

Name	Specialty	Insurances Accepted	Languages Spoken	Location	Online Therapy?	Website	Phone Number
Laura Adams				4477 W Emerald St Boise, ID		<a href="https://www.refugecounseling.com/laura-adams">https://www.refugecounseling.com/laura-adams</a>	
Cynthia Mauzerall				9850 W. St. Luke's Dr. Suite 320 Nampa, ID		<a href="https://www.stlukesonline.org/health-services/prov">https://www.stlukesonline.org/health-services/prov</a>	
Jynnah Snow				3904 E Nampa, ID		<a href="http://www.stellaridaho.c">http://www.stellaridaho.c</a>	
Pathways of Idaho				Caldwell Nampa Boise Payette		<a href="https://pathwaysofidaoh.com/">https://pathwaysofidaoh.com/</a>	
Mana		<ul style="list-style-type: none"> <li>• Anthem</li> <li>• BlueCross</li> <li>• Blue Shield</li> <li>• Cigna</li> <li>• Evernorth</li> <li>• ComPsych</li> <li>• Medicaid</li> <li>• Optum</li> <li>• Regence</li> </ul> United HealthCare	English Spanish	Caldwell Nampa		<a href="https://www.manaohana.org/">https://www.manaohana.org/</a>	
Meridian Advanced Psychiatry				Caldwell Nampa Boise	Yes	<a href="https://map-clinic.com/">https://map-clinic.com/</a>	
		<ul style="list-style-type: none"> <li>• Aetna</li> <li>• Blue Cross</li> <li>• Blue Shield</li> <li>• Cigna</li> <li>• Evernorth</li> </ul>		3207 E Ustick Caldwell, ID 83605		<a href="https://www.psychologist">https://www.psychologist</a>	

Heather Allum		<ul style="list-style-type: none"> <li>• Idaho Physicians Network</li> <li>• Medicaid</li> <li>• Medicare</li> <li>• Optum</li> <li>• PacificSource</li> <li>• Regence</li> <li>• Select Health</li> <li>• Tricare</li> <li>• UnitedHealthCare</li> </ul>	English		Yes	<a href="https://www.psychologytoday.com/us/therapists/heather-allum-caldwell-id/477065">https://www.psychologytoday.com/us/therapists/heather-allum-caldwell-id/477065</a>
Sheryl Boyd		<ul style="list-style-type: none"> <li>• Blue Cross</li> <li>• Medicaid</li> <li>• Medicare</li> <li>• Blue Shield</li> </ul>	English Spanish	Caldwell	Yes	<a href="https://www.psychologytoday.com/us/therapists/s">https://www.psychologytoday.com/us/therapists/s</a>
Holly Taft		<ul style="list-style-type: none"> <li>• Beacon Health Options</li> <li>• Blue Cross</li> <li>• Idaho Physicians Network</li> <li>• Medicaid</li> <li>• Mountain Health CO-OP</li> <li>• Optum</li> <li>• PacificSource</li> <li>• SelectHealth</li> <li>• UMR</li> <li>• United Healthcare</li> </ul>	English	1609 S Kimball Ave., Suite 201 Caldwell, ID 83605	Yes	<a href="https://www.psychologytoday.com/us/therapists/holly-taft-caldwell-id/931071">https://www.psychologytoday.com/us/therapists/holly-taft-caldwell-id/931071</a>

Sara Winkelman		<ul style="list-style-type: none"> <li>• Blue Cross</li> <li>• Blue Shield</li> <li>• Cigna</li> <li>• Evernorth</li> <li>• Medicaid</li> <li>• Medicare</li> <li>• Optum</li> <li>• Regence</li> </ul>	English	1610 S Kimball Ave., Suite 201 Caldwell, ID 83605	Yes	<a href="https://www.psychologytoday.com/us/therapists/sara-winkelman-caldwell-id/931126">https://www.psychologytoday.com/us/therapists/sara-winkelman-caldwell-id/931126</a>	
Gena Hunsaker		<ul style="list-style-type: none"> <li>• Aetna</li> <li>• Alliance</li> <li>• Trinity Health</li> <li>• Blue Cross</li> <li>• Blue Shield</li> <li>• Bright Path</li> <li>• ComPsych</li> <li>• First Choice Health</li> <li>• Humana</li> <li>• Medicaid</li> <li>• Medicare</li> <li>• Optum</li> <li>• PacificSource</li> <li>• Regence</li> <li>• SelectHealth</li> </ul>	English	211 E Logan St., Suite 303 Caldwell, ID 83605	Yes	<a href="https://www.psychologytoday.com/us/therapists/gena-hunsaker-caldwell-id/873472">https://www.psychologytoday.com/us/therapists/gena-hunsaker-caldwell-id/873472</a>	
		<ul style="list-style-type: none"> <li>• Aetna</li> <li>• Blue Cross</li> </ul>	English Spanish			<a href="https://www.psychologytoday.com/us/therapists/">https://www.psychologytoday.com/us/therapists/</a>	

Ofelia Andrews		<ul style="list-style-type: none"> <li>• Blue Cross Medicaid Plus</li> <li>• Cigna</li> <li>• Evernorth</li> <li>• Medicaid</li> <li>• Optum</li> </ul>		Meridian	Yes	<a href="https://www.psychologytoday.com/us/therapists/ofelia-andrews-meridian-id/752423">.psychologytoday.com/us/therapists/ofelia-andrews-meridian-id/752423</a>	(208) 805-2582
David Glenn Routt		<ul style="list-style-type: none"> <li>• Aetna</li> <li>• Allegiance</li> <li>• Beacon Health Options</li> <li>• Behavioral Health Systems</li> <li>• Blue Shield</li> <li>• BlueCross Bridgespan</li> <li>• Cigna</li> <li>• Evernorth</li> <li>• E4Health</li> <li>• First Choice Health</li> <li>• LifeWise</li> <li>• Medicaid</li> <li>• Optum</li> <li>• PacificSource</li> <li>• Regence</li> </ul>	English	211 E Logan St., Suite 201 Caldwell, ID 83605		<a href="https://www.psychologytoday.com/us/therapists/gena-hunsaker-caldwell-id/873472">https://www.psychologytoday.com/us/therapists/gena-hunsaker-caldwell-id/873472</a>	(208) 724-5507
Eric Kafka	Sport Psychologist			Merge Sport Psych 1310 W. Hays St. Boise, ID 83702			(208) 805-2582

Nick Stelzner	Sport Psychologist			Fulcrum 624 2419 W. State St., Suite 8 Boise, ID 83702			(208) 724-5507
Adriane Ming	Disordered Eating  Mental Health (Anxiety, Depression, PTSD)			Mindful Expressions Counseling LLC  1909 S 10 <sup>th</sup> Ave.  Caldwell, ID 83605			(208) 340-5513
Krisit Shohet	Disordered Eating			2584 N Stokesberry Pl. Meridian, ID 83646			(208) 939-5553
Camilla Cafferty	Mental Health (Anxiety, Depression, PTSD)			State Avenue Wellness 39 E. State Ave. Meridian, ID 83642			(208) 994-3599
	Mental Health (Anxiety,			State Avenue Wellness			

Stacey Seitz	(Anxiety, Depression, PTSD)			39 E. State Ave. Meridian, ID 83642		(208) 994-3600
Carrie Eichberg	Sexual Assault			1414 W Franklin St. Boise, ID 83702		(208) 550-8911
Roxanne Nicols Blum	Sexual Assault			Roxanne Blum LLC 203 W Fort St. Boise, ID 83702		(208) 228-7184