

Resource Guide

To Alternative Pain Management Therapies



**For most current
information, please visit
our website
RXsafehumboldt.org**

**R_x SAFE
HUMBOLDT**

Resource Guide to Alternative Pain Management

This guide is intended to increase awareness of alternative pain management therapies in Humboldt County. It is part of a “RX Safe Humboldt” initiative that aims to reduce problems associated with over use of opiate pain medications.



Inclusion in the guide is not an endorsement of any given therapy or practitioner.

This guide is not exhaustive. If there is someone you think should be included, or if information has become outdated, please contact Diane Bonitatibus at 707.443.4563 ext. 14. Please verify with offices that insurance information is current and correct before being seen.

This information will be updated on the online version of this guide, at www.rxsafehumboldt.org. For the most current information on Partnership covered services, please visit www.partnershphp.org/Providers and look in “Northern County Specialty Care Directory.”

Thank you.



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Arcata Health/Alliance

- Insurance
- Partnership

Lynda McDevitt, LAc, MSC

739 10 St.
 Arcata, CA 95521
 707.822.2324

Anne Elias, LAc

- Insurance
- Partnership

214 Main St.
 Weaverville, CA 96093
 530.623.2668

Anne Elias, LAc

57 Walnut Way
 Willow Creek, CA 95573
 530.629.3454

Arcata Wellness Center

- Insurance
- Partnership

Stacey Kett, LAc

735 12th St.
 Arcata, CA 95521
 707.616.5283

<http://staceykett.com>

**Center for Natural
Medicine**

- Insurance
- Partnership

Melissa Berg, Lac

1460 G. St.
 Arcata, CA 95521
 707.822.7400

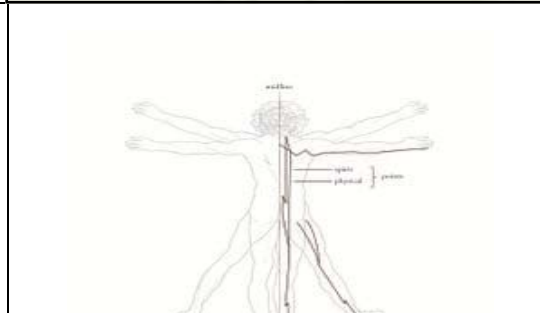
<http://www.cnmarcata.com/>

Essential Elements Spa & Sauna

- Insurance
- Partnership

1639 Central Ave., Ste. A
 McKinleyville, CA 95519
 707.839.7772

<http://www.essentialelementsspa.com/>





Humboldt Acupuncture

- Insurance
- Partnership

Jeffrey Haloff, LAc

1730 Main St.
Fortuna, CA 95540
707.268.8007

<http://humboldtacupuncture.com/>

Humboldt Veterans Acupuncture Project

Chelsea Colby, LAc

517 3rd St., Ste. 18
Eureka, CA 95501
707.268.8007

Redwood Coast Acupuncture Center

- Insurance (please call to verify)
- Partnership

Ryan Vodden, LAc

2107 Harrison St.,
Eureka, CA 95501
707.444.9446

Alyssa Melody, LAc, MS

- Insurance
- Partnership

Jacoby Storehouse, 780 7th St., Ste 10
Arcata, CA 95521
510.593.7775

Community acupuncture—\$25 every Wednesday from 3-7 pm

Peter Stern, ND, LAc

- Insurance
- Partnership

764 Cedar St.
Garberville, CA 95542
707.923.3644
www.redwoodcoastacupuncture.co



Ayurvedic Medicine



Essential Elements Spa & Sauna

- Insurance
- Partnership

1639 Central Ave., Ste. A
McKinleyville, CA 95519
707.839.7772

<http://www.essentialelementsspa.com/>

Northwest Institute of Ayurveda

- Insurance
- Partnership

Traci Webb, CAS, PKT, CMT

1433 11th Street, Suite G
Arcata, CA 95521
707.601.9025

www.ayurvedicliving.com

Partnership Health Plan of CA, Managing Pain Safely Program

<http://www.partnershiphp.org/>

Beacon Health Options
855.765.9703
For behavioral health services to help manage pain

North Coast Association of Mental Health Professionals

<http://www.ncamhp.org/index.html>

See online listing of mental health professionals

Loving Hands, Institute of Healing Arts & Church

- Insurance
- Partnership

Rev. Collins
739 12th St.
Fortuna, CA 95540
707.725.9627
Spiritual Counseling
www.lovinghandsinstitute.com

Steve Blankman, PhD

- Insurance
- Partnership

21 11th St.
Arcata, CA 95521
707.826.120

Len Wolff, MFT

- Insurance
- Partnership

1062 G. Street, Suite D
Arcata, CA 95521
707.826.7338

Sarah Haag, PhD

- Insurance
- Partnership

2910 Harris St.
Eureka, CA 95503
707.672.2206

Biofeedback

Essential Light Energetics

- Insurance
- Partnership

Kiernan Powers
707.496.8218



**Garberville Chiropractic
& Functional Medicine**

- Insurance
 Partnership

Brian Ormond, DC
 353 Sprowl Creek Rd.
 Garberville, CA 95542
 707.923.9343

Griffith Luoma Chiropractic

- Insurance
 Partnership

Sarah Griffith, DC
Dirk Luoma, DC
 2456 Buhne St.
 Eureka, CA 95501
 707.443.0695

**Grace & Active Care
Chiropractic**

- Insurance
 Partnership

Brian Bellinger, DC
 655 F. St..
 Arcata, CA 95521
 707.822.2224

<http://grace-chiro.com/>

Andrew Fogg, DC
John Buckner, DC
 1775 Harrison Ave.
 Eureka, CA 95501
 707.445.8080

**Happy Healthy
Chiropractic**

- Insurance
 Partnership

Anna Nusslock, DC, CCEP
 2332 Harrison, Ste. C
 Eureka, CA 95501
 707.502.2856

<http://www.happyhealthychiro.com/>

Humboldt Chiropractic

- Insurance
 Partnership

Jan Dooley, DC
 912 10th St.
 Arcata, CA 95521
 707.822.9171

<http://www.humboldtchiro.com/>

North Coast Chiropractic

- Insurance
 Partnership

Gary Jallo, DC
 1448 G. St
 Arcata, CA 95521
 707.826.1213

Plaza Chiropractic

- Insurance
 Partnership

Loretta Murphy, DC
 2803 E. St.
 Eureka, CA 95501
 707.822.5900



**Wennerholm
Chiropractic**

- Insurance
 Partnership

Eric Wennerholm, DC
1459 Myrtle Ave.
Eureka, CA 95501
707.442.0881

William Wennerholm, DC
1225 Central Ave.
McKinleyville, CA 95519
707.839.4344

Asti Chiropractic

- Insurance
 Partnership

Gale Asti, DC
930 S. Fortuna Blvd.
Fortuna, CA 95540
707.725.1131

Crosbie Chiropractic

- Insurance
 Partnership

Michael Crosbie, DC
1828 Main St.
Fortuna, CA 95540
707.725.5668

www.crosbiechiropractic.com

Jane Haskins, DC

- Insurance
 Partnership

616 Harris St.
Eureka, CA 95503
707.441.1500

www.drjanehaskins.com

Gerald Jackson, DC

- Insurance
 Partnership

626 Harris St.
Eureka, CA 95503
707.444.0416

Tracy Cole, DC

- Insurance
 Partnership

1347 Northcrest Dr.
Crescent City, CA 95531
707.464.2921

Jerome DeCapua, DC

- Insurance
 Partnership

39063 Hwy. 299
Willow Creek, CA 95573
530.629.2474

**Grace & Active Care
Chiropractic**

- Insurance
- Partnership

**Andrew Fogg, DC
John Buckner, DC**
1775 Harrison Ave.
Eureka, CA 95501
707.445.8080

Brian Bellinger, DC
655 F. St.
Arcata, CA 95521
707.822.2224

<http://grace-chiro.com/>

True Motion Fitness

- Insurance
- Partnership

Curt Valko
901 O Street
Arcata, CA 95521
707.822.3018
707.407.8904

<http://truemotionfitness.com/home/>

UpRight Movement

- Insurance
- Partnership

Corey Jung
901 O Street
Arcata, CA 95521
800.921.4512

<http://uprightmovement.com/>

Feldenkrais Method

**Jandy Bergmann, MFA,
GCFP**

- Insurance
- Partnership

101 South H St.
Arcata, CA 95521
707.498.6374

<http://jandybergmann.com/>

Judy Walkner, PT, GCFP

- Insurance
- Partnership

214 North Main St.
Weaverville, CA 96093
530.598.4268

Specializes in children & babies

Essential Elements Spa & Sauna

- Insurance
- Partnership

1639 Central Ave., Ste A
 McKinleyville, CA 95519
 707.839.7772

<http://www.essentialelementsspa.com/>

Garberville Chiropractic & Functional Medicine

- Insurance
- Partnership

Brian Ormond, DC
 353 Spowl Creek Rd.
 Garberville, CA 95542
 707.923.9343

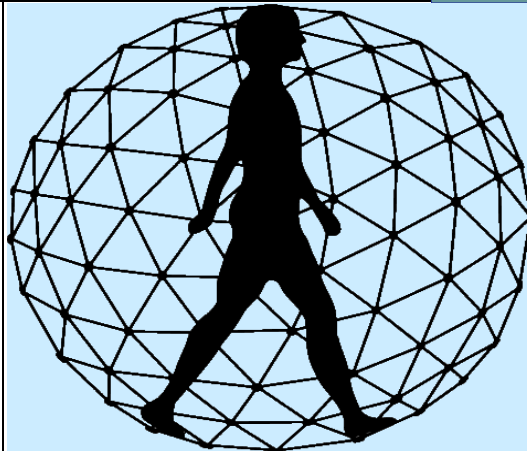
Hellerwork

Hellerwork Eureka

- Insurance
- Partnership

Jake Schultz
 Certified Hellerwork Practitioner
 3435 M St.
 Eureka, CA 95503
 707.444.3949

<http://hellerworkeureka.com/>



Homeopathy

Kate McCaffrey, DO

- Insurance
- Partnership

1660 Central Ave., Suite F
 McKinleyville, CA 95519
 707.633.8196

<http://kmccaffreydo.weebly.com/>

Dancing Cranes Healing Arts

- Insurance
- Partnership

Gail Eastwood, MSW, DIIHom
 745 Locust #4
 Garberville, CA 95542
 707.923.9109

<http://www.gaileastwoodhomeopathy.com/>

Steve Blankman, PhD

- Insurance
 Partnership

21 11th St.
 Arcata, CA 95521
 707.826.1207

Marge O'Brien, RN, CHT

- Insurance
 Partnership

707.677.3316
 Cellular release of trauma;
 pre-surgical preparation

Hypnosis for Health

- Insurance
 Partnership

Elizabeth Connors-Keith, CHT

350 E. St., #210
 Eureka, CA 95501
 707.498.4897

[http://
 www.gaileastwoodhomeopathy.com/](http://www.gaileastwoodhomeopathy.com/)

Intervention Pain Techniques

**Mad River Community
Hospital Pain Treatment
Center**

- Insurance
 Partnership

Shahram Abbasi, MD

3800 Janes Rd.
 Arcata, CA 95521
 707.826.8271

[http://www.madriverhospital.com/services/
 PainClinic.htm](http://www.madriverhospital.com/services/PainClinic.htm)

**North Coast Pain Center of
St. Joseph's Hospital**

- Insurance
 Partnership (case by case)

James Jaworski, MD

2705 Harris St.
 Eureka, CA 95501
 707.269.3694

[http://www.stjoehumboldt.org/Our-Services/
 Pain-Treatment-Services.aspx](http://www.stjoehumboldt.org/Our-Services/Pain-Treatment-Services.aspx)

**Humboldt Medical
Specialists**

- Insurance
 Partnership

Daniel Krauchuk, DO

2773 Harris St., Ste A
 Eureka, CA 95501
 707.476.2929

[www.humboldtmedicalspecialists.com/Our-
 Services/Specialty-Care/Pain-
 Management.aspx](http://www.humboldtmedicalspecialists.com/Our-Services/Specialty-Care/Pain-Management.aspx)

Brian Starr, MD

2773 Harris St., Ste A
 Eureka, CA 95501
 707.476.2929



Arcata Wellness Center

- Insurance
- Partnership

735 12th St.
Arcata, CA 95521
707.822.7419

See website for practitioner listing

<http://arcatawellnesscenter.com/>

Arcata School of Massage

- Insurance
- Partnership

145 G. St.
Arcata, CA 95521
707.822.5223

<http://arcatamassage.com/massage-clinic-2/>

Student massage - \$25/hr

Essential Elements Spa & Sauna

- Insurance
- Partnership

1639 Central Ave., Ste A
McKinleyville, CA 95519
707.839.7772

<http://www.essentialelementsspa.com/>

Eureka Massage and Wellness

- Insurance
- Partnership

Andreina Torma CMT
2115 1st St.
Eureka, CA 95501
707.798.0119

<http://eurekamassageandwellness.my-free.website/>

**Grace & Active Care
Chiropractic**

- Insurance
- Partnership

1775 Harrison Ave.
Eureka, CA 95501
707.445.8080

<http://grace-chiro.com/>

655 F St.
Arcata, CA 95521
707.822.2224

**Griffith Luoma
Chiropractic**

- Insurance
- Partnership

2456 Buhne St.
Eureka, CA 95501
707.443.0695





Hands On Physical Therapy

- Insurance
- Partnership

801 Crescent Way, Suite 4
Arcata, CA 95521
707.407.0536

<http://handsonpthumboldt.com/>

Patrick Harestad, LMT

- Insurance
- Partnership

822 G St., Ste. 11
Arcata, CA 95521
707.616.4117

Board certified Advanced Structural Integrator, Cert. Yoga Instructor

<https://transformational-therapeutics.com/>

Loving Hands, Institute of Healing Arts

- Insurance
- Partnership

739 12th St.
Fortuna, CA 95540
707.725.9637

www.lovinghandsinstitute.com

Robyn Smith

- Insurance
- Partnership

Arcata, CA 95521
707.440.2111

Yoga Therapist, Hanna Somatic Educator, Hendricks Conscious Living and Loving Coach

<http://www.innerfreedomyoga.com/>

Janet Stock, CMT

- Insurance
- Partnership

1598 11th St.
Arcata, CA 95521
707.826.0817

www.janetstockcmt.com

Wennerholm Chiropractic

- Insurance
- Partnership

1459 Myrtle Ave
Eureka, CA 95501
7707.442.0881

1225 Central Ave.
McKinleyville, CA 95519
707.839.4344



Arcata Zen Group

- Insurance
 Partnership

Arcata, CA 95521
 707.826.1701

Eureka, CA 95501
 707.845.8399

Faith Based Mindfulness
arcatazengroup.org

Being Real, Being Embodied

- Insurance
 Partnership

T. Proctor
Christine Florentino

707.445.2437

<https://sites.google.com/site/beingrealnow/home>

Pacific Mindfulness

- Insurance
 Partnership

Heidi Bourne

707.498.5562

<http://www.heidibourne.com/>

Len Wolff, MFT

- Insurance
 Partnership

1062 G Street, Ste. D
 Arcata, CA 95521
 707.826.7338

Essential Elements Spa & Sauna

- Insurance
 Partnership

1639 Central Ave., Ste. A
 McKinleyville, CA 95519
 707.839.7772

<http://www.essentialelementsspa.com/>

Peter Stern, ND, Lac

- Insurance
 Partnership

764 Cedar St.
 Garberville, CA 95542
 707.923.3644

Arcata Wellness Center

- Insurance
- Partnership

Rebecca Ellis, LAc

735 12th Street
Arcata, CA 95521
707.496.3511

<http://www.arcatawellnesscenter.com/ellis.html>

Essential Elements Spa & Sauna

- Insurance
- Partnership

1639 Central Ave., Ste A
McKinleyville, CA 95519
707.839.7772

<https://sites.google.com/site/beingrealnow/home>

Osteopathic Medicine

Kate McCaffrey, DO

- Insurance
- Partnership

1660 Central Avenue, Suite F
McKinleyville, CA 95519
707.633.8196

<http://kmccaffreydo.weebly.com/>



Pain Mgmt Classes/Groups

Full Circle Center for Integrative Medicine

- Insurance
- Partnership

Connie Basch, MD

4641 Valley East Blvd, Ste #2
Arcata, CA 95521
707.840.4701

http://fullcircledmed.org/wiki/tiki-index.php?page=Pain+management&structure=Full+Circle+Handouts+and+Programs&page_ref_id=9

Our Pathways to Health

- Insurance
- Partnership

FREE CLASSES

Kerri Escudero

2662 Harris St.
Eureka, CA 95503
707.443.4563, ext. 57

<http://humboldtipa.com/forms/Pathways%20to%20Health%20Brochure%20January%202016.pdf>

**Balanced Physical Therapy**

- Insurance
 Partnership

Judi Nelson, PT

735 12th St.
 Arcata, CA 95521
 707.599.6169

<http://balancedphysicaltherapy.com/>

Balanced Physical Therapy

- Insurance
 Partnership

Judi Nelson, PT

76 Country Club Dr., Unit 3
 Willow Creek, CA 95573
 707.599.6169

<http://balancedphysicaltherapy.com/>

EPT Rehabilitation

- Insurance
 Partnership

2306 Dean St.
 Eureka, CA 95501
 707.443.8354

<http://www.eptrehabilitation.com/>

2600 Newburg Rd,
 Fortuna, CA 95540
 707.725.6995

1585 Heartwood Dr., Suite H
 McKinleyville, CA 95519
 707.839.1802

Hands On Physical Therapy

- Insurance
 Partnership

Christine McKnight, PT, CHP

801 Crescent Way, Suite 4
 Arcata, CA 95521
 707.407.0536

<http://handsonpthumboldt.com/>

Hand Therapy Center

- Insurance
 Partnership

Carolyn Christenson, OT

1125 16th St., Ste 212
 Arcata, CA 95521
 707.822.7525

<http://www.handtherapycenter.com/index.html>

Humboldt Hand and Foot Therapy, Inc.

- Insurance
 Partnership

1587 Myrtle Ave.
 Eureka, CA 95501
 707.441.1931

Humboldt Physical Therapy

- Insurance
 Partnership

James Moore, PT
 1551 Giuntoli Lane
 Arcata, CA 95521
 707.825.8100



Mad River Rehab and Sports

- Insurance
- Partnership

1703 Giuntoli lane, Ste A
Arcata, CA 95521
707.825.4950

<http://madriverrhospital.com/rehab-and-sports-medicine>

1650 Central Avenue
McKinleyville, CA 95519
707.839.5905

850 Highway 96
Willow Creek, CA 95573
530.629.3338

By referral only

Ponte Physical Therapy

- Insurance
- Partnership

2820 Harris Street
Eureka, CA 95501
707.268.8219

Judy Walkner, PT, GCFP

- Insurance
- Partnership

214 North Main St.
Weaverville, CA 96093
530.598.4268

jkwalkner@gmail.com

Redwood Memorial Outpatient Rehabilitation Services

- Insurance
- Partnership

2024 Harrison Ave.
Eureka, CA 95501
707.441.4454

<http://www.stjoehumboldt.org/Our-Services/Rehabilitation-Services-Outpatient/Occupational-Therapy.aspx>

St. Joseph Outpatient Re- habilitation Services

- Insurance
- Partnership

3300 Renner Dr.
Fortuna, CA 95540
707.441.4454

<http://www.handtherapycenter.com/index.html>

Vector Physical Therapy & Aquatic Center

- Insurance
- Partnership

2121 Myrtle Ave.
Eureka, CA 95501
707.442.6463

<http://vectorpt.org/>

Vector Aquatic Center

- Insurance
- Partnership

Heated Pool soothing to pain

3289 Edgewood Rd.
Eureka, CA 95501
707.441.9262

<http://vectorpt.org/>

Arcata Core Pilates

- Insurance
 Partnership

901 8th Street
 Arcata, CA 95521
 707.845.8156

<http://arcatacorepilatesstudio.com/>

Sacred Bodies Pilates & Dance

- Insurance
 Partnership

Susie Kidd
 525 E. St.
 Eureka, CA 95501
 707.268.0437

www.sacredbodiespilates.com

Balanced Physical Therapy

- Insurance
 Partnership

Judi Nelson, PT
 735 12th Street
 Arcata, CA 95521
 707.599.6169

<http://balancedphysicaltherapy.com/>

Judi Nelson, PT
 76 Country Club Dr., Unit 3
 Willow Creek, CA 95573
 707.599.6169

Reflexology**Center for Reflexology and the Healing Arts**

- Insurance
 Partnership

Alexandra Seymour, ARCB & B.E.S.T.
 920 Samoa Blvd, Ste 222
 Arcata, CA 95521
 707.822.5395

www.sacredbodiespilates.com

Becky Frambach

- Insurance
 Partnership

40600 Highway 299
 Willow Creek, CA 95573
 530.333.7320



Margy Emerson

- Insurance
 Partnership

1049 C Samoa Blvd.
 Arcata, CA 95521
 707.822.6508

www.margaretemerson.com

Glenda Hesseltine, MA

- Insurance
 Partnership

915 Madrone Ave.
 Eureka, CA 95503
 707.268.3936

<http://taichiforeveryone.net/>

Yoga

Community Yoga Center

- Insurance
 Partnership

890 G Street
 Arcata, CA

<http://arcatacorepilatesstudio.com/>

Inner Freedom Yoga

- Insurance
 Partnership

Robyn Smith, CYI
 890 G Street
 Arcata, CA 95521
 707.440.2111

<http://www.innerfreedomyoga.com/>

North Star Yoga Center

- Insurance
 Partnership

Patricia Starr, CYT
 2701 Harrison Save., Ste 3
 Eureka, CA 95501
 707.445.0644

<http://balancedphysicaltherapy.com/>

Om Shala Yoga

- Insurance
 Partnership

858 10th St.
 Arcata, CA 95521
 707.825.9642

www.OmShalaYoga.com

Tosha Yoga

- Insurance
 Partnership

1251 9th Street,
 Arcata, CA 95521
 707.630.3413

<http://www.toshayoga.com/>

Laurie Birdsong

- Insurance
 Partnership

2280 Newburg Rd.
 Fortuna, CA 95540
 707.362.5457



Christine Florentino, CYI

- Insurance
- Partnership

707.445.2437

<https://sites.google.com/site/beingrealnow/yoga-with-christine>





Feldenkrais Method—*A biomechanical and neuromuscular approach to movement that improves posture, coordination, flexibility and suppleness*

Functional Medicine - *A primary health care approach that addresses the underlying causes of disease; looks at the interactions among genetic, environmental, and lifestyle factors that affect health*

Hellerwork - *Structural Integration Bodywork, Movement Education, Awareness Dialogue*

Homeopathy - *A system of healing that uses small doses of remedies, made from natural sources, to stimulate the body's own healing response*

Intervention Pain Techniques - *May include steroid injections, spinal cord stimulator trials, pain pump management or revision, radiofrequency ablation, botox for migraines, Kyphoplasty, minimally invasive lumbar decompression procedures*

Massage/Body Work - *There are many massage therapists in our community. This is not intended to be an exhaustive list. Listings can be found online, in the telephone book, in the North Coast Journal, and in the Isis Scrolls*

Naturopathic Medicine - *A holistic primary health care approach that supports the body's own healing process*

Osteopathic Medicine - *A holistic primary health care approach that focuses on health promotion and disease prevention and includes a focus on the body's structure*

Pilates - *A form of strengthening exercise that reinforces awareness and proper alignment and movement patterns*

Reflexology - *A form of body work that uses points on the body (hands, feet, ears, face) to stimulate the body's own healing*
Tai Chi - *An ancient Chinese martial art,*

NOTES



NOTES



R SAFE
HUMBOLDT

2662 Harris St.
Eureka, CA 95503

Phone: 707.443.4563
Fax: 707.443.2527
E-mail: dbonitatibus@humboldtipa.com