



**Strengthening Families, Strengthening Children**

**Providing Mental Health Services for  
Adults, Children, and Families**



**Outpatient Services**

Mental Health Assessments

Individual Counseling/ Family

Counseling Child Parent Psychotherapy

Adoption Competent Counseling

Parent-Child CBT

Anger Management Groups

Psychiatry [therapy clients]

Targeted Case Management

Substance Abuse (Lakeland)

Note: Not all services are at all locations .

Please contact us to verify.

**Currently Serving**

Lakeland, Ocala, Orlando, Panama City, Tallahassee, Tampa and surrounding areas.

**Payment Options**

**Medicaid Insurances:**

Aetna Better Health – Coventry– Carelon

CMS – Title 19 – Sunshine

CMS – Title 21 – Sunshine

Humana - Access Behavioral Health (Panhandle only)

Humana - Carelon

Lighthouse – Access Behavioral Health

Magellan Complete Care

Medicaid

Molina Healthcare

Simply Health Care

Sunshine Health/Cenpatico

United Health Care/ Optum – Medicaid

**Commercial Insurances:**

United Health Care / Optum

United Health Care/ Optum - VA

Tri-Care East

**Commercial (product of Medicaid):**

Ambetter

Healthy Kids – Simply Health

Health Kids–Aetna Better Health –

Coventry/Carelon

Humana Behavioral Network

Coventry - Beacon

**Self Pay/Private Pay**

*Please call for current listing as the above is subject to change.*

**Please submit referrals as follows:**

Electronically: <http://www.familiesfirstfl.com/outpatient-referral>

E-mail: [referral@familiesfirstfl.com](mailto:referral@familiesfirstfl.com)

**Fax us by service location:**

Lakeland (863) 583-0392

Ocala (352) 354-9166

Orlando (407) 386-7429

Panama City (850) 290-7442

Tallahassee (850) 290-7442

Tampa (813) 435-2033

**You can reach us to 813-290-8560  
Select Option 0 - then follow the prompts  
for the appropriate service location.**