

2019—2020
Saginaw County
Counseling
Directory




Introduction

Welcome to the latest edition of the Saginaw County Community Counseling Directory, a resource provided by the Saginaw County Community Mental Health Authority (SCCMHA) for locating marriage and family therapists, psychologists, psychiatrists, social workers, treatment programs, support groups, self-help groups and advocacy organizations dedicated to providing services for a broad range of mental health and substance use disorder issues.



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Mental illnesses and substance use disorders are real medical illnesses. Nearly half of all Americans have symptoms of a mental illness at some point in life. So, if you or someone close to you is experiencing symptoms, you are not alone. Sometimes mental illnesses and substance use disorders have a genetic component. Other times they are caused by changes in the brain. Still other times they are started by a crisis, trauma, violence, or abuse.

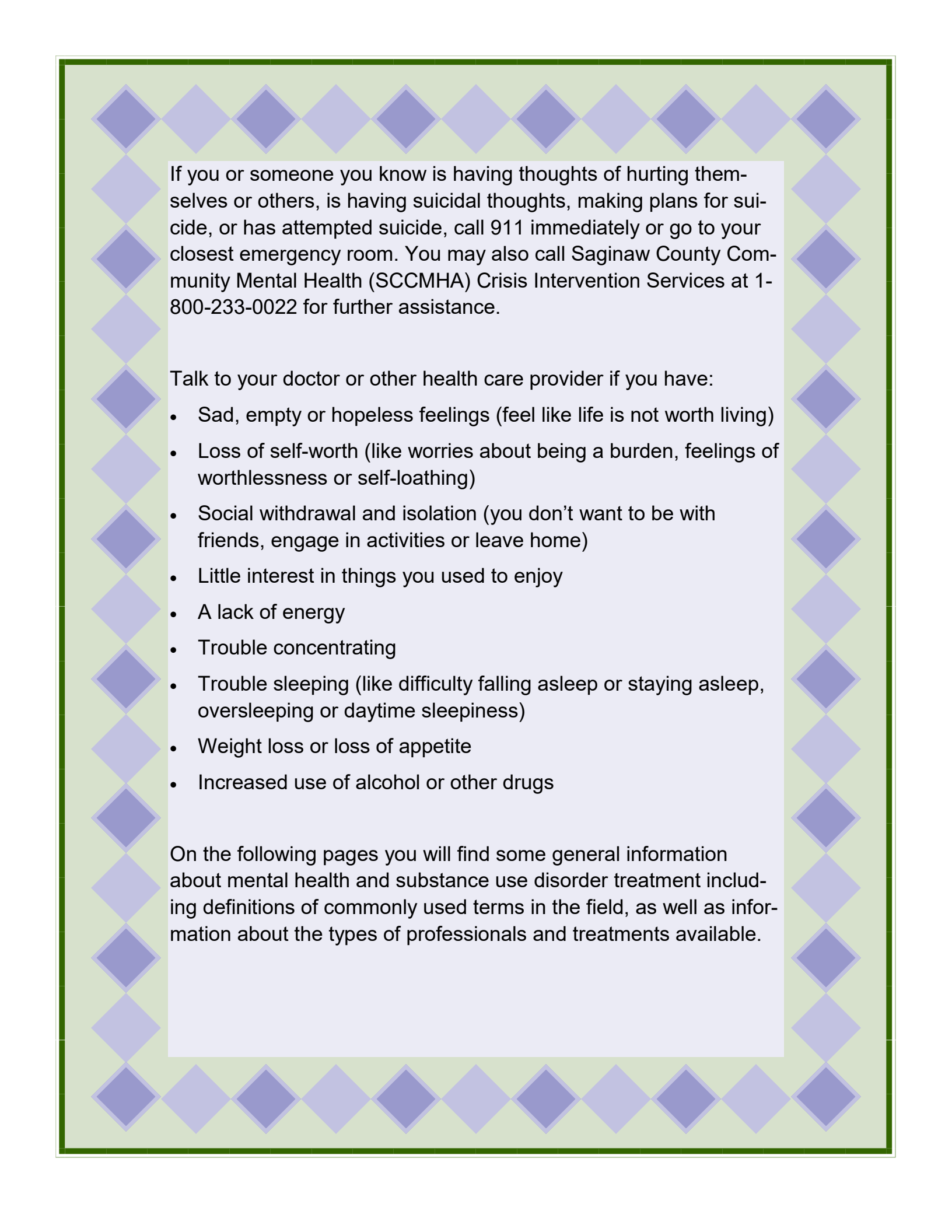


People may not receive the mental health services they need because they do not know where to turn for help. If you or someone you know has a mental health or substance use problem, there are ways to get help. In fact, studies show that most people with mental health and substance use problems who receive appropriate help get better and many recover completely. Treatment can help you feel better.

The most effective type of treatment depends on the type of problem that you are facing. It may be one-on-one talk therapy, where you talk to a doctor or a counselor alone. Or, you may join group therapy where you talk with other people like yourself along with a counselor. Your doctor may prescribe medication to help control or lessen your symptoms. Sometimes people use talk therapy and medicine together. Self-help and support groups may also be effective and can be used with or without other services such as counseling and medication. In addition, there are many sources of help available on the Internet as well as apps that can be downloaded to a smart phone, tablet, or computer.

If you are unsure where to go for help, talk to someone you trust who has mental health experience — for example, a doctor, nurse, social worker or religious counselor. Ask their advice on where to seek treatment. Ask them to connect you with the right mental health services. If you do not have a health professional or another trusted source that is able to assist you, use the resources in this guide to find the help you, your friends, or family may need.

Remember, it is important to find a place that you trust. If you feel you are not improving, keep trying. If you still are not feeling better, see if there is another person, type of therapy, or place that may be more helpful to you. For example, you may feel more comfortable working with a mental health professional or support group made up of people who are similar to you in terms of age, race, religion, cultural background or language.



If you or someone you know is having thoughts of hurting themselves or others, is having suicidal thoughts, making plans for suicide, or has attempted suicide, call 911 immediately or go to your closest emergency room. You may also call Saginaw County Community Mental Health (SCCMHA) Crisis Intervention Services at 1-800-233-0022 for further assistance.

Talk to your doctor or other health care provider if you have:

- Sad, empty or hopeless feelings (feel like life is not worth living)
- Loss of self-worth (like worries about being a burden, feelings of worthlessness or self-loathing)
- Social withdrawal and isolation (you don't want to be with friends, engage in activities or leave home)
- Little interest in things you used to enjoy
- A lack of energy
- Trouble concentrating
- Trouble sleeping (like difficulty falling asleep or staying asleep, oversleeping or daytime sleepiness)
- Weight loss or loss of appetite
- Increased use of alcohol or other drugs

On the following pages you will find some general information about mental health and substance use disorder treatment including definitions of commonly used terms in the field, as well as information about the types of professionals and treatments available.

Mental Health Issues

Mental health issues include a wide range of mental health conditions — disorders that affect your mood, thinking and behavior. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive disorders. Many people have mental health concerns from time to time. But a mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function.

A mental illness can make you feel miserable and can cause problems in your daily life, such as at work or in relationships. In most cases, symptoms can be managed with a combination of medications and counseling (psychotherapy).



Intellectual and Developmental Disabilities

Intellectual and developmental disabilities are conditions that are usually present at birth and negatively affect the course of a person's physical, intellectual, and/or emotional development. Many of these conditions affect multiple body organs or systems. Some developmental disabilities are largely physical issues, such as cerebral palsy or epilepsy. Some people may have a condition that includes a physical and intellectual disability, such as Down syndrome or fetal alcohol syndrome. Intellectual and developmental disabilities often co-occur and a person with an intellectual and/or developmental disability may also experience mental health issues or may have a mental illness in addition to the intellectual/developmental disability.

Substance Use Disorders

A substance use disorder is a type of mental disorder. It is a complex brain disease and includes such diseases as alcohol abuse or dependence and drug addiction. Substance use disorders occur when a person has a dependence on alcohol and or drugs that is accompanied by intense and sometimes uncontrollable cravings and compulsive behaviors to obtain the substance.

If someone has taken
an overdose call 911
immediately or go to your
closest emergency room!

Co-Occurring Disorders

When you have both a substance use disorder and a mental health issue such as depression, bipolar disorder, or anxiety, it is called a co-occurring disorder or dual diagnosis.

Mental Health Emergencies

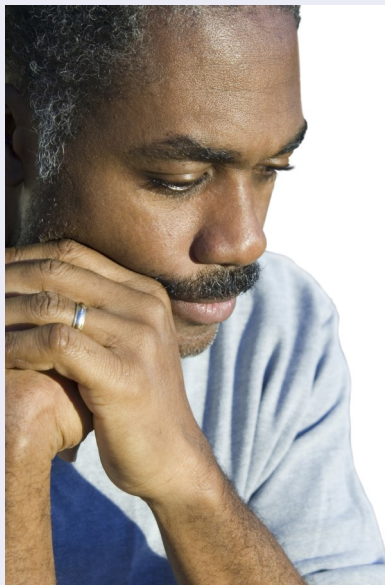
If you or someone you are concerned about is showing serious symptoms such as hallucinations or is having unusual thoughts, contact the Saginaw County Community Mental Health Authority's Crisis Service. These symptoms may be a sign of serious mental illness or substance use problem which requires an assessment by a mental health professional and, most likely, treatment with medication. Or, if you or someone you are concerned about is talking or thinking of suicide or killing or hurting someone else, this is an emergency!

Call 911 or call the SCCMHA

Crisis Service:

989-792-9732 or toll free,

1-800-233-0022



Stigma & Person-First Language –

We Are All People First

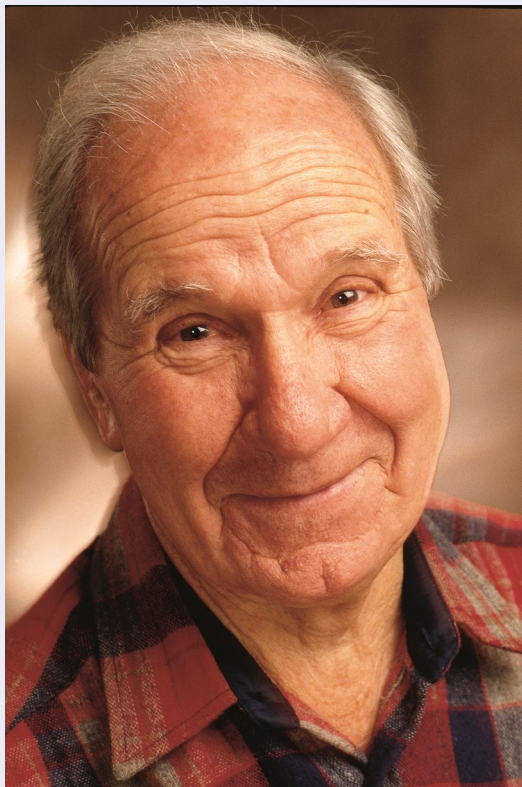
Unfortunately, typically there is often community stigma associated with being known as a person with a mental health condition. More so than physical health conditions like diabetes or high blood pressure, mental health diagnoses like depression or mood disorders can trigger disrespectful references. SCCMHA seeks to help combat stigmatizing labels or behavior; we are all people, some of us have certain conditions, others of us have other conditions, and all of us deserve understanding and respect regardless of any diagnosed condition or multiple conditions that we might have or acquire.

Societal stigma about various mental health conditions or disabilities may impact recovery for some, and can even deter individuals from seeking the treatment and supports they need to recover and lead fulfilling lives. All of us can help combat stigma by referring to persons with mental health or any other conditions respectfully, without bias, the use of slang, or discourteous labels, which do nothing to describe the person's personal strengths. Believing in the potential of others is often an element in successfully supporting them in their recovery process by recognizing them as people first, and only secondarily, as persons who have a specific challenge or even multiple challenges that they are seeking to better manage in their lives. And, when we are all able to function at our best, the communities we live in tend to thrive.

People should also not be identified or referred to simply by their conditions. Person-first language should be used, as we are all people first, regardless of our diagnoses and other aspects of our life challenges or functioning. Refrain from referring to someone as disabled, and rather speak about them, if even needed, as a 'person with a disability.' Rather than describing someone as 'a schizophrenic' or 'a diabetic', use phrases, again only if even necessary, such as, 'she has been diagnosed with schizophrenia,' or, 'he has diabetes'. If you imagine yourself in the place of

someone with a mental health disorder, or as anyone having a serious condition, you will better understand why stigma is wrong and not helpful, and why person-first language is how all of us wish to be treated by others no matter what personal obstacles we might be facing in our lives.

SCCMHA supports inclusion of all cultural considerations and supports for persons in need of services. This includes the provision of language interpretation and translation supports whenever indicated, as well as practitioner cultural awareness and sensitivity for all persons, regardless of age, gender, race, religion, disability, ethnicity or tribal affiliation, sexual orientation or military history.



Wellness

SCCMHA supports whole health wellness for all persons served, as well as for the workforce members who support persons in need of mental health services and supports in Saginaw County. SCCMHA offers a variety of wellness related resources on the organization's website at www.sccmha.org.

Wellness is not the absence of disease, illness or stress, but the presence of purpose in life, active involvement in satisfying work and play, joyful relationships, a healthy body and living environment and happiness.

Wellness means overall well-being. It incorporates the mental, emotional, physical, occupational, intellectual, environmental, social, financial and spiritual aspects of a person's life. Each aspect of wellness can affect overall quality of life, so it is important to consider all aspects of health. (Source: Substance Abuse and Mental Health Services Administration [SAMHSA]).



General Information: Things to Know Before You Go

Types of Counselors

Mental health and substance use disorder treatment services are provided by a variety of professionals, each type of which has a slightly different focus or emphasis. These professionals may specialize in different issues, work in different types of agencies and use different techniques and skills. Almost all mental health professionals are required to have a Master's or Doctorate degree to be licensed in their profession.

Licenses and qualifications of providers listed in this directory are only checked at the time of publication; changes in licensure status may occur after publication and therefore will not be reflected until the next date this directory is published.

Licensure

All counselors, of all disciplines, are licensed by the Bureau of Health Professionals. You can check on the status of a counselor's license by visiting the website at [or](#) calling 1-517-335-0918. This website also provides more information about each type of license issued.

Addiction Professionals:

The Michigan Certification Board for Addiction Professionals (MCBAP) is the authority for professional substance use disorder prevention, treatment, and recovery credentialing in Michigan. Visit the website [for](#) more information about the following credentials for substance use disorder treatment providers:

- A Certified Alcohol and Drug Counselor (CADC) has a degree in a behavioral health field and experience in providing counseling to clients with substance use problems at a program licensed by the State of Michigan. These counselors are also required to pass a written test.
- A Certified Advanced Alcohol and Drug Counselor (CAADC) is required to have experience counseling clients with substance use disorders at a program licensed by the State of Michigan as well as a Master's degree or license at a Master's level in psychology, social work, counseling or marriage and family therapy. They also have to pass a written test.
- A Certified Co-Occurring Disorders Professional (CCDP) must have a minimum of a Bachelor's degree in a behavioral science and pass a written test.
- A Certified Co-Occurring Disorders Professional — Diplomate (CCDP -D) must have a Master's degree in psychology, social work, counseling or marriage and family therapy and pass a written test.

Family Physicians:

Although your family doctor is unlikely to provide counseling, most treat depression and anxiety with medication as a part of physical health care. If your health insurance does not include a mental health benefit, talk to your family doctor about your concerns.

Psychologists:

Psychologists who are licensed to practice at the Master's level have a limited license (LLP). They have a Master's degree in psychology and they have completed a required number of hours of training in clinical practice under the supervision of a fully licensed psychologist (LP) who has a Doctorate degree (Ph.D. or Psy.D.). A limited licensed psychologist must practice counseling under the ongoing supervision of a fully licensed psychologist. Licensed psychologists have a Doctorate degree and a license to practice psychology. They may specialize in areas such as school psychology or in diagnostic testing such as neuropsychology.

Licensed Professional Counselors:

Licensed Professional Counselors (LPC) are required to have a Master's degree, practice under supervision for a period of time and pass an exam. They are issued a limited license during their first year of work under supervision (LLPC), and upon completion of this year and the passing of the exam, they are issued a license as a professional counselor (LPC).

Marriage and Family Therapists:

Michigan's marriage and family therapists are licensed by the Board of Marriage and Family Therapy (<http://www.michigan.gov/lara/>). There are two levels of credentialing. Limited licensure requires a Master's or Doctoral degree. This is intended as a temporary status. Once an individual completes all requirements, including supervised practice, they are eligible for full licensure as an LMFT (Licensed Marriage and Family Therapist).

Nurse Practitioners:

A nurse with a Master's degree who has completed the Michigan exam to be a nurse practitioner in the mental health specialty may practice counseling and prescribe medication under the supervision of a physician.

Psychiatrists:

A psychiatrist is a physician who is licensed to practice medicine as an M.D. (Medical Doctor) or D.O. (Doctor of Osteopathy). Psychiatrists specialize in mental health by completing four years of a residency training program in psychiatry and then may pass a specialty board exam and be certified in adult or child and adolescent psychiatry. Psychiatrists treat mental health problems with both medication and counseling.

Social Workers:

Social workers with Master's degrees may practice counseling or psychotherapy. Many social workers are employed in agencies as specialists, such as school social workers or medical social workers. A social worker with a Master's level license is a Licensed Master's Social Worker (LMSW) in the State of Michigan. They have a Master's degree in Social Work (MSW) from an accredited school of social work. A Limited Licensed Master's Social Worker (LLMSW) must complete 4,000 hours of post degree social work experience under the supervision of an LMSW and pass an exam to get an LMSW. They may also choose to take a test offered by the National Association of Social Workers (NASW). After passing this test, they are eligible to become a member of the Academy of Certified Social Workers (ACSW). Social workers may also earn a DCSW (Diplomate Certified Social Worker). Some social workers have Doctoral degrees (a D.S.W. or Ph.D. in Social Work).

Pastors:

Pastors in most denominations provide spiritual counseling related to life problems and normal stages of individual and family life. For most pastors, this kind of counseling is part of their church ministry and not a specialized professional practice. However, some pastors specialize in counseling. They usually hold a Master's degree in Divinity from their denomination and some add a second academic degree in a counseling profession and then also acquire state licensure.



Other Sources of Help

Peer Support

Individuals who provide peer support do not offer primary treatment for substance use disorders, intellectual and developmental disabilities, or mental health disorders, do not diagnose and are not associated with any particular method or means of recovery. They support positive change, including avoiding relapse, building community support for recovery, or working on life goals such as relationships, work, education, etc.

A **Peer Support Specialist** is a person with lived experience who has progressed in their own recovery from a substance use or mental health disorder and/or co-occurring substance use disorder and is willing to self-identify as a peer and work to assist other individuals with a substance use or a mental health disorder. Because of their life experience, such persons have expertise that professional training cannot replicate. Peer support specialists help their peers articulate their goals for recovery, learn and practice new skills, help them monitor their progress, assist them in their treatment, model effective coping techniques and self-help strategies based on the peer support specialist's own recovery experience, and support them in advocating for themselves to obtain effective services.

A **Recovery Coach** is someone who is in recovery from a substance use disorder who provides strength-based support for persons with addictions or in recovery from alcohol, other drugs, codependency or other addictive behaviors. Recovery coaches work with persons with active addictions as well as persons already in recovery. Recovery coaches are helpful for making decisions about what to do with your life and the part your addiction or recovery plays. Recovery coaches help clients find ways to stop addiction (and achieve abstinence), or reduce harm associated with addictive behaviors. Recovery coaches can help a client find resources for harm reduction, detox, treatment, family support and education, local or online support groups, and self-help groups; or help a client create a change plan to recover on their own.

A Peer Mentor is a person with an intellectual/developmental disability who is able to help other people with intellectual/developmental disabilities learn problem-solving strategies, how to live a self-determined life and how to access services and resources in the community. Peer mentors provide support, advocacy and encouragement to other people with intellectual/developmental disabilities.

Self-Help and Support Groups

Self-help and support groups have proven to be very effective in helping people recover and cope with a wide variety of problems. Self-help and support groups can help people identify their counseling needs or sustain their accomplishments in counseling. Most self-help groups are part of a national organization and have a group method unique to their organization. If you are interested in a group, check the library or call a contact person before attending a meeting and ask for literature to be mailed to you. Some groups have websites which describe their focus and their practice. A listing of some local support and self-help groups can be found in the back of this directory.

There's an App for That!

The internet provides free fee and non-fee-based professional therapy, counseling and self-help. You can join an on-line support group or even get therapy on-line. Finding help can be as easy as doing a search using any search engine (such as Google, Bing, Yahoo, etc.) by putting key words in the search box (such as "help for anxiety" or "help for alcohol abuse" or "help for marital problems", etc.). Many websites offer resources and links and phone numbers for help including:



SAMHSA (Substance Abuse and Mental Health Services Administration):

<https://www.samhsa.gov/find-help>

National Institute of Mental Health (NIMH):

<https://www.nimh.nih.gov/health/find-help/index.shtml>

MentalHealth.gov:

<https://www.mentalhealth.gov/get-help>

Mental Health America (MHA):

<http://www.mentalhealthamerica.net/im-looking-mental-health-help-myself>

There are numerous apps for mental health and substance use issues available for download to a smart phone or other device. Some are free while others are available for a fee. For apps that provide help with mental health and/or substance use issues, depending on the device you are using you can visit the following:

Apple App Store: <https://www.apple.com/ios/app-store/>

Google Play Store: <https://play.google.com/store/apps>

Microsoft Store: <https://www.microsoft.com/en-us/store/apps>



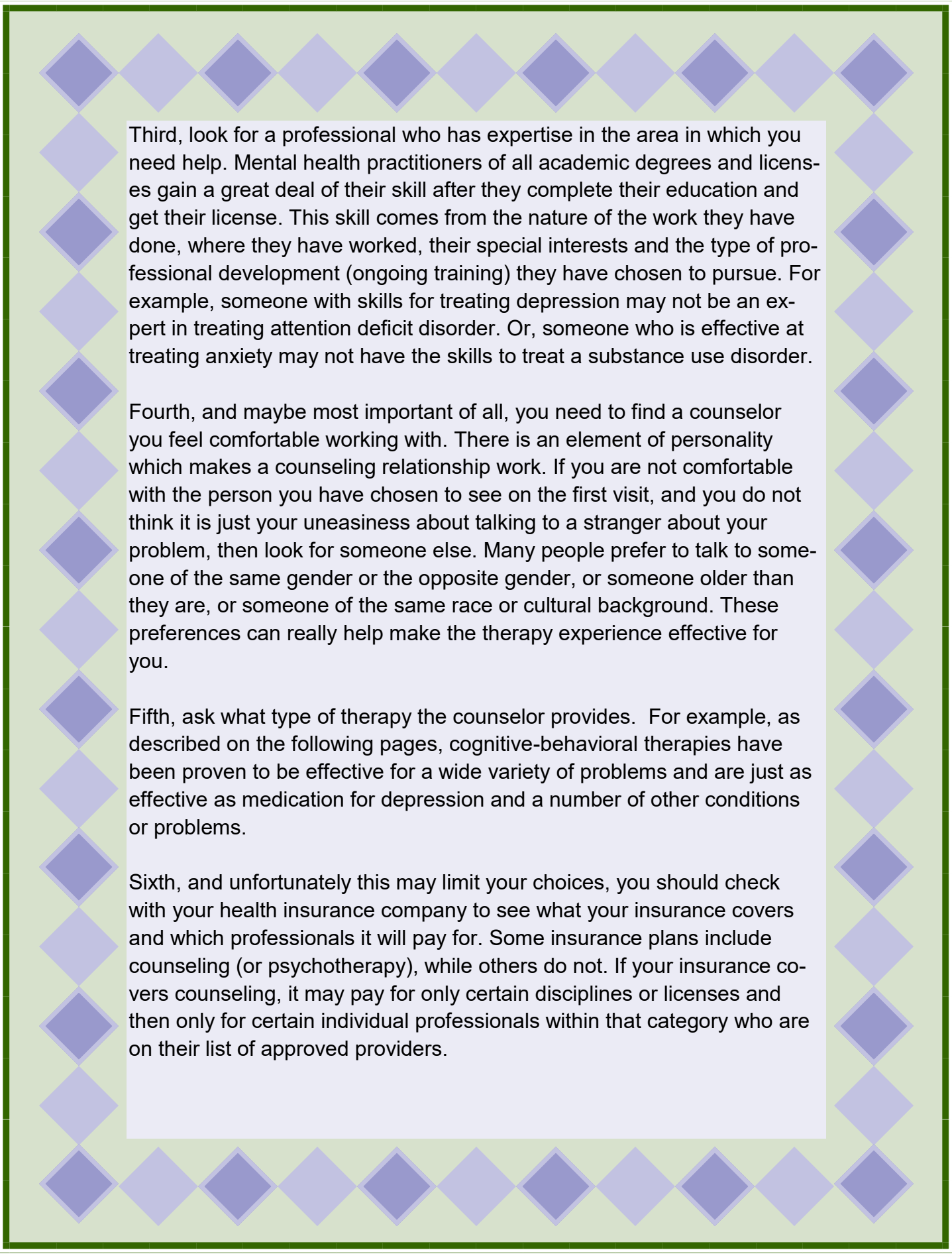
How to Decide Where to Get Help

There are several things to consider when choosing a counselor. It's okay to be choosy! Don't be shy about checking around. Much of your success depends on making a good choice.

First, ask questions at the time you call to make an appointment. It is helpful to make a list of the questions you think are important to you before you make the call. You can ask the receptionist some of the questions or ask the professional directly. Questions you should ask may include:

- What kinds of counseling services do you provide?
- What professional license do you have?
- Do you have experience treating people with _____?
- How many years of experience do you have?
- What insurances do you accept? Do you have a sliding fee scale?
- I prefer to see a male counselor; is there one available on your staff?
- I prefer to see an African-American counselor; do you have one on staff?
- Do you have a counselor who speaks Spanish [or other language]?
- What if I need medication; who will prescribe it to me and how will I get it?

Second, be sure that the professional is licensed and in good standing. Check the website listed on page 9 or call the Bureau of Health Professionals. Ask other people who might be knowledgeable. Your family doctor or pastor might be able to refer you to counselors that they have worked with over the years. You can ask the counselor about their education and training and to see their license.



Third, look for a professional who has expertise in the area in which you need help. Mental health practitioners of all academic degrees and licenses gain a great deal of their skill after they complete their education and get their license. This skill comes from the nature of the work they have done, where they have worked, their special interests and the type of professional development (ongoing training) they have chosen to pursue. For example, someone with skills for treating depression may not be an expert in treating attention deficit disorder. Or, someone who is effective at treating anxiety may not have the skills to treat a substance use disorder.

Fourth, and maybe most important of all, you need to find a counselor you feel comfortable working with. There is an element of personality which makes a counseling relationship work. If you are not comfortable with the person you have chosen to see on the first visit, and you do not think it is just your uneasiness about talking to a stranger about your problem, then look for someone else. Many people prefer to talk to someone of the same gender or the opposite gender, or someone older than they are, or someone of the same race or cultural background. These preferences can really help make the therapy experience effective for you.

Fifth, ask what type of therapy the counselor provides. For example, as described on the following pages, cognitive-behavioral therapies have been proven to be effective for a wide variety of problems and are just as effective as medication for depression and a number of other conditions or problems.

Sixth, and unfortunately this may limit your choices, you should check with your health insurance company to see what your insurance covers and which professionals it will pay for. Some insurance plans include counseling (or psychotherapy), while others do not. If your insurance covers counseling, it may pay for only certain disciplines or licenses and then only for certain individual professionals within that category who are on their list of approved providers.

How Counseling Works

You may wonder what happens in a counseling or psychotherapy session. Counseling or therapy relies a lot on the professional relationship to help you change. One of the most effective types of therapy is cognitive-behavioral therapy which incorporates educational and problem-solving methods to help a person make positive changes. For example, Brief Solution-Focused Therapy has been shown to be very effective for a variety of issues and problems. For young children, play therapy and family therapy are considered best practice. Adolescents often work well in group therapy. The national average for adults in individual counseling is six sessions. Your own problem may take more or less time for you to feel you have achieved the result you want.

Remember, you are the one
who should decide what
you want out of counseling.
It is your decision, not
the professional's.

Therapy is often used either alone or in combination with medications and actually involves a variety of treatment techniques. During therapy, the client talks to a licensed and trained mental health and/or substance use disorder (SUD) treatment professional who helps him or her identify and work through the factors that may be triggering their problems. Therapy helps people to:

- Understand the behaviors, emotions and ideas that contribute to their problems, symptoms or illness and learn how to modify them
- Understand and identify the life problems or events like a major illness, a death in the family, a loss of a job or a divorce that contribute to their illness and help them understand which aspects of those problems they may be able to resolve or improve Regain a sense of control and pleasure in life Learn coping techniques and problem-solving skills

Types of Counseling

Therapy can be given in a variety of formats, including:

Individual: This therapy involves only the client and the therapist.

Group: Three or more clients may participate in therapy at the same time. Clients are able to share experiences and learn that others have similar feelings and have had similar experiences.

Marital/Couples: This type of therapy helps spouses and partners understand their loved one's mental health or substance use disorder, what changes in communication and behaviors can help, and what they can do to cope.

Family: Because family is a key part of the team that helps people with mental health and substance use problems get better, it is sometimes helpful for family members to understand what their loved one is going through, how they themselves can cope, and what they can do to help.

Counseling Methods

While therapy can be done in different formats like family, group and individual there are also several different approaches that mental health professionals can take to provide therapy. After talking with the client about their disorder, the therapist or counselor will decide which approach to use based on the suspected underlying factors contributing to the condition.

How Counseling Is Paid For

Health Insurance: The benefits included in any commercial health insurance plan are decided by your employer or your personal selection of the coverage. Mental health services are not always included. You need to review your policy in order to understand what services are covered, including types of providers and facilities you can seek help from. Parity legislation enacted in 2014 requires most health insurance to cover mental health conditions.

Medicaid: Medicaid pays for mental health and substance use disorder counseling in two ways. If you have chosen a Medicaid health plan (also called an HMO), your health plan includes a mental health counseling benefit if needed. Check your Medicaid card for the name of your health plan and call their toll-free number to ask about how you can get counseling.

If you haven't chosen a qualified health plan and you have Medicaid, you can enroll in a health plan by calling Michigan Enrolls at 1-888-367-6557. Medicaid also covers services for people with serious mental illness who need more than just counseling and this is available through Community Mental Health. Call Saginaw County Community Mental Health Authority at 1-800-258-8678 for more information about treatment for a serious mental illness, emotional disturbance or a substance use disorder.

Healthy Michigan Plan: The Healthy Michigan Plan is Michigan's health care program for individuals who qualify under the Medicaid expansion criteria. It is operated through the Michigan Department of Health and Human Services. Enrollment for the Healthy Michigan Plan began on April 1, 2014 and covers individuals who make up to 138% of the federal poverty level. That works out to about \$16,800 a year for one person or \$34,600 for a family of four. Additionally, those who are eligible must be:

- Ages 19 to 64
- Not currently eligible for Medicaid
- Not enrolled in or qualified for Medicare
- Not pregnant when applying for the Healthy Michigan Plan
- Michigan residents

The Healthy Michigan Plan covers outpatient mental health and substance use disorder treatment services. For more information about what the Healthy Michigan Plan covers, who is eligible and how to apply, visit www.michigan.gov/healthmichiganplan. Or, call the Beneficiary Help Line at 1-800-642-3195 if you have questions or need help. You can apply for Healthy Michigan online at www.michigan.gov/mibridges. If you have Medicaid insurance, contact your provider to inquire about transportation assistance to therapy appointments.

Saginaw Health Plan (SHP)

In January, 2019 the Saginaw Health Plan will end medical, dental and prescription benefit programs. Apparently, they are not stopping operations, just stopping the benefits provided to individuals who are low income and uninsured. Since the Saginaw Health Plan will continue to help individuals learn about what coverage they are eligible for and to enroll in Medicaid and Health Michigan, we might want to include it as a resource for such assistance.

The Saginaw Health Plan is a community supported non-profit program designed to provide health care coverage to the uninsured residents of Saginaw County. The Saginaw Health Plan is located in the Saginaw County Health Department at 1600 N. Michigan Ave. Suite 202. Hours of operation are Monday-Friday 9:00 am - 5:00 pm.

To qualify for benefits:

- You must live in in Saginaw County
- You must be over the age of 19 (including people over 65 who do not qualify for Medicare)
- You cannot have any other health insurance
- You must meet the income requirements based on federal Poverty Levels

Member Benefits:

- Doctor Visits
- Lab tests
- Prescriptions
- Medical Supplies
- Mental Health
- Dental

Learn about financial assistance to help you pay for health coverage by calling the Saginaw Health Plan at 989-341-3900 or visiting <https://www.MIcoverage.org>

Some health insurance options are only open for enrollment between November 1 and December 15, so do not delay.

If you would like to see what other programs you may qualify for, please click here <http://www.saginawhealthplan.org/income-guidelines.html>

For information about the Marketplace Enrollment go to http://www.saginawhealthplan.org/uploads/1/2/6/1/12617007/marketplace_education_and_enrollment_shp_2017-2018_rev_10-31-17.pdf

Healthy Michigan Plan Handbook can be found at http://www.saginawhealthplan.org/uploads/1/2/6/1/12617007/hmp_handbook.pdf

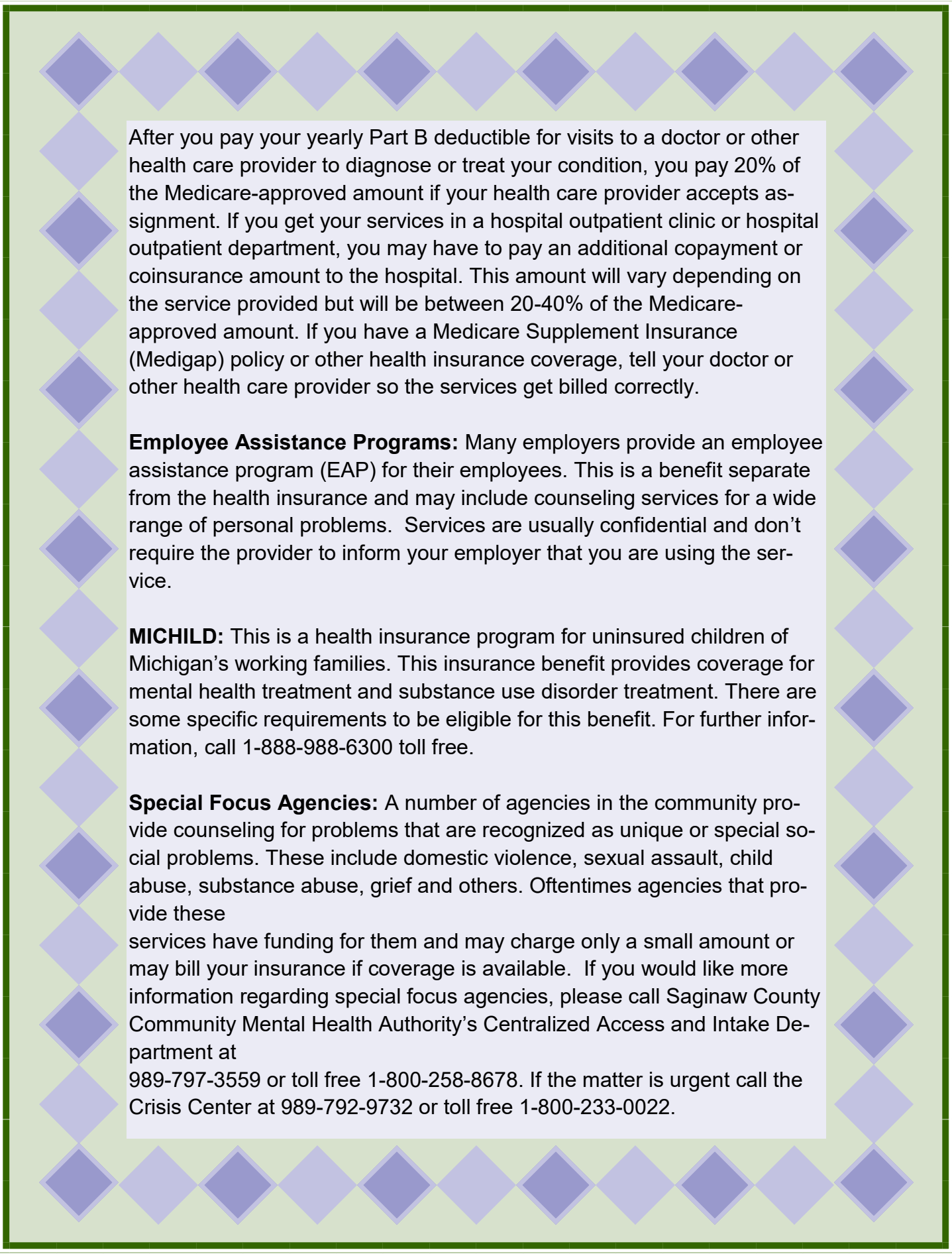
For frequently asked questions about Healthy Michigan Plan go to http://www.saginawhealthplan.org/uploads/1/2/6/1/12617007/hmp_faqs.pdf



Finding an Insurance Plan:

The ACA (Affordable Care Act, also known as “Obamacare”) allows people to purchase health insurance through a Health Insurance Exchange/ Marketplace during annual open enrollment periods unless they have a life change that qualifies them for the special enrollment period. Qualifying events include marriage, divorce or the birth of a baby, a change in residence, loss of health insurance coverage, and others. Depending on your family situation and annual income, you may be able to get a tax credit to help offset your health insurance costs. You can visit www.healthcare.gov to see if you qualify for a tax credit before you start buying your plan. Since Michigan does not have its own health insurance exchange residents can use the Health Insurance Marketplace which is the Health Insurance Exchange run by the federal government. The next open enrollment period is November 1, 2019 - December 2019 for a plan that starts in 2020. For more information visit about signing up for an insurance plan, www.healthcare.gov or call 1-800-318-2596.

Medicare: Medicare Part B (Medical Insurance) helps cover mental health treatment and services that you generally would get outside of a hospital, such as visits with a psychiatrist or other doctor, clinical psychologist, clinical social worker, clinical nurse specialist, nurse practitioner, or physician assistant. These health professionals must accept assignment if they participate in Medicare. When a professional accepts assignment they agree: to be paid directly by Medicare, to accept the payment amount Medicare approves, and not to bill you for more than the allowable Medicare deductible and coinsurance. Ask your health care provider if they accept assignment before you schedule an appointment.



After you pay your yearly Part B deductible for visits to a doctor or other health care provider to diagnose or treat your condition, you pay 20% of the Medicare-approved amount if your health care provider accepts assignment. If you get your services in a hospital outpatient clinic or hospital outpatient department, you may have to pay an additional copayment or coinsurance amount to the hospital. This amount will vary depending on the service provided but will be between 20-40% of the Medicare-approved amount. If you have a Medicare Supplement Insurance (Medigap) policy or other health insurance coverage, tell your doctor or other health care provider so the services get billed correctly.

Employee Assistance Programs: Many employers provide an employee assistance program (EAP) for their employees. This is a benefit separate from the health insurance and may include counseling services for a wide range of personal problems. Services are usually confidential and don't require the provider to inform your employer that you are using the service.

MICHILD: This is a health insurance program for uninsured children of Michigan's working families. This insurance benefit provides coverage for mental health treatment and substance use disorder treatment. There are some specific requirements to be eligible for this benefit. For further information, call 1-888-988-6300 toll free.

Special Focus Agencies: A number of agencies in the community provide counseling for problems that are recognized as unique or special social problems. These include domestic violence, sexual assault, child abuse, substance abuse, grief and others. Oftentimes agencies that provide these services have funding for them and may charge only a small amount or may bill your insurance if coverage is available. If you would like more information regarding special focus agencies, please call Saginaw County Community Mental Health Authority's Centralized Access and Intake Department at 989-797-3559 or toll free 1-800-258-8678. If the matter is urgent call the Crisis Center at 989-792-9732 or toll free 1-800-233-0022.

Community Funding: Some agencies have funding from United Way or other private funding such as church funding. They may offer services at a lower cost or on a sliding fee scale based on the person's ability to pay.


Private Pay: Some therapists provide counseling for private pay. Ask them what they charge per hour and ask them how many times they would expect to see you so that you know what the total cost might be. Some agencies and therapists will offer services on a sliding fee scale based on a person's ability to pay.



The Client/Counselor Relationship

All mental health and SUD substance use disorder treatment professionals have a code of ethics, which prohibits them from using their professional relationships with clients to meet their personal, emotional or sexual needs. No therapist should ever ask you for personal favors or enter into an intimate or sexual relationship with you. The counseling relationship should stay in the counseling office. The counseling relationship is always a confidential one; however, licensed counselors in Michigan must, by law, report child abuse, the abuse of vulnerable adults or threats of violence toward another named person, as well as take action when a client threatens to harm themselves (as a suicide prevention measure).





Advocacy Resources

Advocacy Resources:

An advocacy organization may provide a support group or selfhelp group, but just as important, they offer to help individuals get the services they need or are entitled to. Listed below are a few important mental health advocacy organizations. They have national, state and local chapters.

American Civil Liberties Union (ACLU) of Michigan:
313-578-6800

ARC:
800-433-5255

Association for Children's Mental Health:
888-226-4543 or 517-372-4016

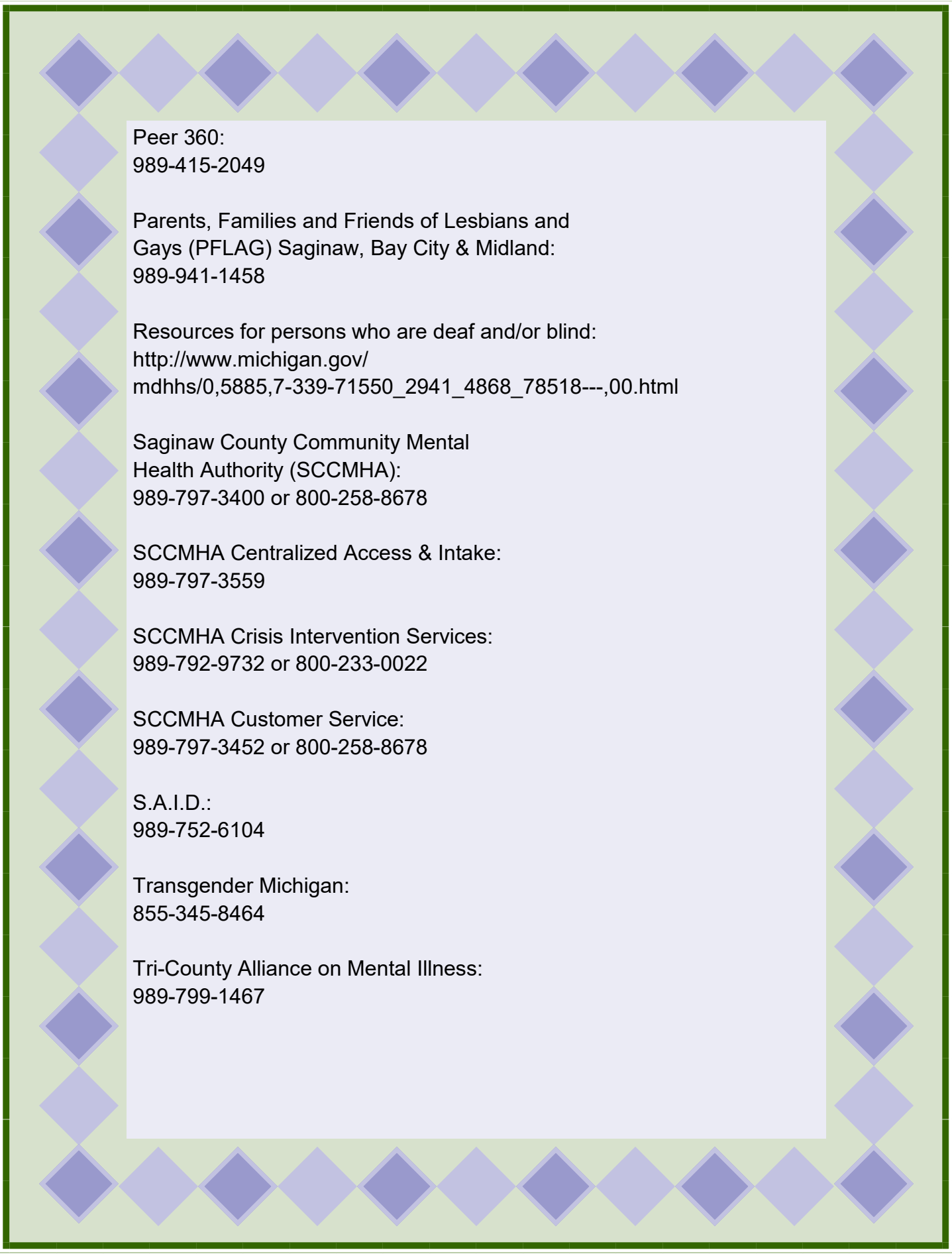
Disability Network of Mid-Michigan:
800-782-4061

Equality Michigan:
313-537-7000

Mental Health Association in Michigan (MHAM):
248-473-3143

Michigan Protection & Advocacy Services (MPAS):
800-288-5923

National Alliance on Mental Illness (NAMI):
800-950-6264



Peer 360:
989-415-2049

Parents, Families and Friends of Lesbians and
Gays (PFLAG) Saginaw, Bay City & Midland:
989-941-1458

Resources for persons who are deaf and/or blind:
[http://www.michigan.gov/
mdhhs/0,5885,7-339-71550_2941_4868_78518---,00.html](http://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4868_78518---,00.html)

Saginaw County Community Mental
Health Authority (SCCMHA):
989-797-3400 or 800-258-8678

SCCMHA Centralized Access & Intake:
989-797-3559

SCCMHA Crisis Intervention Services:
989-792-9732 or 800-233-0022

SCCMHA Customer Service:
989-797-3452 or 800-258-8678

S.A.I.D.:
989-752-6104

Transgender Michigan:
855-345-8464

Tri-County Alliance on Mental Illness:
989-799-1467

AIDS Partnership

Self-help groups for those affected with HIV AIDS

1-800-872-AIDS (2437)

Hearth Home; 732 Hoyt St. by appointment

989-753-9011

Sacred Heart; 301 E. Genesee Ave., Ste 212 by appointment

989-776-6000 Ext. 6516

Al-Anon

Support group for friends and families of problem drinkers

Tuesday at 8pm

Holy Spirit Church; 1035 N. River Rd.

1-888-425-2666

www.al-anon.alateen.org

Alcoholics Anonymous

989-776-1241

www.saginawaa.org

Alzheimer's Association

Support group Saginaw

Second Tuesday, 2pm-3:30pm

Edgewood Assisted Living Care

989-497-9970

American Pregnancy Hotline

Information on pregnancy and options for teens

1-866-942-6466

Anger Management

To help individuals manage anger or violent behavior

Call for dates and times

CST Counseling

120 N. Michigan

989-793-2515

Another View of Impaired Driving

To help offenders realize the lasting effects of substance impaired driving

Cost: \$35, no checks

Third Tuesday, 6:30pm

Fire Station #3; 155 N. Center Rd., Saginaw

989-529-1277

Autism Society

Exists to improve lives of those affected with autism

517-882-2800

www.Autism-mi.org

Brain Injury Association

Information on brain injury

1-800-444-6443 or 1-810-229-5880

Children's Domestic Violence

Support Group

Children ages 4-10 who have witnessed domestic violence

Thursday, 4:30pm-5:30pm

Underground Railroad, call for location

989-755-0413

Christians with Addictions

Provides Christian outlook to the AA 12 Step Program, closed meetings

Transportation Available

Monday, 6 pm

Old Town Christian Outreach Center; 600 Gratiot, Saginaw

989-249-8696

Debtors Anonymous

Support for those affected with debt

1-800-421-2383

Depression & Bipolar Support Alliance
Support and help for those who have mood disorder
www.dbsalliance.org

Domestic Violence Support Group
Wednesday, 11am-Noon; 6:30pm-7:30pm
Underground Railroad, call for location
989-755-0413

Families Against Narcotics (FAN)
2nd Thursday No Times Listed
Delta College
University Center
glbrfan@familiesagainstnarcotics.org

Fetal Alcohol Spectrum Disorders (FASD)
Support for families affected by FASD
Michigan State Coordinator
517-335-8499

Food Addicts
Support groups for those with food addictions
Tuesday, 7pm
Saginaw Valley Community Church; 3660 Hermansau, Saginaw
989-752-4769

Gamblers Anonymous
Support group for anyone experiencing gambling problems
Tuesday & Thursday, 7pm
HealthSource Hospital Cafeteria; 3340 Hospital Road, Saginaw
989-790-7700
1-800-270-7117 Hot-Line
www.gamblersanonymous.org



Grief Support Group
Southern Care
6272 State Street
989-790-7533

Human Trafficking
Hotline for individuals seeking help from human trafficking
Available 24 hours a day, 7 days per week
1-888-373-7888

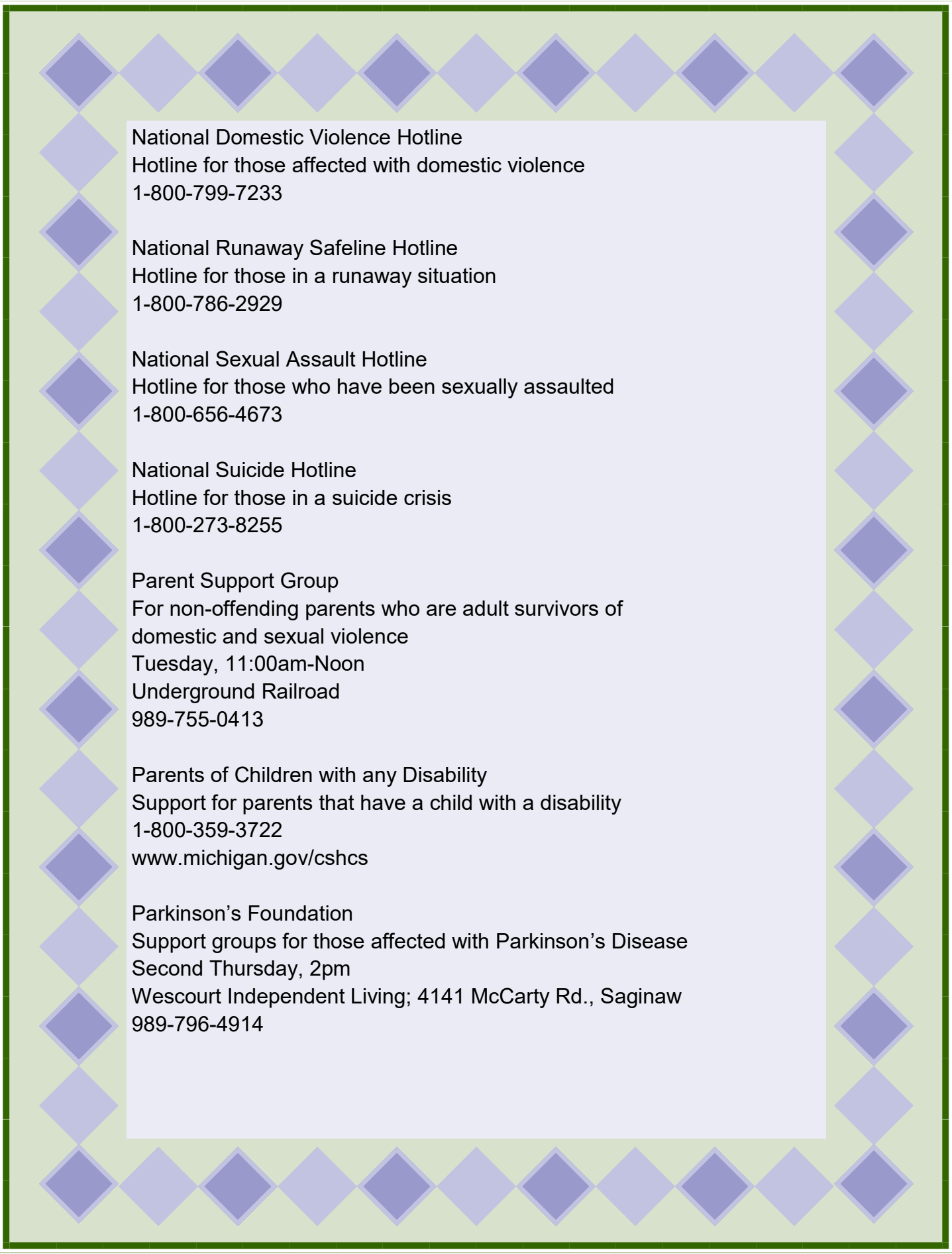
Innerlink Runaway Services
Short term emergency shelter for ages 12-17 years
and for teen mothers 17 years and under
989-753-3431

Michigan Tobacco Quit Line
Coaching for those interested in stopping smoking
1-800-784-8669

Multiple Sclerosis (MS)
Support group for those affected with MS
Second Tuesday, 6:30pm-7:30pm
St. Mary's of Michigan; 4599 Towne Centre, Saginaw
989-497-3023

Naranon Family Friends
For those who are concerned about addiction problem of
another person
Wednesday, 7:30pm
HealthSource Saginaw; 3340 Hospital Road, Saginaw
989-790-7700
www.nar-anon.org

Narcotics Anonymous
1- 800-801-7177 or 989-698-2977



National Domestic Violence Hotline
Hotline for those affected with domestic violence
1-800-799-7233

National Runaway Safeline Hotline
Hotline for those in a runaway situation
1-800-786-2929

National Sexual Assault Hotline
Hotline for those who have been sexually assaulted
1-800-656-4673

National Suicide Hotline
Hotline for those in a suicide crisis
1-800-273-8255

Parent Support Group
For non-offending parents who are adult survivors of
domestic and sexual violence
Tuesday, 11:00am-Noon
Underground Railroad
989-755-0413

Parents of Children with any Disability
Support for parents that have a child with a disability
1-800-359-3722
www.michigan.gov/cshcs

Parkinson's Foundation
Support groups for those affected with Parkinson's Disease
Second Thursday, 2pm
Wescourt Independent Living; 4141 McCarty Rd., Saginaw
989-796-4914

Peer 360 Recovery Alliance
Informal gathering of those in recovery
Tuesdays, 9:30am
Unity Club; 1151 N. Niagara, Saginaw
(989) 332-9131

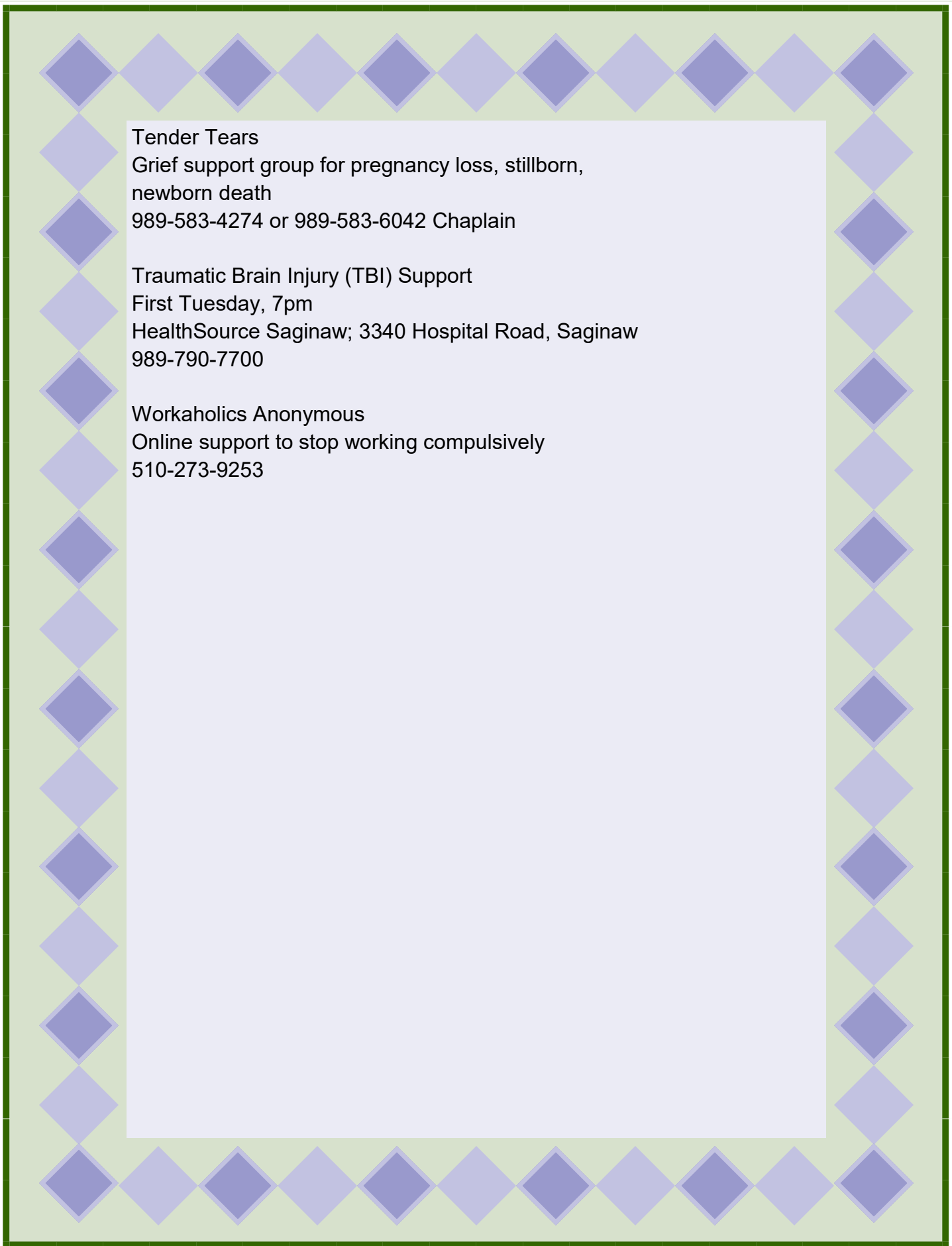
Sex Addicts Anonymous
1-800-477-8191
www.saa-recovery.org

Spinal Cord Injury Resource Group
A diverse group of individuals with various spinal cord injuries;
support and education
Third Tuesday, every other month starting in January
St. Mary's of Michigan; 4599 Towne Centre, Saginaw
989-497-3075

Spousal Loss Recovery
Grief support group for persons who have lost spouses or
life partners
6 week series
Covenant HealthCare; 5400 Mackinaw, Saginaw
989-583-5267

Stroke Support
First Wednesday, 3pm
HealthSource Saginaw; 3340 Hospital Road, Saginaw
989-790-7700 989-790-7830

Survivors of Suicide
A support group for families and friends of loved ones who
have died of suicide
First and third Thursday, 7pm-8:30pm
Child & Family Services; 2806 Davenport Ave., Saginaw
State Street United Methodist Church; 3617 Mackinaw Street, Saginaw
989-781-5260



Tender Tears

Grief support group for pregnancy loss, stillborn,
newborn death

989-583-4274 or 989-583-6042 Chaplain

Traumatic Brain Injury (TBI) Support

First Tuesday, 7pm

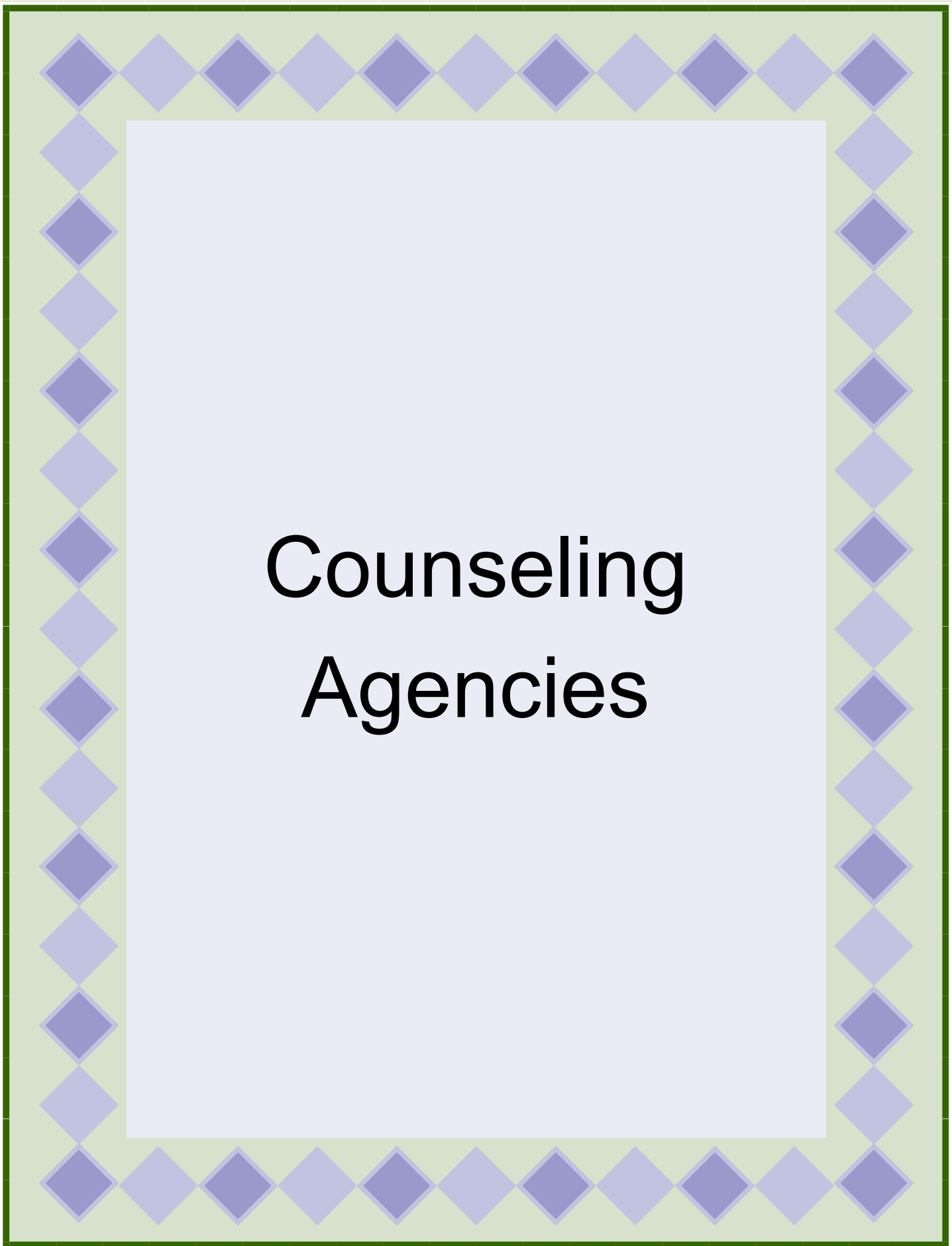
HealthSource Saginaw; 3340 Hospital Road, Saginaw

989-790-7700

Workaholics Anonymous

Online support to stop working compulsively

510-273-9253



Counseling Agencies

Aleda E. Lutz VA Medical Center

1500 Weiss Street

Saginaw, MI 48602

Phone 989-497-2500

<https://www.saginaw.va.gov>

VA Health Care Annex

4241 Barnard St

Saginaw, MI 48602

Phone 989-497-2500

<https://www.saginaw.va.gov>

Nearest Intersection: Bay and Weiss

Hours of Operation: Monday-Friday, 8 a.m.-4:30 p.m.

Weekend Hours: By appointment

Hours of Psychiatric Services: Monday-Friday, 8 a.m.-4:30 p.m.

Number of Male Therapists: Number of Female Therapists:

Therapist willing to do therapy out of office: Yes

Accessibility

Deaf /Hard of Hearing

Interpreter: Yes

Spanish Speaking: Yes

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Other Languages: Yes

Availability

Adult (18 & up): Yes

Adolescent (13-17): No

Children (6-12): No

Family: Yes

Marriage: Yes

Describe if yes: The Medical Center provides mental health interventions for qualifying Veterans and with their families as indicated. The Medical Center location has all the accessibility options noted above and availability only for Veterans with their families as indicated

Therapy Focus

For Depression: Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, and Interpersonal Therapy;

For Post-Traumatic Stress Disorder: Cognitive Processing Therapy and Prolonged Exposure;

For Substance Use Disorder: Motivational Enhancement Therapy and Cognitive Behavioral Therapy for SUD;

For Chronic Pain and Insomnia: Cognitive Behavioral Therapy;

For Couples: Integrative Behavioral Couples Therapy (IBCT) and Cognitive Behavioral Conjoint Therapy (CBCT) for PTSD

For Primary Care Mental Health Integration: Problem Solving Therapy (PST)

Cultural Diversity

Native American, African American, Hispanic, Lesbian, Gay, Bisexual, Transgender, Queer or Questioning (LGBTQ+)

Insurance Information

Accept Medicaid: No

Accept Medicare Type B: No

Commercial Insurances: No

Because this is the Department of Veteran Affairs, our services are for Veterans only!

Veterans must first qualify to receive services provided by the VA regardless of subscribing to commercial insurance. If qualified Veterans subscribe to commercial insurances, they may be billed for third party reimbursement.

Sliding Fee Scale: No

Child and Family Service of Saginaw County

2806 Davenport Ave.

Saginaw, MI 48602

Phone 989-790-7500

www.childandfamilysaginaw.org

Nearest Intersection: Bay Rd. and Davenport Ave.

Hours of Operation: Monday-Thursday 8 a.m.-8 p.m. Friday 8 a.m. -1 p.m.

Weekend Hours: Closed

Hours of Psychiatric Services: Friday, 8 a.m.-1 p.m.

Number of Male Therapists: 4 Number of Female Therapists: 20

Therapist willing to do therapy out of office: No

Accessibility

Deaf /Hard of Hearing

Interpreter: Yes

Spanish Speaking: No

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Other Languages: Yes

Describe if yes: We will arrange for an interpreter from V.O.I.C.E for deaf/hard of hearing and Spanish.

Availability

Adult (18 & up): Yes

Adolescent (13-17): Yes

Children (6-12): Yes

Family: Yes

Marriage: Yes

Therapy Focus

EMDR (Eye Movement Desensitization Reprocessing) and TFCBT (Trauma Focused Cognitive Behavior Therapy)

Cultural Diversity

Lesbian, Gay, Bisexual, Transgender, Queer or Questioning (LGBTQ+).



Insurance Information

Accept Medicaid: Yes, Molina, United Healthcare, and McLaren

Accept Medicare Type B: Yes

Commercial Insurances: Yes

Sliding Fee Scale: Yes

David E Gaffney, LMSW BCCH EFT-Adv

5090 State St, Suite 103-B

Saginaw, MI 48603

Phone 989-980-1233

www.dgaffney.net

Nearest Intersection: State Street and Center (2nd building in the Professional Arts Center next to Taco Bell)

Hours of Operation: Evenings and Weekends by appointment

Weekend Hours: Saturday 8 a.m. -2 p.m. Sunday 8 a.m. - 12 p.m.

Hours of Psychiatric Services: NA

Number of Male Therapists: 1 Number of Female Therapists: 0

Therapist willing to do therapy out of office: No

Accessibility

Deaf /Hard of Hearing

Interpreter: No

Spanish Speaking: No

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Other Languages: No

Availability

Adult (18 & up): Yes

Adolescent (13-17): Yes

Children (6-12): Yes

Family: Yes

Marriage: No

Describe if yes: Provide individual, family, and group services to all who are verbal and willing to participate. Must be 6 or older. Family therapy is available but I refer out all couples counseling.

Therapy Focus

Psychotherapy:

Individual, Group, and Family Therapy for: trauma, chronic pain, sleep

problems, depression, anxiety, phobias, interpersonal conflicts, patterns of self-sabotage and need for habit/behavior change

Advanced training in: EMDR (Eye Movement Desensitization and Reprocessing); EFT (Emotional Freedom Techniques); Cognitive Behavioral Therapy for Chronic Pain, Insomnia, Depression, Anxiety, Trauma; Interpersonal Psychotherapy for Depression; Prolonged Exposure Therapy for PTSD; NLP (Neurolinguistic Programming) for Trauma and Phobias; Strategic, Structural, and Solution-Focused Family Therapy.

Integrated Behavioral Medicine:

Biofeedback, Neurofeedback, NLP (Neurolinguistic Programming), and EFT (Emotional Freedom Techniques) for: PTSD, ADHD, Academic Underperformance, Sleep Problems, IBS, Immune Disorders, Chronic Pain, Pre/Post Surgery, Fibromyalgia and Chronic Fatigue, Anger and Rage Disorders, Habit Disorders, Weight Loss, Smoking Cessation, Chronic Disease Coping and Adaptation.

Group and individual instruction in mindfulness, meditation, and mind-body tools for improving stress and wellness.

Hypnotherapy:

For academic difficulties, performance anxiety, rapid trauma resolution, behavioral change, habit correction, anxiety and phobia treatment, weight loss, smoking cessation, self-confidence and shyness, improved health coping.

Specialist Certifications (by Exam) in Hypnosis for each of the following areas: ADD-ADHD, Caregiver Support, Childbirth, Immune Disorders, Pain Management, Pre-Post Surgery, PTSD, Trauma Recovery, Sports and Academic Performance.

Cultural Diversity

Native American, African-American, Hispanic, Lesbian, Gay, Bisexual, Transgender, Queer or Questioning (LGBTQ+), Military, Veterans, and family of military



Insurance Information

Accept Medicaid: No

Accept Medicare Type B: Yes

Commercial Insurances: Yes, BCBS Michigan, Blue Care Network, Medicare Advantage

Sliding Fee Scale: Yes

Great Lakes Bay Health Centers

3023 Davenport Ave

Saginaw, MI 48602

Phone 989-907-2761

www.Greatlakesbayhealthcenters.org

Nearest Intersection: Bay Rd. and Davenport

Hours of Operation: Monday, Wednesday-Friday 8 a.m.-5 p.m., Tuesday 8 a.m.-8 p.m.

Weekend Hours: NA

Hours of Psychiatric Services: Monday, Wednesday-Friday 8 a.m.-5 p.m., Tuesday 8 a.m.-8 p.m.

Number of Male Therapists: 0 Number of Female Therapists: 10

Therapist willing to do therapy out of office: No

Accessibility

Deaf /Hard of Hearing

Interpreter: Yes

Spanish Speaking: Yes

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Other Languages:

Describe if yes:

Availability

Adult (18 & up): Yes

Adolescent (13-17): Yes

Children (6-12): Yes

Family: Yes

Marriage: Yes

Therapy Focus

Art Therapy, Play Therapy, EMD, Sand Tray Therapy, Sexual Assault Therapy, TF-CRT, Trauma Processing Therapy, Talk TalkTherapy

Cultural Diversity

Native American, African-American, Hispanic, Lesbian, Gay, Bisexual, Transgender, Queer or Questioning (LGBTQ+)



Insurance Information

Accept Medicaid: Yes, we accept all insurances and health plans

Accept Medicare Type B: Yes

Commercial Insurances: Yes

Sliding Fee Scale: Yes

Healthsource – Saginaw Behavioral Professional Services

3340 Hospital Road

Saginaw, MI 48603

Phone 989-790-7742

www.healthsourcesaginaw.org

Nearest Intersection: Shattuck and Hospital Rd.

Hours of Operation: Mondays 8 a.m.-5 p.m., Tuesdays 8 a.m.-8 p.m., Wednesdays 8 a.m.-5:45 p.m., Thursdays 8 a.m.-8 p.m., Fridays 8 a.m.-12 p.m.,

Weekend Hours: None

Hours of Psychiatric Services: Mondays 9 a.m.-5 p.m., Tuesdays 9 a.m.-5 p.m., Wednesdays 12 p.m.-6 p.m., Thursdays 2 p.m.-5 p.m.,

Number of Male Therapists: 3 Number of Female Therapists: 2

Therapist willing to do therapy out of office: No

Accessibility

Deaf /Hard of Hearing

Interpreter: Yes

Spanish Speaking: Yes

Barrier Free/Accessible: Yes

Near Bus Route: No

Other Languages: Yes

Describe if yes: Behavioral Professional Services utilizes language assistance services.

Availability

Adult (18 & up): Yes

Adolescent (13-17): Yes

Children (6-12): Yes

Family: Yes

Marriage: Yes

Therapy Focus

Marriage and Family Counseling

Substance Use Disorders



Insurance Information

Accept Medicaid: Yes, Molina and McLaren

Accept Medicare Type B: Yes

Commercial Insurances: Most commercial insurances

Sliding Fee Scale: No

Hope Christian Counseling, PLLC

1711 Court Street

Saginaw, MI 48602

Phone 989-399-9233

www.hopechristiancounseling.com

Nearest Intersection: Court and Carolina Streets

Hours of Operation: Monday 8 a.m.-11 a.m. Tuesday-Friday 8 a.m.-9 p.m.

Weekend Hours: By appointment

Hours of Psychiatric Services:

Number of Male Therapists: 1 Number of Female Therapists: 0

Therapist willing to do therapy out of office: No

Accessibility

Deaf /Hard of Hearing

Interpreter:

Spanish Speaking: No

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Other Languages:

Describe if yes: Hearing interpreter available through individual's medical insurance

Availability

Adult (18 & up): Yes

Adolescent (13-17): Yes

Children (6-12): Yes

Family: Yes

Marriage: Yes

Therapy Focus

Cognitive Behavioral Therapy; Rational Emotive Behavioral Therapy; Cognitive Behavioral Couple Therapy



Insurance Information

Accept Medicaid: Yes, McLaren, Cigna, BCBS, Meridian

Accept Medicare Type B:

Commercial Insurances:

Sliding Fee Scale: No

Hope Network New Passages

1320 N. Michigan Ave, Ste 5

Saginaw, MI 48602

Phone 989-401-9015

www.hopenetwork.org/therapy

Nearest Intersection: N. Michigan and W. Genesee Ave

Hours of Operation: Monday-Friday, 9 a.m.-5 p.m.

Weekend Hours: Nights and Saturdays available by appointment

Hours of Psychiatric Services: Monday-Friday, 9 a.m.-5 p.m. Nights and Saturdays available by appointment

Number of Male Therapists: 0 Number of Female Therapists: 3

Therapist willing to do therapy out of office: No

Accessibility

Deaf /Hard of Hearing

Interpreter: Yes

Spanish Speaking: Yes

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Other Languages: Yes

Availability

Adult (18 & up): Yes

Adolescent (13-17): Yes

Children (6-12): Yes

Family: Yes

Marriage: Yes

Describe if yes: We can offer LEP services to consumers at no cost to the consumer

Therapy Focus

Motivational Interviewing, Certified Alcohol and Drug Counselor, Animal Assisted Therapy – Certified Human Animal Interventions Specialist

Cultural Diversity

Lesbian, Gay, Bisexual, Transgender, Queer or Questioning (LGBTQ+)



Insurance Information

Accept Medicaid: Yes, Blue Cross Complete, Straight- no HMO

Accept Medicare Type B: Yes

Commercial Insurances: Yes, Humana, Tricare Military, Magellan

Sliding Fee Scale: Yes

Katherine Arkell

5090 State St, Suite 102-B

Saginaw, MI 48603

Phone 479-685-7830

www.kdaplay.com

Nearest Intersection: State St and Center St.

Hours of Operation: Monday-Thursday 11 a.m.-7 p.m.; Friday 9 a.m.-3 p.m.

Weekend Hours: N/A

Hours of Psychiatric Services: N/A

Number of Male Therapists: 0 Number of Female Therapists: 1

Therapist willing to do therapy out of office: No

Accessibility

Deaf /Hard of Hearing

Interpreter: No

Spanish Speaking: No

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Other Languages: No

Describe if yes:

Availability

Adult (18 & up): Yes

Adolescent (13-17): Yes

Children (6-12): Yes

Family: Yes

Marriage: No

Therapy Focus

Play Therapy, Sand Tray Therapy, Art and Expressive Therapies



Insurance Information

Accept Medicaid: Yes, Blue Cross Complete, Straight- no HMO

Accept Medicare Type B: Yes

Commercial Insurances: Yes, Humana, Tricare Military, Magellan

Sliding Fee Scale: Yes

List Psychological Services, PLC

5024 N. Center Rd.

Saginaw, MI 48604

Phone 989-790-3130

www.listpsych.com

Nearest Intersection: Tittabawassee Rd and N. Center Rd.

Hours of Operation: Monday-Thursday 8 a.m.-9 p.m.; Friday 8 a.m.-5 p.m.

Weekend Hours: N/A

Hours of Psychiatric Services: Friday 8:30 a.m.-4 p.m.

Number of Male Therapists: 4 Number of Female Therapists: 4

Therapist willing to do therapy out of office: No

Accessibility

Deaf /Hard of Hearing

Interpreter: Yes

Spanish Speaking: No

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Other Languages: Yes

Describe if yes:

Availability

Adult (18 & up): Yes

Adolescent (13-17): Yes

Children (6-12): Yes

Family: Yes

Marriage: Yes

Therapy Focus

CBT (Cognitive Behavioral Therapy), Solution focused, psychodynamic, EMDR (Eye Movement Desensitization and Reprocessing), Play Therapy, Sand Tray Therapy, Spiritual faith-based therapy, Crisis intervention

Cultural Diversity

It is the policy of List Psychological Services to recognize, respect, and respond to the unique culturally defined needs of persons and families within its service population.



Insurance Information

Accept Medicaid: Yes, Medicaid, Meridian, McLaren Medicaid, Blue Cross Complete Medicaid

Accept Medicare Type B: Yes

Commercial Insurances: Yes, most major insurance plans

Sliding Fee Scale: No

Michigan Comprehensive Professional Counseling Services, P.C.

1300 North Michigan

Saginaw, MI 48602

Phone 989-752-1668

Nearest Intersection: West Remington and West Genesee

Hours of Operation: By appointment only 8 a.m. to 7p.m.

Weekend Hours: By appointment only 10 a.m. to 2 p.m.

Hours of Psychiatric Services: Referrals are made to family physician or Independent Psychiatrist

Number of Male Therapists: 0 Number of Female Therapists: 3

Therapist willing to do therapy out of office: Yes

Accessibility

Deaf /Hard of Hearing

Interpreter: No

Spanish Speaking: No

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Other Languages: No

Describe if yes: We are all trained to work with families, children, couples, individuals, and adolescents

Availability

Adult (18 & up): Yes

Adolescent (13-17): Yes

Children (6-12): Yes

Family: Yes

Marriage: Yes

Therapy Focus

We use evidence-based techniques, interventions and strategies in our approach which include the following (CBT) Cognitive Behavior Therapy, (ACT) Acceptance and Commitment, (DBT) Dialectical Behavior Therapy, Mindfulness Based stress reduction (MBSR), Compassion Focused Therapy (CFT) and Positive Parenting. We attend trainings and workshops offered that are related to the various therapies.



Insurance Information

Accept Medicaid: Yes, United Health, Meridian, HAP, Blue Cross, McLaren, Molina. We do not accept straight Medicaid. We accept most of the HMOs and PPOs.

Accept Medicare Type B: Yes

Commercial Insurances: Yes, most all of them

Sliding Fee Scale: No

Sacred Heart Rehabilitation Center, Inc.

400 Stoddard Road

Richmond, MI 48062

Phone 810-392-2167

www.sacredheartcenter.com

Nearest Intersection: Bordman and M-19

Hours of Operation: Richmond - 24/7

Weekend Hours:

Hours of Psychiatric Services:

Number of Male Therapists: Number of Female Therapists:

Therapist willing to do therapy out of office: No

Accessibility

Deaf /Hard of Hearing

Interpreter: Yes

Spanish Speaking: No

Barrier Free/Accessible: Yes

Near Bus Route: No

Other Languages:

Describe if yes:

Availability

Adult (18 & up): Yes

Adolescent (13-17): Yes

Children (6-12): No

Family: Yes

Marriage: Yes

Therapy Focus

Motivational Interviewing; Contingency Management; Cognitive Behavioral Therapy; Seeking Safety



Insurance Information

Accept Medicaid: Yes

Accept Medicare Type B:

Commercial Insurances: Yes, all

Sliding Fee Scale: No

Sacred Heart Rehabilitation Center

301 East Genesee

Saginaw, MI 48607

Phone 989-776-6000

www.sacredheartcenter.com

Nearest Intersection: Franklin and Genesee

Hours of Operation: Monday-Thursday 8 a.m.-5 p.m. Friday 8 a.m.-2 p.m.

Weekend Hours: N/A

Hours of Psychiatric Services: Second Friday in a.m. only

Number of Male Therapists: 1 Number of Female Therapists: 2

Therapist willing to do therapy out of office: No

Accessibility

Deaf /Hard of Hearing

Interpreter: Yes

Spanish Speaking: No

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Other Languages:

Describe if yes: Interpreters are available.

Availability

Adult (18 & up): Yes

Adolescent (13-17): No

Children (6-12): No

Family: Yes

Marriage: No

Therapy Focus

Cognitive Behavioral Therapy; Motivational Interviewing

Cultural Diversity

African-American, Hispanic, Lesbian, Gay, Bisexual, Transgender, Queer or Questioning (LGBTQ+) HIV/AIDS Care program coexists at site



Insurance Information

Accept Medicaid: Yes, most insurances accepted

Accept Medicare Type B: No

Commercial Insurances: most insurances accepted

Sliding Fee Scale: Yes

Saginaw Odyssey House, Inc.

128 N. Warren Ave.

Saginaw, MI 48607

Phone 989-754-8598

www.odysseyvillage.com

Nearest Intersection: Tuscola and Warren; Tuscola and Weadock

Hours of Operation: 24 Hours 7 Days

Weekend Hours: 24 Hours 7 Days

Hours of Psychiatric Services: NA

Number of Male Therapists: 0 Number of Female Therapists: 4

Therapist willing to do therapy out of office: No

Accessibility

Deaf /Hard of Hearing

Interpreter: Yes

Spanish Speaking: No

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Other Languages:

Availability

Adult (18 & up): Yes

Adolescent (13-17):

Children (6-12): Yes

Family: Yes

Marriage:

Describe if yes: WSS residential for adult women with children and/or pregnant. Children 0-17yrs can be admitted with their mother. Outpatient and support services (EWSS and coaching) for men and women.

Therapy Focus

Modified Therapeutic Community (M.T.C), Multi-systematic Therapy (M.S.T),

Cognitive Behavioral Therapy (C.B.T), Rational Emotive Therapy (REBT),

Motivational Interviewing (M.I), Strengthening Families (S.F.P), Seeking Safe-

ty, Dialectical Behavioral Therapy



Cultural Diversity

African-American

Insurance Information

Accept Medicaid: Yes, McLaren Health Plan, Meridian Health Plan, Molina Healthcare of Michigan, United Healthcare Community Plan

Accept Medicare Type B: No

Commercial Insurances: Yes, Blue Cross/Blue Shield, Priority Health, McLaren Health Plan

Sliding Fee Scale: Yes

Saginaw Psychological Services, Inc.

2100 Hemmeter Rd.

Saginaw, MI 48603

Phone 989-799-2100

www.sagpsych.com

Nearest Intersection: State Street

Hours of Operation: Monday-Thursday 8 a.m.-8 p.m. Friday 8 a.m.-5 p.m.

Weekend Hours: By appointment

Hours of Psychiatric Services: Monday-Friday, 8 a.m.-6 p.m.

Number of Male Therapists: 12 Number of Female Therapists: 39

Therapist willing to do therapy out of office: Yes

Accessibility

Deaf /Hard of Hearing

Interpreter: Yes

Spanish Speaking: Yes

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Other Languages: Yes

Describe if yes: French and Polish

Availability

Adult (18 & up): Yes

Adolescent (13-17): Yes

Children (6-12): Yes

Family: Yes

Marriage: Yes

Therapy Focus

Saginaw Psychological Services, Inc. utilizes a wide variety of evidence-based treatment modalities for the treatment of its consumers. SPSI utilizes integrated dual-diagnosis treatment, interpersonal therapy, cognitive behavioral therapy, dialectical behavioral therapy, Seeking Safety, family psychoeducation, solution focused, skill building, M-TREM and W-TREM, trained therapists in hoarding, motivational interviewing, and cognitive restructuring in the treatment of its consumers.

Cultural Diversity

Saginaw Psychological Services, Inc. has a staff member on the Saginaw Community Cultural and Linguistic Competency Committee. The goal of the committee is to create a cultural sensitivity and competency in the community. Saginaw Psychological Services, Inc. offers in-services and trainings to staff to heighten staff's awareness of cultural competency. We have a cultural diverse staff at Saginaw Psychological Services, Inc.

Insurance Information

Accept Medicaid: Yes, Molina, McLaren, Meridian, Great Lakes (UBH)

Accept Medicare Type B: Yes

Commercial Insurances: Yes, BCBS/BCN, Aetna, Cigna, HAP, Medicare, Tricare, Humana, and many more.

Sliding Fee Scale: No

Solutions Behavioral Health

1010 N. Niagara St., Ste 2

Saginaw, MI 48602

Phone 989-401-5562

www.yoursbh.org

Nearest Intersection: N. Niagara St. and W. Holland St.

Hours of Operation: Monday-Thursday 9 a.m.-7 p.m. Friday by appointment only.

Weekend Hours: By appointment only

Hours of Psychiatric Services: Physician Assistant:
Thursday 4:15 p.m. - 6:15 p.m.

Number of Male Therapists: 2 Number of Female Therapists: 2

Therapist willing to do therapy out of office: Yes

Accessibility

Deaf /Hard of Hearing

Interpreter: No

Spanish Speaking: No

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Other Languages: No

Describe if yes: Handicap Accessible; for bus main street is N. Michigan

Availability

Adult (18 & up): Yes

Adolescent (13-17): Yes

Children (6-12): Yes

Family: Yes

Marriage: Yes

Therapy Focus

Cognitive Behavioral Therapy; Solution Focused; Motivational Interviewing

Cultural Diversity

African-American



Insurance Information

Accept Medicaid: Yes, Meridian, United Healthcare; Molina; and McLaren

Accept Medicare Type B: Yes

Commercial Insurances: Yes, Aetna, BCBSM, BCN, HAP, Tricare

Sliding Fee Scale: Yes

Training and Treatment Innovations, Inc

3665 Bay Road

Saginaw, MI 48603

Phone 989-799-6542

www.Ttiinc.org

Nearest Intersection: Adams and Van Buren Street

Hours of Operation: Monday-Friday, 8 a.m.-5 p.m.

Weekend Hours: By appointment for Adult Case Management; ACT 24/7

Hours of Psychiatric Services: Monday-Friday, One-half day on Monday and Wednesday

Number of Male Therapists: 2 (ACT program)

Number of Female Therapists: 3 ACM

Therapist willing to do therapy out of office: No

Accessibility

Deaf /Hard of Hearing

Interpreter: Yes

Spanish Speaking: No

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Other Languages: Yes

Describe if yes: Tele language interpreter hotline and bulletin board

Availability

Adult (18 & up): Yes

Adolescent (13-17): No

Children (6-12): No

Family: No

Marriage: No

Therapy Focus

Cognitive Behavioral Therapy, Integrated Dual Diagnosis Treatment, Family Psychosocial Education, Seeking Safety, Assertive Community Treatment, Motivational Interviewing



Cultural Diversity

African-American, Hispanic, Lesbian, Gay, Bisexual, Transgender, Queer or Questioning (LGBTQ+)

Insurance Information

Accept Medicaid: Yes, Accept all Medicaid plans

Accept Medicare Type B: Yes

Commercial Insurances: Yes, All private insurances accepted

Sliding Fee Scale: Yes

Underground Railroad, Inc.

1230 S. Washington

Saginaw, MI 48708

Phone 989-755-0413

www.undergroundrailroadinc.org

Nearest Intersection: Remington and Washington

Hours of Operation: 9 p.m.-5 p.m.

Weekend Hours: 24/7 crisis line and on-call advocacy

Hours of Psychiatric Services: Therapeutic counseling 8 a.m. - 5 p.m M-F

Number of Male Therapists: 0 Number of Female Therapists: 3

Therapist willing to do therapy out of office: Yes

Accessibility

Deaf /Hard of Hearing

Interpreter: Yes

Spanish Speaking: Yes

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Other Languages: As needed

Describe if yes: We provide interpretation as needed. We have a language access plan.

Availability

Adult (18 & up): Yes

Adolescent (13-17): Yes

Children (6-12): Yes

Family: Yes (Survivor & kids only)

Marriage: No

Therapy Focus

EMDR



Insurance Information

Accept Medicaid: No, all services are free. We do not bill insurance.

Accept Medicare Type B: No

Commercial Insurances: No, all services are free.

Sliding Fee Scale: No

Wendy Szczepanski

10 Oxford Knoll Ct.

Frankenmuth, MI 48734

Phone 989-928-3150

Nearest Intersection: Genesee and Mayer St.

Hours of Operation: Monday-Friday, 8 a.m.-8 p.m.

Weekend Hours: None

Hours of Psychiatric Services:

Number of Male Therapists: 0 Number of Female Therapists: 1

Therapist willing to do therapy out of office: No

Accessibility

Deaf /Hard of Hearing

Interpreter: No

Spanish Speaking: No

Barrier Free/Accessible:

Near Bus Route: No

Other Languages: No

Describe if yes:

Availability

Adult (18 & up): Yes

Adolescent (13-17): Yes

Children (6-12): No

Family: Yes

Marriage: Yes

Insurance Information

Accept Medicaid: Yes, Molina; Straight Medicaid; McLaren

Accept Medicare Type B: No

Commercial Insurances: Not at this time

Sliding Fee Scale: No

Westlund Guidance Clinic

3253 Congress Ave

Saginaw, MI 48602

Phone 989-793-4790

Nearest Intersection: Court St.

Hours of Operation: Monday-Friday, 8 a.m.-5 p.m.

Weekend Hours: Available upon request

Hours of Psychiatric Services: Fridays

Number of Male Therapists: 2 Number of Female Therapists: 15

Therapist willing to do therapy out of office: No

Accessibility

Deaf /Hard of Hearing

Interpreter: Yes

Spanish Speaking: Yes

Barrier Free/Accessible: Yes

Near Bus Route: Yes

Other Languages: No

Availability

Adult (18 & up): Yes

Adolescent (13-17): Yes

Children (6-12): Yes

Family: Yes

Marriage: Yes

Describe if yes: Westlund is contracted with an interpreter agency. Director is bilingual.

Therapy Focus

Trauma-focused Cognitive Behavioral Therapy

Cultural Diversity

African-American, Hispanic



Insurance Information

Accept Medicaid: Yes, Medicaid, McLaren, Meridian, Molina, and Great Lakes Health plans

Accept Medicare Type B: Yes

Commercial Insurances: Yes, Blue Cross Blue Shield, JAP, Blue Care Network, Aetna, Optum (United Healthcare) Priority Health

Sliding Fee Scale: No