

**MEDICAL
RESOURCE
GUIDE**

Community Resource Directory




Barton
Health



**El Dorado County
Mental Health
South Lake Tahoe
24 Hour Crisis Line
530.544.2219**

**Tahoe Youth &
Family Services
24 Hour Crisis Line
800.870.8937**

**Live Violence Free
24 Hour Crisis Line
530.544.4444**

**NAMI Support Group
NAMI.org
530.306.4101**

**Suicide Prevention
Network
Prevention & Support
775.783.1510**

Pain isn't always obvious, but most suicidal people show signs that they are thinking about suicide.

Warning signs can be subtle and may include increased alcohol and drug use, mood changes and withdrawal. By recognizing these signs, knowing how to start a conversation and where to turn for help, you have the power to make a difference – the power to save a life.

GIVE & GET SUPPORT

For suicide prevention and support, call the National Suicide Prevention Lifeline at **1-800-273-8255** or visit suicideispreventable.org.

You can also call **988** - Suicide and Crisis Lifeline.





Community Resource Directory

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EMERGENCY SERVICES

LAW ENFORCEMENT

California Highway Patrol (CHP)

2063 Hopi Ave.

South Lake Tahoe, CA 96150

530-577-1001

chp.ca.gov

Highway law enforcement, child safety seat information, AMBER Alerts, DUI info and other youth safety information.

City Of South Lake Tahoe -

Emergency Alerts

530-542-6093

CityOfSLT.us/signups

Douglas County Sheriff's Office

175 Highway 50

Stateline, NV 89449

775-782-5126

DouglasCoNVSheriff.com

Receive emergency alerts via cell phone or email. Sign up at the city's website.

El Dorado County Sheriff's Office

1360 Johnson Blvd., #100

South Lake Tahoe, CA 96150

530-573-3000 (Non-Emergency Dispatch)

edcgov.us/Government/sheriff

El Dorado County Tahoe Crisis Information

Crisis Hotline, Live Violence Free, 24-Hour

530-544-4444 Crisis Hotline

530-544-4444 Live Violence Free (24 hour)

911 Imminent Danger

El Dorado County Public Defender's Office - South Lake Tahoe

1360 Johnson Blvd., #106

South Lake Tahoe, CA 96150

530-573-3115

El Dorado County Jail - South Lake Tahoe

1051 Al Tahoe Blvd.

South Lake Tahoe, CA 96150

530-573-3030

Lake Tahoe Secret Witness

P.O. Box 14282

South Lake Tahoe, CA 96151

530-541-6800 (Hotline)

The Secret Witness Program relies on the anonymous tips of community members. When a person becomes aware of criminal activity, the individual can make an anonymous phone call to a 24-hour, 7 days a week hotline.

NAMI South Lake Tahoe Crisis Call Center

775-784-8085 or 775-784-8090 Local
800-992-5757 Crisis Hotline

South Lake Tahoe Police Department

1352 Johnson Blvd.

South Lake Tahoe, CA 96150

530-542-6100

CityOfSLT.us/police

City of South Lake Tahoe law enforcement.

FIRE & RESCUE

Lake Valley Fire Protection District

2211 Keetack St.

South Lake Tahoe, CA 96150

530-577-3737

LakeValleyFire.org

Fire protection and emergency medical response on the East Slope of El Dorado County. Chipping program, defensible space program and information.

South Lake Tahoe Fire & Rescue

2101 Lake Tahoe Blvd.

South Lake Tahoe, CA 96150

530-542-6160

cityofslt.us/fire

Fire protection within the City of South Lake Tahoe.

Tahoe Douglas Fire Protection District

P.O. Box 919 / 193 Elks Point Rd.

Zephyr Cove, NV 89448

775-588-3591

TahoeFire.org

Nevada fire protection department. Chipping, fuels reduction program, fire prevention information.

EMERGENCY MEDICAL

American Red Cross

1565 Exposition Blvd.

Sacramento, CA 95815

916-993-7070

RedCrossCRC.org/CA/sacramento

Disaster relief and emergency preparedness plus CPR certification and first aid courses.

Barton Memorial Hospital

2170 South Ave.

South Lake Tahoe, CA 96150

530-541-3420

BartonHealth.org

24-hour emergency care. Level III Trauma Center.

Barton Quick Care

Tahoe Valley Pharmacy Center

2074 Lake Tahoe Blvd., Ste. 4

South Lake Tahoe, CA 96150

530-543-5788

BartonHealth.org

Open 4 Days a Week 8:00am to 5:00pm

Walk Ins Welcome

Barton Urgent Care

Stateline Medical Center

155 Hwy. 50

Stateline, NV 89449

775-589-8900

BartonHealth.org

Monday-Saturday, 8am-5:30pm &

Sunday 9am-4:30pm. Insurance and self-pay.

California Poison Control System (CPCS)

800-222-1222

CalPoison.org

Provides immediate, free and expert treatment, advice and referral over the phone in case of exposure to poisonous or toxic substances. Services are available 24 hours a day, 7 days a week.

IN CASE OF
EMERGENCY 911
POLICE • FIRE • MEDICAL



BASIC NEEDS SERVICES

ANIMAL SERVICES

El Dorado County Animal Services

1120 Shakori Dr
South Lake Tahoe, CA 96150
530-573-7925

Humane Society of Truckee-Tahoe

3538 Lake Tahoe Blvd.
South Lake Tahoe, CA 96150
530-542-2857
10961 Stevens Ln., Truckee, CA 96161
530-587-5948
hstt.org

Promotes sentiments of humanity and gentleness towards domestic and other animals to protect their health and safety via education, advocacy and humane ethics.

Lake Tahoe Wildlife Care

1551 Al Tahoe Blvd.
South Lake Tahoe, CA 96150
530-577-2273

ltwc.org

An independent, nonprofit volunteer organization whose function is to rescue, rehabilitate and release orphaned and injured wild birds and animals.

FINANCIAL ASSISTANCE

CalWORKS

3368 Sandy Way
South Lake Tahoe, CA 96150
530-573-3200
C4Yourself.com

Cash aid and services for families in need.

El Dorado County Victim/Witness

778 Pacific St.
Placerville, CA 95667
530-642-4760

EDCGov.us

Advocacy and assistance with medical bills, wage loss, relocation and other services for victims or witnesses of crimes.

HEAP

1360 Johnson Blvd., #103
South Lake Tahoe, CA 96150
530-573-3490

EDCGov.us

Federally funded HEAP helps income-eligible families pay their energy bills. If you are eligible, HEAP can help you pay for electricity, wood, propane or heating oil. Benefits may be paid once a year. No charge.

South Lake Tahoe Cancer League

P.O. Box 17962

South Lake Tahoe, CA 96151

530-577-7947

solaketahoec@gmail.com

Offers limited needed financial aid and transportation to cancer patients who are in active treatment (i.e. not in remission, "being followed after treatment" or on Hospice). In order to be eligible for a grant or transportation, the cancer patient must be a permanent resident of the area from the El Dorado/Placer County Line, CA on the west through the south shore of Douglas County Line/State Line Lake Tahoe to Glenbrook, NV on the east.

Veterans Resource Centers of America

106 East Adams St., #203

Carson City, NV 89706

775-300-2155

nnvrc@vetsresource.org

Services provided include rental assistance, utility assistance, security deposits, case management and referrals for employment, legal, health, childcare, food, transportation and assistance for homeless veterans.

Veterans Service Center

916-265-3400

voa-ncnn.org

Funded by the United States Department of Veterans Affairs, the Veteran Family Services program is administered through Volunteers of America to provide supportive services to extremely low or very low-income veteran families who are homeless or at risk of becoming homeless.

FOOD & CLOTHING

Boys & Girls Club of Lake Tahoe

1100 Lyons Ave.

South Lake Tahoe, CA 96150

530-542-0838

BGCLT.org

Free meals for any child, 18 or under, in the community. Meal time starts at 5pm, Monday through Friday at the Boys & Girls Club of Lake Tahoe. Children do not need to be current members of the club.

Bread & Broth – Nutritious Bagged Food

St. Theresa Grace Hall

1041 Lyons Ave.

South Lake Tahoe, CA 96150

530-542-2876

Mondays 4-5:30pm, Fridays 3-4:30pm

CalFresh

3368 Sandy Way

South Lake Tahoe, CA 96150

530-573-3200

C4Yourself.com

Formerly known as food stamps - can add to your food budget to put healthy, nutritious food on your table using monthly electronic benefits that can be used to buy foods at many markets and stores. Apply by phone, online or in person.

Christmas Cheer

1120 3rd St.

South Lake Tahoe, CA 96150

P.O. Box 14489

South Lake Tahoe, CA 96151

530-542-4934

ChristmasCheerTahoe@gmail.com

Provides food, some clothing and household items. Open Tuesday through Thursday, 11am to 2pm.

El Dorado County Community Services

1360 Johnson Blvd.,

Ste #103

South Lake Tahoe, CA 96150

530-573-3490

EDCGov.us

Offering a wide range of accessible programs designed to meet basic needs and improve the quality of life for residents living in our community. No charge.

Live Violence Free

2941 Lake Tahoe Blvd.

South Lake Tahoe, CA 96150

530-544-2118 Business

530-544-4444 24-hour

LiveViolenceFree.org

Food, clothing, toys and a variety of household items available for victims of domestic violence and sexual assault.

City of South Lake Tahoe Senior Center Nutrition Program

530-573-3130

People age 60 and older can have a lunch time meal Monday through Friday in El Dorado County. Call for information.

HOUSING

Affordable Housing Complexes in Tahoe

Bijou Woods Apartments

3421 Spruce Ave.

South Lake Tahoe, CA 96150

530-544-4070

Evergreen Tahoe Apartments

1432 Melba Dr.

South Lake Tahoe, CA 96150

530-541-1543

Sierra Garden Apartments

1801 Lake Tahoe Blvd.

South Lake Tahoe, CA 96150

530-541-1105

Sky Forest Acres

750 Emerald Bay Rd.

South Lake Tahoe, CA 96150

844-567-6505

Affordable housing for persons with physical disabilities

Tahoe Coalition for the Homeless

1137 Emerald Bay Road, South Lake Tahoe, CA 96150

530-600-2822

TahoeHomeless.org

or Find Us on Facebook at:

TahoeCoalitionForTheHomeless

Tahoe Pines Apartments

3431 Spruce Ave.

South Lake Tahoe, CA 96150

530-541-1333

Tahoe Valley Townhomes

1055 Tata Ln.

South Lake Tahoe, CA 96150

530-541-7274

SECTION 8 RENTAL ASSISTANCE

El Dorado County

Community Services

1360 Johnson Blvd. #103

South Lake Tahoe, CA 96150

530-573-3490

Domestic Violence Shelter

2941 Lake Tahoe Blvd.

South Lake Tahoe, CA 96150

530-544-2118 Business

530-544-4444 24-hour

LiveViolenceFree.org

24-hour response: Emergency shelter and 90-day temporary shelter for male and female victims of domestic violence and their families.

Housing Hotline

1052 Tata Ln.

South Lake Tahoe, CA 96150

530-542-7417

CityOfSLT.us

The Housing Hotline is a phone number you can call and get information, locate resources, request assistance, or potentially file a complaint regarding the condition of your rental unit. No charge. English & Spanish.

Only Kindness, Inc.

Placerville, CA

530.344.1864

info@onlykindness.net

Offering rapid rehousing, veteran services and coordinated entry.

TRANSPORTATION

AMTRAK

800-872-7245

amtrak.com

Bus to Sacramento and out of the area.

Lake Link

530-800-4438

TahoeLakelink.com

Microtransit shuttle offers free on-demand rides on Lake Tahoe's south shore. Download free app to view map and request rides.

Tahoe Transportation District

775-589-5500

TahoeTransportation.org

Includes South Shore fixed-route service and commuter bus service to Carson City and the Carson Valley.

South Lake Tahoe Cancer League

P.O. Box 17962

South Lake Tahoe, CA 96151

530-577-7947

solaketahoekl@gmail.com

Free transportation for permanent residents for cancer treatments or office visits for cancer patients currently undergoing treatment. Transportation provided in South Lake Tahoe, Reno, Sparks, Truckee, the Carson Valley and UC Davis/Sacramento.

South Tahoe Express

530-494-0153

SouthTahoeExpress.com

Shuttle from Stateline Casinos to Reno International Airport.

ADA Paratransit Transportation Services

530-541-7149 Ext. 3

TahoeTransportation.org

info@tahoetransportation.org

A shared-ride, origin to destination, curb-to-curb transportation service. Intended for persons who are unable to travel to or from transit stops or centers within the service area, independently board, ride, or exit fixed-route transit vehicles or otherwise independently "navigate the system." All persons must prove eligibility for the paratransit service. Eligible riders include seniors age 65 and over with government issued photo ID, veterans of any age with a service-connected disability and individuals under 65 with a medically verified disability. **Fare:** One-way ride = Free. Personal Care Attendants (PCAs) travel for free with eligible passengers. **Make Reservations:** Call Dispatch between 6:00am to 8:00pm at least the day prior to travel.





MENTAL & BEHAVIORAL HEALTH

Just as your health and physical well-being are important, your mind also matters. One in eight people are affected by diagnosable mental illness. Only one third seek help.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Barton Psychiatry & Mental Health Offices

Barton Psychiatry & Mental Health is dedicated to providing compassionate and comprehensive mental health and psychosocial services to children/ adolescents and their families, as well as adults at its office in South Lake Tahoe.

MENTAL & BEHAVIORAL HEALTH RESOURCES BY INSURANCE

The following chart can help to determine which community resource best fits your needs, based on age, insurance type, and the severity of symptoms.

AGE/SEVERITY OF SYMPTOMS	MEDICARE / MEDI-CAL	NO INSURANCE/ LOW INCOME	PRIVATE PAY
Adult, Severe Symptoms	<ul style="list-style-type: none"> • El Dorado County Behavioral Health (p14, 15) 	<ul style="list-style-type: none"> • Barton Community Health Center (p13) • Live Violence Free (p14, 17) • Family Resource Center (p14) 	<ul style="list-style-type: none"> • Private Practice (p17-21) • Primary Care Providers (Bartonhealth.org/directory) • Live Violence Free (p14, 17)
Adult, Mild to Moderate Symptoms	<ul style="list-style-type: none"> • Barton Community Health Center (p13) • A Balanced Life (p13) 	<ul style="list-style-type: none"> • Barton Community Health Center (p13) • Live Violence Free (p14, 17) • Family Resource Center (p14) 	<ul style="list-style-type: none"> • Private Practice (p17-21) • Primary Care Providers (Bartonhealth.org/directory) • Live Violence Free (p14, 17)
Child, Severe Symptoms	<ul style="list-style-type: none"> • El Dorado County Behavioral Health (p14, 15) • Sierra Child & Family Services (with referral from El Dorado County Behavioral Health only - p15, 17) 	<ul style="list-style-type: none"> • Barton Community Health Center (p13) • Live Violence Free (p14, 17) • Family Resource Center (p14) 	<ul style="list-style-type: none"> • Private Practice (p17-21) • Primary Care Providers (Bartonhealth.org/directory) • Live Violence Free (p14, 17)
Child, Mild to Moderate Symptoms	<ul style="list-style-type: none"> • Sierra Child & Family Services (with referral from El Dorado County Behavioral Health only - p15, 17) • Tahoe Youth & Family Services (with referral from El Dorado County Behavioral Health only - p15) 	<ul style="list-style-type: none"> • Barton Community Health Center (p13) • Live Violence Free (p14, 17) • Family Resource Center (p14) 	<ul style="list-style-type: none"> • Private Practice (p17-21) • Primary Care Providers (Learn more at Bartonhealth.org/directory) • Live Violence Free (p14, 17)

Always call your insurance carrier to get a list of in-network providers as the list above may change and is not a comprehensive list.

INFORMATION RESOURCES

Alzheimer's Association of Northern CA and Northern NV

775-786-8061

800-272-3900 Helpline

alz.org/norcal

Helpline available 24-hours a day, 7-days a week, 365-days a year.

Brain & Behavior Research Foundation

800-829-8289

BBRFoundation.org

Research breakthroughs, causes and to someday find a cure for mental illnesses. Free webinars, recovery stories, and the latest in brain research studies.

Bridges of the Mind Psychological Testing & Evaluations

924 Emerald Bay Dr, Suite E

South Lake Tahoe, CA 96150

(530) 302-5791

www.bridgesofthemind.com

Assessments for ADHD, Autism, Dyslexia & Learning Disabilities

Serving the Sacramento-Roseville Metro Area and South Lake Tahoe Area

Testing & Diagnosis For Kids, Teens & Adults

No Waitlist, Get Your Assessment Done Quickly!

Both In-Person Sacramento/South Lake Tahoe &

Online Assessments Available

El Dorado Substance Youth Disorder Services

Monday-Friday 8am-5pm

Access Line 530-621-6290

24-hour Access line 1-800-929-1955

1900 Lake Tahoe Blvd.

South Lake Tahoe, CA 96150

530-573-7970

EDCGov.us

Provides substance youth disorder treatment and prevention. Free for those referred by the court system.

El Dorado County Victim/Witness Assistance

1360 Johnson Blvd.

South Lake Tahoe, CA 96150

530-573-3337

EDCGov.us

VCGCB.ca.gov/victims

Referrals for crisis intervention and counseling, advocacy, and compensation for victims of crime. All ages. No charge.

Kick it California

1-800-300-8096

kickitca.org

Smoking cessation information. Quitting literature and telephone coaching. Qualifying Medi-Cal patients provide prescription from physician. If pregnant, need authorization from physician. Children in household 5 years or less, no authorization. Mon-Fri 7am-9pm and Sat 9am-5pm.

M.O.S.T. (Mobile Outreach Safety Team)

775-782-5126

MOSTDouglas.com

The Douglas County Sheriff's Department has developed their own intervention team.

NAMI - El Dorado County

Mon-Thu 10am-3pm

English Warm-line: 530-306-4101

Spanish Warm-line: 530-344-4876

County-wide Warm-line: 530-306-4101

NAMElDoradoCounty.org

f2fnami@gmail.com

Non-judgmental support to families and individuals living with mental illness (support, education, advocacy) during times of need as well as guidance on how to begin a path of recovery. Donations accepted.

NAMI - Family To Family

English Warm-line: 530-306-4101

Spanish Warm-line: 530-344-4876

f2fnami@gmail.com

Free 12-session class for family members, partners and friends of individuals with mental health issues.

NAMI - South Lake Tahoe

English Warm-line: 530-306-4101

Spanish Warm-line: 530-344-4876

National Suicide & Prevention Lifeline

Call or text 988

Tahoe Alliance for Safe Kids (TASK)

TahoeSafeKids.com

Community coalition focused on youth substance abuse prevention.

St. Theresa's Catholic Church

1037 Lyons Ave.

South Lake Tahoe, CA 96150

530-318-3397

Tahoecatholic.com

Spiritual and family counseling

Suicide Prevention Network

775-783-1510; 530-721-0615

SPNAwareness.org

Local South Shore suicide support & resources.

Tahoe Coalition for the Homeless

1137 Emerald Bay Rd.

South Lake Tahoe, CA 96150

530-600-2822

TahoeHomeless.org

Facebook.com/Tahoe

CoalitionForTheHomeless

Phone number and mailing address in service year round

Take Action for Mental Health

855-278-4204

SuicidelsPreventable.org

takeaction4mh.com

California's mental health movement. Recover stories and inspirational blogs. Adults and youth.

Teen Text Support Line

Text "start" to 741741 to

get immediate help.

CrisisTextLine.org

MENTAL HEALTH COUNSELING

A Balanced Life: Individual, Family & Child Therapy, Inc.

2100 Eloise Ave.

South Lake Tahoe, CA 96150

530-544-1748

Text-Only Line: 530-448-4528

Fax: 530-544-1728

ABalancedLifeTahoe.com

office@abalancedlifetahoe.com

Provides individual, couples and family therapy to children 5+, adolescents and adults. Call or go to the website for available programs and services. Vail and Caesars EAP, ComPsych EAP, MINES EAP, California Victim Compensation Program, EDCHH, LTCC, private pay.

Barton Community Health Center

2201 South Ave.

South Lake Tahoe, CA 96150

530-543-5623

BartonHealth.org

This clinic provides primary health care services and mental and behavioral health services. Insurance accepted: Medi-Cal, other insurance and Sliding Scale.

Barton Psychiatry & Mental Health

1067 Fourth St.

South Lake Tahoe, CA 96150

530-600-1968

BartonHealth.org

Evaluation and medication for children and adolescents, including play therapy. Insurance and private pay by referral.

Carson Tahoe Behavioral Health Services – Inpatient Psychiatric

1080 N. Minnesota St.

Carson City, NV 89703

775-445-7350

CarsonTahoe.com

Adults ages 18 and older inpatient psychiatric disorders and chemical dependency. Accepts most insurance, Medicare and Medicaid.

Carson Tahoe Behavioral Health Services-Inpatient Treatment

1080 N. Minnesota St.

Carson City, NV 89703

775-445-7350

CarsonTahoe.com

Intensive treatment for adults 18+ for substance abuse. Medical model detoxification; chemical dependency program.

Carson Tahoe Behavioral Health Services – Outpatient Psychiatric

775 Fleischmann Way

Carson City, NV 89703

775-445-7756

CarsonTahoe.com

Treats adults with psychiatric and addictive disorders through individual counseling. Accepts most insurance, Medicare.

Carson Tahoe Behavioral Health Services-Outpatient Treatment

775 Fleischmann Way

Carson City, NV 89703

775-445-7756

CarsonTahoe.com

Adult, individual and/or group substance abuse counseling. Accepts most insurance, Medicare.

El Dorado County Behavioral Health

1900 Lake Tahoe Blvd.

South Lake Tahoe, CA 96150

530-573-7970

24-Hour Crisis Hotline: 530-573-7970

edcgov.us/mentalhealth

Assessments for specialty mental health services for adults and children with Medi-Cal. Individual, and group therapy, case management and medication support for those that qualify. Referrals to other community providers for those not meeting Medi-Cal requirements for specialty mental health services. Wellness Center open from 1pm-4pm Mon-Fri., open to all community members 18 years and older regardless of insurance status or enrollment in services. Wellness activities range from socialization, peer support and quality of life improvement classes and activities.

Family Resource Center

3501 Spruce Ave., #B

South Lake Tahoe, CA 96150

530-542-0740

TahoeFRC.org

Bilingual counseling for children ages 5 to 18 and adults who do not have insurance. Donations accepted. No charge.

Infant Parent Center

2489 Lake Tahoe Blvd. Suite 30

South Lake Tahoe, CA 96150

530-676-2899 #0

InfantParentCenter.com

The Infant Parent Center is a non profit that serves families from conception to five years of age. Our relationship with each family is warm and personal creating a safe and collaborative environment. Our agency promotes prevention and family wellness. Our staff have specialized training in Infant Mental Health and have an average of over 15 years working with families.

Live Violence Free

2941 Lake Tahoe Blvd.

South Lake Tahoe, CA 96150

530-544-4444 – 24-Hour

530-544-2118 – Business

LiveViolenceFree.org

Counseling, advocacy and support for child and adult victims of domestic violence, sexual assault and child abuse and their families. 24-hour emergency response. No insurance or payment for our counseling.

Psychiatric Health Facility

530-544-7970

edcgov.us/mentalhealth

A 24-hour structured, therapeutic environment staffed by trained mental health professionals which provides services to both voluntary and involuntary adult patients who are in acute psychiatric distress. Private pay, Medi-Cal, sliding scale.

Rural Clinic of Carson City

1665 Old Hot Springs Rd., Ste. 150

Carson City, NV 89706

775-687-0870

Services for children, adolescents and adults. Includes outpatient counseling, psychosocial rehabilitation, service coordination, consultation and education, crisis services, group therapy. Sliding scale, Medicare, and Medicaid.

Reno Behavioral Healthcare Hospital

**6940 Sierra Center Pkwy.
Reno, NV 89511
775-393-2201**

Renobehavioral.com

Comprehensive mental health and addiction treatment for patients of all ages. Free, confidential assessments available 24/7

Sierra Child & Family Services

**924 Emerald Bay Rd., Suite A2
South Lake Tahoe, CA 96150
530-544-2111**

Provides counseling services to children & families. Medi-Cal only. Populations Served: Children/ Youth 0-21 years old that are referred from El Dorado County Mental Health for intensive services, Specialty Mental Health Services. Payment Accepted: Medi-Cal

Tahoe Youth & Family Services

**1021 Fremont Ave.
South Lake Tahoe, CA 96150
530-541-2445
TahoeYouth.org**

Substance abuse evaluations and counseling for youth and adults. Medi-Cal, private insurance and private pay.

Summit Therapy Solutions

**Rachel Yakar: rachelyakar@gmail.com
480-284-3342**

Pediatric occupational therapy, parent coaching and lifestyle coaching.

SUBSTANCE ABUSE COUNSELING

El Dorado County Behavioral Health

**24 hour Access line 1-800-929-1955
1900 Lake Tahoe Blvd.
South Lake Tahoe, CA 96150
530-573-7970**

Substance use assessments, treatment referrals and group therapy.

Mountain High Recovery Center

**530-600-6505
www.mountainhighrecovery.org
info@mountainhighrecovery.org**

Mountain High Recovery Center (MHRC) seeks the healing and recovery of all individuals, families, and communities affected by the misuse of substances. MHRC believes that treatment should be local, affordable, and individualized to each person's story.

National Institute on Drug Abuse

**Use the SAMHSA Treatment Locator or
call 877-389-3937
DrugAbuse.gov**

Reno Behavioral Healthcare Hospital

**6940 Sierra Center Pkwy.
Reno, NV 89511
775-393-2201**

Renobehavioral.com

Comprehensive mental health and addiction treatment for patients of all ages. Free, confidential assessments available 24/7

RJ Counseling

**870 Emerald Bay Road
South Lake Tahoe, CA 96150
530-545-0891**

**rbarna@rjcounseling.com
rjcounseling.com**

Individual and Family Addiction Counseling. Providing counseling to overcome drug and alcohol problems. All ages: adolescents, teens and adults.

Tahoe Youth and Family Services

**1021 Fremont Ave.
South Lake Tahoe, CA 96150
530-541-2445**

TahoeYouth.org

Substance abuse evaluations and counseling for youth and adults. Medi-Cal, private insurance and private pay.

SUPPORT GROUPS

Al-Anon

888-425-2666

al-anon-alateen.org

Friends and family members of problem drinkers share their experiences and learn how to apply the principles of the Al-Anon program to their individual situations. No charge.

Alcoholics Anonymous

Call 24 Hours a Day: 530-541-1243

Groups are held 7 days per week with specialty groups for men, women and young people. Please call for more information. No charge.

Camp Sunrise

2092 Lake Tahoe Blvd., Ste. 500

South Lake Tahoe, CA 96150

530-543-5592

BartonHealth.org/CampSunrise

Camp Sunrise is a FREE grief summer camp designed for children age 7 – 14 who have experienced the death of a family member. Children receive grief education and support through fun-filled activities and programs. Held once each year.

El Dorado County Family Caregiver Support Program

3050 Lake Tahoe Blvd.

South Lake Tahoe, CA 96150

530-621-6151

edcgov.us

1st Wednesday of the month, 3-4:30pm

El Dorado County Behavioral Health Community - Wellness Support Groups

M-F 8-5 Access Line: 530-621-6290

24-Hour Access Line: 1-800-929-1955

1900 Lake Tahoe Blvd.

South Lake Tahoe, CA 96150

530-544-2219

24-Hour Crisis Help: 530-573-7970

edcgov.us/mentalhealth

Substance use assessments, treatment referrals, group therapy, social activities and education for improved mental health. Call for scheduled activities.

Family Ties of Nevada

3710 Grant Dr., #B, Reno, NV 89509

775-823-9500

FamilyTiesNV.net

This support line is designed to assist people in finding resources for a loved one with any chronic illness, disability or other condition. Callers who don't know where to go for help call the support line from 9am – 5pm, Monday-Friday.

Foster and Kinship Care Support - Spanish

Tuesdays & Wednesdays 5pm-7:15pm

3501 Spruce Ave., Ste. #B

South Lake Tahoe, CA 96150

530-542-0740

TahoeFRC.org

Head Injury Association of Northern Nevada (HIANN)

P.O. Box 19314, Reno,

NV 89511

(775) 830-4261

hiann.org

info@hiann.org

Our mission is to be the voice of advocacy for brain injury survivors, their families, and caregivers. We help brain injury survivors that have conditions resulting from concussions, TBI, strokes and other causes, put their lives back together “piece by piece.”

Lake Tahoe Community College Foster and Kinship Care Education Program

530-541-4660 x528

www.ltcc.edu/fkce

kehuxtable@ltcc.edu

The Foster and Kinship Care Education Program at Lake Tahoe Community College offers FREE classes and trainings for current and prospective Resource Families (foster care and kinship care, relative or non-relative). Programs and trainings are designed to engage and educate Resource Families so they are able to meet the educational; emotional; behavioral and developmental needs of the children in their care. Training topics cover a wide range of subjects with an emphasis on trauma informed care.

Live Violence Free

2941 Lake Tahoe Blvd.

South Lake Tahoe, CA 96150

530-544-2118

LiveViolenceFree.org

Domestic Violence Support Group

Support group for victims affected by domestic violence.

Mommy & Me Support Group

BartonHealth.org/mommyandme

We invite new parents and their babies or toddlers to attend our FREE weekly groups to share experiences and discuss the joys and challenges of parenting. Get support from other parents as well as professional support from a childbirth instructor, nurse, and guest presenters. Infants and toddlers (up to 36 months). Our group meets online and in person as we can. To sign up, please go to: BartonHealth.org/mommyandme.

NAMI Family Support Group

El Dorado County Main Library

1000 Rufus Allen St.

South Lake Tahoe, CA 96150

English Warm-line: 530-306-4101

Spanish Warm-line: 775-407-0306

f2fnami@gmail.com

Free support group for families who have a loved one affected by mental illness. Second Tuesday of each month from 6-7:30pm at the El Dorado County Main Library. Adults eligible.

Narcotics Anonymous

530-541-4100

SierraSageNA.org

Call for meetings and locations.

Sierra Child & Family Services

924 Emerald Bay Rd., Suite A2

South Lake Tahoe, CA 96150

530-544-2111

Foster and adoptive parent support group., First Thursday of every month, 5pm-6:30pm.

Smart Recovery Group

2100 Eloise Ave.

South Lake Tahoe, CA 96150

530-544-1748

A science-based addiction recovery support group. Alternative to traditional 12-step programs.

PRIVATE PRACTICE

Accepting private health insurance, reimbursement or cash payments. "Private Pay" means paying out of pocket which may be through cash, sliding scale fees, HSA, credit card, or check. Some insurances will pay a portion of the costs out of network by reimbursing the client for submitted receipts or a "Superbill".

Catherine Aisner

CA Clinical Psychologist PSY Lic 10543,

LMFT NV Lic 3182-R

Lake Tahoe CA/NV Telehealth Only

530-416-6696

Areas of Treatment: Couples Therapy

Populations: Couples

Advanced Clinical Training: ICEEFT Certified

Emotionally Focused Couples Therapist Payment

Accepted: Private Pay

Marcella Araiza

CA LMFT 111395

A Balanced Life: Individual, Family and Child Therapy, Inc.

2100 Eloise Ave.

South Lake Tahoe, CA 96150

530-544-1748

office@abalancedlifetahoe.com

ABalancedLifeTahoe.com

Areas of treatment: Mood disorders, Anxiety, PTSD,

Substance Use Disorder, OCD

Population : Youth 10- 21, Individuals and Families, LGBTQIA+

Bilingual Spanish

Advanced Training: SMART Recovery, Substance Use

Payment accepted: Private Pay, CA Victim

Compensation Fund, CPS, Vail and Caesars EAP

Sandra Branton

CA Clinical Psychologist, 11992,

LMFT Lic 18217

870 Emerald Bay Rd.

South Lake Tahoe, CA 96150

530-541-5977

Kaye Brindley

CA ASW 94623

Supervisor: Lindsay Simon,

LMFT CA 51979

**A Balanced Life: Individual, Family and
Child Therapy, Inc.**

2100 Eloise Ave.

South Lake Tahoe, CA 96150

530-544-1748

office@abalancedlifetahoe.com

ABalancedLifeTahoe.com

Areas of Treatment: Anxiety, burnout, couples, play
therapy (ages 5+), grief and loss

Populations: Adults, teens, adolescents and children
ages 5+

Advanced Training: The Gottman Method Couples
Therapy, Play Therapy, Certified First
Responder Counselor

Payment accepted: Private Pay, CA Victim
Compensation Fund, CPS, Vail and Caesars EAP

Thomas Dickey

CA MFT Lic 32853

2489 Lake Tahoe Blvd., Ste. 26

South Lake Tahoe, CA 96150

530-543-0400

Diagnoses: Depression, Anxiety, Relationships, Goal

Setting, Parenting Areas of Treatment:

Cognitive Behavioral Therapy, Dialectical Behavioral
Therapy, Family Systems Therapy, Short
Term Dynamic Psychotherapy

Populations: Teenagers and older

Payment Accepted: Private pay, most insurance
accepted

Erin Eisenlohr

LMFT CA Lic 50832, NV Lic 01349

310 Dorla Ct, Ste. 209

Zephyr Cove, NV 89449

775-749-8161

Erineisenlohr.com

Areas of Treatment: Anxiety, Depression, Trauma/
PTSD, OCD, Life Transitions

Populations: Individuals 15 and older

Advanced Training: Cognitive Behavioral Therapy
(CBT), Prolonged Exposure for PTSD,

Exposure and Response Prevention (ERP) for OCD
Payment Accepted: Anthem Blue Cross/Blue Shield,
Prominence, Private Pay

Ellen Fisher

CA ACSW 106975, Supervisor: Lindsay

Simon, LMFT CA 51979

**A Balanced Life: Individual, Family and
Child Therapy, Inc.**

2100 Eloise Ave.

South Lake Tahoe, CA 96150

530-544-1748

office@abalancedlifetahoe.com

ABalancedLifeTahoe.com

Areas of Treatment: Trauma, Substance Use,
Depression, Grief, Anxiety

Populations: Adults

Advanced Training: EMDR, CBT

Payment accepted: Private Pay

Laurie C. Gallagher

CA LCSW 13934, NV LCSW 01756-C

2489 Lake Tahoe Blvd, Suite 25

South Lake Tahoe, CA 96150

(530) 542-2409

lrlaurie@gmail.com

Areas of Treatment: Anxiety, Depression, Trauma,
Life transitions, Self-growth

Populations: Adults, Couples, Children 9 and older.

Advanced Training: Eye Movement

Desensitization and Reprocessing (EMDR),

Cognitive Behavioral Therapy, Hypnosis

Payment Accepted: Aetna and Private Pay

Juanita Hernandez-Morin

CA Clinical Psychologist, Psy.D.,

PSY#31633

drhernandezmorin@gmail.com

530-600-1022

924 Emerald Bay Road, First Floor

South Lake Tahoe, CA 96150

(ADA Accessible)

www.drhernandezmorin@gmail.com

Areas of Treatment: Trauma and Stressor Related
Disorders, Mood Related Disorders,

Grief/Loss, Bipolar Related Disorders, Schizophrenia
Spectrum Disorders

Populations: Children 4-12 years old, Adults 18+
years old

Advanced Training: Psychological Evaluations

(diagnostic, cognitive, ASD), Psychodynamic

Psychotherapy, Child-Centered Play Therapy

Payment accepted: Private Pay, Aetna, Blue Shield,
United, Elevance

Nancy J. Huzicka Crebs

CA LMFT Lic 92420

870 Emerald Bay Rd., Ste. 104, Room 3

South Lake Tahoe, CA 96150

530-386-8386

Areas of Treatment: Bereavement, Anxiety, Depression, Trauma/ Post-Traumatic Stress Disorder

Populations: Adults

Advanced Clinical Training: Eye Movement Desensitization and

Reprocessing; Repair and Reattachment Grief Therapy; Energy Psychology

Payment/Insurance Accepted: Private Pay, Com Psych EAP, MHN, Cigna and Out-of- Network with Anthem insurance

Karen Joaquin

CA LMFT 82969, NV LMFT 4211-R

Through the Woods Individual and Child Therapy, Inc

karenajoaquin@

throughthewoodstherapyinc.com

530-205-3626

online therapy only

www.throughthewoodstherapyinc.com

Areas of Treatment: trauma, anxiety disorders, emotional dysregulation

Populations: individual teens and adults, 13+

Advanced Training: Certified Clinical Trauma Professional Level 2 (CCTP-II)

Payment accepted: Private pay, Insurance for CA clients only: Headway-many insurances accepted, inquire.

Erin R. Kelly

CA LMFT 45628

Business Name: Erin R. Kelly

erinrkellytherapist@gmail.com

530-494-9878

924 Emerald Bay

South Lake Tahoe, CA and online

https://erin-kelly.clientsecure.me

Areas of Treatment: Substance Abuse, Trauma, Anxiety, Depression, Parenting

Populations: Children, Teens, Adults and Family

Advanced Training: Yoga Nidra, Meditation and Art Therapy

Payment accepted: Private Pay

Jennifer Kile

LMFT CA 123167, LMFT NV 3314-R

Integrate Therapy

2489 Lake Tahoe Blvd., Ste. 29

South Lake Tahoe, CA 96150

530.208.5633

jennifer@integratetherapy.us

https://www.integratetherapy.us/

Areas of Treatment: Self-Worth/Inner Critic, Religious Trauma/ Post-Traumatic Stress Disorder, Anxiety, Depression

Populations: Individual therapy, Adults, First Responders

Advanced Training: Brainspotting, Mindful Self Compassion, Cognitive Behavior Therapy

Payment Accepted: Private Pay

Dustin Kieschnick, PsyD

CA PSY32828

530-208-5714

www.drkieschnick.com

Currently all sessions virtual

Areas of Treatment: Trauma, anxiety, depression, ADHD, substance use, Grief and loss, career concerns, life transitions, self-esteem

Populations: Adults & adolescents, specialize working with Veterans, men's issues, couples and families

Advanced Training: Emotionally Focused Therapy (EFT), Emotionally Focused Family Therapy (EFFT),

CognitiveTrauma-focused Treatments, CBT, ACT, DBT

Payment: \$200/hr out of pocket (sliding scale offered), Venmo, Check, ZellePay, or Credit Card.

Appecepts Optum and Aetna insurance.

Colleen Klym

CA LMFT 133164

2089 Lake Tahoe Blvd., Ste. 30

530-659-7437

Areas of treatment: Childhood disorders, Complex Trauma, Anxiety, Depression, Expressive arts/play therapy

Populations: Youth 0-21, Individuals, Family

Advanced Training: Brainspotting Consultant, Expressive Arts, Play therapy/sand tray

Payment Accepted: Private Pay

Marci Martinelli

CA LMFT 84745

Marci@MarciMartinelli.com

530-721-3525

1235 Ski Run Blvd., #1

South Lake Tahoe, CA 96150

and Telehealth

MarciMartinelli.com

Areas of Treatment: Trauma/Post-Traumatic Stress

Disorder, Grief/Loss, Depression, Anxiety

Populations: Teens and up, Veterans, First

Responders

Advanced Training: Eye Movement Desensitization

and Reprocessing (EMDR), Emotional

Freedom Techniques (EFT), Christian Counseling

Payment accepted: Private Pay, Headway-many

insurances accepted, inquire.

Marta McLean

CA LMFT 87044

3053 Harrison Ave., Suite #203

South Lake Tahoe, CA 96150

530-686-5330

martamcleanlmft@gmail.com

Treatments/Diagnoses: Anxiety, Depression,

Trauma/PTSD, OCD, Life Transitions

Populations: Individuals: Youth 16+, Adults, First

Responders

Advanced Clinical Training: Certified in Trauma-

Focused Cognitive Behavioral Therapy;

Prolonged Exposure Therapy for PTSD, Dialectical

Behavioral Therapy; treatment of survivors of

trauma and abuse, Exposure and Response

Prevention for OCD

Payment Accepted: Aetna, Cigna, Oxford, United

Healthcare, Oscar Health, Blue Cross

California, Cash, Check, Vail Resorts EAP (Mines &

Associates)

Kate Mosher

CA LCSW Lic 66640

3053 Harrison Ave., Ste. 203

South Lake Tahoe, CA 96150

530-494-9839

Areas of Treatment: Childhood Disorders, Post-

Traumatic Stress Disorder, Obsessive

Compulsive Disorder, Anxiety, Complex Trauma

Populations: Youth 0-21, Individuals, Families

Advanced Training: Certified in Trauma-Focused

Cognitive Behavioral Therapy (TF-CBT),

Exposure and Response Prevention, Clinical

Supervision

Payment Accepted: Private Pay, Victim Witness

Funds, Contracts

Viola Nungary

CA MFT Lic 31975

2489 Lake Tahoe Blvd., Suite 26

South Lake Tahoe, CA 96150

530-542-0800

Treatments/Diagnoses: Anxiety, Depression,
Marital/Couple Issues, Grief/Loss, Coping with a
major life crisis or transition

Populations: Individuals and couples Advanced

Clinical Training: Eye Movement Desensitization

& Reprocessing; Hypnosis

Payment/Insurance Accepted: Most insurances

accepted

Lisa Olson

CA LMFT Lic 107725, NV LMFT Lic

4422-R

3053 Harrison Ave., #205

South Lake Tahoe, CA 96150

530-208-9424

lisaolsonmft@gmail.com

https://www.lisaolsoncounseling.com

Areas of Treatment: Trauma/ Post-Traumatic Stress

Disorder, Addiction, School Problems,

ADHD, Anxiety

Populations: Individuals 13 and older, Families, First

Responders

Advanced Training: Internal Family Systems (IFS),

Eye Movement Desensitization

Reprocessing(EMDR), Somatic Experiencing (SE)

Payment Accepted: Concern EAP, Private Pay

Marni Perschnick

CA LCSW 116543, NV LCSW 8427-C

Wildflower Wellness, LLC

wildflowerwellness@mplcsw.com

530-205-3142

Online only

www.wellnesswithmarni.com

Areas of Treatment: Anxiety, Depression,

Relationship Challenges, Faith/Spiritual

Deconstruction and Reconstruction, PTSD

Populations: Adult Individuals

Advanced Training: EMDR trained, Forest Therapy

Guide

Payment accepted: UnitedHealthcare, Oxford

Health Plans, Cigna, Aetna, UMR, Oscar, Anthem

Blue Cross Blue Shield, Private Pay

Marianna Randolph

CA LCSW LCS 24256, NV LCSW 9495-C

924 Emerald Bay Rd., Ste. A

South Lake Tahoe, CA 96150

530-721-7281

mariannarandolphlcswwtherapy@gmail.com

Areas of Treatment: Depression, Anxiety, Grief/Loss, Chronic Pain/Health Conditions, Adult ADHD

Populations: Adults, Couples

Advanced Clinical Training: Certified Cognitive Behavioral Group Therapist, Mindfulness Based Stress Reduction; Certified Level 2 Gottman Couples Therapist

Payment Accepted: Private Pay, Medicare

Anna K. Richter

(formerly Anna Lee)

CA LMFT Lic 128951, NV LMFT Lic

4256-R

924 Emerald Bay Rd., First Floor

South Lake Tahoe, CA 96150

530-307-1250

Business Name: Anna Lee Therapy

annalee@icloud.com

www.annaleetherapy.org

Areas of Treatment: Generalized Anxiety Disorder, Depression, Relationship Stress, LGBTQ+ Support, Parenting Support

Populations: Teenagers/13 and older, Young Adults, Individuals, Couples

Advanced Training: DBT, Person-Centered Therapy, Trauma

Payment Accepted: Private pay

Erin Ritter

CA LPCC 11243

The Holistic Alliance

erin@theholisticalliance.com

973-384-5626

theholisticalliance.com

Populations: Adults and Couples, Clinical Supervision

Areas of treatment: Women's issues, Addiction, Mood Disorders, Trauma, Ketamine Assisted Psychotherapy

Payment accepted: California Anthem, Aetna, United, Cigna

Lesley Shapiro

CA AMFT#144537

Supervisor: Lindsay Simon, LMFT CA

#51979

A Balanced Life: Individual Family and Child Therapy, Inc.

2100 Eloise Ave.

South Lake Tahoe, CA 96150

530-544-1748

office@abalancedlifetahoe.com

ABalancedLifeTahoe.com

Areas of Treatment: Mood Disorders, Anxiety, Family, Adolescents, Children, School Related Issues.

Population: Children, Adolescents, Adults.

Payment Accepted: Private Pay, CA Victim Compensation Fund, CPS, Vail and Caesars EAP

Lindsay Simon

CA LMFT 51979

A Balanced Life: Individual, Family and Child Therapy, Inc.

2100 Eloise Ave.

South Lake Tahoe, CA 96150

530-544-1748

office@abalancedlifetahoe.com

ABalancedLifeTahoe.com

Areas of treatment: Anxiety, Mood disorders, Life transitions, Burnout, Adult ADHD

Population: Individual adults, Couples and family therapy, Supervision for Associates

Aimie Sutton, LPCC

CA #15131

924 Emerald Bay Road

(530) 303-8183

aimie.n.sutton@gmail.com

aimiesuttontherapy.clientsecure.me

Areas of Treatment: Anxiety, Mood Disorders, Self-harm/Suicidal Ideation, Relationship and School Stress, LGBTQIA+ support, Life Transitions, Trauma and Stressor Related Disorders

Populations: Children (6 and over), teens, adults, individuals, families

Advanced Training: Becoming Certified in Dialectical Behavioral Therapy (C-DBT), Person-Centered Therapy, Play therapy, Advance training in Oppositional, Defiant and Disruptive Behaviors in Children and Adolescents, Mindfulness

Payment Accepted: Private pay

Keith Tanenbaum

CA LCSW 107974, NV LCSW 10156-C

Evergreen Therapy

530-727-5505

924 Emerald Bay Rd.

South Lake Tahoe, CA 96150

[https://tanenbaum-evergreen.](https://tanenbaum-evergreen.clientsecure.me/)

[clientsecure.me/](https://tanenbaum-evergreen.clientsecure.me/)

Areas of Treatment: Depression, Anxiety,

Relationships, Trauma, Adjustment.

Populations: 12yrs+

Advanced Training: EMDR Trained, Grief

Payment accepted: Private Pay and Headway-many insurances accepted, inquire.

Ksenia Ustinova

CA ACSW 118870, Supervised by

Lindsay Simon, LMFT 51979

A Balanced Life: Individual, Family and Child Therapy, Inc.

2100 Eloise Ave.

South Lake Tahoe, CA 96150

530-544-1748

office@abalancedlifetahoe.com

ABalancedLifeTahoe.com

Areas of Treatment: Mood disorders, Adjustment

Disorders, Perinatal Mood and Anxiety

Disorders, Parenting

Populations: Adults 18+, Couples

Advanced Training: The Gottman Method Couples Therapy

Payment accepted: Private Pay, CA Victim

Compensation Fund, CPS, Vail and Caesars EAP

Matthew Wong

CA Clinical Psychologist, PSY 26365

870 Emerald Bay Rd., Ste. 303, Box 3

South Lake Tahoe, CA 96150

415-806-0275

www.drmattpsyd.com

Areas of Treatment: Attention Deficit Hyperactivity

Disorder, Anxiety, Depression, Adjustment

Disorder, Learning Disorders

Populations: Children 4 years old and older,

Teenagers, Young Adults

Advanced Training: Pediatric Neuropsychology,

Psych Assessment

Payment: Private Pay

ONLINE RESOURCES- THERAPY AND PSYCHIATRY

No referral needed • Telehealth • Therapy, psychiatry and medication management

Brain Health - Therapy & Psychiatry

800-919-0118

brainhealthusa.com

Patient Type: Adult + Child

Pay Type Accepted: Medicaid (CA & NV), Medicare, Private, Cash Pay

HealthLink Now - Therapy & Psychiatry

888-880-8443

healthlink.com

Patient Type: Adult + Child

Pay Type Accepted: CHW MediCal, Medicare, Private, Cash Pay

Talkspace - Therapy & Psychiatry

talkspace.com

Patient Type: Adult + Child

Pay Type Accepted: Medicaid (CA & NV), Medicare, Private, Barton EAP, Cash Pay

Babylon - Therapy & Psychiatry

babylonhealth.com

Patient Type: Adult + Child

Pay Type Accepted: CHW MediCal

LiveHealthOnline - Therapy & Psychiatry

888-548-3432

livehealthonline.com

Patient Type: Adult + Child

Pay Type Accepted: Anthem MediCal, Medicare Advantage, Private, Barton EAP, Cash Pay

TimelyCare - Therapy

833-484-6539

timelycare.com

LTCC Students

Better Help - Therapy

betterhelp.com

Patient Type: Adult, 18+

Pay Type Accepted: Cash Pay

TeenCounseling

Teencounseling.com

Patient Type: Ages 13-19

Pay Type Accepted: Cash Pay



MEDICAL SERVICES

CANCER SUPPORT

American Cancer Society

800-227-2345 24-hour

[Cancer.org](https://www.cancer.org)

Offering multiple support programs for patients and caregivers throughout Northern California and Nevada. Transportation support in many areas.

Barton Oncology

1139 3rd St.

South Lake Tahoe, CA 96150

530-582-6450

[BartonHealth.org/oncology](https://www.bartonhealth.org/oncology)

Follow up appointments available in cooperation with the Gene Upshaw Memorial Tahoe Forest Cancer Center.

Barton Infusion Center

Inside Barton Memorial Hospital

2170 South Ave.

South Lake Tahoe, CA 96150

530-543-5876

[BartonHealth.org/infusion](https://www.bartonhealth.org/infusion)

Cancer support services including blood transfusions, hydrations, labs and medications.

Gene Upshaw Memorial Cancer Center

Tahoe Forest Cancer Center

10121 Pine Ave.

Truckee, CA 96161

530-582-6450

[TahoeCancerCenter.com](https://www.tahoecc.com)

The Cancer Center at Tahoe Forest Hospital offers services for the early detection, diagnosis and treatment of cancer. Affiliated with UC Davis.

Renown Children's Hospital

1155 Mill St.

Reno, NV 89502

775-982-KIDS (5437)

[Renown.org/children](https://www.renown.org/children)

Treats children and adolescents with cancer. Also home to the Children's Infusion Center offering 24/7 physical coverage.

South Lake Tahoe Cancer League

P.O. Box 17982

South Lake Tahoe, CA 96151

530-577-7947

solaketahoec@gmail.com

Limited financial assistance grants for permanent South Lake Tahoe residents who are receiving treatment for cancer. Provides transportation at no charge for active treatment at UC Davis/ Sacramento, Truckee, Reno, Carson Valley and local. No charge.

MEDI-CAL (FOR DENTAL)

Diamond Springs Dental

540 Pleasant Valley Rd.
Diamond Springs, CA 95619
530-344-0290

Dentist on the western slope of El Dorado County who sees both adults and children and takes all forms of private insurance, Medi-Cal, CMSP and discount plans.

El Dorado Smiles - El Dorado Community Health Center Mobile Dental Clinic

3100 Ponte Morino Dr., #120
Cameron Park, CA 95682
530-621-7700
edchc.org

Provides high-quality preventative services—comprehensive exams, x-rays, basic fillings, restorative procedures, fluorides, varnishes, sealants, dental cleanings, oral hygiene instruction, and dental education to everyone. Please call for information. Services also available in the Dental Mobile Van. Check our website for a calendar of dates and locations.

Preventive Dental Care

Dr. Injoo Han
4355 Golden Center Drive, Ste. A
Placerville, CA 95667
530-622-3430

Placerville dentist who takes Medi-Cal, self-pay, most insurances.

Shingle Springs

Health & Wellness Center- Dental
5168 Honpie Rd.
Shingle Springs, CA 95667
530-387-4975
sshwc.org

The Smile Shop

Dr. April Westfall, DMD
3461 Lake Tahoe Blvd.
South Lake Tahoe, CA 96150
530-600-2835

TheSmileShopTahoe.com
TheSmileShopTahoe@gmail.com

Accepts Medi-Cal and Met-Life insurance. Serves all ages. Currently accepting new patients. Emergency walk-in hours Mon-Fri 7am.

Young Tahoe Smiles Program

Dr. Mireya Ortega
1060 Ski Run Blvd.
South Lake Tahoe, CA 96150
530-541-7040

www.youngtahoesmiles.com

Basic dental care for children ages 0-16 without insurance and whose family meets financial eligibility. Cost \$5, \$10, \$20 per visit.

MEDICAL SUPPORT SERVICES

Accountable Care Organizations (ACO)

866-896-8443

NurseWise 24-Hour line. A dedicated nurse line available 24 hour a day, 7 days a week to answer questions.

County Medical Services Program (CMSP) & Path2Health/Medical

3368 Sandy Way
South Lake Tahoe, CA 96150
530-573-3200

c4yourself.com

Health coverage for low-income adults in 35 rural counties including El Dorado. Apply in person, by phone or online.

El Dorado County Health & Human Services

1360 Johnson Blvd., #103
South Lake Tahoe, CA 96150
530-573-3155

edcgov.us/humanservices

Provides a variety of services including communicable disease control, immunizations and community nursing.

Medi-Cal

3368 Sandy Way

South Lake Tahoe, CA 96150

530-573-3200

c4yourself.com

California's Medicaid health care program. Pays for a variety of medical services for children and adults with limited income and resources. Apply in person, by phone, or online.

PEOPLE WITH DISABILITIES

Alta CA Regional

2489 Lake Tahoe Blvd., Ste. 1

South Lake Tahoe, CA 96150

530-314-5970

AltaRegional.org

Intervention and support for adults and children at risk for, or with, intellectual and/or developmental disabilities and their families.

Choices Day Program

1950 Lake Tahoe Blvd., #2

South Lake Tahoe, CA 96150

530-541-0167

CTS-choices.org/south-lake-tahoe

Support services for adults with developmental disabilities. Programs to foster independence, personal development and self-sufficiency.

Job Placement: Vocational Rehabilitation

2489 Lake Tahoe Blvd., Ste. 4

South Lake Tahoe, CA 96150

530-541-3226

dor.ca.gov

Provide services and advocacy resulting in employment and equality for individuals with disabilities.

Lake Tahoe Unified School District

1021 Al Tahoe Blvd.

South Lake Tahoe, CA 96150

530-541-2850

LTUSD.org

Programs for special needs students ages 0-22 years; Early intervention program 0-3 years; Preschool program for 3-5 year olds; Special education classes for students in transitional Kindergarten through grade 12.

Tahoe Area Coordinating Council for the Disabled

2572 Lake Tahoe Blvd.

South Lake Tahoe, CA 96150

530-544-1127

TahoeAreaCoordinating

CouncilfortheDisabled.com

Community Advocacy Group. Meets at California Department of Vocational Rehabilitation office at noon on the 4th Monday of the month. FREE.

Trails At The Lake

2494 Lake Tahoe Blvd., Ste. 5

South Lake Tahoe, CA 96150

530-539-4191

TrailsAtTheLake.org

Provides personnel services, training and support for the physically, developmentally, and/or psychiatrically challenged persons including job training, personal budgeting assistance and independent or assisted living services. Private pay, may qualify for aid.



SENIOR SERVICES

HOUSING & CARE FACILITIES

Barton Skilled Nursing Facility

2170 South Ave.

South Lake Tahoe, CA 96150

530-543-5885

BartonHealth.org

A 5-Star 48-bed unit located within the Barton Memorial Hospital campus, providing both long-term care and short-term rehabilitation stays.

Brooksdale in Gardnerville

1565 Virginia Ranch Rd.

Gardnerville, NV 89410

855-430-0035

Assisted living and memory care services for seniors promoting an active lifestyle. Private pay, long term care insurance.

Carson Valley Senior Living

1189 Kimmerling Rd.

Gardnerville, NV 89460

775-265-1400

CarsonValleySeniorLiving.net

High quality assisted living and memory care in Gardnerville, Nevada. Pet friendly.

Gardnerville Health And Rehabilitation Center

1573 Muller Parkway

Gardnerville, NV 89410

775-782-6620

GardnervilleHealthAndRehab.com

A 24-hour skilled nursing facility. Providing long-term care, post acute rehabilitation, physical therapy, occupational therapy, speech-language pathology, social services including transition planning. Accepting Medicare, Medicaid, private insurance and private pay.

Kelly Ridge Apartments

1447 Herbert Ave.

South Lake Tahoe, CA 96150

530-542-1680

KellyRidgeLakeTahoe.com

Affordable housing for seniors. Independent living.

Mountain View Health And Rehabilitation Center

201 Koontz Ln.
Carson City, NV 89701
775-883-3622

MountainViewHealthAndRehab.com

Residential facility for seniors providing dementia services, 24-hour skilled nursing, restorative nursing, and long-term care. Accepting Medicare, Medicaid, private insurance, HMO and private pay.

Tahoe Senior Plaza

1101 3rd St.
South Lake Tahoe, CA 96150
530-542-7048

TahoeSeniorPlaza.com

Affordable housing for seniors 62 and older. Independent living.

The Arbors Memory Care Community

2121 East Prater Way
Sparks, NV 89434
775-331-8875

ArborsMemoryCare.com

Alzheimer's and other dementia care facility in Nevada.

SUPPORT SERVICES

Adult Protective Services

3057-A Briw Rd.
Placerville, CA 95667
530-642-4800

Investigates reports of abuse or neglect of persons 65 years of age and older, and those ages 18-64 who meet the criteria for dependent adults. Licensed in CA and NV.

A Hand At Home

3053 Harrison Ave., Ste. 205
South Lake Tahoe, CA 96150
530-545-0780

AHandAtHome.net

Provides a wide range of non-medical support services that help families function and meet their needs for daily living in the comfort of their own home. Private pay and long-term care insurance. Licensed in California and Nevada.

Barton Home Health

2092 Lake Tahoe Blvd., Ste. 500
South Lake Tahoe, CA 96150
530-543-5581

BartonHealth.org/homehealth

Skilled home health care for post-operative, diabetic, rehabilitation, cardiac and wound care.

Barton Hospice

2092 Lake Tahoe Blvd., Ste. 500
South Lake Tahoe, CA 96150
530-543-5581

BartonHealth.org/hospice

Provides comfort and relieves symptoms of those who are terminally ill.

Douglas County Senior Center

1329 Waterloo Ln.
Gardnerville, NV 89410
775-782-5500

DouglasCountyNV.gov

Recreational, educational and wellness activities for seniors age 60 and older. Meals on Wheels, homemaker services and DART transportation.

Eden Home Care

911 Mountain St.
Carson City, NV 89703
775-392-2000

Eden-Health.com

Our compassionate caregivers are ready to help you with a variety of daily activities such as light housekeeping, meal planning, medication reminders, bathing, dressing and other helpful tasks.

Elder Options

2074 Lake Tahoe Blvd., #7
South Lake Tahoe, CA 96150
530-541-1812

800-336-1709

ElderOptionsCA.com

Working with families to find solutions for older family members in honoring their wishes and keeping them safe at home. Provides 24/7 home care and care management supervision.

El Dorado County Senior Center

530-621-6150
Senior Helpline.

El Dorado County Veterans Affairs

3368 Sandy Way

South Lake Tahoe, CA 96150

By Appointment Only

530-621-5892

130 Placerville Dr., Ste. B

Placerville, CA 95667

530-621-5892

edcgov.us/veterans

Hours in South Lake Tahoe: Open 2nd and 3rd Tuesday of each month. By appointment only. Veterans can get help with compensation for service related disabilities; pension and education benefits; referrals to VA medical facilities; government life insurance; survivor benefits; CA college fee waiver; and more.

Employment Resource Center

3368 Lake Tahoe Blvd. #102

South Lake Tahoe, CA 96150

530-573-4330, edcgov.us

Helping individuals search for a job, develop a quality resume, enhance job interview skills and more.

South Lake Tahoe Senior Center

3050 Lake Tahoe Blvd.

South Lake Tahoe, CA 96150

530-542-6094, CityOfSLT.us

An activity and information center that brings support services including exercise programs, computer lab, tax preparation, legal services, daily meals and nutrition counseling to the senior population of South Lake Tahoe. Call for more information.

Tahoe Douglas Senior Center

885 U.S. Hwy. 50

P.O. Box 1771

Zephyr Cove, NV 89448

775-588-5140

Membership program for Tahoe basin residents. Recreational and support available including a month luncheon, group shopping and activity trips.

Vitality For Life

Adult Mental Health Center

1107 Hwy. 395 N.

Gardnerville, NV 89410

775-782-1599

Intensive outpatient senior wellness and mental health program serving seniors with depression, anxiety, grief and loss, social isolation and other mental health/life issues. Primary Medicare with secondary insurance or private pay.





YOUTH & FAMILY SERVICES

ACO Medicare Nurse Wise Health Line

940-627-5921

Accountable Care Organization's NurseWise 24-Hour Medicare line. A dedicated nurse line available 24-hours a day, 7-days a week to answer questions.

Big Brothers Big Sisters of Northern Sierra

Tahoe Mountain Lab

3079 Harrison Ave.

South Lake Tahoe, CA 96150

530-626-1222

Todd White 530-556-5014

BBBS makes meaningful, monitored matches between adult volunteers and at-risk children, ages 3 through 18, in El Dorado County. These mentors are friends and champions who serve as a positive role model and consistent supportive presence in these children's chaotic and unstable lives.

Bridges of the Mind Psychological Testing & Evaluations

924 Emerald Bay Dr, Suite E

South Lake Tahoe, CA 96150

(530) 302-5791

www.bridgesofthemind.com

Assessments for ADHD, Autism, Dyslexia & Learning Disabilities

Serving the Sacramento-Roseville Metro Area and South Lake Tahoe Area

Testing & Diagnosis For Kids, Teens & Adults

No Waitlist, Get Your Assessment Done Quickly!

Both In-Person Sacramento/South Lake Tahoe &

Online Assessments Available

Boys And Girls Club

P.O. Box 17846

South Lake Tahoe, CA 96151

1100 Lyons Ave.

South Lake Tahoe, CA 96150

530-542-0838

bgclt.org

After school programs for school aged children during the school year. All day programs during summer and school breaks.

CASA – Court Appointed Special Advocates

1354 Johnson Blvd., Ste. 2

South Lake Tahoe, CA 96150

530-573-3093

CASAElDorado.org

CASA El Dorado's trained and court-appointed volunteers advocate on behalf of abused, neglected and at-risk youth.

Child Health And Disability Prevention Program

**1360 Johnson Blvd., Ste. 103
South Lake Tahoe, CA 96150
530-573-3155**

edcgov.us/publichealth

Complete health and dental assessments for early detection and prevention of diseases and disabilities in children and youth. Services include school entry exams, sports physicals and immunizations. Serving Medi-Cal eligible children birth through 20 years and low income children at or below 200 percent of poverty, birth through 18 years.

Catalyst Community

**870 Emerald Bay Road, #400/401
South Lake Tahoe, CA 96150
530-541-5848**

catalystcomm.org

Help finding child care and determining subsidized child care eligibility. Emergency formula and diapers for families in need. Education and resources including toy library. Licensing and regulation information.

El Dorado County Child Protective Services

**3368 Lake Tahoe Blvd., Ste. 100
South Lake Tahoe, CA 96150
530-573-3200**

844-756-3699 (toll free)

edcgov.us

Investigates reports of abuse, neglect or harm. Provides referrals to community resources.

El Dorado County – Community Hub Team

530-573-3185

First5ElDorado.com/community-hubs

Hub Teams help families with everyday parenting by offering guidance on children's behavior, parenting support, early literacy activities and connections to health insurance, doctors, dentists and wellness visits for expectant parents and families with children 0-18 throughout El Dorado County. Services are located at local libraries or by calling the toll free line.

El Dorado County Health & Human Services – Public Health

**1360 Johnson Blvd., Ste. 103
South Lake Tahoe, CA 96150
(530) 573-3155**

edcgov.us/PublicHealth/

Public Health provides a variety of services including communicable disease control, community health assessment, specialized health education, tuberculosis testing (PPD), nursing case management for high risk women and infants and immunizations for all ages.

El Dorado County Office Of Education Child Development Programs

1286 Kyburz Ave.

South Lake Tahoe, CA 96150

530-543-8242 – South Lake Tahoe

530-295-2270 – Western Slope

Early Head Start Programs: Serves birth to age 3 years, including teen parents, with weekly home visits. The focus of this federally funded program is to enhance family relationships and promote healthy child growth and development. Free for income eligible families.

Head Start Center-Based Programs: Preschool programs for children ages 3 to 5. Individualized early childhood programs focus on school readiness, literacy, health, nutrition and social services. Free for income eligible families.

Family Resource Center

3501 Spruce Ave., Ste. B

South Lake Tahoe, CA 96150

530-542-0740

TahoeFRC.org

Low cost bilingual summer environmental education program and social skills groups during the school year.

Foster Kinship Education Program

Providing education and support LTCC.

edu/FKCE

kehuxtable@ltcc.edu

Opportunities to care providers of children and youth in out-of-home care. Trainings are free and open to all community members. Trainings support attachment; social-emotional development; mental health; positive parenting techniques; trauma impacts, trauma informed care; developmental delays; neurodiversity; sensory issues; community resources; self-care and resiliency. FKCE also offers Kinship Provider Support Groups to provide support to relatives caring for family members.

HealthyChildren.org

The American Academy of Pediatrics

345 Park Blvd.

Itasca, IL 60143

HealthyChildren.org

info@healthychildren.org

Up-to-the-minute pediatric health information specially customized for you and your family. A monthly HealthyChildren.org e-newsletter.

Live Violence Free Children's Art Therapy

2941 Lake Tahoe Blvd.

South Lake Tahoe, CA 96150

530-544-2118

LiveViolenceFree.org

A program that is trauma focused for children using techniques to help children from the Windows Between Worlds Art Program.

Sierra Child & Family Services

924 Emerald Bay Rd., Suite A2

South Lake Tahoe, CA 96150

530-544-2111

Provides support for foster youth and foster or adoptive families. Families who are interested in becoming a foster or adoptive parent should call to inquire.

SOS Outreach

3053 Harrison Ave, Unit #2046

South Lake Tahoe, CA 96151

530-918-4092

775-298-0261 Direct

530-206-6361 Mobile

SOSOutreach.org

A national youth development non-profit which utilizes adventure sports to engage at-risk and underserved students in long-term relationships.

South Lake Tahoe Library

1000 Rufus Allen Blvd.

South Lake Tahoe, CA 96150

530-573-3185

ELDoradoLibrary.org

Public access internet, wifi, books, audiobooks, movies and children's programs.

Mon:10-5, Tues and Wed: 10-7, Thurs-Sat: 10-5, Closed Sundays

South Lake Tahoe Recreation Center

1180 Rufus Allen Blvd.

South Lake Tahoe, CA 96150

530-542-6056

CityOfSLT.us

Year-round aquatic and other recreational programs for families. Self pay with a sliding scale.

Tahoe Immigration Law Amber Reinholdt, Esq.

2489 Lake Tahoe Blvd., Ste. 21

South Lake Tahoe, CA 96150

530-578-0144

tahoeimmigrationlaw.com

tahoeimmigrationlaw@gmail.com

Specializing in Family petitions, waivers, DACA, adjustment of status, asylum, removal defense & bond, finance visas, consular processing. Call for a free and confidential consultation.

Tahoe Youth & Family Services

1021 Fremont Ave.

South Lake Tahoe, CA 96150

530-541-2445

TahoeYouth.org

Drop-in center for youth up to age 24. Call for appointment. Basic needs and support. No charge.

University Of California CalFresh Nutrition Education

3368 Sandy Way

South Lake Tahoe, CA 96150

530-573-3200

UCCalFresh.com

Advocating for nutrition, help adults and their families establish and maintain healthy eating habits and physically active lifestyles. Available for any nutritional resources you may need. No charge but must be eligible for Supplemental Nutrition Assistance Program (SNAP), WIC or Head Start.

Supportive Services for Veterans Families

916-265-3400

VOA-NCNN.org

Funded by the United States Department of Veterans Affairs, the Veteran Family Services program is administered through Volunteers of America to provide supportive services to extremely low or very low-income veteran families who are homeless or at risk for becoming homeless. For more information call or visit online.



2170 South Ave.
South Lake Tahoe, CA 96150

BartonHealth.org