacramento, CA 95825  
Multiple providers in office, telehealth and in person  
Accepts Anthem, Blue Shield, Cigna, Optum, UHC, and Tricare

Jenna Ghazanfari, LMFT 916-947-9351  
2377 Gold Meadow Way  
Gold River, CA 95670

Grace Mental Health Resources    916-500-3148    [www.gracementalhealth.org](http://www.gracementalhealth.org)  
Julie Bergman, PMHNP  
50 Iron Point Circle, Ste. 140  
Folsom, CA 95630

Trina Haselrig, PsyD    916-231-9379    [www.trinahaselrigpsychologist.com](http://www.trinahaselrigpsychologist.com)  
850 Iron Point Road, Suite 126  
Folsom, CA 95630  
Children, teens, and families for anxiety, depression, trauma, grief, stress, behavioral problems.  
Evaluations for learning disabilities, ADHD  
Not contracted with any insurance plans

Susan Haverty, MFT    916-353-0750    [susanhaverty.com](http://susanhaverty.com)  
Cognitive Behavioral Therapy  
2934 Gold Pan Court, Suite 20  
Rancho Cordova, CA 95670  
Specializes in OCD and Anxiety  
Not contracted with any insurance plans

Regina Helmer, MFT    530-494-6553    OR 530-903-4416 EXT. 8  
319 Main Street  
Placerville, CA 95667  
ADHD, Autism, Social Skills Groups  
Accepts MHN, Blue Shield, Magellan Behavioral Health

Andrea Hinds, PhD    916-873-6434  
850 Iron Point Road, Suite 107  
Folsom, CA 95630  
Older teens  
Not contacted with any insurance plans

It Takes The Village    916-365-2411    [www.ittakesthevillage.net](http://www.ittakesthevillage.net)  
4987 Golden Foothill Parkway, Ste 100  
El Dorado Hills, CA 95762  
Individual and group therapy  
Only contracted with Health Net MHN

Otheta Jones, MFT    916-708-1834  
25 Cadillac Drive, Ste 270  
Sacramento, CA

Aubrey Joy, PhD    916-453-1006  
1441 37<sup>th</sup> Street  
Sacramento, CA 95816

Kid Counseling Sacramento 916-448-1812  
2710 X Street, Ste 1  
Sacramento, CA 95818

LifeStance Health 925-282-1778 [Lifestance.com](https://www.lifestance.com)  
Locations in Folsom, Sacramento and Bay area  
Virtual or in-person  
Contracted with most major insurance plans

La Familia Counseling Center 916.452.3601  
5523 34th Street  
Sacramento, CA 95816  
Youth programs

Otheta Jones, MFT 926-708-1834  
25 Cadillac Drive, Ste 270  
Sacramento, CA

Corinne McIntosh, PsyD, LMFT 916-202-1890 [www.drcorrinemcintosh.com](http://www.drcorrinemcintosh.com)  
1300 Ethan Way, Ste 170  
Sacramento, CA 95825  
Parent-Child Interactive Therapy: For behavior issues ages 2-8  
Accepts Magellan, United Behavioral/Optum.

Marla McMahon, PsyD 916-209-3994  
949 University Avenue, Suite 210  
Sacramento, CA 95825  
Teen workshops, yoga, mindfulness

Doug Newton, MA LMFT [sfstress.com](https://sfstress.com)  
Virtual only  
Contracted with Cigna and Aetna

Jamie Pedersen, LPCC 916-835-5722  
193 Blue Ravine Road, Suite 220  
Folsom, CA 95630  
Ages 10 and older  
Contracted with Magellan, Health Net, and Cigna PPOs

Peak Counseling 916-905-3394  
25 Cadillac Drive, Suite 120  
Sacramento, CA 95825  
Parent-Child Interactive Therapy: For behavior issues ages 2-8

Restoring Family Harmony 916-739-1926  
1900 Point West Way, Ste 141  
Sacramento, CA 95815

Sierra Family Therapy Center 530-913-5054  
601 University Ave, Ste 280  
Sacramento, 95825

Christopher Taylor, MFT  
13405 Folsom Blvd, Ste 200  
Folsom, CA 95630  
Not contracted with insurance plans

Thrive Therapy and Counseling Services 916-287-3430 [www.thrivetherapyandcounseling.com](http://www.thrivetherapyandcounseling.com)  
2131 Capitol Avenue, Ste 206 and 306  
Sacramento, CA 95816  
Accepts Aetna and Tricare

Jennie Wong-Martinusen, LMFT 916-919-8857  
455 University Ave, Suite 215  
Sacramento, CA 95825

Yellow Brick Road 916-743-9518  
3406 American River Drive  
Sacramento, CA