



# Meet Our Team



David Mays

David is a resident in counseling in the state of Virginia. David provides therapy and counseling to a diverse population of individuals including college students who are seeking counseling for depression, anxiety, trauma, life transitions, self-esteem issues, and challenges regarding college life and academics. He graduated with a Master of Arts in Professional Counseling from Liberty University. His philosophy is to approach each client with a person-centered foundation which values both cognitive behavioral and emotion-focused therapies. He believes that both thoughts and emotions are equal components to successful healing. David creates a safe environment that is conducive to each college student while they work towards their goals at their own pace. Year of experience in the field has shown David that each person faces unique challenges and requires equally unique attention and clinical treatment. David is someone that will work alongside you during your journey in an understanding and genuine way.

**Insurance:** Accepting all VA Medicaid and SBC contract insurance options.



Toni Overstreet

Toni is a Licensed Professional Counselor in the state of Virginia with more than 15 years of experience in the mental health field. She graduated with a Bachelor's of Science in Psychology in 2005 and a Master's of Education in Clinical Counseling from Lynchburg College in 2015. She has provided a wide range of services throughout her career, including individual and family therapy through evidence-based program foster care, mental health skill building, intensive in-home, and school-based services. Toni is trained in Trauma-Focused Cognitive Behavioral Therapy (CBT), Motivational Interviewing, Attachment Based Family Therapy, Acceptance Commitment Therapy, and Mindfulness-Based Stress Reduction. She has experience working with individuals with conduct disorders, anxiety, depression, autism, ADHD, trauma, and adjustment disorders. She utilizes a humanistic approach in counseling to foster personalized growth and overall wellness.

**Insurance:** Accepting all Virginia Medicaid plans, Anthem BC/BS, UBH, PCHP, and Optima.



Stephen Alex Spires

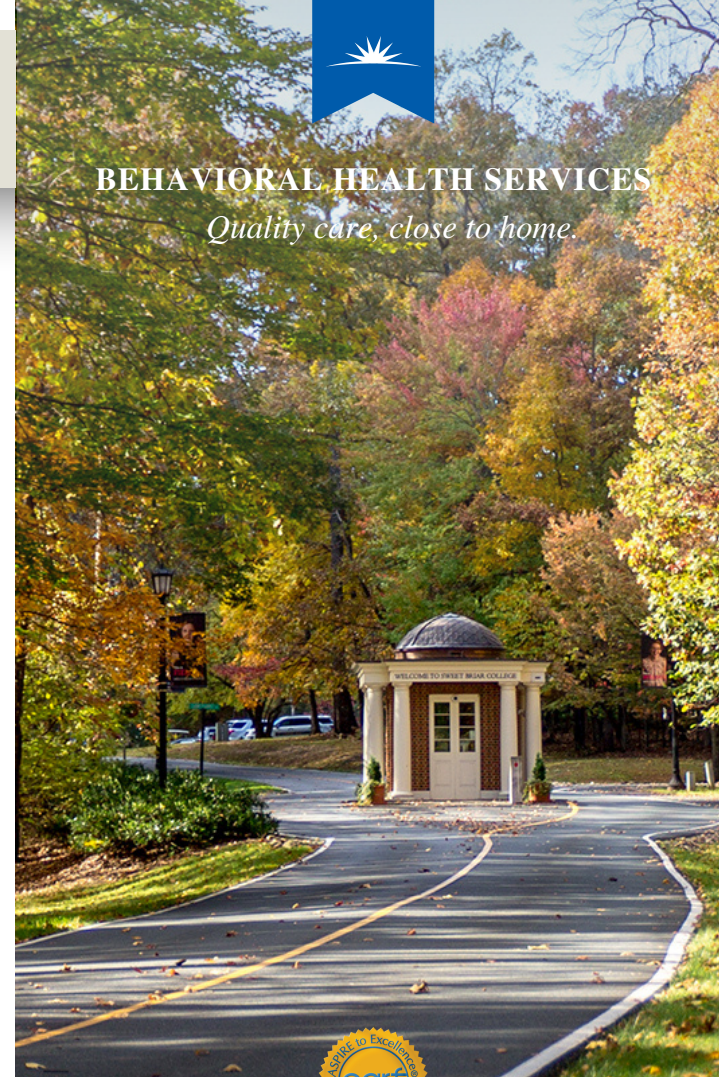
Stephen received his undergraduate and graduate degrees in Psychology and Counseling from Liberty University. With a Masters in Professional Counseling, he is a Licensed Mental Health Provider (LMHP) and Licensed Professional Counselor (LPC) in the state of Virginia. Stephen has worked in the residential children's' hospital setting for 15 years and the outpatient setting for 6 years with Horizon Behavioral Health. Stephen specializes in working with clients who have experienced trauma. Stephen is trained in Trauma Focused Cognitive Behavioral Therapy and is currently pursuing certification in Eye Movement Desensitization and Reprocessing (EMDR). Stephen has worked with adults and children who are diagnosed with mild to severe forms of intellectual disabilities, such as Autism, helping them to better function socially. Stephen loves and owns several horses and 2 Jack Russell Terriers on his ranch in Amherst, VA.

**Insurance:** Accepting Anthem BC/BS, PCHP, Optima, VA Medicaid, SBC contract, United Behavioral Health (UBH).



## BEHAVIORAL HEALTH SERVICES

*Quality care, close to home.*



(434) 946-2316

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Chapel Basement



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*Let's make this semester great, together.*



**Christina Ferrell**

Christina is a Licensed Clinical Social Worker. She holds a Bachelors of Arts in Social Work from Elizabethtown College and a Masters in Social Work from Radford University. Christina has 14 years of experience in the mental health field having worked in foster care, group homes, intensive in-home, and outpatient settings. She has provided clinical supervision for the last 8 years. Christina's specialty is working with individuals with trauma, anxiety, mood disorders, substance use, and personality disorders. She is certified in EMDR (Eye Movement Desensitization and Reprocessing) and Trauma Focused Cognitive Behavioral Therapy. She is also an Acupuncture Detoxification Specialist and a consultant-in-training. She enjoys sports, music, being outdoors, and spending time with her family.

**Insurance:** Accepting Tricare, Anthem, Optima, United Behavioral Health, PCHP, and all Virginia Medicaid plans.



**Ann Garrett**

Ann is a Licensed Professional Counselor with 7 years of experience working with children, adolescents, adults, couples, and families in the community, school, and outpatient settings. She obtained her Master of Education in School Counseling from Liberty University and a Masters Certificate in Advanced Counseling from Lynchburg College. She enjoys utilizing a variety of approaches and treatment modalities including cognitive-behavioral therapy (CBT), solution-focused therapy, dialectical behavioral therapy (DBT), and mindfulness to personalize treatments. Her areas of specialty include anxiety, depression, mood disorders, trauma/PTSD, ADHD, life transitions and working with the LGBTQIA+ community. Ann enjoys painting, playing games, watching movies, spending time with her two children and her husband, and enjoying time with her pets which includes two cats and a lizard.

**Insurance:** Accepting UBH, VA Medicaid, SBC contract. Currently pending for Anthem BC/BS, Optima, and PCHP.



**Bridget Kelly**

Bridget has a Masters of Clinical Mental Health Counseling from Liberty University. With 11 years of experience in the counseling field, she has supported clients in many walks of life and is passionate about supporting the LGBTQIA+ community. She specializes in helping clients who struggle with anxiety, depression, grief and loss, PTSD, trauma, eating disorders, and relationship conflicts. In her counseling practices, Bridget uses the following evidence-based modalities: Cognitive Behavioral Therapy (CBT), Solution Focused Therapy (SFT), Dialectical Behavioral Therapy (DBT), and Acceptance and Commitment Therapy (ACT) as well as applying mindfulness and relaxation strategies to support holistic wellness.

**Insurance:** Accepting all VA Medicaid and SBC contract insurance options.



**Shiloh Martin**

Shiloh (she/her) is a Licensed Professional Counselor (LPC) and a National Certified Counselor (NCC) with a Bachelors of Psychology and Masters in Clinical Mental Health Counseling. With 8 years of experience in the mental health field, Shiloh is certified in Motivational Interviewing (MI), Acceptance and Commitment therapy (ACT), Training for Adoption Competency (TAC), Trauma Informed Care, and Dialectical Behavioral therapy (DBT). She is currently seeking certification in (EMDR) Eye Movement Desensitization and Reprocessing. She actively practices utilizing these evidence-based modalities in addition to utilizing a strength and solution focused approach while prioritizing whole-person health and wellness. Shiloh is passionate about supporting people through challenges including identity and LGBTQ+ related concerns, mood disorders, ADHD, adjustment related issues, substance use, stress management, communication and social skills difficulties, depression, anxiety, and trauma.

**Insurance:** Accepting all Virginia Medicaid, Anthem BC/BS, PCHP, Optima, and UBH.