Our Mission

Our staff at Serenity Now is dedicated to helping clients discover and utilize their inner strengths. Our philosophy respects the integrity of each individual and his or her ability to grow.

We provide services in a warm and welcoming environment that is both safe and comfortable for both adults and children.

About Us

Our staff of a Board-Certified psychiatrist, licensed therapists, licensed substance abuse therapists and a Board-Certified psychiatric nurse practitioner, provide a broad range of services to those in need.

Dr. John Eckard, MD
Clinical Director

“Our courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, “I will try again tomorrow” ~ Mary Anne Radmacher

Our Vision

Providing innovative solutions to complex problems. We work with community partners to build a safe, strong and healthy Southern Indiana.
THREE STEPS TO MAKING THE MOST FROM YOUR COUNSELING EXPERIENCE

- WILLINGNESS
- MOTIVATION
- COMMITMENT

Counseling

There are often times when life seems overwhelming or when your daily activities are impaired by a particular problem or circumstances. In many cases, the best way to find solutions is with professional counseling. Serenity Now Counseling Services can help you find a path toward resolution and relief with counseling and in-depth psychotherapy services for adults, couples, children, and families.

Healing is a matter of time, but it is sometimes also a matter of opportunity.

*Hippocrates (460 BC-370 BC)*

Services We Offer

- Individual and Group Therapy
- Couples and Marital Therapy
- Children and Family Therapy
- Substance Abuse Treatment
- Learning Disability Treatment
- Attention Deficit/Hyperactivity Disorder (ADHD)
- Smoking Cessation
- EMDR – Trauma Focused Therapy
- Therapeutic Services available from the age of 3 and up
- Psychiatric Medication Management available from the age of 12 and up

Our Staff

Prescribers
- John Eckard, MD
- Carrie Long, PMHNP

Clinicians
- Charles Bugh, LMHC, LCAC
- Paralee Daggy, LCSW
- Michael Dockery, LMFT
- Haley Maranda, LMHC-A
- Mary Miller, LMHC-A
- Kaitlin Pickett, LMHC
- Tom Trent, LCSW
- Cara Williams, LCSW

Serenity Now accepts most insurance policies and is fully accessible. Make sure to contact your insurance to ensure we are in your plan.

“All services are provided without regard to sex, race, color, religion, national origin, disability, or veteran status”