



Maternal Depression Provider Directory



The Franklin County Maternal Depression Task Force

Provider Directory

The Maternal Depression Task Force is a collaborative effort among individuals from the health and social service fields. Allied with Columbus Public Health, we organized to address the lack of awareness and education regarding depression resources during and after pregnancy. The group is dedicated to identifying the gaps, barriers and challenges for mothers suffering from depression, and working to overcome those obstacles.

This is a resource list for pregnant women and new mothers suffering from depression and/or other related disorders. This reference guide should assist you in providing your clients with experienced and knowledgeable mental health providers that will be able to offer direct and timely support.

Each provider in this directory completed a one page questionnaire indicating the services the agency can provide for this population.

Maternal Depression Task Force Co-Chairs

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POEM, Inc.
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Division of Maternal and Child Health
Columbus Public Health
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Healthy Start *Caring for 2* Project
Columbus Public Health
240 Parsons Ave., Columbus, OH 43215
gmkolliesuah@columbus.gov
(614) 645-1697

PROVIDER LISTINGS

Arbor Counseling (Sawmill Family Counseling)

2690 Billingsley Rd.
Columbus, OH 43235
614-766-0161
www.arborcounseling.org

Sarah Auman, PCC, RN

1155 W. 3rd Ave.
Grandview, OH 43212
614-299-0992

Catholic Social Services

Maternal Counseling
Meredith Adams/Kim Boggs
197 E. Gay Street
Columbus, OH 43215
614-221-5891 Info.
614-857-1218 Appt.
www.colscss.org

Janet L. Clark, PhD

3449 E. Livingston Avenue
Columbus, OH 43227
614-231-7255

Jane E. Cottrell, PhD

Mailing - P.O. Box 141342
Columbus, OH 43214
Office - 8 E. Henderson Rd.
Columbus, OH 43214
614-267-0944

Ellen Kay Douglas, PhD

785 E Broad St
Columbus, OH 43205
614-621-3673

William Friday, PhD

5340 E Main St., Suite 205
Columbus, OH 43213
614-501-8220

Earl Greer, PhD

1289 Livingston Ave
Columbus, OH 43205
614-253-5574

PROVIDER LISTINGS, Continued

Herb Hausman, PhD

1943 W. Fifth Ave.
Columbus, OH 43213
614-481-0033
parentdocs@aol.com

Heidi S. Johnson, MD

659 High St Suite 201
Worthington, OH 43085
614-842-9966

Lighthouse Christian Services, Inc.

Steven Johnston
2085 Mecca Road
Columbus, OH 43224
614-337-1986
www.lighthousepathway.org

Beth McCreary, PhD

659 High St Suite 202
Worthington, OH 43085
614-436-5030
www.abhs.com

Netcare Corp.

199 S. Central Ave.
Columbus, OH 43223
614-276-2273
www.netcareaccess.org

North Central Mental Health: Family Focus

Bill Silliman
40 Spruce Street
Columbus, OH 43215
614-227-6865
www.ncmhs.org

Northwest Counseling Services

1560 Fishinger Road
Columbus, OH 43221
614-457-7876
www.northwestcounselingservices.org

Pinnacle Behavioral Health

Vikki Spohn
5965 E. Broad St. Suite 230
Columbus, OH 43213
614-759-5075
vspohnpinnacle@yahoo.com

PROVIDER LISTINGS, Continued

P.O.E.M., Inc.

(Perinatal Outreach and Encouragement for Moms)

P.O. Box 20635
Columbus, OH 43220
614-315-8989
www.poemonline.org

Suzanne Saul, PhD

355 E. Campus View Blvd. Suite 285
Columbus, OH 43235
614-844-6886
www.saulandsaul.com

Jennifer R. Schantz, PhD

450 W. Wilson Bridge Road, Suite 350
Worthington, OH 43085
614-361-0503

Stoneburner and Associates, LLC

Steve Martin
1910 Crown Park Court
Columbus, OH 43235
614-457-8359

The Sommer Group Counseling & Consulting

Heidi Sommer McAlister, MEd, LPCC
Katie Kovacs, MEd, LPC
130 Northwoods Blvd.
Columbus, OH 43235
614-985-5500
www.thesommergroup.com

Nancy Walker, PhD

3545 Olentangy River Road, Suite 214
Columbus, OH 43214
614-263-5908

WellSpring

1115 Bethel Rd., 1st Floor
Columbus, OH 43220 (main office)
23 satellite offices
614-538-0353
www.wellspringcolumbus.org

TABLE 1

This table indicates which disorders in the spectrum providers are able to address, along with their treatment approaches. The approaches surveyed are ones that research has indicated to be effective in treating mothers with these disorders.

✓ = Yes --- = No/none

Provider	DISORDERS						TREATMENT			
	Pregnancy/ Postpartum Depression	Anxiety/Panic Disorder	OCD	PTSD	Bipolar	Psychosis	Cognitive Behavioral Therapy	Interpersonal Therapy	Group	Other/Additional
Arbor Counseling	✓	✓	✓	✓	---	---	✓	---	---	---
Sarah Auman, PCC, RN	✓	✓	✓	✓	✓	---	✓	✓	---	---
Catholic Social Services Maternal Counseling	✓	✓	✓	✓	✓	---	✓	✓	✓	Family Counseling, EMDR, Solution Focused
Janet L. Clark, PhD	✓	✓	✓	✓	✓	✓	---	✓	---	Eclectic
Jane E. Cottrell, PhD	✓	✓	---	✓	✓	---	✓	---	---	---
Ellen Kay Douglas, PhD	✓	✓	✓	✓	✓		✓			
William Friday, PhD	✓	✓	✓	✓	✓	✓	✓	✓	---	EMDR
Earl Greer, PhD	✓	✓	✓	✓	✓	---	✓	✓	---	---
Herb Hausman, PhD	✓	✓	✓	✓	✓	---	✓	✓	---	---
Heidi S. Johnson, MD	✓	✓	✓	✓	✓	---	✓	---	---	Supportive, Psychodynamic, & Pharmacology
Lighthouse Counseling Services	✓	✓	✓	✓	✓	---	✓	✓	---	Clinical Pastoral Counseling
Beth McCreary, PhD	✓	✓	✓	✓	✓*	✓*	✓	---	---	*No psychiatrist in agency. Must be on meds prior to therapy.
Netcare Corp.	✓	✓	✓	✓	✓	✓	---	---	---	Crisis Services only

TABLE 2

This table indicates: whether the providers have completed specialized training in perinatal mood/anxiety disorders; if there are eligibility requirements for new clients; the approximate wait time until a first appointment; and if interpreter services are available.

✓ = Yes ---- = No/none

<i>Provider</i>	<i>Specialized Training</i>	<i>Eligibility Requirements</i>	<i>Wait Time</i>	<i>Provide Interpreter</i>
Arbor Counseling	—	Must have resources for payment	1 - 2 weeks	—
Sarah Auman, PCC, RN	✓	Insurance or Self Pay	1 - 2 weeks	—
Catholic Social Services Maternal Counseling	✓	—	no wait time	Use CRIS for Interpreters. A General Counseling therapist is Bi-Lingual (Spanish / English)
Janet L. Clark, PhD	—	—	Within a week	—
Jane E. Cottrell, PhD	—	No Medicaid HMO	1 - 2 weeks	Provider speaks French, Italian; understands German, Romanian
Ellen Kay Douglas, PhD	✓	Must be able to do stairs	1 - 2 weeks	—
William Friday, PhD	Not Indicated	—	24 - 72 Hours	—
Earl Greer, PhD	✓	Clients must be independent adults	7 - 10 days	—
Herb Hausman, PhD	—	—	Varies; usually 3 - 7 days	—
Heidi S. Johnson, MD	✓	Fee for service/ Out of Network Provider	7 - 10 days	—
Lighthouse Counseling Services	—	—	1 - 2 weeks	Spanish
Beth McCreary, PhD	✓	—	Varies; 2 - 4 weeks average	—
Netcare Corp.	—	—	No appointments taken; walk-ins only	Yes; use contract services

TABLE 2, continued

<i>Provider</i>	<i>Specialized Training</i>	<i>Eligibility Requirements</i>	<i>Wait Time</i>	<i>Provide Interpreter</i>
North Central Family Focus	—	Must be a resident of Franklin County	1 - 2 weeks Pregnant clients receive priority	Whatever language needed
Northwest Counseling Services	—	Must be a resident of Franklin County to qualify for Fee Scale and willing to attend scheduled counseling	Varies-Pregnant women are priority & PTSD	Arrange for Interpreter if needed
Pinnacle Behavioral Health	Not indicated	Private Insurance or Medicare	1 - 2 weeks	Upon request, with notice
POEM (Perinatal Outreach & Encouragement for Moms)	✓	All Services are Free	N / A	Provide materials in multiple languages
Suzanne Saul, PhD	—	Clients need to use out of network Benefits.	3 - 5 days	Spanish
Jennifer R Schantz, PhD	✓	—	2 weeks	—
The Sommer Group Counseling & Consulting	✓	—	1 - 2 weeks	—
Stoneburner & Associates, LLC	✓	—	2 - 3 days	—
Nancy Walker, PhD	—	—	1 - 2 weeks	—
WellSpring	—	—	3 - 5 days	—

TABLE 3

The information contained in this table refers to the access options to each provider as well as which payment methods are accepted.

✓ = Yes ---- = No/none

<i>Provider</i>	<i>Access to Services</i>				<i>Payment Types</i>			
	<i>Accept Walk-ins</i>	<i>Located on Bus Line</i>	<i>Available Parking</i>	<i>Weekend / Evening hours</i>	<i>Medicaid</i>	<i>Sliding Scale Fee</i>	<i>Private Insurance</i>	<i>Other</i>
<i>Arbor Counseling</i>	—	—	✓ Free	✓	—	—	✓	Medicare, Payment Plans
<i>Sarah Auman, PCC, RN</i>	—	—	✓ Free	✓ Appts. until 7pm	—	—	✓	—
<i>Catholic Social Services Maternal Counseling</i>	—	✓ Within 2 Blocks	✓ Free & Pay	✓ Some Evenings	✓	✓	✓	—
<i>Janet L. Clark, PhD</i>	—	✓	✓ Free	✓ Limited	In Process	—	✓	—
<i>Jane E. Cottrell, PhD</i>	—	✓	✓ Free	✓ Every other Sat. morning	✓	✓	✓	Medicare, Disibility
<i>Ellen Kay Douglas, PhD</i>	Not indicated	Not indicated	Not indicated	Not indicated	Not indicated	Not indicated	✓	✓
<i>William Friday, PhD</i>	✓	✓	✓ Free	—	✓	✓	✓	BWC, Medicare/SSI
<i>Earl Greer, PhD</i>	—	✓	✓ Free	—	—	—	✓	Molina, Caresource
<i>Herb Hausman, PhD</i>	—	✓	✓ Free	✓ Saturdays	—	✓	✓	Reduced Fee for uninsured
<i>Heidi S. Johnson, MD</i>	—	—	✓ Free	✓ Sat, M-W Evening	Not indicated	Not indicated	Not indicated	Not indicated
<i>Lighthouse Counseling Services</i>	—	✓	✓	✓ Saturdays	✓ Molina only	✓ \$50-\$100	✓	Molina
<i>Beth McCreary, PhD</i>	—	✓	✓ Free	—	—	—	✓	Medicare, Self-pay
<i>Netcare Corp.</i>	✓	NI	NI	Open 24 hours 7 days / week	NI	—	NI	Services provided regardless of ability to pay

TABLE 3, continued

<i>Provider</i>	<i>Access to Services</i>				<i>Payment Types</i>			
	<i>Accept Walk-ins</i>	<i>Located on Bus Line</i>	<i>Available Parking</i>	<i>Weekend / Evening hours</i>	<i>Medicaid</i>	<i>Sliding Scale Fee</i>	<i>Private Insurance</i>	<i>Other</i>
<i>North Central Family Focus</i>	✓	✓	✓	✓ M-TH until 8:00 pm	✓	✓	✓	—
<i>Northwest Counseling Services</i>	—	One Mile	✓ Free	✓	✓	✓	✓	—
<i>Pinnacle Behavioral Health</i>	—	✓	✓ Free	—	—	—	✓	Medicare
<i>POEM (Perinatal Outreach & Encouragement for Moms)</i>	✓	One Mile	✓ Free	✓ 7 day / Phone Support, Evening & Weekend Support Groups	⇒	⇒	⇒	Free (Accept Donations)
<i>Suzanne Saul, PhD</i>	—	—	✓ Free	✓ Saturdays	—	—	✓	—
<i>Jennifer R. Schantz, PhD</i>	—	Close to bus line	✓ Free	✓ Limited	—	✓	✓	—
<i>The Sommer Group Counseling & Consulting</i>	—	—	✓ Free	✓ By appt. only	—	—	✓	Out of Network benefits apply, Credit cards accepted
<i>Stoneburner & Associates, LLC</i>	—	✓	✓ Free	✓ Sat., T-W Evenings	—	—	✓	
<i>Nancy Walker, PhD</i>	—	✓	✓ Pay	✓ One Evening	—	—	✓	Out of pocket
<i>WellSpring</i>	—	✓	✓	✓	—	✓	✓	

Associated Resources

C.H.O.I.C.E.S.

Domestic Violence

P.O. Box 06157

Columbus, OH 43206

614-224-4663

www.choicesdvcols.org

Mt. Carmel Hospice

Bereavement Counseling

1144 Dublin Road

Columbus, OH 43215

614-234-0200

Mclark2@mchs.com

Compassionate Friend

*Support Group for parents who have
lost children of any age*

Ohio Chapter

Meet in various parts of Central Ohio

614-882-8986

Mt. Carmel Pregnancy and Infant Loss

Ongoing Support Group and Series

Call for registration and/or information

614-234-5999

Directions For Youth and Families

Counseling and Parenting Programs for Teens

1515 Indianola Ave. (Main Building) - 5 locations

Columbus, OH 43201

614-294-2661

www.dfyf.org

Mental Health America

Ombudsman program, online directory

538 E. Town St., Suite D

Columbus, OH 43215

www.mhafc.org

614-221-1441

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