

*Neighborhood*  
HEALERS  
PROJECT



**MENTAL HEALTH RESOURCE LIST**



## MENTAL HEALTH PROVIDERS IN LEXINGTON, KENTUCKY

*Locations with at least one Black provider are denoted with (\*\*).*

### NEW VISTA

- 24-hr hotline: 1-800-928-8000
- Mobile Services: 1-800-928-8000
- To make a referral: call 1-800-928-8000 or <https://newvista.org/quick-links/make-referral>

### OLIVER WINSTON BEHAVIORAL URGENT CARE

- Phone: 859-444-5790

### TRUE NORTH COUNSELING & DEVELOPMENT, PLLC\*\*

- Phone: 859-740-7374
- Email: [Connect@truenorthlex.com](mailto:Connect@truenorthlex.com)

### JAYLEE AWAKENED MINISTRIES, LLC\*\*

- Phone: 859-279-2949
- Email: [info@jayleeawakenedministriesllc.com](mailto:info@jayleeawakenedministriesllc.com)
- Website: <https://www.jayleeawakenedministriesllc.com/appointment>

### THE UNIVERSITY OF KENTUCKY COUNSELING CENTER\*\*

- 24-hr hotline: 859-257-8701
- Make an appointment: 859-257-8701

### REMNANT COUNSELING CENTER, LLC\*\*

- Phone: 859-359-8352
- Website: <https://remnantcounselingcenter.com/>

### NEIGHBORHOOD HEALERS CLINIC\*\*

- Website: <https://education.uky.edu/neighborhood-healers-clinic>

### FISHER WILLIS PSYCHOLOGICAL SERVICES, PLLC\*\*

- Phone: 859-549-3930
- Website: <https://www.fisherwillispsychologicalservices.com/>

### COUNSELING SERVICES OF LEXINGTON, LLC\*\*

- Phone: 859-359-2004
- Email: [kimberlyhaskinslscw@gmail.com](mailto:kimberlyhaskinslscw@gmail.com)
- Website: <https://www.csolexington.com/book-online>

### KENTUCKY SERVICES\*\*

- Phone: 502-219-3488
- Email: [Contact@KentuckyServices.org](mailto:Contact@KentuckyServices.org)
- Website: <https://www.kentuckyservices.org/>

### CLARITY COUNSELING SERVICES

- Phone: 859-429-1362
- Website: <https://www.claritylex.com/psychologist-services>

### WARD & WELLNESS SERVICES, LLC

- Email: [cjwcreations@outlook.com](mailto:cjwcreations@outlook.com)
- Website: <https://www.cjwardcreations.com/the-ward-wellness-services-llc>

### DELMETRIA CAYSON COMBS

- Phone: 270-751-7795
- Website: <http://www.thenextstepky.com/>



## MENTAL HEALTH PROVIDERS IN LEXINGTON, KENTUCKY

*Locations with at least one Black provider are denoted with (\*\*).*

### HOPE SPRINGS\*\*

- Phone: 859-242-5201
- Email: [counseling@hopespringscenter.org](mailto:counseling@hopespringscenter.org)
- Website: <https://hopespringscenter.org/contact-us/>

### LIFE NAVIGATION SERVICES, LLC

- Phone: 859-953-0119
- Email: [tiffany@lifenvigationservices.com](mailto:tiffany@lifenvigationservices.com)
- Website: <https://www.lifenvigationservices.com/in-dividual-counseling-coaching>

### INTEGRATIVE COUNSELING CENTER

- Phone: 859-554-6028
- Website: <https://www.icc-lex.com/contact>

### THE DELTA GROUP\*\*

- Phone: 859-359-6830
- Website: <https://www.thedeltagroup.org/contact>

### NEW LIFE COUNSELING SERVICES, LLC\*\*

- Phone: 859-309-2384
- Website: <https://www.counselingky-newlife.com/appointment-request>

### THE HOPEFUL THERAPIST\*\*

- Website: <https://www.thehopefultherapist.com/contact>

### WELLNESS WITHIN, PLLC\*\*

- Phone: 317-659-0002
- Website: <https://wellnesswithin-ky.com/contact-us>

### THE CENTER FOR HEALING RACIAL TRAUMA \*\*

- Website: <https://www.centerforhealingracialtrauma.com/>
- Client intake form: [https://docs.google.com/forms/d/15ppKuAw3eYlqe7i0-iGqnJJu6KJtSBitTHhgAosJh8/viewform?edit\\_requested=true](https://docs.google.com/forms/d/15ppKuAw3eYlqe7i0-iGqnJJu6KJtSBitTHhgAosJh8/viewform?edit_requested=true)

### THE MINDFUL PRACTICE OF KENTUCKY

- Phone: 859-472-4207
- Website: [www.MindfulKy.com](http://www.MindfulKy.com)
- Email: [courtney@mindfulky.com](mailto:courtney@mindfulky.com)

### THE TRAUMA INFORMED COUNSELING CENTER\*\*

- Phone: 859-309-2877
- Website: <https://www.theticcoflexington.com/>

### ABLE FAMILY COUNSELING \*\*

- Phone: 502.509.4308
- Website: [info@ablefamilycounseling.com](mailto:info@ablefamilycounseling.com)

### SMART CLINIC

- Phone: 859-562-2356
- Website: <https://ukhealthcare.uky.edu/smart-program>

### BEHAVIORAL HEALTH UNIT (BHU) AT KENTUCKY CHILDREN'S HOSPITAL (KCH)

- Phone: 859-323-5000



## MENTAL HEALTH PROVIDERS IN LEXINGTON, KENTUCKY

*Locations with at least one Black provider are denoted with (\*\*).*

### NATIONAL ALLIANCE ON MENTAL ILLNESS( NAMI)

- Phone: 859-272-7891
- Website: <https://www.namilexington.org/>

### NEW VISTA- MENTAL HEALTH CLINIC

- Website: <https://newvista.org/>
- New Vista assists individual's children and families in the enhancement of their wellbeing.

### OPEN DOORS- COUNSELING CENTER

- Provides identity counseling for trauma, grief, mood and anxiety
- Phone: 606-776-6185
- Website: <https://opendoorscounselingctr.com/services/>

### UNIVERSITY OF KENTUCKY CENTER ON TRAUMA AND CHILDREN (CTAC)

- Phone: 859-309-2384
- Website: <https://www.uky.edu/ctac/home>
- Mission Statement: Dedicated to the enhancement of the health and well-being of children and their families through research, practice, policy and the dissemination and implementation of evidence-based approaches to address child abuse and trauma.

### F JANELLE MCNEAL\*\*

- Phone: 859-740-7374
- Website: <https://truenorthlex.com/>

### THE CHAMPION THERAPY CENTER\*\*

- Phone: 859.359.8352
- Website: <https://thechampiontc.com/>

### RESURGENCE COUNSELLING CENTER

- Phone: 859-251-8782
- Website: <https://resurgencecounseling.com/>
- Helps with anxiety management, trauma related issues, substance use.

### NEW LIFE COUNSELING

- Phone: 859-309-2384
- Website: <https://www.counselingky-newlife.com/>
- Mission Statement: To be the premier provider of behavioral health counseling and substance abuse prevention, intervention, and treatment services in the state of Kentucky.

### KCGCF: THE KENTUCKY CENTER FOR GRIEVING CHILDREN AND FAMILIES

- Phone: 859-813-2759
- Website: <https://www.kcgcf.org>
- More information: The KCGCF will now be offering grief support groups for children ages 4-18 (and their caregivers) who have had a death loss. Groups will meet every other Thursday night from 6:15-7:30 at Tates Creek Christian Church in Lexington (3150 Tates Creek Road).

### ABUNDANT LIVING PSYCHOLOGICAL AND COACHING SERVICES FOR CHILDREN AND ADOLESCENTS, PLLC

- Email: [drshambraulder@abundantlivingpsychologicalandcoachingservices.com](mailto:drshambraulder@abundantlivingpsychologicalandcoachingservices.com)
- Website: <https://www.abundantlivingpsychologicalandcoachingservices.com/>
- More information: Provides assessments, special education consultation, trauma therapy, and coaching.



## MENTAL HEALTH PROVIDERS IN LEXINGTON, KENTUCKY

*Locations with at least one Black provider are denoted with (\*\*).*

### TIFFANY BRYANT-COUNSELOR

- **Website:** <https://openpathcollective.org/clinicians/tiffany-n-bryant-2/>
- My approach to counseling is to provide services that are individually tailored to your needs and goals. I am a Licensed Professional Counseling Associate and a Certified Rehabilitation Counselor with a bachelor's degree in psychology from Kentucky State University and a master's degree in rehabilitation counseling from the University of Kentucky.

### TRAVIS ANDREWS\*\*

- **Phone:** 919-214-0862
- **Mission statement:** Andrews Counseling & Consulting Services specializes in Trauma-Focused CBT, which helps individuals and families affected by stressful life events. I have specialized experience with school-related issues (special education, emotional disturbance, IEP, 504 plan). We support individuals to identify their strengths and promote daily health and wellness

### HIGHER HORIZONS

- **Phone:** 859-469-4342
- **Website:** <https://www.higher-horizons.com/services/>
- **More information:** At Higher Horizons, we are dedicated to providing therapy services to children and adolescents. We also assist adults in creating environments that aid children in excelling despite their difficulties or life circumstances.

### KENDRA MAXWELL\*\*

- **Email-** [info@healingessencewellness.com](mailto:info@healingessencewellness.com)
- **Website:** [healingessencewellness.com](https://healingessencewellness.com)
- Kendra Maxwell currently practices psychotherapy as a Licensed Independent Mental Health Therapist in Richmond Kentucky. Kendra has serviced the Richmond community for over 4 years providing school-based counseling and community mental health services. Kendra is an EMDR trained clinician who specializes in using a client-centered approach in the treatment of complex trauma, depression and anxiety, PTSD, behavioral and mood disorders in adolescents and young adults.

### LAUREN DOWNEY- TRAUMA INFORMED COUNSELOR\*\*

My name is Lauren Downey and for the past 12 plus years, I have built my counseling career around helping individuals from all walks of life process and make meaning of their trauma experiences. I am a Licensed Professional Clinical Counselor and Supervisor (LPCC-S) in the state of Kentucky and I am a nationally certified trauma-focused cognitive behavioral counselor.

- **Phone:** 869-309-2877
- **Website:** <https://provider.kareo.com/dr-lauren-downey-1>





## MENTAL HEALTH PROVIDERS IN LOUISVILLE, KENTUCKY

*Locations with at least one Black provider are denoted with (\*\*).*

### COUNSELING ASSOCIATES\*\*

- Phone: 859-278-3456
- Website: <https://meridianbhservices.com/>

### COLLECTIVE CARE CENTER\*\*\*

Located in Spalding University Center for Behavioral Health

- Website: <https://behavioralhealth.spalding.edu/collaborative-care-clinic-healing-racial-and-intersectional-trauma/>
- Referral form: <https://behavioralhealth.spalding.edu/contact-us-2/>

### SIMS COUNSELING & CONSULTING, LLC\*\*

- Phone: 502-936-6546
- Website: <https://www.simscounseling.org/>

### BRIDGE THE GAP ADDICTION AND MENTAL HEALTH SERVICE\*\*

- Phone: 502-547-8096
- Website: <https://www.facebook.com/bridgethegapaddiction>

### MANDALA HOUSE\*\*

- Phone: 502-309-2408
- Website: <https://mandalalouisville.com/contact>

### SEVEN COUNTIES SERVICES

- Phone: 502-589-4313 or 1-800-221-0446
- Website: [sevencounties.org](http://sevencounties.org)

### WEST ROSE THERAPY & CONSULTATION, LLC\*\*

- Phone: 502-208-8496
- Website: <https://www.westrose.org/#services>

### HEALING ESSENCE\*\*

- Email: [info@healingessencewellness.com](mailto:info@healingessencewellness.com)
- Website: <https://www.healingessencewellness.com/our-services>

### REVELATION COUNSELING CENTER\*\*

- Website: <http://www.rcclouisville.com/>

### ASTER COUNSELING SERVICES, LLC\*\*

- Phone: 502-804-2409
- Website: <https://astercounselingservices.com/services/>

### HOSPARUS HEALTH GRIEF COUNSELING CENTER

- Phone: 502-456-5451
- Website: [www.hosparushealth.org](http://www.hosparushealth.org)

### BAPTIST HEALTH

- Phone: 502-896-7105
- Website: <https://www.baptisthealth.com/louisville/services/behavioral-health/>

### EVOLVED COUNSELING, LLC

- Phone: 502-384-3902
- Website: <https://evolvedcounselingcenter.com/>



## PSYCHIATRIC SERVICES IN LEXINGTON AND LOUISVILLE

*Psychiatric services help with medication.*

*Locations with at least one Black provider are denoted with (\*\*).*

### ▶ NEW VISTA

- 24-hr hotline: 1-800-928-8000
- Mobile Services: 1-800-928-8000
- To make a referral: call 1-800-928-8000 or <https://newvista.org/quick-links/make-referral>

### ▶ UPRISING TELEPSYCHIATRY SERVICES\*\*

- Phone: 502-653-2300
- Website: <https://www.upsingtelepsychiatry.com/contact>

### ▶ KIMBERLY MOSLEY, PSYCHIATRIC NURSE PRACTITIONER\*\*

- Phone: 502-677-3782

### ▶ DR. ANGELINA STRICKLAND, PSYCHIATRIC NURSE PRACTITIONER\*\*

- Phone: 502-237-8489

### ▶ FELECIA CAREY, PSYCHIATRIC NURSE PRACTITIONER\*\*

- Phone: 502-317-8128

### ▶ JOLYNN GAITHER-WILSON BEHAVIORAL HEALTHCARE SERVICES, PLLC, PSYCHIATRIC NURSE PRACTITIONER\*\*

- Phone: 502-743-4115



## WHAT IS THE DIFFERENCE BETWEEN A PSYCHIATRIST AND A PSYCHOLOGIST/THERAPIST?

Psychiatry is a branch of medicine that deals with "the study, prevention, and treatment of all types and degrees of mental health" (Slater & Roth, 2006). This means a psychiatrist is a medical doctor. In Kentucky, only psychiatrists can prescribe medicine for mental health conditions. Psychiatrists work in private practice, like those listed here, and in hospitals. You can also call your local hospital and speak with the Psychiatric or Behavioral Health Department. Unlike psychologists/therapists, psychiatrists typically do not offer therapy.



## QUESTIONS TO ASK YOUR MENTAL HEALTH PROVIDER



Are you currently taking new clients?



What insurance do you accept?



Do you offer a sliding scale?  
\*pricing based on client's income needs



Do you offer telehealth/virtual appointments and what software/video access will I need?



What are your specialty areas of service (e.g., trauma, anxiety, sex and couples work)?





## QUESTIONS TO ASK YOUR MENTAL HEALTH PROVIDER



What do you believe the client and therapist roles are?



Are there any conditions or cultural groups that you feel uncomfortable working with?



How would you describe your experience treating clients with my identities?

What is your/your practice's position on social justice issues?

\*feel empowered to replace "social justice issues" with your concern (e.g., racism, LGBTQ\* care, religion)



What experience do you have with treating people with my condition?





## THINGS TO KNOW WHEN BEGINNING YOUR THERAPY JOURNEY

Finding a therapist can feel like dating. Sometimes you have to try 1-3 therapists before finding the best fit.

Like medical doctors, therapists have different specialty areas with different treatment approaches. Just like you shouldn't go to a heart doctor for your teeth, you shouldn't go to a therapist specializing in pain management for depression. Ask your therapist about their specialties and therapy style, consult their website, or use [psychologytoday.com](https://www.psychologytoday.com).

Research shows that measurable change for someone attending therapy typically does not happen until the sixth session or after.

In Kentucky, you must go to a medical doctor (e.g., psychiatrist, psychiatric nurse practitioner) to receive medicine for a mental health condition.





## NATIONAL HELPLINES

*Here is a list of the mental health and crisis national hotlines.*

### NATIONAL SUICIDE PREVENTION LIFELINE

National Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

- 24-hr hotline: 800-273-8255
- Deaf and Hard of Hearing: 800-799-4889
- Veterans call: 800-273-8255 and Press 1.
- Lifeline Chat is available 24/7 across the U.S.  
<https://suicidepreventionlifeline.org/chat/>

### TREVORLIFELINE

The leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) young people under 25.

- TrevorLifeline: 866-488-7386
- TrevorText: Text START to 678678
- TrevorChat:  
<https://www.thetrevorproject.org/get-help-now/>

### YOUTHLINE

YouthLine is a free 24-hour, peer-to-peer youth crisis and support service via phone, text, chat, and email. The helpline is answered by youth daily from 4pm-10pm and by adults at all other times.

- Phone: 877-968-8491
- Text: teen2teen to 839863. Chat now.
- Email: YouthL@LinesforLife.org

### VETERANS CRISIS LINE

- Phone: 800-273-8255, Press 1
- Deaf and Hard of Hearing: 1-800-799-4889
- Text: 838255

### NATIONAL EATING DISORDER ASSOCIATION HELPLINE

A national helpline and chat service for individuals struggling with an eating disorder and their friends and families.

- Phone: 800-931-2237 Monday-Thursday from 9AM - 9PM and Friday from 9AM - 5PM Eastern Time.
- Website:  
<http://www.nationaleatingdisorders.org/information-referral-helpline>

### NATIONAL SEXUAL ASSAULT HOTLINE

A national hotline and chat service providing free confidential help 24/7 to connect callers to more than 1,000 local sexual assault service providers across the country.

- Phone: 800-656-4673
- Chat: <https://hotline.rainn.org/online>
- Website: <https://www.rainn.org/>

### YOUR LIFE YOUR VOICE

24 hour teen crisis hotline for pre-teens, teens and young adults.

- Phone: 800-448-3000, 24 hours, Spanish-speaking counselors available.
- Text: Text VOICE to 20121 every day, 12 Noon to 12 Midnight Central Standard Time Chat Sunday-Thursday 6 PM to 12 Midnight Central Standard Time

### DISASTER DISTRESS HELPLINE

The Disaster Distress Helpline is a 24/7 national hotline dedicated to providing immediate crisis counseling and support for people who are experiencing emotional distress related to any natural or human-caused disaster.

- Phone: 800-985-5990
- Text: Text TALKWITHUS or HABLAMOS to 66746
- Website:  
<http://disasterdistress.samhsa.gov/>



## NATIONAL HELPLINES

*Here is a list of the mental health and crisis national hotlines.*

### ▶ BEHAVIORAL HEALTH TREATMENT SERVICES LOCATOR NATIONAL HELPLINE

A free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental health and/or substance use disorders.

- Phone: 800-662-4357
- Website: <https://findtreatment.samhsa.gov/>

### ▶ NATIONAL RUNAWAY SAFELINE

A national hotline and chat service for teens who have runaway, homeless or who are considering leaving home.

- Phone: 1-800-RUNAWAY (1-800-786-2929)
- Website: <http://www.1800runaway.org/>

### ▶ CRISIS TEXT LINE

- Text "HOME" to 741741 to connect to a trained crisis counselor

### ▶ NATIONAL PARENT HELPLINE

- A trained Parent Advocate is available to assist parents and caregivers of children and youth of all ages.
- Helpline: 855-427-2736 Hours: Monday - Friday from 1pm to 8pm, Eastern Time.
- Website: <http://www.nationalparenthelpline.org/>

### ▶ LGBT NATIONAL HELP CENTER

The Lesbian, Gay, Bisexual and Transgender (LGBT) National Help Center operates three national hotlines, as well as private, volunteer one-to-one online chat that helps both youth and adults with coming-out issues, safer-sex information, school bullying, family concerns, relationship problems, and a lot more. The Help Center also runs weekly moderated chat rooms for LGBT youth and teens to find support, acceptance and community.

- National Hotline: 888-843-4564
- Youth Talkline: 800-246-7743
- Senior Hotline: 888-234-7243
- Peer Chat: <https://www.glbthotline.org/peer-chat.html> (Hours: Monday - Friday from 4pm to midnight; Saturday from noon to 5pm, Eastern Time.)
- Website: <http://www.glbthotline.org/national-hotline.html>





## NATIONAL HELPLINES

*Here is a list of the mental health and crisis national hotlines.*

### LOVEISRESPECT

A resource to empower youth to prevent and end dating abuse. Free and confidential phone, live chat and texting services are available 24/7/365.

- Phone: 866-331-9474
- Text: Text LOVEIS to 22522.
- Website: <http://www.loveisrespect.org/>

### NATIONAL DOMESTIC VIOLENCE HOTLINE

- Phone: 800-799-7233
- Website: <https://www.thehotline.org/>

### CHILDHELP NATIONAL CHILD ABUSE HOTLINE

- Phone: 800-422-4453
- Website: <https://childhelphotline.org/>

### IMALIVE

IMALive is a live online network that uses instant messaging to respond to people in crisis. Chat now.

- Website: <https://www.imalive.org/>

### TRANS LIFELINE

- Phone: 877-565-8860
- Website: <https://translifeline.org/>

### 988 SUICIDE & CRISIS LIFELINE

- Phone: 988
- Website: <https://988lifeline.org/>

### SAMHSA'S NATIONAL HOTLINE

- Phone: 1-800-662-HELP (4357)
- Website: <https://www.samhsa.gov/find-help/national-helpline>

### NATIONAL DOMESTIC VIOLENCE HOTLINE

A national hotline and chat service that provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Telephone: 800-448-3000, 24 hours, Spanish-speaking counselors available.

- Phone: 800-799-7233
- Website: <https://ncadv.org/get-help>





## SOCIAL SERVICES RESOURCE LIST

*Here is a list of social services in the Lexington, KY area.*

### GOD'S PANTRY FOOD BANK

Fayette County residents must be referred to God's Pantry Food Bank to visit one of our food pantries. If you need assistance with a referral for emergency food assistance in Fayette County, contact our intake staff at 859-259-2308. Intake staff is available Monday – Friday from 9 a.m. to 12 p.m. and 1 p.m. to 3 p.m.

- Website: <https://godspantry.org/help/>

### CENTER FOR WOMEN, CHILDREN, AND FAMILIES (ALSO CALLED THE NEST)

CWCF operates a free onsite childcare program that serves children age's birth-five years.

- Phone: 859-259-1974
- Website:

<http://www.thenestlexington.org/>

### BIG BROTHERS/BIG SISTERS OF THE BLUEGRASS

Their goal is to create and support relationships that provide consistent, positive, one-on-one interaction between a single-parent child and an adult volunteer who will be an advisor and friend on the journey from childhood to adulthood.

- Phone: 859-231-8181
- Website: <http://www.bbbs-bluegrass.org/>

### DRESS FOR SUCCESS

Dress for Success is a career center and suiting program. Individuals must arrive by appointment only. Volunteer workers will work with individuals to find the perfect interview outfit and will provide guidance and support for the upcoming interview.

- Phone: 859-231-7848

### CATHOLIC ACTION CENTER & COMMUNITY INN

The mission of the center is to "fill in the gap" of services for our brothers and sisters in need with no government funding. Three meals a day, shower and restroom facilities, mail receipt, a telephone, clean clothing and a place to gather are all a part of the hospitality offered.

- Phone: 859-514-7210
- Website: <http://www.catholicactioncenter.net/>

### PUBLIC HOUSING AUTHORITY

This program provides assistance for low-income families in need of housing. They are in charge of section 8 housing vouchers.

- Phone: 859-281-5060
- Deaf and Hard of Hearing: 1-800-799-4889
- Text: 838255

### LEXINGTON FAIR HOUSING COUNCIL

The Commonwealth Center for Fathers and Families (CFFF) is an emerging non-profit organization that seeks to improve child outcomes and enhance families and communities through increasing positive fatherhood engagement across Kentucky.

- Phone: 859.800.9974
- Website: <https://ccffky.org/>



## SOCIAL SERVICES RESOURCE LIST

*Here is a list of social services in the Lexington, KY area.*

### KY EQUAL JUSTICE CENTER

KY Equal Justice Center helps individuals, legal and illegal immigrants, obtain health insurance.

- Phone: 859-233-3057
- Website: <http://www.kyequaljustice.org/>

### SALVATION ARMY CORPS. — SOCIAL SERVICES

The Salvation Army provides homeless services, rent and utility assistance programs, food and clothing banks, holiday assistance, a boys and girls club, music lessons, emergency disaster relief, and other community centers that provide camps for children throughout the year, including child care.

- Phone: 859-252-7706
- Website: <http://www.salvationarmylex.org/>

### FAYETTE COUNTY BAR ASSOCIATION — PRO BONO PROGRAM

It is a volunteer attorney program for civil legal assistance to low income Fayette County residents who meet the Federal Poverty financial guidelines.

- Phone: 859-255-7244
- Website: <https://www.fcba.com/about-fcba/#:~:text=In%201984%20the%20Pro%20Bono,to%20pay%20for%20an%20attorney.>

### MARY MILLER: SOCIAL SERVICES WORKER

Mary understands that the mental healing journey looks different for the individual

- Website: <https://www.linkedin.com/in/mary-miller-mssw-lcsw-973a57158>

### COMMUNITY ACTION KENTUCKY

KY Equal Justice Center helps individuals, legal and illegal immigrants, obtain health insurance.

- Phone: 502-875-5863
- Website: <https://www.capky.org/>

### LEXINGTON FAIR HOUSING COUNCIL

The Lexington Fair Housing Council is a nonprofit civil rights agency that investigates complaints of housing discrimination throughout Kentucky.

- Phone: 859-971-8067
- Website: <https://lexingtonfairhousing.com/>

### WAYPOINT CENTER: UNITED WAY OF THE BLUEGRASS

WayPoint's mission is to create an access point for families and individuals and to provide vital programming to people living in underserved neighborhoods and communities of color.

- Phone: 859-233-4460
- Email: [LiveUnited@uwbg.org](mailto:LiveUnited@uwbg.org)
- Website: <https://www.uwbg.org/waypointcenter>





## NEIGHBORHOOD FELLOWS DIRECTORY

*Here is a list of all fellows' businesses, community engagements,  
and contact information.*

### SHARON MURPHY

Legislative Aide to the First District  
Email: sharon.murphy859@gmail.com

### SHAYLA D. LYNCH

Ampersand Sexual Violence Resource Center of the Bluegrass, Inc.  
(Rape crisis center); Shape It Up With Shayla (virtual and in-person  
personal training and group fitness)

Phone: 502-693-6424

Email: sdlync00@yahoo.com

Ampersand: email; SIUWS: email, phone or text

### MATTHEW D. WILLIAMS

Community advocate, relationship builder, and  
connector

Text: 859-230-1114

Email: matthew.delano.williams@gmail.com

### ASHLEY SIPPLE-MCGRAW

Lexington Public Library- Eastside Branch

Email: asipplemcgraw@gmail.com

### KENNETH PAYNE

I have a mentorship program (Men on the Move) for  
young Black men

Phone: 859-319-7093

Email: motm.louisv@gmail.com

### DAVITA GATEWOOD

Divine Designs and Customs  
Our Community's Keeper  
Housing Equity All of Lexington (HEAL)

Phone: 859-787-6821





## NEIGHBORHOOD FELLOWS DIRECTORY

*Here is a list of all fellows' businesses, community engagements, and contact information.*

### TERESA BROWN

Owner of Fresh Focus Wellness which provides wellness services that include personal and small group training, nutritional coaching, and therapeutic solutions to mobility restrictions.

**Phone:** 859-787-4363

**Email:** [tbrown@freshfocuswellness.com](mailto:tbrown@freshfocuswellness.com)

**Website:** [facebook.com/freshfocuswellness](https://www.facebook.com/freshfocuswellness)



### ERIN ROBINSON

First Lady and Executive Pastor of Total Grace Church. I also have a company EMR Productions that specializes in graphic design, marketing, social media marketing, and bookkeeping.

**Phone:** 859-492-6229

**Email:** [erin.m.robinson@gmail.com](mailto:erin.m.robinson@gmail.com)



### LARRY JACKSON JR.

Owner of a small business that provides personal training, semi-private training, boxing classes, yoga classes, and massage therapy. I am a founder of a non-profit that provides executive coaching and mentorship to marginalized entrepreneurs.

**Phone:** 859-475-8173

**Website:** <https://synergycoach.co/staff>

**Social Media:** [@larryj.jackson](https://www.instagram.com/larryj.jackson) (Instagram)



### MELANIE DAY

I own You've Got Curls and Hair Loss Center we are Central Kentucky's First Naturally Curly Salon. Our focus is textured hair education and hair loss solutions

**Phone:** 859-552-9201

**Website:** [www.gotcurls.com](http://www.gotcurls.com)

### CIERA BOWMAN

Youth Service Center Coordinator at Henry Clay High School

**Email:** [ciera.bowman@fayette.kyschools.us](mailto:ciera.bowman@fayette.kyschools.us)



**Note:** Mental health providers change their availability often. Please contact your potential provider directly to inquire about their availability and pricing/coverage.



## NEIGHBORHOOD FELLOWS DIRECTORY

*Here is a list of all fellows businesses, community engagements,  
and contact information.*



### DEVINE CARAMA

Hip Hop Artist, Founder of youth nonprofit  
Believing In Forever Inc & Director of youth gun  
violence reduction initiative One Lexington.

Email: [kingtuckyllc@gmail.com](mailto:kingtuckyllc@gmail.com)

### REBECCA WEBB

Community Inspired Lexington  
Email: [info@communityinspiredlex.com](mailto:info@communityinspiredlex.com)



### DANIELLE SANDERS

I am the Director of Community & Resident Services with  
Lexington Fayette Urban County Government. I own Clean  
Queen & Her Busy Bees, a cleaning and  
organizing/decluttering business.

Email for LFUCG: [dsanders@lexingtonky.gov](mailto:dsanders@lexingtonky.gov)  
Email for Clean Queen: [cleanqueenbusybees@gmail.com](mailto:cleanqueenbusybees@gmail.com),  
Text: 859-494-2996



### JAMAHL MCDANIEL

Director, University of Kentucky  
Martin Luther King Center for  
Diversity Education

Email: [Jamahl.mcdaniel@uky.edu](mailto:Jamahl.mcdaniel@uky.edu)

### TANYA TORP

I am the Associate Pastor at Embrace United  
Methodist Church, I am the Executive Director at  
Step By Step, Inc, I am a consultant

Email: [tanya.torp@gmail.com](mailto:tanya.torp@gmail.com)





## NEIGHBORHOOD FELLOWS DIRECTORY

*Here is a list of all fellows businesses, community engagements,  
and contact information.*



### SHAKIRA GOLDSMITH-MASON

Fayette County Public Schools as a student  
support professional  
Email: shakiragmason@gmail.com

### KENDALL (KENNY) BELCHER

Combat Medic in the United States Army,  
Underground Perspective Volunteer and  
University of Kentucky student  
Email: Belcher.Kendall@uky.edu



### UNIQUE YOUNG

Diversity and Inclusion Coordinator for the University of  
Kentucky's College of Pharmacy  
Email: young.unique30@gmail.com



### JESSICA HUDSON

Senior Administrative Research  
Assistant at the University of  
Kentucky  
Email: jesshud9@aol.com

### DAWN RUNYON

Coordinator for Green Dot Lexington,  
Christian Life Coach, inspirational speaker,  
mentor, and an ordained marriage and  
family minister  
Email: dawnsltye@gmail.com





## NEIGHBORHOOD FELLOWS DIRECTORY

*Here is a list of all fellows businesses, community engagements,  
and contact information.*



### CAROL TAYLOR-SHIM

Social Worker in Lexington, serving individuals, families, students, and communities navigating trauma from many systemic and structural sources of oppression and marginalization

**Email:** ctshim71@gmail.com

### CHARISSA CHAPMAN

Mental Health Tech at The Ridge Behavioral Health System  
**Email:** charissachapman30@gmail.com



### KENNEDY MAYE

University of Kentucky student and Community Service Chair for the Mu Epsilon Chapter of Delta Sigma Theta Sorority Inc.

**Email:** kennedy.maye@uky.edu



### NIGEL TAYLOR

Doctoral Student at University of Kentucky

**Email:** nigel.taylor@uky.edu

### AFIYA WILSON

Senior Program Director at The Commitment House

**Email:** awilson@thecommitmenthouse.com





## NEIGHBORHOOD FELLOWS DIRECTORY

*Here is a list of all fellows businesses, community engagements,  
and contact information.*



### DENOTRA RICKETTS

Retail Manager and Mother  
Email: Denotra00@gmail.com

### WARREN WILSON

Retail Manager for Walmart  
Email: Warren.Wilson.jr@outlook.com

### RUSSELL ALLEN

Executive Director of the Kentucky Coalition to Abolish  
the Death Penalty  
Email: russelledwardallen@gmail.com



### THERESE C DIALLS

Certified Trauma Healing Group  
Facilitator and Trainer  
Email: justbelievelexky@gmail.com



### CHARLIESE LEWIS

Grant Program Manager for Fayette County Public  
Schools, serves on the YMCA Black Achievers  
Board of Directors, an educator, author, editor,  
podcaster, and radio show host  
Email: cbrownlewis@gmail.com





## NEIGHBORHOOD FELLOWS DIRECTORY

*Here is a list of all fellows businesses, community engagements,  
and contact information.*



### LASHAWN MILLER

Senior Program Manager for Oracle Cloud  
Infrastructure (OCI)

Email: shawn.miller82@yahoo.com

### JILL CHENAULT WILSON

Community Center Director at William  
Wells Brown Community Center,  
Lexington Kentucky

Email: jwilson@lexingtonky.gov



### THOMAS PHILLIPS III

Community Organizer, Activist, and Remote  
Service Advisor

Email: tphilli1963@gmail.com

### RACHEL RUSSEY

Firmware Quality Assurance Test Engineer with  
Lexmark, Int., Lexington Urban League Young  
Professionals, and Parent Team Manager for the  
Lafayette High School R.I.O.T. Step team

Email: rmlrussey@yahoo.com



### BRIAN CARTER

Consolidated Baptist Church Leadership and  
Toyota Leadership

Email: djbee72@gmail.com

