A Five-Star Hospital for Overall Quality.

- Centers for Medicare and Medicaid Services

Barton Memorial Hospital

bartonhealth.org/quality
# 2021 Barton Health & Wellness Directory Medical Resource Guide

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Admitting .................. 530-543-5835
Infusion Center .......... 530-543-5876
Attic Thrift Store .... 530-541-3378
Community Health Center ... 530-543-5623
Customer Service (Billing) ..... 530-543-5930
Education .................. 530-543-5549
EKG .......................... 530-543-5881
Emergency Department ... 530-543-5890
Foundation .................. 530-543-5909
Gift Shop .................... 530-543-5927
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Health Information Management (Medical Records) 530-543-5900
Home Health/ Hospice .. 530-543-5581
Human Resources (Personnel) 530-543-5564
Intensive Care Unit (ICU) .. 530-543-5860
Laboratory — 4th Street .. 530-543-5913
Laboratory — Hospital .. 530-543-5855
Laboratory — Stateline .... 775-589-8951
Medical Imaging (MRI, Nuclear Medicine, Ultrasound, X-Ray, CT Scan) ... 530-543-5850
Mammography ........... 530-543-5851
Medical/Surgical Unit ..... 530-543-5870
Nutrition .................. 530-543-5824
Obstetrics (Family Birthing Center) ... 530-543-5547
Occupational Health .... 775-589-8987
Orthopedics (In-Patient) ... 530-543-5865
Public Relations .......... 530-543-5615
Rehabilitation — (Hospital) .. 530-543-5896
Rehabilitation — (Center) ... 530-543-5706
Rehabilitation — (Stateline) .. 775-589-8953
Respiratory Care .......... 530-543-5884
Risk Management .......... 530-543-5845
Sleep Studies Lab ....... 530-543-5895
Surgery (General) .......... 530-543-5691
  ■ Lake Tahoe Surgery Center 775-588-9188
  ■ Pre-Op 530-543-5528
Volunteer Program (Auxiliary) 530-543-5728
The following are outpatient services for those who do not need to be hospitalized for their medical care. For a full listing of all medical services, please visit our website: bartonhealth.org

**Barton Education**
1113 Emerald Bay Rd.
South Lake Tahoe, CA 96150
530-543-5549
Education.BartonHealth.org
Barton offers a range of classes for our community including CPR and first aid. Also offers certification programs for Allied Health for Certified Medical Assistant and Certified Nursing Assistant.

**Barton Performance**
2170B South Ave.
South Lake Tahoe, CA 96150
530-539-6600
BartonOrthopedicsAndWellness.com
Barton Performance helps clients find excellence with a customized program, access to a variety of group performance classes, mental performance coaching, restoration and recovery techniques, and nutritional guidance.

**Center for Orthopedics & Wellness**
2170B South Ave.
South Lake Tahoe, CA 96150
530-539-6600
BartonOrthopedicsAndWellness.com
The Center includes multi-specialty services: orthopedic surgeons, spine specialists, physical medicine and rehabilitation specialists, a sports performance team, pain-management specialists, integrative medicine providers, health coaches, and health coaches. These specialists work together to ensure patients receive the highest level of comprehensive care, leading to the Center being a certified Center of Excellence by U.S. Ski and Snowboard. Offering wellness services for community members, patients, and employers.

**EKG Stress Lab**
Barton Memorial Hospital
2170 South Ave.
South Lake Tahoe, CA 96150
530-543-5881
Electrocardiograms help diagnose evidence of heart enlargement, insufficient blood flow, new or previous heart injuries or rhythm problems, changes in electrical activity of the heart, and signs of inflammation to the sac surrounding the heart. Treadmill stress testing, holter monitoring, event monitoring and nuclear stress testing are also offered.

**Emergency Department**
IN A MEDICAL EMERGENCY DIAL 911
Barton Memorial Hospital
2170 South Avenue
South Lake Tahoe, CA 96150
530-543-5890
Level III Trauma Emergency services provided by board-certified emergency medicine physicians and specially trained nurses 24 hours a day, seven days a week.

**Family Birthing Center**
Barton Memorial Hospital
2170 South Ave.
South Lake Tahoe, CA 96150
530-543-5547
Offering a family-centered experience, the birthing center offers large, remodeled labor, delivery & recovery suites; experienced and dedicated maternity staff; board-certified lactation consultants; and follow up home visits with a registered nurse to answer all your questions after you return home. Barton Memorial Hospital’s Family Birthing Center is a Blue Distinction® Center for Maternity Care. Blue Distinction Centers are nationally designated hospitals that show expertise in delivering improved patient safety and better health outcomes.
Gastroenterology Lab
Barton Memorial Hospital
2170 South Ave.
South Lake Tahoe, CA 96150
530-543-5985

Our Gastroenterology (GI) lab offers preventive and curative services for digestive diseases. Some of the services provided are colonoscopies, sigmoidoscopies, hemorrhoid treatment and diagnosis, and treatment of diseases such as reflux/GERD, cancer, polyps and ulcers. The GI lab is also a satellite liver clinic for Stanford University.

Home Health
2092 Lake Tahoe Blvd., Ste. 500
South Lake Tahoe, CA 96150
530-543-5581 | 775-782-1510

Barton provides at-home health care services with a doctor’s referral. Under the direction of your physician, we provide home care that best fits your needs. Our team includes registered nurses, rehabilitation services (including physical, occupational and speech therapy), medical social workers, nutritionists and home health aides.

Hospice
2092 Lake Tahoe Blvd., Suite 500
South Lake Tahoe, CA 96150
530-543-5581 | 775-782-1510

Hospice care is a specialty program providing comfort and relief of symptoms for those who are terminally ill. Hospice care is provided in the privacy and comfort of your own home, a nursing facility or group home. Our team will work with you, your physician and your family to determine the most beneficial treatment and how to provide care. Hospice care is reserved for those who have a disease with a life prognosis of six months or less, as determined by your physician.

Infusion Center
Barton Memorial Hospital
2170 South Avenue
South Lake Tahoe, CA 96150
530-543-5876

Outpatient infusion services are available. Blood draws from access devices, IV medication therapy and blood transfusions are a few of the services offered. Some cancer support services are also available.

Laboratory
Barton Memorial Hospital
2170 South Avenue
South Lake Tahoe, CA 96150
530-543-5855
1067 Fourth Street
South Lake Tahoe, CA 96150
530-543-5913

Our comprehensive laboratories offer full health panels and blood screenings, with a physician’s order, to help you be informed and proactive with your health.

Medical Imaging
Barton Memorial Hospital
2170 South Avenue
South Lake Tahoe, CA 96150
530-543-5851

Barton’s Medical Imaging Department offers the following services: CT scanning with 128-slice low dose technology, MRI machine features state-of-the-art Short Bore and Wide Bore technology, ultrasound, digital mammography with 3D tomography and stereotactic, X-ray and fluoroscopy, nuclear medicine and interventional radiography rivaling those of urban hospitals. We also offer preventive screenings and exams for cardiac and lung disease, cancer and tumors, organ function, respiratory diseases, vascular and circulatory diseases, arthritis, bone fractures, infections, breast screenings and biopsy, OB/GYN exams, digestive and colon disorders, spider vein treatment, embolisms, and many other diseases, disorders and abnormalities. All services are done in-house and appointments can usually be made in just a few days.

Nutrition
Barton Memorial Hospital
2170 South Avenue
South Lake Tahoe, CA 96150
530-543-5824

Our registered dietitian nutritionists provide individualized medical nutrition therapy, education and counseling for diabetes, cardiovascular disease, digestive disorders, oncology, maternal and pediatric nutrition, geriatric nutrition, weight control, sports nutrition, and wellness to meet your goals.

Occupational Health
Stateline Medical Center
155 Highway 50
Stateline, NV 89449
775-589-8987

Providing employee health services for your business, including workers compensation injuries, medical review officer service and drug testing, flight exams, commercial driver’s license exams, pre-employment exams, immunizations, and tuberculosis screenings.
Rehabilitation
Barton Memorial Hospital
2170 South Avenue
South Lake Tahoe, CA 96150
530-543-5896

Center for Orthopedics & Wellness
2170B South Ave.
South Lake Tahoe, CA 96150
530-539-6600

Stateline Medical Center
155 Highway 50
Stateline, NV 89449
775-589-8953

Providing physical, occupational, speech and hand therapy with the most comprehensive services for your rehabilitation needs. We treat sports injuries, chronic pain and will assist with surgery recovery. We accept many patients including those with neurological concerns, incontinence and lymphedema. Specialty services include orthotics, running video gait analysis, bike fitting, computer, Vo2 Max and Resting Metabolic Rate Testing, functional knee testing, Alter G and treadmill and aquatic therapy.

Respiratory Care Services
Barton Memorial Hospital
2170 South Avenue
South Lake Tahoe, CA 96150
530-543-5884

Respiratory Care Services provides a full range of services for respiratory evaluation, including pulmonary function testing, bronchoscopy and oximetry, along with education for people with specific respiratory issues.

Ski Resort Clinics
Barton Medical Clinic at Heavenly Mountain Resort
530-543-5575

Barton Medical Clinic at Kirkwood Resort
209-258-7236

Barton Medical Clinic at Sierra-at-Tahoe
530-659-7434

Our resort-based clinics offer urgent care treatment of ski and snowboard injuries; X-rays, IV moderate sedation; patient ground & airlift transport to hospitals & trauma centers; ski resort employee health care; ski resort employee workers comp injuries.

Skilled Nursing
Barton Memorial Hospital
2170 South Avenue
South Lake Tahoe, CA 96150
530-543-5885

Our hospital-based Skilled Nursing Facility accommodates 48 residents with all of the home-like amenities integrated into the clinical setting. Our purpose is to exceed the health care needs of our residents in a safe and secure environment while encouraging them to feel like a part of our Barton community. The Skilled Nursing Facility provides long-term care and rehabilitation care to residents who do not need acute care but cannot be cared for at home.

Sleep Studies Lab
Barton Memorial Hospital
2170 South Avenue
South Lake Tahoe, CA 96150
530-543-5895

Offers in-house and at home sleep studies for diagnosis and treatment of sleep disorders such as snoring, sleep apnea, insomnia, narcolepsy and restless legs/peripheral leg movements (PLM).

Surgery
Barton General Surgery
1139 3rd Street
South Lake Tahoe, CA 96150
530-543-5691

Barton Memorial Hospital Pre-Op Office
2170 South Avenue
South Lake Tahoe, CA 96150
530-543-5528

Lake Tahoe Surgery Center
212 Elks Point Road, Suite 201
Zephyr Cove, NV 89448
775-588-9188

Board-certified surgeons representing various specialties perform numerous surgical procedures. Registered nurses provide expertise for all areas of the surgery department, including pre-op, recovery and operating rooms. The da Vinci Robotic Surgery is available at Barton Memorial Hospital location.

Telemmedicine
530-543-5833

Various specialists are offered through Telehealth for Tahoe related to cardiology, psychiatry, endocrinology, neurology, dermatology, oncology, infectious disease, and post-concussion management. Following a referral from a primary care physician, an appointment can be made with one of the specialists.
A PRIMARY CARE PROVIDER sees you for everyday health, wellness, and illnesses. This is your regular or family doctor who may specialize in Internal Medicine, Family Medicine, or Pediatrics. Your Primary Care Provider, who may be a doctor, nurse practitioner or a physician’s assistant, helps patients understand the bigger picture of your health and takes care of or coordinates any kind of health care services you may need, including:

- Reviewing your prescription medications
- Reviewing your lab test results
- Referring you to a special clinical program that might help you
- Referring you to a Care Manager to help you stay healthy
- Giving you a flu shot and other preventive screenings
- Referrals to a specialist

Patients now have access to medical information through an after-hours clinical advice line by calling their primary care office. Providers covered by the hospital financial assistance program (FAP) are noted and may be subject to change. Please check with your provider to ensure coverage.
MICHAEL P. DOYLE, MD
BARTON PEDIATRICS
2201 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5550
Medical School: Medical College of Wisconsin, Milwaukee, WI
Board Certification: American Board of Pediatrics
Services: Pediatric primary care and pediatric acute illness.
Provider Covered by the Hospital Financial Assistance Policy (FAP)

JENNIFER EHMANN, MD
BARTON PEDIATRICS
2201 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5550
Medical School: State University of New York School of Medicine, Brooklyn, NY
Board Certification: American Board of Pediatrics
Services: Pediatric primary care and pediatric acute illness.
Provider Covered by the Hospital Financial Assistance Policy (FAP)

DREW HERBERT, FNP
BARTON COMMUNITY HEALTH CENTER
2201 South Ave., South Lake Tahoe, CA 96150 | 530-543-5623
Graduate School: Vanderbilt University, TN
Board Certifications: American Association of Nurse Practitioners, California Board of Nursing
Specialty: Family Medicine
Provider Covered by the Hospital Financial Assistance Policy (FAP)

ELKE HOUSER, FNP-C
BARTON COMMUNITY HEALTH CENTER
2201 South Ave., South Lake Tahoe, CA 96150 | 530-543-5623
Graduate School: Chamberlain University, IL
Specialty: Family Practice
Provider Covered by the Hospital Financial Assistance Policy (FAP)

ERIN JONES, MD
BARTON FAMILY MEDICINE
1090 3rd Street, South Lake Tahoe, CA 96150 | 530-543-5660
Medical School: Keck School of Medicine, University of Southern California, Los Angeles, CA
Board Certification: American Board of Family Medicine
Services: Integrative medicine, child wellness checks, women’s health and geriatrics.
Provider Covered by the Hospital Financial Assistance Policy (FAP)

CATHEY KNIGHT, RN, MSN, NP
BARTON PRIMARY CARE | STATELINE MEDICAL CENTER
155 Highway 50, Stateline, NV 89449 | 775-589-8960
Graduate School: University of Nevada, Reno
Specialty: Family Practice
Provider Covered by the Hospital Financial Assistance Policy (FAP)
ALLISON L. MONROE, MD
ALPINE FAMILY PRACTICE
1108 4th Street, South Lake Tahoe, CA 96150 | 530-542-5740
Medical School: University of Michigan, Ann Arbor, MI
Hospital Affiliation: Barton Memorial Hospital
Professional Certification: American Academy of Family Medicine
Board Certifications: American Board of Family Medicine
Services: Full family care, pediatrics, health promotion, allergy testing and treatment, acute and chronic illnesses, complete skin care.

JENIFER E. NORRIS, MD
ALPINE FAMILY PRACTICE
1108 4th Street, South Lake Tahoe, CA 96150 | 530-542-5740
Medical School: Doctor of Nursing Practice, California State Fullerton
Hospital Affiliation: Barton Memorial Hospital
Board Certification: American Board of Family Medicine
Services: Acupuncture, preventative care, acute and chronic illness management for infants, children and adults. Speaks Spanish - Habla Español

KIM ORTA, FNP
BARTON COMMUNITY HEALTH CENTER
2201 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5623
Graduate School: University of Phoenix, CA
Professional Certifications: American Association of Nurse Practitioners (AANP), California Association for Nurse Practitioners (CANP)
Provider Covered by the Hospital Financial Assistance Policy (FAP)

D. PATRICK MARTIN, MD
ALPINE FAMILY PRACTICE
1108 4th Street, South Lake Tahoe, CA 96150 | 530-542-5740
Medical School: Tulane Medicine, New Orleans, LA
Hospital Affiliation: Barton Memorial Hospital
Board Certification: American Board of Family Medicine
Services: Full family care, pediatrics, health promotion, allergy testing and treatment, acute and chronic illnesses, complete skin care.

BROOKS MARTIN, MD
BARTON COMMUNITY HEALTH CENTER
2201 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5623
Medical School: Boston University, Boston, MA
Professional Certification: American Board of Family Medicine
Services: ADHD diagnosis and management
Provider Covered by the Hospital Financial Assistance Policy (FAP)
ALLISON STEINMETZ, MD
BARTON FAMILY MEDICINE
1090 3rd Street, South Lake Tahoe, CA 96150 | 530-543-5660
Medical School: Tulane University School of Medicine, New Orleans, LA
Board Certifications: American Board of Internal Medicine; American Board of Pediatrics
Services: Primary care physician for all ages with a specific talent for treating menopausal issues, teenagers and women’s health.
Provider Covered by the Hospital Financial Assistance Policy (FAP)

ANDREW H. TANG, MD
BARTON PRIMARY CARE | STATELINE MEDICAL CENTER
155 Highway 50, Stateline, NV 89449 | 775-589-8960
Medical School: Creighton University, Omaha, NE
Hospital Affiliations: Barton Memorial Hospital
Board Certifications: American Board of Internal Medicine
Provider Covered by the Hospital Financial Assistance Policy (FAP)

BARBARA PIDERMANN, DNP
BARTON FAMILY MEDICINE
1090 3rd Street, South Lake Tahoe, CA 96150 | 530-543-5660
Graduate School: California State Long Beach, Long Beach, CA
Board Certifications: American Academy of Nurse Practitioners
Provider Covered by the Hospital Financial Assistance Policy (FAP)

DANIELLE PRIEM, DO
BARTON PEDIATRICS
2201 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5550
Medical School: Des Moines University, Des Moines, IA
Professional Certifications: American Board of Pediatrics
Provider Covered by the Hospital Financial Assistance Policy (FAP)

TYLER PETERSON, DO
BARTON FAMILY MEDICINE
1090 3rd Street, South Lake Tahoe, CA 96150 | 530-543-5660
Medical School: Touro University of Nevada
Professional Certification: Board Certified through the American Board of Family Medicine
Provider Covered by the Hospital Financial Assistance Policy (FAP)
A SPECIALIST is an individual that specializes in a particular type of medicine, like Orthopedics, Oncology, or Psychiatry. If your specialist appointment requires a referral, you can often get approval for your referral before you even leave your primary care doctor's office. Some specialty services are available without referral from your doctor (called “self-referral”) such as well-woman visits. Some health insurance plans do not require you to get an authorized referral to see a specialist. Ask your primary care provider which services you are eligible to receive without prior authorization.

Providers covered by the hospital financial assistance program (FAP) are noted and may be subject to change. Please check with your provider to ensure coverage.

**Audiology**

<table>
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<th>MARINA MULVEY, AUD</th>
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<tr>
<td>BARTON AUDIOLOGY</td>
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<tr>
<td>2169 South Ave., South Lake Tahoe, CA 96150</td>
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<tr>
<td>Post-Graduate School: University of Florida, Gainesville, FL</td>
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<tr>
<td>Certifications: California State License in Audiology</td>
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**Cardiology**

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<td>BARTON CARDIOLOGY</td>
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<td>1139 3rd St., South Lake Tahoe, CA 96150</td>
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<tr>
<td>Graduate School: Sonoma State University, Rohnert Park, CA</td>
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<tr>
<td>Board Certifications: Basic Life Support, Advanced Cardiac Life Support, Pediatric Advanced Life Support</td>
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**CARDIOLOGY**

**DAVID R. YOUNG, MD**

**BARTON CARDIOLOGY | BARTON MEMORIAL HOSPITAL**
1139 3rd St., South Lake Tahoe, CA 96150 | 530-543-5497

**Medical School:** University of Nevada, School of Medicine, Reno, NV

**Board Certifications:** American Board of Internal Medicine with Sub-Specialty in Cardiology; American Board of Internal Medicine

**Hospital Affiliations:** Barton Memorial Hospital, Renown Regional Medical Center

**Provider Covered by the Hospital Financial Assistance Policy (FAP)**

**DENTISTRY**

**HYUN HA, DDS**

**TAHOE DENTAL ARTS**
2180 Lake Tahoe Blvd., #5, South Lake Tahoe, CA 96150 | 530-541-8229

**Dental School:** Loma Linda University School of Dentistry, Loma Linda, CA

**Hospital Affiliation:** Barton Memorial Hospital

**Specialty:** General and cosmetic dentistry

**ANDREK INGERSOLL, DDS**

**CARSON CITY PEDIATRIC DENTISTRY**
4530 S. Carson St., Ste. 5, Carson City, NV 89701 | 775-461-3800

**Dental School:** Case Western Reserve School of Dental Medicine, Cleveland, OH

**Residency:** Offutt Air Force Base in Omaha, Nebraska

**Hospital Affiliation:** Barton Memorial Hospital

**Specialty:** Pediatric Dentistry

**FREDERICK JOHN, DMD**

**CARSON CITY PEDIATRIC DENTISTRY**
4530 S. Carson St., Ste. 5, Carson City, NV 89701 | 775-461-3800

**Dental School:** University of Nevada, Las Vegas School of Dental Medicine, Las Vegas, NV

**Residency:** Primary Children’s Medical Center; Pediatric Dental Residency

**Hospital Affiliation:** Barton Memorial Hospital

**Services:** Pediatric Dentistry

**KEVIN OLSON, DMD**

**CARSON CITY PEDIATRIC DENTISTRY**
4530 S. Carson St., Ste. 5, Carson City, NV 89701 | 775-461-3800

**Dental School:** University of Nevada, Las Vegas School of Dental Medicine, Las Vegas, NV

**Residency:** Cincinnati Children’s Hospital Medical Center

**Hospital Affiliation:** Barton Memorial Hospital

**Services:** Pediatric Dentistry
ALEX J. CATEN, MD
SIERRA NEVADA EAR, NOSE AND THROAT ASSOCIATES
1520 Virginia Ranch Rd., Ste. 103, Gardnerville, NV 89410 | 775-782-3888
2874 N. Carson St., Ste. 220, Carson City, NV 89706 | 775-883-7666
801 E. Williams Ave., Ste. 3310, Fallon, NV 89406 | 775-883-7666
Medical School: Tulane University School of Medicine, New Orleans, LA
Hospital Affiliation: Barton Memorial Hospital

PAUL D. MANOUKIAN, MD
SIERRA NEVADA EAR, NOSE AND THROAT ASSOCIATES
1520 Virginia Ranch Rd., Ste. 103, Gardnerville, NV 89410 | 775-782-3888
2874 N. Carson St., Ste. 220, Carson City, NV 89706 | 775-883-7666
801 E. Williams Ave., Ste. 3310, Fallon, NV 89406 | 775-883-7666
Medical School: Tufts University School of Medicine, Boston, MA; Harvard University School of Public Health, Boston, MA
Hospital Affiliations: Barton Memorial Hospital; Lake Tahoe Surgery Center; Carson Valley Medical Center; Carson Tahoe Regional Medical Center; Sierra Surgery and Imaging
Board Certifications: American Board of Otolaryngology
Services: Otolaryngology, rhinology, head and neck surgery, treatment of sinus and allergy

ALEXANDER MANTEGHI, DO
2169 South Ave., South Lake Tahoe, CA 96150 | Phone: 530-543-5815
Medical School: Ohio University of Osteopathic Medicine, Athens, OH
Board Certifications: Diplomate, American Osteopathic Board of Ophthalmology and Otolaryngology- Head and Neck Surgery
Affiliated Memberships: American Society of Pediatric Otolaryngology; The College of Physicians of Philadelphia; Society of Ear, Nose Throat Advances in Children; American Academy of Otolaryngology, Head and Neck Surgery; American Osteopathic Colleges of Ophthalmology and Otolaryngology, Head and Neck Surgery; Pennsylvania College of Otolaryngology, Head and Neck Surgery; American Osteopathic Association
Services: Adult and Pediatric ENT Patients
Provider Covered by the Hospital Financial Assistance Policy (FAP)

K. BRIAN ROMANESCHI, MD
SIERRA NEVADA EAR, NOSE AND THROAT ASSOCIATES
1520 Virginia Ranch Rd., Ste. 103, Gardnerville, NV 89410 | 775-782-3888
2874 N. Carson St., Ste. 220, Carson City, NV 89706 | 775-883-7666
801 E. Williams Ave., Ste. 3310, Fallon, NV 89406 | 775-883-7666
Medical School: University of Washington School of Medicine, Seattle, WA
Hospital Affiliations: Barton Memorial Hospital, Lake Tahoe Surgery Center, Carson Valley Medical Center, Carson Tahoe Regional Medical Center, Sierra Surgery and Imaging
Board Certifications: American Board of Otolaryngology
Services: Otolaryngology, rhinology, head and neck surgery, laser and facial plastic surgery, treatment of sinus and allergy
GASTROENTEROLOGY

DANIEL A. NORMAN, MD
BARTON GASTROINTESTINAL LAB | BARTON MEMORIAL HOSPITAL
2170 South Ave., South Lake Tahoe, CA 96150 | 530-543-5691
Medical School: Temple University, Philadelphia, PA
Board Certifications: American Board of Internal Medicine – Gastroenterology
Services: Anoscopy, colonoscopy, endoscopy, esophageal dilatation, nonsurgical treatment of hemorrhoid disease
Provider Covered by the Hospital Financial Assistance Policy (FAP)

GYNECOLOGY

MEGAN JEWELL, MD
BARTON WOMEN'S HEALTH
2175 South Ave., South Lake Tahoe, CA 96150 | 530-543-5711
GYNECOLOGY & OBSTETRICS | BARTON COMMUNITY HEALTH CENTER
2201 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5467
Medical School: Chicago Medical School, Chicago, IL
Board Certifications: Board Certified in Obstetrics & Gynecologists, DaVinci Robot Certification for Benign Gynecology, American Board of Obstetrics & Gynecology
Provider Covered by the Hospital Financial Assistance Policy (FAP)

CLARE RUDOLPH, MD
BARTON WOMEN'S HEALTH
2175 South Ave., South Lake Tahoe, CA 96150 | 530-543-5711
GYNECOLOGY & OBSTETRICS | BARTON COMMUNITY HEALTH CENTER
2201 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5467
Medical School: St. Louis University School of Medicine, St. Louis, MO
Board Certifications: American Board of Obstetrics & Gynecology
Provider Covered by the Hospital Financial Assistance Policy (FAP)

AMANDA WEAVIL, MD
BARTON WOMEN'S HEALTH
2175 South Ave., South Lake Tahoe, CA 96150 | 530-543-5711
GYNECOLOGY & OBSTETRICS | BARTON COMMUNITY HEALTH CENTER
2201 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5467
Medical School: University of Maryland School of Medicine, Baltimore, MD
Board Certifications: American Board of Obstetrics & Gynecology, DaVinci Robot Certification for Benign Gynecology
Provider Covered by the Hospital Financial Assistance Policy (FAP)
GYNECOLOGY

RITUPARNA DAS, MD
BARTON NEUROLOGY
1139 3rd Street, South Lake Tahoe, CA 96150 | 530-539-6047
Medical School: Medical College of Georgia, Augusta, Georgia
Board Certifications: American Board of Psychiatry and Neurology
Provider Covered by the Hospital Financial Assistance Policy (FAP)

OBSTETRICS

MEGAN JEWELL, MD
BARTON WOMEN’S HEALTH
2175 South Ave., South Lake Tahoe, CA 96150 | 530-543-5711
GYNECOLOGY & OBSTETRICS | BARTON COMMUNITY HEALTH CENTER
2201 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5467
Medical School: Chicago Medical School, Chicago, IL
Board Certifications: Board Certified in Obstetrics & Gynecologists, DaVinci Robot Certification for Benign Gynecology, American Board of Obstetrics & Gynecology
Provider Covered by the Hospital Financial Assistance Policy (FAP)

CLARE RUDOLPH, MD
BARTON WOMEN’S HEALTH
2175 South Ave., South Lake Tahoe, CA 96150 | 530-543-5711
GYNECOLOGY & OBSTETRICS | BARTON COMMUNITY HEALTH CENTER
2201 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5467
Medical School: St. Louis University School of Medicine, St. Louis, MO
Board Certifications: American Board of Obstetrics & Gynecology
Provider Covered by the Hospital Financial Assistance Policy (FAP)
AMANDA WEAVIL, MD

BARTON WOMEN’S HEALTH
2175 South Ave., South Lake Tahoe, CA 96150  |  530-543-5711

GYNECOLOGY & OBSTETRICS | BARTON COMMUNITY HEALTH CENTER
2201 South Avenue, South Lake Tahoe, CA 96150  |  530-543-5467

Medical School: University of Maryland School of Medicine, Baltimore, MD
Board Certifications: American Board of Obstetrics & Gynecology, DaVinci Robot Certification for Benign Gynecology
Provider Covered by the Hospital Financial Assistance Policy (FAP)

OCCUPATIONAL HEALTH

RICHARD D. BOTTO, MD

BARTON OCCUPATIONAL HEALTH | STATELINE MEDICAL CENTER
155 Hwy. 50, Stateline, NV 89449  |  775-589-8987

Medical School: University of Tennessee Center for Health Sciences, Memphis, TN
Board Certifications: American Board of Family Medicine
Services: General family medicine, acupuncture and holistic care offered in a peaceful environment.

ERIC EWALD, MD

BARTON URGENT CARE | STATELINE MEDICAL CENTER
155 Hwy. 50, Stateline, NV 89449  |  775-589-8900

Medical School: Ross University School of Medicine, Dominica, West Indies
Board Certifications: American Board of Family Medicine
Provider Covered by the Hospital Financial Assistance Policy (FAP)

STEVEN LEMAN, MD

BARTON OCCUPATIONAL HEALTH | STATELINE MEDICAL CENTER
155 Hwy. 50, Stateline, NV 89449  |  775-589-8987

Medical School: University of Washington School of Medicine, Seattle, WA
Board Certifications: American Board of Family Medicine
ANDREW H. TANG, MD
BARTON OCCUPATIONAL HEALTH | STATELINE MEDICAL CENTER
155 Highway 50, Stateline, NV 89449 | 775-589-8960
Medical School: Creighton University, Omaha, NE
Board Certifications: American Board of Internal Medicine

JANET GOODALL, PA, FNP
BARTON ONCOLOGY
1139 3rd Street, South Lake Tahoe, CA 96150 | 530-600-5691
Graduate School: Master of Physician Assistant – University of Nebraska Medical Center, Omaha, NE; Master of Family Nurse Practitioner/Physician Assistant – University of California, Davis, Davis, CA
Certifications: American Academy of Nurse Practitioners; National Commission on Certification of Physician Assistants

MELISSA KAIME, MD, FACP
BARTON ONCOLOGY
1139 3rd Street, South Lake Tahoe, CA 96150 | 530-600-5691
TAHOE FOREST CANCER CENTER
10121 Pine Ave., Truckee, CA 96161 | 530-582-6450
Medical School: St. Louis University School of Medicine, St. Louis, MO
Board Certifications: American Board of Internal Medicine – Oncology, Internal Medicine, Heatology

CATHEY KNIGHT, RN, MSN, NP
BARTON ONCOLOGY
1139 3rd Street, South Lake Tahoe, CA 96150 | 530-600-1950
Graduate School: University of Nevada, Reno
Specialty: Family Practice

AHRIN B. KOPPEL, MD
BARTON ONCOLOGY
1139 3rd Street, South Lake Tahoe, CA 96150 | 530-600-5691
TAHOE FOREST CANCER CENTER
10121 Pine Ave., Truckee, CA 96161 | 530-582-6450
Medical School: Sackler School of Medicine - New York State American Branch, New York, NY
Hospital Affiliations: Barton Memorial Hospital; Tahoe Forest Hospital; UC Davis
Board Certifications: American Board of Internal Medicine – Internal Medicine, Heatology & Medical Oncology
THOMAS SEMRAD, MD

BARTON ONCOLOGY
1139 3rd Street, South Lake Tahoe, CA 96150 | 530-600-5691

TAHOE FOREST CANCER CENTER
10121 Pine Ave., Truckee, CA 96161 | 530-582-6450

Medical School: Rush University Medical School, Chicago, IL
Hospital Affiliations: Barton Memorial Hospital, Tahoe Forest Hospital
Board Certifications: American Board of Internal Medicine – Medical Oncology;
American Board of Internal Medicine – Internal Medicine, Physician & Surgeon.

ROBERT S. WOLFF, MD

SIERRA NEVADA EYE CENTER
3475 G.S. Richards Blvd., Carson City, NV 89703 | 775-841-2000

Medical School: Vanderbilt University, Nashville, TN
Hospital Affiliations: Barton Memorial Hospital; Carson Valley Medical Center; Carson
Tahoe Regional Medical Center; Renown; St. Mary’s Medical Center; Northern Nevada
Medical Center; Lake Tahoe Surgery Center
Board Certifications: American Board of Ophthalmology
Services: Evaluation and treatment of eye disease, no-stitch cataract surgery, glaucoma
laser and surgery, pterygium excision, Botox treatment, eyelid surgery

MARK LEHMANN, OD

LAKE TAHOE EYE CARE OPTOMETRY
2074 Lake Tahoe Blvd. Suite 2, South Lake Tahoe, CA 96150 | 530-541-2030

Medical School: Illinois University, Chicago, IL
Hospital Affiliation: Barton Memorial Hospital
Services: Comprehensive eye care for all ages, diagnosing and treating ocular disease and
performing pre and post-operative exams for refractive, cataract and strabismus surgery.
RACHEL APPELBLATT, MD
TAHOE ORAL SURGERY AND IMPLANT CENTER
591 Tahoe Keys Blvd., Ste. D4, South Lake Tahoe, CA 96150  |  530-541-4042
Medical School: University of the Pacific Arthur A. Dugoni School of Dentistry, San Francisco, CA; New York University School of Medicine, New York, NY
Hospital Affiliation: Barton Memorial Hospital
Board Certifications: California Dental License; California Physician & Surgeon’s License

DANIEL MARTIN, DDS
TAHOE ORAL SURGERY AND IMPLANT CENTER
591 Tahoe Keys Blvd., Ste. D4, South Lake Tahoe, CA 96150  |  530-541-4042
Dental School: University of the Pacific Arthur A. Dugoni School of Dentistry, San Francisco, CA
Hospital Affiliation: Barton Memorial Hospital
Board Certifications: American Board of Oral & Maxillofacial Surgeons; California Dental License; Nevada Dental License; Nevada General Anesthesia; Advanced Cardiac Life Support; Basic Life Support for Health Care Providers; Advanced Traumatic Life Support; California DEA Certificate

GREGORY BURKARD JR., DO
CENTER FOR ORTHOPEDICS & WELLNESS
2170B South Ave, South Lake Tahoe, CA 96150  |  530-543-5554
TAHOE ORTHOPEDICS & SPORTS MEDICINE
212 Elks Point Rd., Ste. 200, Zephyr Cove, NV 89448  |  775-589-8950
935 Mica Dr., Bldg. C, Ste. 15, Carson City, NV 89705  |  775-783-3065
Medical School: New York College of Osteopathic Medicine, Old Westbury, NY
Board Certifications: Physical Medicine and Rehabilitation, Board Certified in Physical Medicine and Rehabilitation
Specialties: Sports and Musculoskeletal Medicine, Regenerative medicine therapies (i.e. PRP, Bone Marrow Aspirate), Musculoskeletal ultrasound including therapeutic injections and diagnostics, Comprehensive spine care using fluoroscopy-guided interventional procedures (cervical to lumbar spine)
Provider Covered by the Hospital Financial Assistance Policy (FAP)

JASON CALL, PA-C
CENTER FOR ORTHOPEDICS & WELLNESS
2170B South Ave, South Lake Tahoe, CA 96150  |  530-543-5554
TAHOE ORTHOPEDICS & SPORTS MEDICINE
212 Elks Point Rd., Ste. 200, Zephyr Cove, NV 89448  |  775-589-8950
935 Mica Dr., Bldg. C, Ste. 15, Carson City, NV 89705  |  775-783-3065
Graduate School: University of Nebraska Medical Center, Lincoln, NE
Board Certifications: American Academy of Physician Assistants; National Commission on Certification of Physician Assistants; NCCPA; Advanced Cardiac Life Support; Basic Life Support
Provider Covered by the Hospital Financial Assistance Policy (FAP)
**ZACHARY CHILD, MD**

**CENTER FOR ORTHOPEDICS & WELLNESS**
2170B South Ave, South Lake Tahoe, CA 96150 | 530-543-5554

**TAHOE ORTHOPEDICS & SPORTS MEDICINE**
925 Tahoe Blvd, Ste. 105, Incline Village, NV 89451 | 775-580-7600
935 Mica Dr., Bldg. C, Ste. 15, Carson City, NV 89705 | 775-783-3065

**Medical School:** University of Nevada School of Medicine, Reno, NV

**Board Certifications:** American Board of Orthopaedic Surgery, Step 1 & 2

**Services:** Orthopedics, Spine, chronic back pain, artificial disc replacement and repair, tumor surgery with emphasis on primary and malignant tumors of pelvis, spine and extremities.

Provider Covered by the Hospital Financial Assistance Policy (FAP)

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**KYLE ERKKILA, PA-C**

**CENTER FOR ORTHOPEDICS & WELLNESS**
2170B South Ave, South Lake Tahoe, CA 96150 | 530-543-5554

**TAHOE ORTHOPEDICS & SPORTS MEDICINE**
212 Elks Point Rd., Ste. 200, Zephyr Cove, NV 89448 | 775-589-5554
935 Mica Dr., Bldg. C, Ste. 15, Carson City, NV 89705 | 775-783-3065

**Graduate School:** Oregon Health & Science University, Portland, OR

**Board Certifications:** National and State Commission of Physician Assistants

Provider Covered by the Hospital Financial Assistance Policy (FAP)

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**MICHAEL JASKOT, PA-C**

**CENTER FOR ORTHOPEDICS & WELLNESS**
2170B South Ave, South Lake Tahoe, CA 96150 | 530-543-5554

**TAHOE ORTHOPEDICS & SPORTS MEDICINE**
212 Elks Point Rd., Ste. 200, Zephyr Cove, NV 89448 | 775-589-8950
935 Mica Dr., Bldg. C, Ste 15, Carson City, NV 89705 | 775-783-3065

**Graduate School:** University of Utah, Salt Lake City, UT

**Certification:** National Commission on Certification of Physician Assistants

Provider Covered by the Hospital Financial Assistance Policy (FAP)
ORTHOPEDICS & SPORTS MEDICINE

DAVID A. JONES, MD
TAHOE FRACTURE & ORTHOPEDIC CLINIC
973 Mica Dr., Ste. 201, Carson City, NV 89705  |  775-783-6190  |  800-500-1135

Medical School: Albert Einstein College of Medicine, Bronx, NY
Hospital Affiliations: Barton Memorial Hospital; Carson Tahoe Regional Medical Center; Sierra Surgery Center; University of California Davis Medical Center
Board Certification: American Board of Orthopaedic Surgery
Services: Artificial disk replacement, spine surgery for treatment of scoliosis, treatment of degenerative back and neck disorders, spine fractures and tumors, trained in minimally invasive techniques and microsurgery kyphoplasty.

MARCO MENDOZA, MD
TAHOE FRACTURE & ORTHOPEDIC CLINIC
973 Mica Dr., Ste. 201, Carson City, NV 89705  |  775-783-6190  |  800-500-1135

Medical School: University of Kentucky College of Medicine, Lexington, KY
Board Certifications: Board Eligible – American Board of Orthopaedic Surgery

LYDIA O'BANNON, PA-C
CENTER FOR ORTHOPEDICS & WELLNESS
2170B South Ave, South Lake Tahoe, CA 96150  |  530-543-5554

TAHOE ORTHOPEDICS & SPORTS MEDICINE
212 Elks Point Rd., Ste. 200, Zephyr Cove, NV 89448  |  775-589-8950
925 Tahoe Blvd, Ste. 105, Incline Village, NV 89451  |  775-580-7600
935 Mica Dr., Bldg. C, Ste. 15, Carson City, NV 89705  |  775-783-3065

Graduate School: Towson University, MD
Board Certifications: NCCPA board certified, Phlebotomy certified, BLS/ACLS certified, Certified Aesthetic Injector, GAIT (Geriatric Assessment Interdisciplinary Team) certified
Provider Covered by the Hospital Financial Assistance Policy (FAP)

JEFFREY A. ORR, MD
CENTER FOR ORTHOPEDICS & WELLNESS
2170B South Ave, South Lake Tahoe, CA 96150  |  530-543-5554

TAHOE ORTHOPEDICS & SPORTS MEDICINE
925 Tahoe Blvd., Ste. 105, Incline Village, NV 89451  |  775-580-7600
935 Mica Dr., Bldg. C, Ste. 15, Carson City, NV 89705  |  775-783-3065
212 Elks Point Rd., Ste. 200, Zephyr Cove, NV 89448  |  775-589-8950

Medical School: Georgetown University, Washington D.C.
Board Certifications: American Board of Orthopaedic Surgery, Sports Medicine Fellowship
Services: Specializing in operative and non-operative services for orthopedic and sports medicine needs with concentration on bones, joints, ligaments, tendons, muscles, and nerves.
Provider Covered by the Hospital Financial Assistance Policy (FAP)
DANA RANDALL, PA-C
CENTER FOR ORTHOPEDICS & WELLNESS
2170B South Ave, South Lake Tahoe, CA 96150 | 530-543-5554

TAHOE ORTHOPEDICS & SPORTS MEDICINE
935 Mica Dr., Bldg. C, Ste. 15, Carson City, NV 89705 | 775-783-3065
925 Tahoe Blvd, Ste. 105, Incline Village, NV 89451 | 775-580-7600

Graduate School: Kings College, Wilkes Barre, PA
Provider Covered by the Hospital Financial Assistance Policy (FAP)

LISA ROBERGE, PA
ORTHOPEDICS AT BARTON COMMUNITY HEALTH CENTER
2201 South Ave., South Lake Tahoe, CA 96150 | 530-543-5783

Graduate School: Medical University of South Carolina, Charleston, SC
Board Certifications: National Commission on Certification of Physician Assistants
Provider Covered by the Hospital Financial Assistance Policy (FAP)

DANIEL T. ROBERTSON, MD
CENTER FOR ORTHOPEDICS & WELLNESS
2170B South Ave, South Lake Tahoe, CA 96150 | 530-543-5554

TAHOE ORTHOPEDICS & SPORTS MEDICINE
212 Elks Point Rd., Ste. 200, Zephyr Cove, NV 89448 | 775-589-8950
935 Mica Dr., Bldg. C, Ste 15, Carson City, NV 89705 | 775-783-3065

Medical School: Loma Linda University, Loma Linda, CA
Hospital Affiliations: Barton Memorial Hospital; Lake Tahoe Surgery Center; Carson Valley Medical Center; Carson Tahoe Regional Medical Center; Sierra Surgery Hospital
Board Certifications: American Board of Orthopaedic Surgery; Additional certification in hand surgery.
Services: Specializing in surgery of the hand, wrist, elbow and shoulder.
Provider Covered by the Hospital Financial Assistance Policy (FAP)

ROBERT E. RUPP, MD
CENTER FOR ORTHOPEDICS & WELLNESS
2170B South Ave, South Lake Tahoe, CA 96150 | 530-543-5554

TAHOE ORTHOPEDICS & SPORTS MEDICINE
925 Tahoe Blvd., Ste. 105, Incline Village, NV 89451 | 775-580-7600
212 Elks Point Rd., Ste. 200, Zephyr Cove, NV 89448 | 775-589-8950
935 Mica Dr., Bldg. C, Ste 15, Carson City, NV 89705 | 775-783-3065

Medical School: University of Texas Medical Branch, Galveston, TX
Hospital Affiliations: Barton Memorial Hospital; Carson Valley Medical Center; Lake Tahoe Surgery Center; Incline Village Community Hospital
Board Certifications: American Board of Orthopaedic Surgery; Certificate of Added Qualification of Sports Medicine, Director of Lake Tahoe Sports Medicine Fellowship
Services: Sports medicine, advanced techniques of shoulder, hip and knee surgery, arthroscopic rotator cuff repair and hip arthroscopy to avoid hip replacement, trauma and fracture surgery.
Provider Covered by the Hospital Financial Assistance Policy (FAP)
SCOTT W. SOUTHARD, MD
1520 Virginia Ranch Rd., Ste. 1B, Gardnerville, NV 89410  |  775-782-1670
2158 Jean Ave., South Lake Tahoe, CA 96150  |  530-541-4117
Medical School: University of Nevada School of Medicine, Reno, NV
Hospital Affiliations: Barton Memorial Hospital; Carson Valley Medical Center; University of California Davis Medical Center
Board Certifications: American Board of Orthopaedic Surgery; North American Arthroscopy Board
Services: Orthopedic surgery, sports medicine

KYLE E. SWANSON, MD, FAAOS
CENTER FOR ORTHOPEDICS & WELLNESS
2170B South Ave, South Lake Tahoe, CA 96150  |  530-543-5554
TAHOE ORTHOPEDICS & SPORTS MEDICINE
212 Elks Point Rd., #200, Zephyr Cover, NV 89448  |  775-589-8950
935 Mica Dr., Ste. 15, Carson City NV 89705  |  775-783-3065
Medical School: Texas Tech University Health Sciences Center, Lubbock, TX
Hospital Affiliations: Barton Memorial Hospital; Lake Tahoe Surgery Center; Carson Valley Medical Center
Board Certifications: American Board of Orthopaedic Surgery; Certificate of Added Qualifications in Sports Medicine
Services: Orthopedic surgery, total shoulder, total shoulder replacement, treatment of sports injuries and bone trauma.
Provider Covered by the Hospital Financial Assistance Policy (FAP)

AMY VILLARET, PA
CENTER FOR ORTHOPEDICS & WELLNESS
2170B South Ave, South Lake Tahoe, CA 96150  |  530-539-6600
TAHOE ORTHOPEDICS & SPORTS MEDICINE
925 Tahoe Blvd, Ste. 105, Incline Village, NV 89451  |  775-580-7600
Graduate School: Stanford University, Palo Alto, CA
Certifications: National Commission on Certification of Physician Assistants
Provider Covered by the Hospital Financial Assistance Policy (FAP)
OSTEOPOROSIS

WILLIAM COTTRELL, MD
BARTON OSTEOPOROSIS & BONE HEALTH
1139 3rd Street, South Lake Tahoe, CA 96150 | 530-543-5490
935 Mica Dr., Bldg. C, Ste 15, Carson City, NV 89703 | 775-783-3065
Medical School: University of Missouri School of Medicine, Columbia, MO
Hospital Affiliations: Barton Memorial Hospital
Services: Treatment for Osteoporosis and metabolic bone disease.
Provider Covered by the Hospital Financial Assistance Policy (FAP)

PAIN MANAGEMENT

PETER J. DIGRANDE, MD
BARTON MEMORIAL HOSPITAL
2170 South Ave., South Lake Tahoe, CA 96150 | 530-543-5552
Medical School: University of California at San Diego, San Diego, CA
Hospital Affiliations: Barton Memorial Hospital; Carson Valley Medical Center; Lake Tahoe Surgery Center
Board Certifications: American Board of Anesthesia Association membership; Fellow – pain management.
Services: Treatment of acute chronic pain and malignant chronic benign pain syndromes.

PALLIATIVE CARE

SHERELLEN GERHART, MD
BARTON PALLIATIVE CARE
2092 Lake Tahoe Blvd., Suite 500, South Lake Tahoe, CA 96150 | 530-600-1960
Medical School: University of Texas Health Science Center, San Antonio, TX
Board Certifications: Board Certified Internists; Board Certified in Geriatric Medicine; Board Certified in Palliative and Hospice Medicine
Provider Covered by the Hospital Financial Assistance Policy (FAP)

PHYSICAL MEDICINE

GREGORY BURKARD JR., DO
CENTER FOR ORTHOPEDICS & WELLNESS
21708 South Ave, South Lake Tahoe, CA 96150 | 530-543-5554
TAHOE ORTHOPEDICS & SPORTS MEDICINE
212 Elks Point Rd., Ste. 200, Zephyr Cove, NV 89448 | 775-589-8950
935 Mica Dr., Bldg. C, Ste. 15, Carson City, NV 89705 | 775-783-3065
Medical School: New York College of Osteopathic Medicine, Old Westbury, NY
Board Certifications: Physical Medicine and Rehabilitation, Board Certified in Physical Medicine and Rehabilitation
Specialties: Sports and Musculoskeletal Medicine, Regenerative medicine therapies (i.e. PRP, Bone Marrow Aspirate), Musculoskeletal ultrasound including therapeutic injections and diagnostics, Comprehensive spine care using fluoroscopy-guided interventional procedures (cervical to lumbar spine)
Provider Covered by the Hospital Financial Assistance Policy (FAP)
PHYSICAL MEDICINE

ALISON GANONG, MD
CENTER FOR ORTHOPEDICS & WELLNESS
2170B South Ave, South Lake Tahoe, CA 96150 | 530-539-6600
TAHOE ORTHOPEDICS & SPORTS MEDICINE
925 Tahoe Blvd., Ste. 105, Incline Village, NV 89451 | 775-580-7600
Medical School: University of Nevada, Reno School of Medicine, Reno, NV
Board Cer tifications: Physical Medicine & Rehabilitation; Sports Medicine Diplomat in Physical Medicine & Rehabilitation
Provider Covered by the Hospital Financial Assistance Policy (FAP)

ROBIN Y. TOMITA, MD
AFFILIATE OF TAHOE FRACTURE & ORTHOPEDIC CLINIC
1139 Third St., South Lake Tahoe, CA 96150 | 530-543-5554
973 Mica Dr., Ste. 201, Carson City, NV 89705 | 775-783-6190 | 800-500-1135
Medical School: Hahnemann University School of Medicine, Philadelphia, PA
Hospital Affiliations: Barton Memorial Hospital; Carson Tahoe Regional Medical Center
Board Cer tifications: American Board of Physical Medicine & Rehabilitation; American Board of Electrodiagnostic Medicine
Services: Nonoperative management of low back and neck pain, arthritis, nerve disorders and carpal tunnel syndrome, EMG/nerve conduction, nerve conduction studies, pain management.

PODIATRY

PATRICIA L. FERRARO, DPM
2229 Barton Ave., South Lake Tahoe, CA 96150 | 530-541-2665
Medical School: California College of Podiatric Medicine, Oakland, CA
Hospital Affiliations: Barton Memorial Hospital; Lake Tahoe Surgery Center
Board Cer tifications: American Board of Podiatric Orthopedics & Primary Medicine
Services: Diabetic foot care, sports medicine, all foot concerns.

PSYCHIATRY & BEHAVIORAL HEALTH

JOSEPH HIBBELN, MD
BEHAVIORAL HEALTH | BARTON COMMUNITY HEALTH CENTER
2201 South Ave., South Lake Tahoe, CA 96150 | 530-543-5623
Medical School: University of Illinois at Chicago
Board Cer tifications: Licensed Physician and Surgeon, Medical Board of CA
Board Certification in Psychiatry
American Board of Psychiatry and Neurology
Provider Covered by the Hospital Financial Assistance Policy (FAP)
TRACY PROTELL, MD  
BARTON PSYCHIATRY | STATELINE MEDICAL CENTER  
155 Highway 50, Stateline, NV 89449 | 775-589-8946  
BARTON COMMUNITY HEALTH CENTER  
2201 South Avenue, South Lake Tahoe, CA 96150 | 530-600-1968  
Medical School: University of Nevada School of Medicine, Reno, NV  
Board Certifications: American Board of Pediatrics, American Board of Psychiatry and Neurology  
Provider Covered by the Hospital Financial Assistance Policy (FAP)

SONIA RUPP, MD  
BARTON PSYCHIATRY | STATELINE MEDICAL CENTER  
155 Highway 50, Stateline, NV 89449 | 775-589-8946  
Medical School: University of Texas Medical Branch, Galveston, TX  
Hospital Affiliations: Barton Memorial Hospital  
Board Certifications: American Board of Psychiatry and Neurology  
Provider Covered by the Hospital Financial Assistance Policy (FAP)

LEONARD HOLMGREN, MD  
BARTON MEMORIAL HOSPITAL MEDICAL IMAGING  
2170 South Ave., South Lake Tahoe, CA 96150 | 530-543-5850  
CARSON VALLEY MEDICAL CENTER MEDICAL IMAGING  
1107 Hwy. 395 South, Gardnerville, NV 89410 | 775-782-1533  
Medical School: Tufts University School of Medicine, Boston, MA  
Hospital Affiliations: Barton Memorial Hospital, Carson Valley Medical Center  
Board Certifications: American College of Radiology, Radiology Society of North America, American Roentgen Ray Society  
Services: Fellowship-trained Musculoskeletal Radiologist with interests in pain management procedures, kyphoplasty and coronary CTA.

PAUL KNIGHT, MD  
MEDICAL IMAGING | BARTON MEMORIAL HOSPITAL  
2170 South Ave., South Lake Tahoe, CA 96150 | 530-543-5850  
CARSON VALLEY MEDICAL CENTER MEDICAL IMAGING  
1107 Hwy. 395 South, Gardnerville, NV 89410 | 775-782-1533  
Medical School: Rush University Medical School, Chicago, IL  
Hospital Affiliations: Barton Memorial Hospital, Carson Valley Medical Center  
Board Certifications: American Board of Radiology

ROBERT SILK, MD  
MEDICAL IMAGING | BARTON MEMORIAL HOSPITAL  
2170 South Ave., South Lake Tahoe, CA 96150 | 530-543-5850  
CARSON VALLEY MEDICAL CENTER MEDICAL IMAGING  
1107 Hwy. 395 South, Gardnerville, NV 89410 | 775-782-1533  
Medical School: Uniformed Services University of the Health Sciences, Bethesda, MD  
Hospital Affiliations: Barton Memorial Hospital, Carson Valley Medical Center  
Board Certifications: American Board of Radiology  
Services: Interventional Radiology
RHEUMATOLOGY

LEAH KRULL, MD
CENTER FOR ORTHOPEDICS & WELLNESS
2170B South Avenue, South Lake Tahoe, CA 96150
Medical School: University of South Florida, Florida
Board Certifications: Rheumatology Board Certified
USSANOR Musculoskeletal Certified
Certified Clinical Densitometrist
ACLS/BLS Certified
American Board of Internal Medicine
Provider Covered by the Hospital Financial Assistance Policy (FAP)

SLEEP MEDICINE

CATHEY KNIGHT, RN, MSN, NP
BARTON PRIMARY CARE | STATELINE MEDICAL CENTER
155 Highway 50, Stateline, NV 89449  |  775-589-8960
Graduate School: University of Nevada, Reno
Specialty: Family Practice
Provider Covered by the Hospital Financial Assistance Policy (FAP)

GREG TIRDEL, MD
BARTON SLEEP STUDIES LAB
2170 South Avenue, South Lake Tahoe, CA 96150  |  530-543-5895
TAHOE FOREST
10956 Donner Pass Road, Ste. 260, Truckee, CA 96161  |  530-82-6400
Education: Hahnemann University
Residency: Santa Clara Valley Medical Center
Fellowship: Stanford University Hospital
Hospital Affiliations: Barton Memorial Hospital, Tahoe Forest Hospital
Board Certifications: American Board of Internal Medicine, American Board of Internal Medicine - Critical Care Medicine, American Board of Internal Medicine - Pulmonary Medicine, American Board of Sleep Medicine

SURGERY

KIMBERLY EVANS, MD
BARTON GENERAL SURGERY
1139 3rd Street, South Lake Tahoe, CA 96150 | 530-543-5691
Medical School: University of Florida College of Medicine, Gainesville, FL
Hospital Affiliations: Barton Memorial Hospital, Carson Valley Medical Center
Board Certifications: American Board of Surgery
Services: Advanced Trauma Life Support, Da Vinci Advanced Training, General Surgery
Provider Covered by the Hospital Financial Assistance Policy (FAP)
**WILLIAM SHEPARD, DO**

**BARTON GENERAL SURGERY**  
1139 3rd Street, South Lake Tahoe, CA 96150 | 530-543-5691  
**Medical School:** College of Osteopathic Medicine of the Pacific, Pomona, CA  
**Services:** Advanced Trauma Life Support, Da Vinci Advanced Training, GI endoscopy, General Surgery  
**Provider Covered by the Hospital Financial Assistance Policy (FAP)**

**SANDRA TAYLOR, MD, FACS, MS**

**BARTON GENERAL SURGERY**  
1139 3rd Street, South Lake Tahoe, CA 96150 | 530-543-5691  
**Medical School:** University of Colorado Health Sciences Center, Denver, CO  
**Hospital Affiliation:** Barton Memorial Hospital  
**Board Certifications:** Diplomat American Board of Surgery  
**Provider Covered by the Hospital Financial Assistance Policy (FAP)**

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**STEVEN L. BROOKS, MD**

**BARTON URGENT CARE | STATELINE MEDICAL CENTER**  
155 Hwy. 50, Stateline, NV 89449 | 775-589-8900  
**Medical School:** University of Illinois, Chicago, IL  
**Board Certifications:** American Association of Physicians Specialists  
**Provider Covered by the Hospital Financial Assistance Policy (FAP)**

**ERIC EWALD, MD**

**BARTON URGENT CARE | STATELINE MEDICAL CENTER**  
155 Hwy. 50, Stateline, NV 89449 | 775-589-8900  
**Medical School:** Ross University School of Medicine, Dominica, West Indies  
**Board Certifications:** American Board of Family Medicine  
**Provider Covered by the Hospital Financial Assistance Policy (FAP)**

**MICHELLE FEENEY, MSN, FNP**

**BARTON URGENT CARE | STATELINE MEDICAL CENTER**  
155 Hwy. 50, Stateline, NV 89449 | 775-589-8900  
**Graduate School:** University of San Francisco, San Francisco, CA  
**Certifications:** American Academy of Nurse Practitioners  
**Services:** Adult and pediatric acute illnesses, adult and pediatric primary care.  
**Provider Covered by the Hospital Financial Assistance Policy (FAP)**
JANET GOODALL, PA, FNP
BARTON URGENT CARE | STATELINE MEDICAL CENTER
155 Hwy. 50, Stateline, NV 89449 | 775-589-8900
Graduate School: Master of Physician Assistant — University of Nebraska Medical Center, Omaha, NE; Master of Family Nurse Practitioner/Physician Assistant — University of California, Davis, Davis, CA
Certifications: American Academy of Nurse Practitioners; National Commission on Certification of Physician Assistants
Provider Covered by the Hospital Financial Assistance Policy (FAP)

STUART MICHELSION, MD
BARTON URGENT CARE | STATELINE MEDICAL CENTER
155 Hwy. 50, Stateline, NV 89449 | 775-589-8900
Medical School: Oregon Health & Science University School of Medicine
Board Certifications: American Board of Emergency Medicine
Provider Covered by the Hospital Financial Assistance Policy (FAP)

SCOTT SWANSON, MD
BARTON URGENT CARE | STATELINE MEDICAL CENTER
155 Hwy. 50, Stateline, NV 89449 | 775-589-8900
Medical School: University of Rochester School of Medicine & Dentistry
Board Certifications: American Board of Internal Medicine
Provider Covered by the Hospital Financial Assistance Policy (FAP)

DR. ADAM OUIMET, MD
BARTON URGENT CARE | STATELINE MEDICAL CENTER
155 Hwy. 50, Stateline, NV 89449 | 775-589-8900
Medical School: Florida State University College of Medicine, Tallahassee, FL
Board Certifications: American Board of Emergency Medicine, Diplomat
Provider Covered by the Hospital Financial Assistance Policy (FAP)

WARREN WITHERS, MD
BARTON URGENT CARE | STATELINE MEDICAL CENTER
155 Hwy. 50, Stateline, NV 89449 | 775-589-8900
Medical School: Creighton University School of Medicine, Omaha, NE
Board Certifications: American Board of Emergency Medicine
Provider Covered by the Hospital Financial Assistance Policy (FAP)
BRIAN STEIXNER, MD

BARTON UROLOGY
2169 South Ave., South Lake Tahoe, CA 96150  |  530-543-5400

Medical School: Temple University School of Medicine, Philadelphia, PA
Hospital Affiliations: Barton Memorial Hospital
Board Certifications: American Board of Urology

Services: Specializing in urologic conditions for men, women, teens and children. Performing minimally invasive procedures in the diagnosis and treatment of urologic cancers, voiding issues in men and women, kidney stones, erectile dysfunction, low testosterone and other urologic conditions. Treats all diseases of the male and female urinary system.

Provider Covered by the Hospital Financial Assistance Policy (FAP)

ADRIANA COVELL, HHP, CN, NBC-HWC

CENTER FOR ORTHOPEDICS & WELLNESS
2170B South Ave., South Lake Tahoe, CA  |  530-539-6620

Graduate School: University of Sao Paulo, Brazil, Natural Healing Institute of Naturopathy, Encinitas, CA, Institute for Professional Excellence in Coaching, USA

Services: Health Coach, Certified Holistic Health Practitioner, Certified Nutritionist & Life Coach specializing in weight management, emotional health and behavior modification in order to promote and improve the health of participants, National Board Certified Health and Wellness Coach

Provider Covered by the Hospital Financial Assistance Policy (FAP)

AMY SMITH, FNP, NBC-HWC

CENTER FOR ORTHOPEDICS & WELLNESS
2170 B South Ave., South Lake Tahoe, CA  |  530-539-6620

Graduate School: University of San Francisco, San Francisco, CA; University of Arizona Integrative Medicine Fellow

Board Certifications: American Nurses Credentialing Center, Integrative Health Coaching Certification, National Board Certified Health & Wellness Coach

Services: Incorporates a patient-centered, holistic healing approach focused on treating root cause of disease by combining conventional medicine and research-based complementary healing modalities including Integrative Medicine Consultations, Nutrient/Supplement Assessments, and Mindfulness Training.

Provider Covered by the Hospital Financial Assistance Policy (FAP)
The Barton Community Health Center provides comprehensive healthcare services to the community. Most forms of insurance are accepted for various preventative and curative visits; please check with your insurance to validate your network. For those who do not have healthcare coverage, we will work with you to find an applicable program that may offset charges. Free vaccinations are available for children and adults who qualify.

Open six days a week, Monday through Saturday from 8am to 5pm. Same day and walk-in appointments available. Accepting Medi-Cal, other insurances and sliding scale. Providers covered by the hospital financial assistance program (FAP) are noted and may be subject to change. Please check with your provider to ensure coverage. Please call to schedule an appointment. Same day Family Practice appointments are available.

Main: 530-543-5623 | Pediatrics: 530-543-5550 | Obstetrics: 530-543-5467

**KRISTA AULT, MD**

FAMILY PRACTICE | BARTON COMMUNITY HEALTH CENTER  
2201 South Ave., South Lake Tahoe, CA 96150 | 530-543-5623  
Medical School: Indiana University School of Medicine, IN  
Board Certifications: American Board of Family Medicine  
Specialty: Family Practice  
Provider Covered by the Hospital Financial Assistance Policy (FAP)

**JASON CROWLEY, NP**

FAMILY PRACTICE | BARTON COMMUNITY HEALTH CENTER  
2201 South Ave., South Lake Tahoe, CA 96150 | 530-543-5623  
Graduate School: Simmons University, Boston, MA  
Specialty: Family Practice  
Provider Covered by the Hospital Financial Assistance Program (FAP)

**MICHAEL P. DOYLE, MD**

BARTON PEDIATRICS | BARTON COMMUNITY HEALTH CENTER  
2201 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5550  
Medical School: Medical College of Wisconsin, Milwaukee, WI  
Board Certifications: American Board of Pediatrics  
Specialties: Pediatric primary care and pediatric acute illness.  
Provider Covered by the Hospital Financial Assistance Policy (FAP)
JENNIFER EHMANN, MD
BARTON PEDIATRICS | BARTON COMMUNITY HEALTH CENTER
2201 South Ave., South Lake Tahoe, CA 96150 | 530-543-5550
Medical School: State University of New York School of Medicine, Brooklyn, New York
Board Certifications: American Board of Pediatrics
Services: Pediatric primary care and pediatric acute illness.
Provider Covered by the Hospital Financial Assistance Policy (FAP)

MICHAEL F. FRY, MD
ORTHOPEDICS | BARTON COMMUNITY HEALTH CENTER
2201 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5783
Medical School: University of Southern California School of Medicine, Los Angeles, CA
Hospital Affiliations: Barton Memorial Hospital; Carson Tahoe Regional Medical Center; University of California – Davis; Sierra Surgery Hospital
Board Certifications: American Board of Orthopaedic Surgery; Fellowship – Spine Surgery at U.C. Davis
Services: Treatment of adult and pediatric diseases of the spine and spine trauma.
Provider Covered by the Hospital Financial Assistance Policy (FAP)
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<tr>
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<tr>
<td>Danielle Priem, DO</td>
<td></td>
<td>American Board of Pediatrics</td>
<td>Des Moines University, Des Moines, IA</td>
<td>University of Phoenix, IL</td>
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<tr>
<td>Kim Orta, FNP</td>
<td></td>
<td>American Association of Nurse Practitioners (AANP), California Association for Nurse Practitioners (CANP)</td>
<td>University of Phoenix, CA</td>
<td>University of Phoenix, IL</td>
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<tr>
<td>Brooks Martin, MD</td>
<td></td>
<td>American Board of Family Medicine</td>
<td>Boston University, Boston, MA</td>
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<tr>
<td>Drew Herbert, FNP</td>
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<td>Vanderbilt University, TN</td>
<td>Vanderbilt University, TN</td>
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<tr>
<td>Elke Houser, FNP-C</td>
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<td>Chamberlain University, IL</td>
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<tr>
<td>Jennifer Sheehan, MD</td>
<td></td>
<td></td>
<td>Boston University, Boston, MA</td>
<td>Boston University, Boston, MA</td>
<td>Family Medicine</td>
<td>Provider Covered by the Hospital Financial Assistance Policy (FAP)</td>
</tr>
</tbody>
</table>
MICHAEL P. SULLIVAN, MD
BARTON COMMUNITY HEALTH CENTER
2201 South Ave., South Lake Tahoe, CA 96150 | 530-543-5783
Medical School: University of Arizona Medical College, Tucson, AZ
Board Certifications: American Board of Neurology, Electrophysiology
Provider Covered by the Hospital Financial Assistance Policy (FAP)

SHAINA WILLEN, MD
BARTON PEDIATRICS
2201 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5500
Medical School: Albany Medical College, NY
Specialty: Pediatrics
Provider Covered by the Hospital Financial Assistance Policy (FAP)
The following physicians see patients at Barton Health, but do not take direct appointments.

**ANESTHESIOLOGY**

<table>
<thead>
<tr>
<th>Name</th>
<th>Medical School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tigran Avakumov, MD</td>
<td>University of South Dakota Sanford School of Medicine, Sioux Falls, SD</td>
</tr>
<tr>
<td>Patrick Baghdikian, MD</td>
<td>University of California, San Francisco, CA</td>
</tr>
<tr>
<td>Peter Digrande, MD</td>
<td>University of California, San Diego, CA</td>
</tr>
<tr>
<td>Michael Gollotto, DO</td>
<td>Philadelphia College of Osteopathic Medicine, PA</td>
</tr>
<tr>
<td>Nirvana Kundu, MD</td>
<td>Uniformed Services University of the Health Sciences, Bethesda, MD</td>
</tr>
</tbody>
</table>

**Anesthesiology**

- **Atalanta Olito, DO**
  - Medical School: College of Osteopathic Medicine of the Pacific

- **Cheryl Orr, MD**
  - Medical School: University of Pittsburgh, Pittsburgh, PA

- **Brooks Rohlen, MD**
  - Medical School: University of Utah School of Medicine
AMY ANTON, MD
Medical School: Oregon Health Sciences University
Provider Covered by the Hospital Financial Assistance Policy (FAP)

BRETT BAILEY, DO
Medical School: Lincoln Memorial University, TN
Provider Covered by the Hospital Financial Assistance Policy (FAP)

ALLISON BREWER, MD
Medical School: University of Vermont College of Medicine, Burlington, VT
Provider Covered by the Hospital Financial Assistance Policy (FAP)

LISA COOK, MD
Medical School: University of Missouri, MO
Provider Covered by the Hospital Financial Assistance Policy (FAP)

LARS ENSIGN, MD
Medical School: University of Washington School of Medicine, Seattle, WA
Provider Covered by the Hospital Financial Assistance Policy (FAP)

NATHAN FURST-NICHOLS, MD
Medical School: University of Rochester, Rochester, NY
Provider Covered by the Hospital Financial Assistance Policy (FAP)

KATHI GLAUNER, MD
Medical School: University of Kansas School of Medicine, Kansas, KS
Provider Covered by the Hospital Financial Assistance Policy (FAP)

MICHAEL HABICHT, MD
Medical School: University of California Irvine School of Medicine, Irvine, CA
Provider Covered by the Hospital Financial Assistance Policy (FAP)

THOMAS JANTOS, MD
Medical School: University of Pittsburgh School of Medicine, Pittsburgh, PA
Provider Covered by the Hospital Financial Assistance Policy (FAP)

STEVEN LEMAN, MD
Medical School: University of Washington School of Medicine, Seattle, WA
Provider Covered by the Hospital Financial Assistance Policy (FAP)

MICHAEL MCLAUGHLIN, MD
Medical School: University of Pittsburgh School of Medicine, Pittsburgh, PA
Provider Covered by the Hospital Financial Assistance Policy (FAP)

COREY MCLEOD, MD
Medical School: University of South Florida College of Medicine, Tampa, FL
Provider Covered by the Hospital Financial Assistance Policy (FAP)
ELIZABETH MCNAMARA, MD
Medical School: Weill Medical College of Cornell
Provider Covered by the Hospital Financial Assistance Policy (FAP)

STEVE MCNAMARA, MD MPH
Medical School: Oregon Health and Science University School of Medicine, Portland, OR
Provider Covered by the Hospital Financial Assistance Policy (FAP)

BROOKE MYATT, MD
Medical School: University of Nevada, Reno School of Medicine, Reno, NV
Provider Covered by the Hospital Financial Assistance Policy (FAP)

TARGHEE OEVERAAS, MD
Medical School: University of Nevada, Reno School of Medicine, Reno, NV
Provider Covered by the Hospital Financial Assistance Policy (FAP)

LANCE ORR, MD
Medical School: Augusta University, Medical School of Georgia, Augusta, GA
Provider Covered by the Hospital Financial Assistance Policy (FAP)

PETER PROTELL, MD
Medical School: University of Nevada, Reno School of Medicine, Reno, NV
Provider Covered by the Hospital Financial Assistance Policy (FAP)

RAYMOND STILLWELL, MD
Medical School: University of Arkansas for Medical Sciences
Provider Covered by the Hospital Financial Assistance Policy (FAP)

TIMOTHY TONINI, DO
Medical School: Pikeville Kentucky College of Medicine, Pikeville, KY
Provider Covered by the Hospital Financial Assistance Policy (FAP)

KANDRA YEE, MD
Medical School: Oregon Health & Science University School of Medicine, Portland, OR
Provider Covered by the Hospital Financial Assistance Policy (FAP)
<table>
<thead>
<tr>
<th>Name</th>
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<tr>
<td>DAVID FINNIGAN, MD</td>
<td>Medical School: Georgetown University of School of Medicine</td>
<td>Provider Covered by the Hospital Financial Assistance Policy (FAP)</td>
</tr>
<tr>
<td>BRADLEY GRAY, MD</td>
<td>Medical School: Georgetown University of School of Medicine</td>
<td>Provider Covered by the Hospital Financial Assistance Policy (FAP)</td>
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<tr>
<td>GRACE HARDING, DO</td>
<td>Medical School: Lake Erie College of Osteopathic Medicine, Erie, PA</td>
<td>Provider Covered by the Hospital Financial Assistance Policy (FAP)</td>
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<tr>
<td>JACOB MARQUETTE, DO</td>
<td>Medical School: Lake Erie College of Osteopathic Medicine, Erie, PA</td>
<td>Provider Covered by the Hospital Financial Assistance Policy (FAP)</td>
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<td>TAMARA MCBRIDE, MD</td>
<td>Medical School: University of Arizona College of Medicine, Tucson, AZ</td>
<td>Provider Covered by the Hospital Financial Assistance Policy (FAP)</td>
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<tr>
<td>LEIGH WAYNE MILLER, MD</td>
<td>Medical School: East Tennessee State University James H. Quillen College of Medicine, Johnson City, TN</td>
<td>Provider Covered by the Hospital Financial Assistance Policy (FAP)</td>
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<tr>
<td>MARISSA MUSCAT, MD</td>
<td>Medical School: Michigan State University College of Human Medicine, East Lansing, MI</td>
<td>Provider Covered by the Hospital Financial Assistance Policy (FAP)</td>
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<tr>
<td>STEFAN SCHUNK, MD</td>
<td>Medical School: University of Medicine &amp; Dentistry of New Jersey, Newark, NJ</td>
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<tr>
<td>MARY RHONDA SNEERING, MD</td>
<td>Medical School: Stritch School of Medicine, Loyola University Chicago, Chicago, IL</td>
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<td>ANDREW TANG, MD</td>
<td>Medical School: Creighton University School of Medicine, Omaha, NE</td>
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<td>FAYE SMITH-CHAKMAKOVA, MD</td>
<td>Medical School: Ross University School of Medicine, Barbados</td>
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<td>MARISSA MUSCAT, MD</td>
<td>Medical School: Michigan State University College of Human Medicine, East Lansing, MI</td>
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Taylor, Sandra .................... 29A
Tirdel, Greg ........................ 28A
Tomita, Robin ...................... 26A
Vial, Kelly .......................... 12A
Villaret, Amy ....................... 24A
Weavil, Amanda ................... 15A, 17A
Willen, Gary ...................... 16A
Willen, Shaina ..................... 12A, 41A
Withers, Warren ................... 30A
Wolff, Robert ..................... 19A
Young, David ...................... 13A
YOUTH PREVENTIVE CARE CHECKLIST

Talk with your doctor about your child’s risks and preventive care screening plan.

<table>
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<th>EXAMS</th>
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<td>Refer to Your Pediatrician’s Recommendation for Well-Child</td>
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<th>VACCINES</th>
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<tr>
<td>Annual Flu Shot - Every Fall</td>
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</tr>
<tr>
<td>Pentacel, Prevnar, Hepatitis B and Rotavirus</td>
<td>2 months</td>
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<tr>
<td>Pentacel, Prevnar and Rotavirus</td>
<td>4 months</td>
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<tr>
<td>Pentacel, Prevnar, Hepatitis B, Flu Shot and Rotavirus</td>
<td>6 months</td>
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<td>MMR, Varicella and Hepatitis A</td>
<td>12 months</td>
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<tr>
<td>Pentacel and Prevnar</td>
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<td>Hepatitis A</td>
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<td>DTaP, Polio, MMR, and Varicella</td>
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<tr>
<td>Human Papillomavirus (HPV)</td>
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<tr>
<td>Meningococcal Conjugate (MCV4)</td>
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<tr>
<td>Tetanus, Diptheria, Pertussis (Tdap)</td>
<td>11-12</td>
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<thead>
<tr>
<th>SCREENINGS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral Health Assessment</td>
<td>6 months</td>
</tr>
<tr>
<td>Anemia, TB, and Lead Tests</td>
<td>12 months</td>
</tr>
<tr>
<td>Body Mass Index (BMI)</td>
<td>2 and older</td>
</tr>
<tr>
<td>Vision Test</td>
<td>3 and older</td>
</tr>
<tr>
<td>Depression</td>
<td>12 and older</td>
</tr>
</tbody>
</table>
# Adult Preventive Care Checklist

Talk with your doctor about your risks and preventive care screening plan.

## Exams

<table>
<thead>
<tr>
<th>Exam</th>
<th>Recommended Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Periodic Well Visits with Your Primary Care Physician</td>
<td>18 and older</td>
</tr>
</tbody>
</table>

## Vaccines

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Recommended Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Flu Shot – Every Fall</td>
<td>18 and older</td>
</tr>
<tr>
<td>Pneumococcal (Pneumonia)</td>
<td>65 and older</td>
</tr>
<tr>
<td>Tetanus, Diptheria, Pertussis (Td/Tdap) – Every 10 Years</td>
<td>18 and older</td>
</tr>
<tr>
<td>Zostavax (Shingles)</td>
<td>60 and older</td>
</tr>
</tbody>
</table>

## Screenings

<table>
<thead>
<tr>
<th>Screening</th>
<th>Recommended Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td>18 and older</td>
</tr>
<tr>
<td>Body Mass Index (BMI)</td>
<td>18 and older</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>20 and older</td>
</tr>
<tr>
<td>Colon Cancer (Colonoscopy, Sigmoidoscopy, Stool Test)</td>
<td>50 - 75</td>
</tr>
<tr>
<td>Depression</td>
<td>18 and older</td>
</tr>
<tr>
<td>Tobacco and Alcohol Use</td>
<td>18 and older</td>
</tr>
</tbody>
</table>

## Women Only Screenings

<table>
<thead>
<tr>
<th>Screening</th>
<th>Recommended Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cervical Cancer (Pap Smear, HPV) – Every 3-5 Years</td>
<td>21 - 65</td>
</tr>
<tr>
<td>Chlamydia</td>
<td>24 and younger</td>
</tr>
<tr>
<td>Breast Cancer Screening</td>
<td>40 and older</td>
</tr>
<tr>
<td>Osteoporosis</td>
<td>65 and older</td>
</tr>
</tbody>
</table>
2021 Community Resource Directory
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.
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**ANIMAL SERVICES**

**El Dorado County Animal Services**
1120 Shakori Dr
South Lake Tahoe, CA 96150
530-573-7925

**Humane Society of Truckee-Tahoe**
Promotes sentiments of humanity and gentleness towards domestic and other animals to protect their health and safety via education, advocacy and humane ethics.
10961 Stevens Ln
Truckee, CA 96161
530-587-5948

**Lake Tahoe Wildlife Care**
An independent, nonprofit volunteer organization whose function is to rescue, rehabilitate and release orphaned and injured wild birds and animals.
1551 Al Tahoe Blvd.
South Lake Tahoe, CA 96150
530-577-2273
ltwc.org

**FINANCIAL ASSISTANCE**

**CalWORKS**
Cash aid and services for families in need.
3368 Sandy Way
South Lake Tahoe, CA 96150
530-573-3200
C4Yourself.com

**El Dorado County Victim/Witness**
Advocacy and assistance with medical bills, wage loss, relocation and other services for victims or witnesses of crimes.
778 Pacific St.
Placerville, CA 95667
530-642-4760
EDCGov.us

**HEAP**
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.
1360 Johnson Blvd., #103
South Lake Tahoe, CA 96150
530-573-3220
EDCGov.us

**South Lake Tahoe Cancer League**
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/Stateline Lake Tahoe to Glenbrook, NV on the east.
P.O. Box 17962
South Lake Tahoe, CA 96151
530-573-1703
solaketahoec@gmail.com

**Veterans Resource Centers of America**
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.
106 East Adams St., #203
Carson City, NV 89706
775-360-2155
nnvrc@vetsresource.org

**Veterans Service Center**
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.
916-228-3153
voa-ncnn.org

**FOOD & CLOTHING**

**Boys & Girls Club of Lake Tahoe**
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.
1100 Lyons Ave.
South Lake Tahoe, CA 96150
530-542-0838
BGCLT.org
**BREAD & BROTH – HOT MEALS**  
**Nutritious Bagged Food**  
Mondays 4-5:30pm • Fridays 3-5pm  
**St. Theresa Grace Hall**  
1041 Lyons Ave.  
South Lake Tahoe, CA 96150  
530-542-2876

**CalFresh**  
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.  
3368 Sandy Way  
South Lake Tahoe, CA 96150  
530-573-3200  
[CalFresh](http://C4Yourself.com)

**Christmas Cheer**  
Provides food, some clothing and household items. Open Tuesday thru Thursday, 11am to 2pm.  
1120 3rd St.  
South Lake Tahoe, CA 96150  
P.O. Box 14489  
South Lake Tahoe, CA 96151  
530-542-4934  
[ChristmasCheerTahoe@gmail.com](mailto:ChristmasCheerTahoe@gmail.com)

**El Dorado County Community Services**  
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.  
1360 Johnson Blvd., Ste #103  
South Lake Tahoe, CA 96150  
530-573-3220  
[EDCGov.us](http://EDCGov.us)

**Live Violence Free**  
Food, clothing, toys and a variety of household items available for victims of domestic violence and sexual assault.  
2941 Lake Tahoe Blvd.  
South Lake Tahoe, CA 96150  
530-544-2118 Business  
530-544-4444 24-hour  
[LiveViolenceFree.org](http://LiveViolenceFree.org)

**City of South Lake Tahoe**  
**Senior Center Nutrition Program**  
People age 60 and older can have a lunch time meal Monday through Friday in El Dorado County. Call for information.  
530-573-3130

**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  
530-541-7237

**Sky Forest Acres**  
Affordable housing for persons with physical disabilities  
750 Emerald Bay Rd.  
South Lake Tahoe, CA 96150  
800-466-7722

**Tahoe Coalition for the Homeless**  
1120 3rd St.  
South Lake Tahoe, CA 96150  
530-600-2822  
[TahoeHomeless.org](http://TahoeHomeless.org)  
or Find Us on Facebook at:  
[TahoeCoalitionForTheHomeless](https://TahoeCoalitionForTheHomeless)
**Housing/Transportation**

**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**
24-hour response: Emergency shelter and 90-day temporary shelter for male and female victims of domestic violence and their families.
2941 Lake Tahoe Blvd.
South Lake Tahoe, CA 96150
530-544-2118 (Business)
530-544-4444 (24-hour)
LiveViolenceFree.org

**Housing Hotline**
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.
1052 Tata Ln.
South Lake Tahoe, CA 96150
530-542-7417
CityOfSLT.us

**Only Kindness, Inc.**
Offering rapid rehousing, veteran services and coordinated entry.
Placerville, CA
530.344.1864
info@onlykindness.net

**Tahoe Transportation District**
Includes South Shore fixed-route service and commuter bus service to Carson City and the Carson Valley.
775-589-5502
530-541-7149
TahoeTransportation.org

**South Lake Tahoe Cancer League**
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.
P.O. Box 17962
South Lake Tahoe, CA 96151
530-573-1703
solaketahoecdl@gmail.com

**South Tahoe Express**
Shuttle from Stateline Casinos to Reno International Airport.
866-893-2463
SouthTahoeExpress.com

**ADA Paratransit Transportation Services**
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.
530-541-7149 Ext. 3
TahoeTransportation.org
info@tahoetransportation.org

**AMTRAK**
Bus to Sacramento and out of the area.
800-872-7245
amtrak.com
# Behavioral Health Insurance Types

## Adult

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<tr>
<th>Severe</th>
<th>El Dorado County Behavioral Health</th>
<th>12B, 14B</th>
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<tbody>
<tr>
<td>Mild to Moderate</td>
<td>Barton Community Health Center</td>
<td>38A-41A, 12B</td>
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<tr>
<td>Mild to Moderate</td>
<td>A Balanced Life</td>
<td>12B, 14B</td>
</tr>
</tbody>
</table>

## Child

<table>
<thead>
<tr>
<th>Severe</th>
<th>El Dorado County Behavioral Health</th>
<th>12B, 14B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mild to Moderate</td>
<td>Sierra Child &amp; Family (by El Dorado County Behavioral Health referral only)</td>
<td>13B, 16B, 32B</td>
</tr>
<tr>
<td>Mild to Moderate</td>
<td>Sierra Child &amp; Family (by El Dorado County Behavioral Health referral only)</td>
<td>13B, 14B, 32B</td>
</tr>
<tr>
<td></td>
<td>Tahoe Youth &amp; Family Services (by El Dorado County Behavioral Health referral only)</td>
<td>5B, 13B, 32B</td>
</tr>
</tbody>
</table>

## No Insurance / Low-Income

| Barton Community Health Center | 38A-41A, 12B |
| Live Violence Free | 5B, 13B, 32B |
| Family Resource Center | 5B, 13B, 31B |

## Private Pay

| Barton Family Medicine | 8A-12A |
| Live Violence Free | 5B, 13B, 15B, 30B |

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.

There is also an option of setting up a single-case agreement. Check your insurance coverage as it may include an Employee Assistance Program (EAP) which can provide therapy sessions among other benefits.
INFORMATION & RESOURCES

1-800-NO-BUTTS
Smoking cessation information. Quitting literature and telephone counseling. Qualifying Medi-Cal patients provide prescription from physician. If pregnant, need authorization from physician. Children in household 5 years or less, no authorization. Monday-Friday 7am-9pm and Saturday 9am to 5pm.
1-800-662-8887 (1-800-NO-BUTTS)

Alzheimer’s Association of Northern CA and Northern NV
Helpline available 24-hours a day, 7-days a week, 365-days a year.
775-786-8061
800-272-3900 Helpline alz.org/norcal

Brain & Behavior Research Foundation
Research breakthroughs, causes and to someday find a cure for mental illnesses. Free webinars, recovery stories, and the latest in brain research studies.
800-829-8289
BBRFoundation.org

Each Mind Matters
California’s mental health movement. Recover stories and inspirational blogs. Adults and youth.
800-273-8255
SuicidelsPreventable.org
EachMindMatters.org

El Dorado Substance Youth Disorder Services
Provides substance youth disorder treatment and prevention. Free for those referred by the court system.
M-F 8-5 Access Line 530-621-6290 and the 24 hour Access line 1-800-929-1955
1900 Lake Tahoe Blvd.
South Lake Tahoe, CA 96150
530-573-7959
EDCGov.us

El Dorado County Victim/Witness Assistance
Referrals for crisis intervention and counseling, advocacy, and compensation for victims of crime. All ages. No charge.
778 Pacific St.
Placerville, CA 95667
530-642-4760

EDCGov.us
VCGCB.ca.gov/victims

Health Coaching
Health coaching is a process that promotes a healthy lifestyle through individual empowerment and motivation. Your health coach partners with you to identify your health and wellness goals, then helps you achieve sustainable behavior changes.
Barton Center for Orthopedics & Wellness
2170B South Ave.
South Lake Tahoe, CA 96150
530-539-6620
BartonOrthopedicsAndWellness.com/healthcoach

Mindfulness Training
Become more aware of your present self with your thoughts, feelings, body, and the environment with Mindfulness Training. Decrease stress, improve concentration and functioning, and better manage emotional and physical health with different, guided mindfulness techniques.
Barton Center for Orthopedics & Wellness
2170B South Ave.
South Lake Tahoe, CA 96150
530-539-6620
BartonOrthopedicsAndWellness.com/classes

M.O.S.T. (Mobile Outreach Safety Team)
The Douglas County Sheriff’s Department has developed their own intervention team.
775-782-5126
MOSTDouglas.com

NAMI - El Dorado County So. Lake Tahoe
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.
Mon-Thur 10am-3pm
English Warm-line: 530-306-4101
Spanish Warm-line: 775-407-0306
NAMI Warm-line: county-wide available
M-Thur 10 a.m. - 3 p.m.: 530-306-4101
NAMIELDoradoCounty.org
f2fnami@gmail.com
NAMI - Family To Family
Free 12-session class for family members, partners and friends of individuals with mental health issues.
English Warm-line: 530-306-4101
Spanish Warm-line: 775-407-0306
NAMI Warm-line: county-wide available M-Thur 10 a.m. - 3 p.m.: 530-306-4101
f2fnami@gmail.com

NAMI South Lake Tahoe - Warm Lines
English Warm-line: 530-306-4101
Spanish Warm-line: 775-407-0306
NAMI Warm-line: county-wide available M-Thur 10 a.m. - 3 p.m.: 530-306-4101

National Suicide & Prevention Lifeline
800-799-4889

Smoking Cessation Classes
Start your smoke-free life now. Freedom from Smoking is the premier smoking cessation program from the American Lung Association. It helps you develop a plan of action that leads to your quit day. Call today for upcoming class details.
530-539-6620
BartonHealth.org/communityed

South Tahoe Drug Free Coalition
Community coalition focused on youth substance abuse prevention.
BeDrugSafe.com

St. Theresa’s Catholic Church
Spiritual and family counseling.
1037 Lyons Ave.
South Lake Tahoe, CA 96150
530-544-3533
Tahoecatholic.com

Suicide Prevention Network
Local South Shore suicide support & resources.
775-783-1510
530-600-6520
SPNAwareness.org

Tahoe Coalition for the Homeless
Phone number and mailing address in service year round.
P.O. Box 13514
South Lake Tahoe, CA 96151
530-600-2822
TahoeHomeless.org

Facebook.com/
TahoeCoalitionForTheHomeless

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.
Provides individual, couples and family therapy to children, adolescents and adults.
Call or go to the website for available programs and services. ComPsych EAP, Medicare, California Victim Compensation Program, County of El Dorado office of Education Child Development Programs, Veterans Choice Program, California Conservation Corps, Caesars Entertainment EA Nevada Behavioral Healthcare Option.
2100 Eloise Ave.
South Lake Tahoe, CA 96150
530-544-1748
Text-Only Line: 530-448-4528
ABalancedLifeTahoe.com

Barton Community Health Center
This clinic provides primary health care services and mental and behavioral health services. Insurance accepted: Medi-Cal, other insurance and Sliding Scale.
2201 South Ave.
South Lake Tahoe, CA 96150
530-543-5623
BartonHealth.org

Barton Psychiatry & Behavioral Health
Evaluation and medication for children and adolescents, including play therapy.
Insurance and private pay by referral.
Stateline Medical Center
155 Hwy. 50, Stateline, NV 89449
774-589-8946
Barton Psychiatry & Behavioral Health
2209 South Ave.
South Lake Tahoe, CA 96150
530-600-1968
BartonHealth.org
Carson Tahoe Behavioral Health Services – Inpatient Psychiatric
Adults ages 18 and older inpatient psychiatric disorders and chemical dependency. Accepts most insurance, Medicare and Medicaid.
1080 N. Minnesota St.
Carson City, NV 89703
775-445-7350
CarsonTahoe.com

Carson Tahoe Behavioral Health Services - Inpatient Treatment
Intensive treatment for adults 18+ for substance abuse. Medical model detoxification; chemical dependency program.
1080 N. Minnesota St.
Carson City, NV 89703
775-445-7350
CarsonTahoe.com

Carson Tahoe Behavioral Health Services – Outpatient Psychiatric
Treats adults with psychiatric and addictive disorders through individual counseling. Accepts most insurance, Medicare.
775 Fleischmann Way
Carson City, NV 89703
775-445-7756
CarsonTahoe.com

Carson Tahoe Behavioral Health Services - Outpatient Treatment
Adult, individual and/or group substance abuse counseling. Accepts most insurance, Medicare.
775 Fleischmann Way
Carson City, NV 89703
775-445-7756
CarsonTahoe.com

El Dorado County Behavioral Health
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. 24-hour Crisis Hotline.
1900 Lake Tahoe Blvd.
South Lake Tahoe, CA 96150
530-544-2219 24-Hour Crisis Hotline
530-573-7970
edcgov.us/mentalhealth
**Family Resource Center**  
Bilingual counseling for children ages 5 to 18 and adults who do not have insurance. Donations accepted. No charge.  
3501 Spruce Ave., #B  
South Lake Tahoe, CA 96150  
530-542-0740  
[TahoeFRC.org](http://TahoeFRC.org)

**Infant Parent Center**  
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.  
2949 Lake Tahoe Blvd., Ste. B4  
South Lake Tahoe, CA 96150  
530-676-2899 #0  
[InfantParentCenter.com](http://InfantParentCenter.com)

**Live Violence Free**  
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.  
2941 Lake Tahoe Blvd.  
South Lake Tahoe, CA 96150  
530-544-4444 – 24-Hour  
530-544-2118 – Business  
[LiveViolenceFree.org](http://LiveViolenceFree.org)

**Psychiatric Health Facility**  
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.  
311 Fair Lane  
Placerville, CA 95667  
530-621-6150  
[edcgov.us/mentalhealth](http://edcgov.us/mentalhealth)

**Rural Clinic of Carson City**  
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.  
1665 Old Hot Springs Rd., Ste. 150  
Carson City, NV 89706  
775-687-5162

**Reno Behavioral Healthcare Hospital**  
Comprehensive mental health and addiction treatment for patients of all ages. Free, confidential assessments available 24/7  
6940 Sierra Center Pkwy.  
Reno, NV 89511  
775-393-2201  
[Renobehavioral.com](http://Renobehavioral.com)

**Sierra Child & Family Services**  
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  
2580 Lake Tahoe Blvd.  
South Lake Tahoe, CA 96150  
530-544-2111

**Tahoe Youth & Family Services**  
Substance abuse evaluations and counseling for youth and adults. Medi-Cal, private insurance and private pay.  
1021 Fremont Ave.  
South Lake Tahoe, CA 96150  
530-541-2445  
[TahoeYouth.org](http://TahoeYouth.org)

**El Dorado County Behavioral Health**  
Substance use assessments, treatment referrals and group therapy.  
24 hour Access line 1-800-929-1955  
1900 Lake Tahoe Blvd.  
South Lake Tahoe, CA 96150  
530-573-7970

**Mountain High Recovery Center**  
530-600-6505  
[www.mountainhighrecovery.org](http://www.mountainhighrecovery.org)  
[info@mountainhighrecovery.org](mailto: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 1-800-662-HELP (4357)
DrugAbuse.gov

Reno Behavioral Healthcare Hospital
Comprehensive mental health and addiction treatment for patients of all ages. Free, confidential assessments available 24/7
6940 Sierra Center Pkwy.
Reno, NV 89511
877-787-8518
Renobehavioral.com

RJ Counseling
Individual and Family Addiction Counseling. Providing counseling to overcome drug and alcohol problems. All ages: Adolescents, Teens and Adults.
870 Emerald Bay Road
South Lake Tahoe, CA 96150
530-545-0891
rbarna@rjcounseling.com
rjcounseling.com

Tahoe Youth and Family Services
Substance abuse evaluations and counseling for youth and adults. Medi-Cal, private insurance and private pay.
1021 Fremont Ave.
South Lake Tahoe, CA 96150
530-541-2445
TahoeYouth.org

SUPPORT GROUPS

A Balanced Life:
SMART Recovery Group
Free weekly group counseling for addiction of any type (drugs, alcohol, gambling, overeating, etc.). Tuesdays 6-7pm.
2100 Eloise Ave.
South Lake Tahoe CA 96150
530-544-1748
Text-Only Line: 530-448-4528
ABalancedLifeTahoe.com/community-programs

Adult Family Caregiver Support Group
Adults/families who care for adults with chronic and disabling health conditions are invited to attend a monthly caregiver support group. Group members will learn about community resources, disease processes, coping strategies, importance of self-care, and ways to connect to others with adult family member with a chronic health condition, such as dementia, Parkinson’s disease, MS, or diabetes.

Barton Center for Orthopedics & Wellness
2170B South Ave.
South Lake Tahoe, CA
530-539-6620
BartonOrthopedicsandWellness.com/supportgroups

Al-Anon
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.
888-425-2666 - Call 24 Hours a Day
al-anon-alateen.org

Alcoholics Anonymous
Groups are held 7 days per week with specialty groups for men, women and young people. Please call for more information. No charge.
530-541-1243 - Call 24 Hours a Day

Camp Sunrise
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.
2092 Lake Tahoe Blvd., Ste. 500
South Lake Tahoe, CA 96150
530-543-5592
BartonHealth.org/CampSunrise

Live Violence Free
Domestic Violence Support Group
Support group for victims affected by domestic violence.
2941 Lake Tahoe Blvd.
South Lake Tahoe, CA 96150
530-544-2118
LiveViolenceFree.org

El Dorado County Family Caregiver Support Program
Meets the 1st Wednesday of every month from 3-4:30pm.
3368 Lake Tahoe Blvd.
South Lake Tahoe, CA 96150
866-901-3212
edcgov.us
El Dorado County Behavioral Health Community - Wellness Support Groups
Substance use assessments, treatment referrals, group therapy, social activities and education for improved mental health. Call for scheduled activities.
M-F 8-5 Access Line 530-621-6290 and the 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

Family Ties of Nevada
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 8:30am – 5pm, Monday-Friday.
3710 Grant Dr., #B, Reno, NV 89509
866-326-8437
FamilyTiesNV.net

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

Lake Tahoe Community College Foster and Kinship Care Education Program
530-541-4660 x 575
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.

Freedom From Smoking Classes
Ready to quit? Start your smoke-free life now. Freedom From Smoking® is the premier smoking cessation program from the American Lung Association. It helps you develop a plan of action that leads to your quit day. Learn how to quit smoking. In-person classes.
530-539-6620
BartonHealth.org/communityed

Head Injury Association of Northern Nevada (HIANN)
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.”
P.O. Box 19314, Reno, NV 89511
(775) 830-4261
hiann.org
info@hiann.org

Mommy & Me Support Group
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 & Toddlers (up to 36 months)
Barton Center for Orthopedics & Wellness
2170B South Ave
South Lake Tahoe, CA 96150
530-539-6620
BartonHealth.org/mommyandme
NAMI Family Support Group
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.
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
NAMI Warm-line: county-wide available M-Thur 10 a.m. - 3 p.m.: (530) 306-4101
f2fnami@gmail.com

Narcotics Anonymous
Call for meetings and locations.
530-541-4100
SierraSageNA.org

Parkinson's Disease Support Group
The Parkinson's Disease Support Group offers support for those diagnosed with Parkinson's disease, as well as family members and caretakers of those affected.
Barton Center for Orthopedics & Wellness
2170B South Ave, South Lake Tahoe, CA 96150
530-543-5712
BartonOrthopedicsandWellness.com/supportgroups

Reflections Of Life And Loss
Free grief support group provides info and support for those grieving the loss of a loved one. Please call for times. Registration required.
2092 Lake Tahoe Blvd., Ste. 500
South Lake Tahoe, CA 96150
530-543-5592
BartonOrthopedicsandWellness.com/supportgroups

Sierra Child & Family Services
Foster and adoptive parent support group, First Thursday of every month, 5pm-6:30pm.
2580 Lake Tahoe Blvd.
South Lake Tahoe, CA 96150
530-544-2111

Smart Recovery Group
A science-based addiction recovery support group. Alternative to traditional 12-step programs.
2100 Eloise Ave.
South Lake Tahoe, CA 96150
530-544-1748

Survivors Of Suicide Loss Support Group
Provides healing peer support for people coping with the loss of a loved one to suicide. First Tuesday of every month, 3:30-5pm.
El Dorado County Main Library
1000 Rufus Allen St.
South Lake Tahoe, CA 96150
530-600-6520
SPAwareness.org

Women's Cancer Support Group
The Women's Cancer Support Group offers a safe, confidential environment where women with cancer, or a history of cancer, can meet others and address their challenges.
Barton Center for Orthopedics & Wellness
2170B South Ave, South Lake Tahoe, CA 96150
530-539-6620
BartonOrthopedicsandWellness.com/supportgroups
Accepting private health insurance, reimbursement or cash payments.

Catherine Aisner, PH.D., PSY  CA Lic# 10543  
2311 Lake Tahoe Blvd., Ste. 3  
South Lake Tahoe, CA 96150  
530-541-6698  
Treatments/Diagnosis: Couples, Trauma  
Populations: Couples  
Advanced Clinical Training: ICEEFT-Certified Emotionally Focused Couples Therapist, Eye Movement Desensitization and Reprocessing; IA Certified EMDR Therapist  
Payment/Insurance Accepted: Barton employees  

Marcella Araiza, LMFT  CA Lic# 111395  
A Balanced Life  
2100 Eloise Ave.  
South Lake Tahoe, CA 96150  
530-544-1748  
530-544-1728 (fax)  
Text-Only Line: 530-448-4528  
Treatments/Diagnosis: Co-occurring substance abuse issues, self-harm, depression, anxiety, parenting, family conflict, teen behavioral issues.  
Populations: Adults, Teens, Spanish-speaking  
Payment/Insurance Accepted: Cash, Check, Credit, CPS, Victim's Compensation Board, Head Start, Com Psych EAP, Nevada Behavioral Health EAP, MediCal  

Sandra Branton, EDD, LMFT  CA Lic# 18217  
870 Emerald Bay Rd.  
South Lake Tahoe, CA 96150  
530-541-5977  

Monica Campbell, LMFT  NV Lic# #01153  
Restoring Relationships Parent Consultation  
310 Dorla Ct, Ste 209  
Zephyr Cove, NV 89448  
775-400-2620  
Populations: Parents, teens, families  
Treatment/diagnoses: Teens ages 12-18 anxiety and depression. Family Therapy. Parent information, education and support.  
Advanced Clinical Training: Art Therapy EMDR  

Payment methods: Blue Cross/Blue Shield, Out of Network  
Populations Not Served: Not a medical provider. Do not work with personality disorders.  
Restoringrelationships.today  
monica@restoringrelationships.today  

Nicole Cooley, LMFT, RDT  NV MFT Lic# 01430  
Green Room Healing Arts  
160 Pine Ridge Dr, Suite D  
Stateline, NV 89449  
775-442-4142  
Populations: Adults, children, couples, families  
Treatment/diagnoses: Anxiety, depression, trauma, relationships, personal growth  
Advanced Clinical Training: Expressive arts/drama therapy, yoga RYT-200  
Payment methods: United Healthcare, Cigna, Beacon, Out of network, sliding scale  
Greenroomhealingarts.com  
Greenroomhealingarts@gmail.com  

Thomas Dickey, MFT  CA Lic# 32853  
2489 Lake Tahoe Blvd., Ste. 26  
South Lake Tahoe, CA 96150  
530-543-0400  
530-543-1209 (fax)  
Diagnoses: Depression, Anxiety, Relationships, Goal Setting, Parenting  
Treatments: Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Family Systems Therapy, Short Term Dynamic Psychotherapy  
Populations: Teens and older.  
Payment/Insurance Accepted: Cash, sliding scale, 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  
**Treatments/Diagnoses:** Anxiety, Depression, Trauma/PTSD, OCD, Life Transitions  
**Populations:** Individuals – Adults and Adolescents  
**Advanced Clinical Training:** Diplomat of the Academy of Cognitive Therapy; Certified Provider of Prolonged Exposure; Advanced Clinical Training in Trauma-Focused Cognitive Behavioral Therapy; and Exposure and Response Prevention, Bilingual (English/Spanish)  
**Payment/Insurance Accepted:** Cash, Check, Barton EAP, Anthem Blue Cross/Blue Shield and Prominence

Laurie Gallagher, LSCW  
CA Lic# 13934  
3320 Sandy Way, #4  
South Lake Tahoe, CA 96150  
530-542-2409 *2  
**Treatment/Diagnosis:** Depression, Anxiety, PTSD, Transitions  
**Populations:** Adults, Children, Couples, Families  
**Advanced Clinical Training:** Eye Movement Desensitization & Reprocessing; Cognitive Behavioral Therapy; Dialectical Behavioral Therapy; Domestic Violence; Certified EMDR Provider  
**Payment/Insurance Accepted:** Cash, Check, Barton EAP, Anthem Blue Cross/Blue Shield and Prominence

Elizabeth (Betsy) Glass, LCSW  
CA # 67042  
Nurture Your Nature Counseling  
Lake Tahoe Acupuncture and Wellness  
2244 Barton Avenue  
S. Lake Tahoe, CA 96150  
530-494-0900  
nurtureyournaturecounseling@gmail.com  
**Treatment/Diagnosis:** Mood disorders, anxiety disorders, trauma-related disorders, and some co-occurring disorders  
**Populations:** Individuals 15 and older  
**Advanced Clinical Training:** Advanced Nutritional and Integrative Medicine for Mental Health Professionals and Mindfulness Based Stress Reduction  
**Payment/Insurance Accepted:** Anthem Blue Cross plans, ComPsych, and flexible self-pay options  
**Limits on access to services/Populations Not Served:** Relational or family therapy or substance use counseling

Riann Giovacchini, LCSW  
# 24024  
A Balanced Life  
2100 Eloise Ave.  
South Lake Tahoe, CA 96150  
530-386-8386  
**Treatment/Diagnosis:** PTSD, Uncomplicated Bereavement, Social Anxiety Disorder, Anxiety Disorders, Depressive Disorders  
**Populations:** Adolescents, Adults, Geriatrics  
**Advanced Clinical Training:** Eye Movement Desensitization & Reprocessing; Repair & Reattachment Grief Therapy  
**Payment/Insurance Accepted:** Cash, Check, Credit, Com Psych (EAP for Kirkwood & Heavenly), Victim’s Compensation Board, Out-of-Network with most insurances

Karen Joaquin, LMFT  
CA Lic# 82969  
A Balanced Life  
2100 Eloise Ave.  
South Lake Tahoe, CA 96150  
530-386-8386  
**Treatment/Diagnosis:** Depression, anxiety, co-occurring substance abuse, self-harming, trauma and EMDR certified  
**Population:** Adults, Teens, Nevada Behavioral Health  
**Payment/Insurance Accepted:** Cash, Check, Credit, Comp Psych (EAP for Kirkwood & Heavenly), Victim’s Compensation Board, Out-of-Network with most insurances
Private Practice
Therapists & Businesses

Erin Kelly, LMFT
CA Lic# 45628
A Balanced Life
2100 Eloise Ave.
South Lake Tahoe, CA 96150
530-544-1748
Text-Only Line: 530-448-4528
530-544-1728 Fax
Treatments/Diagnoses: Co-occurring disorders, Play Therapy, Substance Abuse.
Population: ages 3+
Advanced Clinical Training: Art Therapy
Payment Insurance Accepted: Cash, Check, Com Psych (EAP for Kirkwood & Heavenly), Victim’s Witness, Head Start, Nevada Behavioral Health EAP, No Medi-Cal. Out-of-Network with most insurances. EAP Nevada Behavioral Healthcare option

Jennifer Kile, LMFT
CA Lic# 123167
3053 Harrison Ave., Suite 203
South Lake Tahoe, CA 96150
530-902-5772
Treatments/Diagnoses: Anxiety, Depression, Chronic Stress, Trauma/PTSD, Personal Growth.
Population: Adolescents, Adults
Advanced Clinical Training: Brainspotting Levels I & II; Brainspotting & Addictions; Brainspotting with Children & Adolescents; Cognitive Behavior Therapy; Dialectical Behavior Therapy; Mindfulness
Payment/Insurance Accepted: Cash, Check, Credit, HSA

Anna Lee, AMFT
CA Lic# 114395
(A Under clinical supervision of Lindsay Simon and Karen Joaquin)
A Balanced Life
2100 Eloise Ave.
South Lake Tahoe, CA 96150
530-544-1748
530-544-1728 (fax)
Text-Only Line: 530-448-4528
Tx + Dx: Trauma, LGBTQI+ issues
Populations: Adults, Teens, Family, Children +3
Advanced training: NA
Payment/Insurance accepted: Cash, Check, Credit, CPS, Victim’s Compensation Board, CPS

Karen Mack, MFT
CA Lic# 42597
3351 Lake Tahoe Blvd, Suite 7
South Lake Tahoe, CA 96150
530-545-8928
Treatments/Diagnoses: Everything; Depression/Anxiety

Tiffany Machia, AMFT
CA Lic# 110842
(A Under clinical supervision of Lindsay Simon and Karen Joaquin)
A Balanced Life
2100 Eloise Ave.
South Lake Tahoe, CA 96150
530-544-1748
530-544-1728 Fax
Text-Only Line: 530-448-4528
Treatments/Diagnoses: Parental Guidance, Family conflict, child play therapy, childhood trauma
Preferred Populations: Adults, Kids 8+, Teens, Families
Advanced Clinical Training: Trauma-Focused CBT, Child Play Therapy, certified level II Gottman Couples therapist
Payment/Insurance Accepted: Cash, Check, Credit, CPS, Victims Compensation Board, Head Start

Marta McLean, LMFT
CA Lic # 87044
3053 Harrison Ave, Suite 203, South Lake Tahoe, CA 96150
530-686-5330
Treatments/Diagnoses: Anxiety, Depression, Trauma, Life Transitions, Parenting
Populations: Individuals - Children 10+, Adolescents, Adults
Advanced Clinical Training: Certified in Trauma-Focused Cognitive Behavioral Therapy; Advanced Clinical Training in Prolonged Exposure Therapy for PTSD, Dialectical Behavioral Therapy and treatment of survivors of trauma and abuse
Payment/Insurance Accepted: Cash, Check, Out-of-Network with most insurances

Kate Mosher, LCSW
CA Lic# 66640
3053 Harrison Avenue, Suite #203
South Lake Tahoe, CA 96150
530-494-9839
Treatments/Diagnoses: Childhood Disorders, Loss and Trauma, Anxiety Disorders, Mood Disorders
Preferred Populations: Youth 0-17, Young Adults 18-21, Adults, Clients impacted by discrimination
Advanced Clinical Training: Certification in Trauma-Focused Cognitive Behavioral
PRIVATE PRACTICE

Therapy; Training in Trauma Therapies, Exposure Therapies and Cognitive Behavioral Therapies; Trained in group Dialectical Behavioral Therapy; Training in treatment of infants and young children

Payment/Insurance Accepted: Cash/check; Victim Witness funding

katiemoo@yahoo.com

Viola Nungary, MFT
2489 Lake Tahoe Blvd., Ste. 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

Populations Not Served: Not ADA accessible

Marni Perschnick, LCSW
Wildflower Wellness LLC
530-205-3142
wellnesswithmarni.com

Address: Telehealth only. Clients must be located in Nevada when receiving services due to licensing restrictions.

Treatment/Diagnoses: Anxiety, stress, relationship challenges, spirituality

Populations: Adult individuals

Advanced Clinical Training: Forest Therapy Guide

Payment/Insurance Accepted: Private Pay, Cigna (NV), UMR (NV)
Oren Pound, LMFT # 120737
A Balanced Life
2100 Eloise Ave.
South Lake Tahoe, CA 96150
530-544-1748
530-544-1728 (fax)
Text-Only Line: 530-448-4528
Tx + Dx: ADHD, Autism, Depression, Populations: Adults, Teens, Children +6, Families
Advanced training: NA
Payment/Insurance accepted: Cash, Check, Credit, CPS, Victim's Compensation Board, CPS

Marianna Randolph, LCSW CA Lic# 24256
A Balanced Life
2100 Eloise Ave.
South Lake Tahoe, CA 96150
530-544-1748
530-544-1728 (fax)
Text-Only Line: 530-448-4528
www.abalancedlifetahoe.com
Treatments/Diagnoses: Depression, Anxiety, Grief/Loss, Chronic Pain/Health Conditions, Adult ADHD, Caretaker burnout
Populations: 18+ years
Advanced Clinical Training: Certified Cognitive Behavioral Group Therapist; Certified Mental Health Integrative Medicine Provider; Mindfulness Based Stress Reduction; Certified Level 1 Gottman Couples Therapist

Lindsay Simon, LMFT Cal Lic# 51979
A Balanced Life
2100 Eloise Ave.
South Lake Tahoe, CA 96150
530-544-1748
530-544-1728 (fax)
Text-Only Line: 530-448-4528
Treatments/Diagnoses: Mood disorders, anxiety, stress management, couples counseling, work related problems, life adjustments, adult ADHD, anger management
Populations: Adults, medical professionals, Couples, Families with Teens
Advanced Clinical Training: Certified Level II Gottman Couples Therapist; Perinatal

Mood & Anxiety Disorders; Specialized Family Therapy; Court Ordered Family Unification; Domestic Violence Facilitation Certificate
Payment/Insurance Accepted: Cash, Check, Com Psych (EAP for Kirkwood & Heavenly), Victim's Witness, Head Start, No Medi-Cal, Out-of-Network with most insurances. Nevada Behavioral Health EAP.

Debra Vance, LMFT Cal Lic# 23724
3320 Sandy Way, Ste. 4
South Lake Tahoe, CA 96150
530-542-2409
530-542-2791 (Fax)
www.abalancedlifetahoe.com
www.abalancedlifetahoe.com
Treatments/Diagnoses: Depression, Anxiety/Stress, PTSD, Grief Work, Life Transitions
Populations: Couples, Adults, Young Adults
Populations Not Served: Young Children, Court Ordered, Custody Disputes
Advanced Clinical Training: Cognitive Behavioral Therapy; Mindfulness, Couples Therapy
Payment/Insurance Accepted: Anthem, Aetna, PEHP/Healthscope, Prominence Health, MHN, Magellan Blue Shield, BDA/Morneau Shepell

Matthew Wong, PSY.D. CA PSY# 26365
870 Emerald Bay Rd., Ste. 303, Box 3
South Lake Tahoe, CA 96150
415-806-0275
530-600-0633 Fax
Treatments/Diagnoses: ADHD, Anxiety, Depression, Adjustment Disorder, Learning Disorders
Populations: Children (4+), Adolescents, Young Adults
Limits on Access to Services/Populations Not Served: Active substance abuse, dual-diagnosis, active psychotic disorders
Advanced Clinical Training: Pediatric Neuropsychology, Psych Assessment
Payment/Insurance Accepted: Anthem, Cigna, Blue Shield
IN CASE OF EMERGENCY
POLICE • FIRE • MEDICAL

LAW ENFORCEMENT

California Highway Patrol (CHP)
Highway law enforcement, child safety seat information, AMBER Alerts, DUI info and other youth safety information.
2063 Hopi Ave.
South Lake Tahoe, CA 96150
530-577-1001
chp.ca.gov

City Of South Lake Tahoe - Emergency Alerts
Receive emergency alerts via cell phone or email. Sign up at the city's website.
530-542-6093
CityOfSLT.us/signups

Douglas County Sheriff’s Office
175 Highway 50
Stateline, NV 89449
775-782-5126
DouglasCoNVSheriff.com

El Dorado County Sheriff’s Office
1360 Johnson Blvd., #100
South Lake Tahoe, CA 96150
530-573-3000
530-573-3300 (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
530-542-4801 (Fax)

El Dorado County Jail - South Lake Tahoe
1051 Al Tahoe Blvd.
South Lake Tahoe, CA 96150
530-573-3030
530-573-3032 (Fax)

Lake Tahoe Secret Witness
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.
P.O. Box 14282
South Lake Tahoe, CA 96151
530-541-6800 (Hotline)

South Lake Tahoe Police Department
City of South Lake Tahoe law enforcement.
1352 Johnson Blvd.
South Lake Tahoe, CA 96150
530-542-6100
CityOfSLT.us/police

Crisis Call Center
775-784-8085 Local
775-784-8090 Local
800-992-5757 Crisis Hotline
FIRE & RESCUE

Lake Valley Fire Protection District
Fire protection and emergency medical response on the East Slope of El Dorado County. Chipping program, defensible space program and information.
2211 Keetack St.
South Lake Tahoe, CA 96150
530-577-3737
LakeValleyFire.org

South Lake Tahoe Fire & Rescue
Fire protection within the City of South Lake Tahoe.
2101 Lake Tahoe Blvd.
South Lake Tahoe, CA 96150
530-542-6160
cityofslt.us/fire

Tahoe Douglas Fire Protection District
Nevada fire protection department. Chipping, fuels reduction program, fire prevention information
P.O. Box 919 / 193 Elks Point Rd.
Zephyr Cove, NV 89448
775-588-3591
TahoeFire.org

EMERGENCY MEDICAL

American Red Cross
Disaster relief and emergency preparedness plus CPR certification and first aid courses.
1565 Exposition Blvd.
Sacramento, CA 95815
916-993-7070
RedCrossCRC.org/CA/sacramento

Barton Memorial Hospital
24-hour emergency care. Level III Trauma Center.
2170 South Ave.
South Lake Tahoe, CA 96150
530-541-3420
BartonHealth.org

Barton Urgent Care
Monday-Saturday, 8am-6pm & Sunday 9am-5pm. Insurance and self-pay.
Stateline Medical Center
1555 Hwy. 50
Stateline, NV 89449
775-589-8900
Online Check In: BartonHealth.org/urgentcare

California Poison Control System (CPCS)
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.
800-222-1222
CalPoison.org
CANCER SUPPORT

American Cancer Society
Offering multiple support programs for patients and caregivers throughout Northern California and Nevada. Transportation support in many areas.
800-836-4673 24-hour Cancer.org

Barton Cancer Support Services
Helping participants reach an improved state of wellness through guided exercise, yoga, behavior therapy, and nutrition. Cancer support services are supported by the Barton Foundation with a simple application process.
530-539-6620 BartonHealth.org/cancersupport

Barton Oncology Labwork
Follow up appointments available in cooperation with the Gene Upshaw Memorial Tahoe Forest Cancer Center.
1139 3rd St
South Lake Tahoe, CA 96150
530-600-1950 BartonHealth.org/oncology

Barton Infusion Center
Inside Barton Memorial Hospital
Cancer support services including blood transfusions, hydrations, labs and medications.
2170 South Ave.
South Lake Tahoe, CA 96150
530-543-5876

Gene Upshaw Memorial Tahoe Forest Cancer Center
The Cancer Center at Tahoe Forest Hospital offers services for the early detection, diagnosis and treatment of cancer. Affiliated with UC Davis.
10121 Pine Ave.
Truckee, CA 96161
530-582-6450 TahoeCancerCenter.com

Renown Children's Hospital
Treats children and adolescents with cancer. Children’s Specialty Care is also home to the Children's Infusion Center offering 24/7 physical coverage.
1155 Mill St.
Reno, NV 89502
775-982-KIDS (5437) Renown.org/children

South Lake Tahoe Cancer League
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.
P.O. Box 17982
South Lake Tahoe, CA 96151
530-573-1703 solaketahoecl@gmail.com

Women's Cancer Support Group
The Women's Cancer Support Group offers a safe, confidential environment where women with cancer, or a history of cancer, can meet others and address their challenges.
Held monthly on the first Tuesday of each month from 5:30-6:30pm

Center for Orthopedics & Wellness
2170-B South Ave.
South Lake Tahoe, CA 96150
530-539-6620 BartonOrthopedicsandWellness.com/supportgroups

MEDICAL SERVICES

MEDI-CAL (for Dental)

Diamond Springs Dental
Dr. April Westfall, DMD
Dentist on the western slope of El Dorado County who sees both adults and children and takes all forms of private insurance, Medi-Cal, CMS and discount plans.
540 Pleasant Valley Road
Diamond Springs, CA 95619
530-344-0290
El Dorado Smiles - El Dorado Community Health Center Mobile Dental Clinic
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.
3100 Ponte Morino Dr., #120
Cameron Park, CA 95682
530-497-5016
edchc.org

Preventive Dental Care
Dr. Injoo Han
Placerville dentist who takes Medi-Cal, self-pay, most insurances.
4355 Golden Center Drive, Ste. A
Placerville, CA 95667
530-622-3430

Shingle Springs Health & Wellness Center - Dental
5168 Honpie Rd.
Shingle Springs, CA 95667
530-387-4232
sshwc.org

The Smile Shop
Dr. April Westfall, DMD
Dr. LaVonne Hammelman, DMD-MPH
Accepts Medi-Cal and Met-Life insurance.
Serves all ages. Currently accepting new patients.
Emergency walk-in hours Mon-Fri 7am
3358 Sandy Way, Suite B
South Lake Tahoe, CA 96150
530-318-5034

Tahoe Valley Dental
3358 Sandy Way
South Lake Tahoe, CA 96150
530-600-2835
TheSmileShopTahoe.com
TheSmileShopTahoe@gmail.com

Young Tahoe Smiles
Dr. Mireya Ortega
Basic dental care for children ages 0-16 without insurance and whose family meets financial eligibility. Cost $5, $10, $20 per visit.
Young Tahoe Smiles Program
1060 Ski Run Blvd.
South Lake Tahoe, CA 96150
530-541-7040
YoungTahoeSmiles.com

MEDICAL SUPPORT SERVICES

Accountable Care Organizations (ACO)
NurseWise 24-Hour line. A dedicated nurse line available 24-hour a day, 7-days a week to answer questions.
866-329-4701

County Medical Services Program (CMSP) & Path2Health/Medical
Health coverage for low-income adults in 35 rural counties including El Dorado. Apply in person, by phone or online.
3368 Lake Tahoe Blvd., #100
South Lake Tahoe, CA 96150
530-573-3200
c4yourself.com

El Dorado County Health & Human Services
Provides a variety of services including communicable disease control, immunizations and community nursing.
1360 Johnson Blvd., #103
South Lake Tahoe, CA 96150
530-573-3155
edcgov.us/humanservices

Medi-Cal
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.
3368 Sandy Way
South Lake Tahoe, CA 96150
530-573-3200
c4yourself.com
**PEOPLE WITH DISABILITIES**

**Alta CA Regional**
Intervention and support for adults and children at risk for, or with, intellectual and/or developmental disabilities and their families.
2489 Lake Tahoe Blvd., Ste. 1
South Lake Tahoe, CA 96150
530-314-5970
AltaRegional.org

**Choices Day Program**
Support services for adults with developmental disabilities. Programs to foster independence, personal development and self-sufficiency.
1950 Lake Tahoe Blvd. #2
South Lake Tahoe, CA 96150
530-541-0167
CTS-choices.org/south-lake-tahoe

**Job Placement: Vocational Rehabilitation**
Provide services and advocacy resulting in employment and equality for individuals with disabilities.
2489 Lake Tahoe Blvd., Ste. 4
South Lake Tahoe, CA 96150
530-541-3226
dor.ca.gov

**Lake Tahoe Unified School District**
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.
1021 Al Tahoe Blvd.
South Lake Tahoe, CA 96150
530-541-2850 x1026
LTUSD.org

**Tahoe Area Coordinating Council for the Disabled**
Community Advocacy Group. Meets at California Department of Vocational Rehabilitation office at Noon on the 4th Monday of the month. FREE.
2572 Lake Tahoe Blvd., #3
P.O. Box 8728
South Lake Tahoe, CA 96158
530-544-1127
TahoeAreaCoordinatingCouncilForTheDisabled.com

**Trails At The Lake**
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.
2494 Lake Tahoe Blvd., Ste. 5
P.O. Box 8728
South Lake Tahoe, CA 96150
530-544-1127
TrailsAtTheLake.org
**Housing & Care Facilities**

**Barton Skilled Nursing Facility**  
A 48-bed unit located within the Barton Memorial Hospital campus, providing both long-term care and short-term rehabilitation stays.  
2170 South Ave.  
South Lake Tahoe, CA 96150  
**530-543-5885**  

**Senior Living in Gardnerville**  
Assisted living and memory care services for seniors promoting an active lifestyle. Private pay, long term care insurance.  
1565 Virginia Ranch Rd.  
Gardnerville, NV 89410  
**855-224-5130**

**Carson Valley Senior Living**  
High quality assisted living and memory care in Gardnerville, Nevada. Pet friendly.  
1189 Kimerling Rd.  
Gardnerville, NV 89460  
**775-265-1400**  
[www.CarsonValleySeniorLiving.net](http://www.CarsonValleySeniorLiving.net)

**Gardnerville Health And Rehabilitation Center**  
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.  
1573 Mathias Parkway  
Gardnerville, NV 89410  
**855-221-7955**  
[www.GardnervilleHealthAndRehab.com](http://www.GardnervilleHealthAndRehab.com)

**Kelly Ridge Apartments**  
Affordable housing for seniors. Independent living.  
1447 Herbert Ave.  
South Lake Tahoe, CA 96150  
**530-542-1680**  

**Mountain View Health And Rehabilitation Center**  
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.  
201 Koontz Ln.  
Carson City, NV 89701  
**866-333-6002**  
[www.MountainViewHealthAndRehab.com](http://www.MountainViewHealthAndRehab.com)

**Tahoe Senior Plaza**  
Affordable housing for seniors 62 and older. Independent living.  
1101 3rd St.  
South Lake Tahoe, CA 96150  
**530-542-7048**  
[www.TahoeSeniorPlaza.com](http://www.TahoeSeniorPlaza.com)

**The Arbors Memory Care Community**  
Alzheimer's and other dementia care facility in Nevada.  
2121 East Prater Way  
Sparks, NV 89434  
**775-331-8875**  
[www.ArborsMemoryCare.com](http://www.ArborsMemoryCare.com)
**SUPPORT SERVICES**

**Adult Protective Services**
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.
3057 Briw Road
Placerville, CA 95667
530-642-4800

**A Hand At Home**
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.
3053 Harrison Ave., Ste. 205
South Lake Tahoe, CA 96150
530-545-0780
AHandAtHome.net

**Barton Home Health**
Skilled home health care for post-operative, diabetic, rehabilitation, cardiac and wound care.
2092 Lake Tahoe Blvd., Ste. 500
South Lake Tahoe, CA 96150
530-543-5581
BartonHealth.org/homehealth

**Barton Hospice**
Provides comfort and relieves symptoms of those who are terminally ill.
2092 Lake Tahoe Blvd., Ste. 500
South Lake Tahoe, CA 96150
530-543-5581
BartonHealth.org/hospice

**Douglas County Senior Center**
Recreational, educational and wellness activities for seniors age 60 and older. Meals on Wheels, homemaker services and DART transportation.
1329 Waterloo Lane
Gardnerville, NV 89410
775-782-6455
DouglasCountyNV.gov

**El Dorado County Senior Center**
Senior Helpline.
800-510-6150
530-621-6369

**El Dorado County Veterans Affairs**
Hours in South Lake Tahoe: Open 1st and 2nd 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.
924 Emerald Bay Rd.
South Lake Tahoe, CA 96150
By Appointment Only
530-573-7955 x5892
530-621-2218 Fax
130 Placerville Dr., Ste. B
Placerville, CA 95667
530-621-5892
530-621-2218 Fax
edcgov.us/veterans

**Eden Home Care**
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.
911 Mountain St.
Carson City, NV 89703
775-392-2000
Eden-Health.com

**Elder Options**
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.
2074 Lake Tahoe Blvd., #7
South Lake Tahoe, CA 96150
530-541-1812
800-336-1709
ElderOptionsCA.com
Employment Resource Center
Helping individuals search for a job, develop a quality resume, enhance job interview skills and more.
3368 Sandy Way
South Lake Tahoe, CA 96150
530-573-4330
edcgov.us

South Lake Tahoe Senior Center
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.
3050 Lake Tahoe Blvd.
South Lake Tahoe, CA 96150
530-542-6094
CityOfSLT.us

Tahoe Douglas Senior Center
Membership program for Tahoe basin residents. Recreational and support available including a month luncheon, group shopping and activity trips.
885 U.S. Hwy. 50
P.O. Box 1771
Zephyr Cove, NV 89448
775-588-5140

Vitality For Life
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.
Carson Valley Medical Center
1107 Hwy. 395 N.
Gardnerville, NV 89410
775-782-1599

Widowed Persons Association Of CA
Membership group for men and women with weekly recreational and support opportunities in addition to a monthly group gathering the last Sunday of each month.
530-542-4912
**ACO Medicare Nurse Wise Health Line**
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.
844-811-7358

**Big Brothers Big Sisters Of El Dorado County**
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.
Tahoe Mountain Lab
3079 Harrison Ave.
South Lake Tahoe, CA 96150
530-626-1222
Todd White
530-417-0807
bbbs-edc.org

**Boys And Girls Club**
After school programs for school aged children during the school year. All day programs during summer and school breaks.
P.O. Box 17846
South Lake Tahoe, CA 96151
1100 Lyons Ave.
South Lake Tahoe, CA 96150
530-542-0838
bgclt.org

**CASA – Court Appointed Special Advocates**
CASA El Dorado’s trained and court-appointed volunteers advocate on behalf of abused, neglected and at-risk youth.
1354 Johnson Blvd., Ste. 2
South Lake Tahoe, CA 96150
530-573-3093
CASAEldorado.org

**Catalyst Community**
1029 Takela Dr.
South Lake Tahoe, CA 96150
530-541-5848
catalystcomm.org

**Child Health And Disability Prevention Program**
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.
1360 Johnson Blvd., Ste. 103
South Lake Tahoe, CA 96150
530-573-3155
edcgov.us/publichealth

**Foster Kinship Education Program**
Providing education and support 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.
LTCC.edu/FKCE
kehuxtable@ltcc.edu

**El Dorado County Child Protective Services**
Investigates reports of abuse, neglect or harm. Provides referrals to community resources.
3368 Lake Tahoe Blvd., Ste. 100
South Lake Tahoe, CA 96150
530-573-3200
844-756-3699 (toll free)
edcgov.us
El Dorado County – Community Hub Team
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 1-833-332-4827.
First5ElDorado.com/community-hubs

El Dorado County Health & Human Services – Public Health
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.
1360 Johnson Blvd., Ste. 103
South Lake Tahoe, CA 96150
(530) 573-3155
edcgov.us/PublicHealth/

El Dorado County Office Of Education
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.

El Dorado County Office Of Education
Child Development Programs
1286 Kyburz Ave.
South Lake Tahoe, CA 96150
530-543-8200 – South Lake Tahoe
530-295-2270 – Western Slope

Family Resource Center
Low cost bilingual summer environmental education program and social skills groups during the school year.
3501 Spruce Ave., Ste. B
South Lake Tahoe, CA 96150
530-542-0740
TahoeFRC.org

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

The American Academy Of Pediatrics
141 Northwest Point Blvd.
Elk Grove Village, IL 60007
HealthyChildren.org
info@healthychildren.org
Live Violence Free Children’s Art Therapy
A program that is trauma focused for children using techniques to help children from the Windows Between Worlds Art Program.
2941 Lake Tahoe Blvd.
South Lake Tahoe, CA 96150
530-544-2118
LiveViolenceFree.org

Sierra Child & Family Services
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.
2580 Lake Tahoe Blvd.
South Lake Tahoe, CA 96150
530-544-2111

SOS Outreach
A national youth development non-profit which utilizes adventure sports to engage at-risk and underserved students in long-term relationships
3053 Harrison Ave unit #204
South Lake Tahoe, CA 96151
530-918-4092
775-298-0260 Direct
530-206-6361 Mobile
SOSOutreach.org

South Lake Tahoe Library
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
1000 Rufus Allen Blvd.
South Lake Tahoe, CA 96150
530-573-3185
ElDoradoLibrary.org

South Lake Tahoe Recreation Center
Year-round aquatic and other recreational programs for families. Self pay with a sliding scale.
1180 Rufus Allen Blvd.
South Lake Tahoe, CA 96150
530-542-6056
CityOfSLT.us

Tahoe Immigration Law
Amber Reinholdt, Esq.
2489 Lake Tahoe Blvd, Suite 21
South Lake Tahoe, CA 96150
530-578-0144
tahoeimmigrationlaw@gmail.com
tahoeimmigrationlaw.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
Drop-in center for youth up to age 24. Tues 1:30-5, Thurs 1:30-5, Sat 12-4
Basic needs and support. No charge.
1021 Fremont Ave.
South Lake Tahoe, CA 96150
530-541-2445
TahoeYouth.org

University Of California CalFresh Nutrition Education
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.
3368 Sandy Way
South Lake Tahoe, CA 96150
530-573-3200
UCCalFresh.com

Supportive Services for Veterans Families
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.
916-265-3400
VOA-NCNN.org
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  & Path2Health/Medical ............... 23B
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