

PSYCHOLOGICALLY HEALTHY FIRE DEPARTMENTS

# Directory of Behavioral Health Professionals

Emergency responders and their families face unique challenges that can have a significant impact on behavioral health, and it is important that they have access to providers that understand this. The providers listed in this directory are behavioral health professionals vetted by the **Firefighter Behavioral Health Alliance** (FBHA). This directory is updated on a monthly basis. [Want to be added to this directory?](#)

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Licensed Providers     Offer Telehealth
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#### Kari Mika-Lude

Aspire to Inspire Behavioral Health and Addiction Services, LLC

Licensed

Telehealth



Profession: Professional counselor

Credentials: PhD, LPC (WV), LCPC (IL), AADC-S (WV), CAADC (IL), CCTP, NREMT

Address: [3847 Teays Valley Rd., Hurricane, West Virginia, 25213, U.S.](#)

Email: [info@aspire-counseling.org](mailto:info@aspire-counseling.org)

Phone Number: [304-760-9945](tel:304-760-9945)

Website: <https://www.aspire-counseling.org/>

Accepted Insurance: Aetna, Aetna Better Health of WV (Medicaid), BCBS/Highmark, Humana, Peak, The Health Plan, TRICARE, UMR, United Behavioral Health, United Healthcare, WV PEIA

Professional License: Yes, in West Virginia  
Also licensed in Illinois

Areas of Expertise:
 

- Addictions/substance abuse
- Anxiety
- Bipolar disorder
- Career/employment concerns
- Depression
- Domestic violence
- Grief and loss
- Marriage, divorce, and relationships
- PTSD/trauma
- Sexual abuse/rape
- Stress

Methods:
 

- Cognitive/behavioral therapy
- Dialectical behavior therapy
- Evaluation/diagnosis
- EMDR (eye movement desensitization and reprocessing)
- Existential psychotherapy
- Humanistic
- Relational therapy

Professional Bio: Dr. Kari Mika-Lude has been a licensed therapist since 2011 and specializes in trauma. She is also a certified EMT and the wife of a firefighter/EMT.

Telehealth Offered In: West Virginia  
Illinois

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## Bryan Stephey

Aspire to Inspire Behavioral Health and Addiction Services

Licensed

Telehealth



Profession: Licensed professional counselor

Credentials: LPC, AADC, ICAADC, CCTP

Address: [200 Kanawha Terr., Saint Albans, West Virginia, 25177, U.S.](#)

Email: [bryan.stephey@aspire-counseling.org](mailto:bryan.stephey@aspire-counseling.org)

Phone Number: [304-513-3797](tel:304-513-3797)

Website: <https://www.aspire-counseling.org/about-bryan>

Accepted Insurance: Aetna Better Health of WV, The Health Plan, WV PEIA, Aetna, BlueCross BlueShield (Groupcare), Humana, Medicaid, TRICARE, UMR, United Behavioral Health, United Healthcare, United Healthcare (Options PPO)

Professional License: Yes, in West Virginia

Areas of Expertise:
 

- Addictions/substance abuse
- Anger management
- Anxiety
- Bipolar disorder
- Career/employment concerns
- Depression

- Domestic violence
  - Grief and loss
  - Marriage, divorce, and relationships
  - Neuropsychology
  - PTSD/trauma
  - Parenting issues
  - Sexual abuse/rape
  - Sexual health
  - Stress
- 
- Behavioral therapy
  - Cognitive/behavioral therapy
  - Crisis intervention
  - Dialectical behavior therapy
  - Evaluation/diagnosis
  - EMDR (eye movement desensitization and reprocessing)
  - Existential psychotherapy
  - Marriage and family therapy

Methods:

Professional Bio:

I enjoy working with my clients to identify and address issues that cause them discomfort, mental pain, or disruption in their lives so they can be happier, healthier, and ultimately more attuned and present in daily events, eventually leading to fulfillment and enrichment in their lives.

Telehealth Offered In:

West Virginia