Adult Therapy Services

Comprehensive outpatient therapy options for a variety of diagnoses, including depression, anxiety, bipolar disorder, schizophrenia, ADHD, substance use disorder, neuropsychiatric conditions, and more. Meet our team!

Melissa Friend-Adams, LCPC, NCC
Melissa is a licensed clinical professional counselor and nationally certified counselor who holds a master’s degree in Clinical Mental Health Counseling from Husson University and a bachelor’s in Psychology from the University of Maine. Melissa has experience in the evaluation and treatment of adults using Cognitive Behavioral Therapy and a solution-focused therapy approach. Melissa has more than 15 years of experience in the mental health field.

Derek Guerrette, LCPC-C
Derek is a certified licensed clinical professional counselor who enjoys working with, and empowering, those who are living with anxiety, depression, and trauma. He believes that using humor in a healthy way is an important piece of staying mentally well. Derek uses a systems perspective when working with clients.

Lisa Leadbetter, M. Ed, LCPC, NCC
Lisa is a licensed clinical professional counselor and nationally certified counselor who holds a master’s degree in Clinical Mental Health Counseling and a bachelor’s degree in Mental Health and Human Services. Lisa has experience in the treatment of adults, adolescents, and children using Cognitive Behavioral Therapy, Motivational Interviewing, and a Solution-Focused Therapy approach.

Mary Moynihan, LMSW-CC
Mary has a master’s degree in Social Work and experience in working with adults and families living with mental health and substance use disorders. She uses Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Solution-Focused Therapy, Motivational Interviewing, and mindfulness-based stress reduction techniques. Mary also uses her passion for art and nature to help guide individuals toward a greater capacity for healing and wellness.
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Emily Goode, LCPC, LADC
Emily is a licensed clinical professional counselor and a licensed alcohol and drug counselor with a master’s degree in Clinical Mental Health Counseling from Husson University and a bachelor’s in Psychology from the University of Maine. Emily has experience in the treatment of adults using Cognitive Behavioral Therapy and a Solution-Focused Therapy approach.

Debra A. Gauvin, LCPC, NCC
Debra is a licensed clinical professional counselor and national certified counselor. She uses Cognitive Behavioral Therapy, Solution-Focused Counseling, Acceptance and Commitment Therapy, and Expressive Arts Therapy. Debra provides both individual and group therapy, focusing on strengths, maintaining a therapeutic relationship, and reviewing treatment progress to support clients in making changes they choose to improve their lives.

Jeanette “Jeanie” Rogers, LCSW
Jeanie holds a master’s degree in Social Work and is a licensed clinical social worker. She offers a welcoming, holistic, and non-judgmental approach to treatment using treatments like Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Acceptance and Commitment Therapy, Motivational Interviewing, and Eye Movement Desensitization and Reprocessing. Jeanie tailors treatment to the individual, focusing on strengths and skill building, and empowering clients.

Josh Belka, LCPC
Josh is a licensed clinical professional counselor who works with adults of all ages and diagnoses. He has experience in Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Reality Therapy, and Acceptance and Commitment Therapy. Josh enjoys using humor with his patients and taking a team-oriented approach to treatment.
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Tammy Perry LMSW-CC
Tammy has a master’s degree in Social Work and works with adults living with depression, bipolar disorder, anxiety, panic attacks, and trauma using evidence-based treatment models. She enjoys working with clients on issues related to self-esteem, boundaries, communication skills, goal setting, mood instability, and chronic pain.

Melissa Ivey, LCPC
Melissa is a licensed clinical professional counselor and earned her master’s degree in Counseling from Boston College. She brings more than 15 years of practice experience which includes working with children and adults in both an office and school setting. Melissa also teaches a variety of undergraduate psychology courses through the University of Maine System and the Maine Community College System.

Hillary Stewart LCSW, LADC
Hillary is a licensed clinical social worker and licensed substance abuse counselor. Her specialties as a therapist include substance abuse, working with the elderly, and using Cognitive Behavioral Therapy for treating depression and anxiety. When not working, Hillary can be found gardening, hiking, spending time with family, friends, and her pets.

Julia St. John, LCSW
Julia earned both a bachelor’s degree in Social Work and a master’s degree in Clinical Social Work from the University of Maine. Julia has clinical experience working with all age groups in school-based, inpatient, and outpatient settings. Using Cognitive Behavioral Therapy and Acceptance and Commitment Therapy techniques, she works with patients living with depression, anxiety, and trauma. Outside of work, Julia enjoys kayaking, biking, live music, and spending time with loved ones and her dog, Penn.
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Omar Conteh, LMSW-CC
Omar holds a master’s degree in Social Work and is a Licensed Master Social Worker. Omar has experience in treating adults with a variety of modalities including Cognitive Behavioral Therapy, and Dialectical Behavioral Therapy. Omar believes that central to personal wellbeing is persistent practice of gratitude, humor, and positive attitude.

Lucie Graves, LCPC-C
Lucie Graves, LCPC-C, is a licensed mental health therapist who provides individual, group, and family counseling. Her goal is to support client self-empowerment and self-efficacy, while embracing a multicultural and non-judgmental approach. Her work integrates many different therapeutic styles depending on what best fits the client, such as Cognitive Behavioral Therapy, Solution Focused, Emotion Regulation techniques, and Behavioral Therapy techniques.

Holly Billings, LCSW, LADC
Holly is a Licensed Clinical Social Worker and a Licensed Alcohol and Drug Counselor for more than 12 years. She utilizes a variety of treatment modalities including Cognitive Behavioral Therapy, Psycho-dynamic Psychotherapy, Dialectical Behavior Therapy, Motivational Interviewing, Acceptance Commitment Therapy, and Mindfulness Practices. In addition to individual therapy, Holly facilitates several outpatient groups including recovery-based groups; emotional regulation skill building; and a grief, loss, and healing group.

Connie McVey
Connie has been practicing psychotherapy for more than 25 years. Her areas of expertise include trauma recovery and grief and loss work. In her practice, she uses Psycho-dynamic Psychotherapy, Mindfulness and Expressive Therapy approaches. Additionally, she is trained in Eye Movement Desensitization and Reprocessing, Dialectical Behavioral Therapy, Ericksonian Clinical Hypnosis, Family Systems, Energy Psychology, Motivational Interviewing, and Cognitive Behavioral Therapy. She is fluent in Spanish and brings a multicultural lens in her work.