



# Mental Health Providers in Worcester, MA

Updated 8/16

<b>Agency</b>	<b>Services Provided</b> <i>Including Specialties</i>	<b>Payment</b>
<p><b>AdCare Hospital of Worcester, Inc.</b>  <b>Inpatient Services</b>            107 Lincoln Street            Worcester, MA 01605</p> <p>24-Hour Admission and Referral:            1-800-ALCOHOL (252-6465)            508-799-9000</p>	<p><b>Inpatient Services</b>            Specializes in inpatient medically-managed alcohol and drug detoxification and rehabilitation treatment for adults. The levels of care offered by AdCare Hospital:</p> <ul style="list-style-type: none"> <li>○ Inpatient medically-managed detoxification</li> <li>○ Inpatient medically-managed rehabilitation</li> <li>○ Inpatient medically-monitored residential</li> </ul>	<p>Accepts Medicare and most commercial insurances</p>
<p><b>AdCare Outpatient Services-Worcester</b>            95 Lincoln Street            Worcester, MA 01605</p> <p>Open access / same-day assessment for services: 508-453-3053</p>	<p><b>Outpatient Services</b>            Offer a full range of programs from comprehensive assessment and evaluation to individual, group, and family counseling. Outpatient Programs include:</p> <ul style="list-style-type: none"> <li>○ Outpatient Detoxification</li> <li>○ Day and Evening Intensive Outpatient Programs three-to-seven times per week. Treatment activities include individual and group counseling, educational sessions, skills groups, and active self-help participation</li> <li>○ Day Treatment -- a structured six-hour treatment program available seven days per week</li> <li>○ Structured Early Recovery Group-SERG</li> <li>○ SERG for Young People</li> <li>○ Family Services including:               <ul style="list-style-type: none"> <li>● Complimentary Family Program</li> <li>● Family Counseling</li> <li>● Parenting Group</li> </ul> </li> <li>○ Individual Counseling</li> <li>○ Early and Advanced Recovery groups</li> <li>○ Specialty Groups including Dual Diagnosis, Men's Group, Women's Group, Mature Adults Group, Chronic Pain, Healing with Grief and Loss</li> </ul>	<p>Accepts Medicare and most commercial insurances</p>

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<p><b>Apogee Mental Health</b> 23 Fruit Street Worcester, MA 01609 (508) 831-7745</p>	<ul style="list-style-type: none"> <li>o Outpatient counseling for adults only</li> <li>o Treats adults <u>age 21 and over</u></li> <li>o Group therapy</li> <li>o Transcranial magnetic stimulation –TMS (depression treatment)</li> <li>o No home visits</li> </ul>	<ul style="list-style-type: none"> <li>o Accepts various insurances</li> <li>o Does <u>not</u> accept MassHealth or Network Health</li> </ul>
<p><b>Arbour Counseling Services</b> 411 Chandler Street, Worcester, MA 01602 (508) 799-0688</p> <p><b>Worcester Adolescent &amp; Adult Partial Hospitalization Program</b> Referrals: (800) 22-ACCES Contact: Jennifer Grossman 774-243-7486</p> <p><b>New Adult IOP: Evening Intensive Outpatient Program</b></p> <p>Referrals: Contact Program Directly:774-243-7486</p> <p><b>Community Services/CBHI Referrals: 617-782-6444</b></p>	<ul style="list-style-type: none"> <li>o <b>Outpatient</b> counseling for adults, children and adolescents</li> <li>o Individual, family and couple’s counseling</li> <li>o Psychiatrists on staff and Nurse Practitioner</li> <li>o <b>Psychiatric Assessments</b> only for ongoing clients</li> <li>o Second Offender Aftercare</li> <li>o Groups: Parenting Group Teen empowerment Group</li> </ul> <p><b>Worcester Adolescent Partial Hospitalization Program</b> (ages 13-17) Referrals: (800) 22-ACCES Contact: Jennifer Grossman 774-243-7486</p> <p><b>Adult Partial Hospital Program</b></p> <ul style="list-style-type: none"> <li>• 18+ with a specialized track for young adults.</li> </ul> <p><b>In-Home Therapy/Family Stabilization</b></p> <ul style="list-style-type: none"> <li>o BC/BS, BMC, NHP, Fallon, MBHP, Network Health, Tufts, HP</li> </ul> <p><b>Therapeutic Mentoring</b></p> <ul style="list-style-type: none"> <li>o MBHP, NHP, BMC, Network Health</li> </ul> <p><b>Community Support Program</b></p> <ul style="list-style-type: none"> <li>o MBHP, NHP, MBC, Fallon, Network</li> </ul>	<ul style="list-style-type: none"> <li>o Accepts various insurances <b>except for</b> Cigna, certain forms of Aetna &amp; certain forms of Blue Cross</li> <li>o Accepts all forms of Mass health and Fallon.</li> </ul>

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<p><b>Attachment Institute of New England</b>            21 Cedar Street, 2<sup>nd</sup> floor            Worcester, MA 01609            (508) 799-2663            www.attachmentnewengland.org</p>	<ul style="list-style-type: none"> <li>o Specialized services for children with attachment disorders, trauma histories, PTSD and ADHD</li> <li>o Pre and post adoption counseling</li> <li>o Staff are EMDR Level II trained.</li> <li>o Therapeutic Groups</li> </ul>	<ul style="list-style-type: none"> <li>o Self pay (we will help families get reimbursement for services from insurance companies).</li> <li>o Mass Health, managed by MBHP as primary insurance has been paying – with preauthorization</li> <li>o Some insurance agencies pay at least partial reimbursements</li> <li>o Must pay at time of visit</li> </ul>
<p><b>Baker Mental Health Consulting, LLC.</b>            51 Union Street, Suite 214            Worcester, MA 01608            508-769-7812            www.BakerMentalHealthConsulting.com            BakerMHC@gmail.com</p>	<p><b>Services Offered:</b></p> <ul style="list-style-type: none"> <li>• Individual, couples, and family therapy for adults (ages 18+).</li> <li>• Substance Abuse and Mental Health Evaluations,</li> <li>• Trainings and Seminars,</li> <li>• LMHC Supervision.</li> <li>• No Psychiatrist on staff</li> </ul> <p><b>Specialties:</b> Substance Abuse, Dual Diagnosis, Trauma, Anger Management, Anxiety and Mood Disorders.</p>	<p><b>Insurances:</b> Most insurance providers including Masshealth and commercial plans.</p>
<p><b>Behavioral Healthcare Services</b>            198 Russell Street (clinical)            202 Russell Street (psychiatrist)            Worcester, MA 01609</p> <p>Bhsdab.com            (508) 756-8003 (referral line)            (508) 753-5554 (Main Line &amp; for Psychiatrist medication care)            508-756-2040 – After Hours emergency line            Shrewsbury Office:            586 Main Street            Shrewsbury, MA 01545            (508) 845-6246</p>	<ul style="list-style-type: none"> <li>o Individual &amp; family counseling (children ages 4 &amp; up)</li> <li>o Physical / sexual abuse evaluations</li> <li>o Substance abuse evaluations (clinical only)</li> <li>o ADHD evaluations</li> <li>o Medication Management</li> <li>o No group work</li> <li>o No home visits</li> <li>o Psychiatrist on staff (speaks Arabic)</li> </ul>	<ul style="list-style-type: none"> <li>o Almost all major insurances accepted based on therapist.</li> <li>o MassHealth accepted (Not MassHealth Safety Net).</li> <li>o Beacon Plans</li> </ul>

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<b>The Bridge of Central MA Safe Homes</b> 4 Mann Street, Worcester, MA 01602 508-755-0333	<ul style="list-style-type: none"> <li>○ Individual &amp; Family Counseling for LGBTQ youth ages 14-23</li> </ul>	<ul style="list-style-type: none"> <li>○ FREE no payment required (Appointment Necessary)</li> </ul>
<b>The Bridge of Central MA</b> The Bridge Counselling Center 4 Mann Street, Worcester, MA 01602 508-755-0333  To reach the Counselling Center call: 774-314-2657 <a href="http://www.thebridgecounselingcenter.org">www.thebridgecounselingcenter.org</a>	<ul style="list-style-type: none"> <li>○ Provides Cognitive Restructuring for Posttraumatic Stress Disorder (PTSD) for Veterans and the General Public. This is a highly effective, non-exposure based treatment.</li> </ul> <p>**Counselling Center is not currently accepting new clients</p>	<ul style="list-style-type: none"> <li>○ Accept TriCare and most insurances.</li> </ul>
<b>Cedar Street Family Clinic</b> 340 Main Street, Suite 869 Worcester, MA 01608 508-752-1331	<ul style="list-style-type: none"> <li>○ Individual, family, couples, counseling (ages 5 &amp; up)</li> <li>○ Home-based counseling</li> <li>○ Medication Mgt.</li> <li>○ Psychological Testing for adults</li> <li>○ Medication Evaluations</li> <li>○ Men's Group</li> <li>○ Psychiatrist can prescribe meds monthly</li> <li>○ Group counseling</li> <li>○ Interpreters available in Spanish &amp; French</li> </ul>	<ul style="list-style-type: none"> <li>○ Accepts, Mass Health (all types), Fallon, Blue Cross /Blue Shield, United, Harvard/Pilgrim, Tufts, Beacon Health Strategies, Nhbd. Health Plan</li> </ul>

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<p><b>Center for Human Development</b> (Formerly Child and Family Service)</p> <p>Satellite office: 55 Cedar Street Worcester, MA 01609 (508) 753-1260 (no in-office services; just home visits)</p> <p>Call 1-800-232-0510 or 1-844-243-4357 for new intakes</p> <p><a href="http://chd.org/">http://chd.org/</a></p> <p>Administrative Office: 332 Birnie Ave Springfield, MA 01107 (413) 733-6624</p> <p>Various offices: Springfield, West Springfield, East Hampton, Holyoke, Orange, Greenfield</p>	<ul style="list-style-type: none"> <li>o Outpatient counseling for adults, children and couples (5 years old and up)</li> <li>o Parenting Group in West Springfield Office</li> <li>o Marriage, family and individual counseling</li> <li>o Home visits in the Worcester, Springfield &amp; other areas</li> <li>o Substance abuse evaluations &amp; counseling</li> <li>o DBT – Dialectical Therapy group for women and adolescents at the Springfield office on Pine Street</li> <li>o Interpreters: <ul style="list-style-type: none"> <li>o Spanish – W. Springfield</li> <li>o Russian – W. Springfield</li> </ul> </li> <li>o W. Springfield office offers therapeutic groups</li> <li>o Under 3 Early Intervention Program for developmentally delayed children</li> </ul>	<p>In Worcester: accepts only MassHealth, no commercial insurances.</p> <p>Springfield: accepts most insurances including MassHealth &amp; commercial insurances</p>
<p><b>CENTRO</b> 11 Sycamore Street Worcester, MA 01608 508-798-1900 8</p> <p>*referrals can also be made online on our website: <a href="http://www.centroinc.org">www.centroinc.org</a></p>	<ul style="list-style-type: none"> <li>o In home therapy services children and adolescents</li> <li>o Therapeutic Mentoring</li> <li>o Multilingual: Spanish and Portuguese</li> </ul>	<p>Payment: Mass Health (MBHP)</p>

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<p><b>Children’s Friend (The Ellsworth Child and Family Counseling Center of Children’s Friend)</b> 20 Cedar Street Worcester, MA 01609 (508) 753-5425 M-F, 8am – 8pm Saturdays by appointment.</p> <hr/> <p><b>Carriage House</b> – The Center for Grieving Children</p>	<ul style="list-style-type: none"> <li>o Specializes in outpatient counseling for children and adolescents and their parents</li> <li>o Cognitive Testing</li> <li>o ADHD Evaluations</li> <li>o No parenting or sexual abuse evaluations.</li> <li>o Personality Testing</li> <li>o Psychiatrist on staff who can prescribe meds</li> <li>o Therapeutic groups</li> <li>o DBT – Dialectical Behavior Therapy – Comprehensive program for adolescent girls</li> <li>o Social Skills Group</li> <li>o Trauma Specialty, including TF-CBT &amp; ARC</li> </ul> <hr/> <ul style="list-style-type: none"> <li>o Peer support group for children ages 3-18 who have experienced the death of a parent, primary caregiver or sibling: Meets every other week Contact Johanna Sagarin for more information; 508-753-5425</li> </ul>	<ul style="list-style-type: none"> <li>o Accepts most insurances</li> <li>o Sliding Fee scale</li> <li>o Does accept both the Mass Behavioral Health Plan &amp; Children’s Medical Security Plan</li> </ul> <hr/> <ul style="list-style-type: none"> <li>o Free – no insurance needed (for the Carriage House program)</li> </ul>
<p><b>Community Healthlink, Inc.</b></p> <p>72 Jaques Avenue Worcester, MA 01610</p> <p>Phone Numbers:</p> <p>Outpatient Counseling: (508) 421-4411</p> <p>Inpatient Detox: (508) 860-1200</p> <p>PASSages: (508) 438-5653</p> <p>Emergency Services: (866) 549-2142</p>	<ul style="list-style-type: none"> <li>o Inpatient Detox</li> <li>o Intensive Post-Acute Recovery Clinical Stabilization Service (PASSages)</li> <li>o Outpatient Counseling Services for adults</li> <li>o Substance Abuse Counseling</li> <li>o Crisis stabilization unit</li> <li>o Emergency Services For mental health - emergency 24 hour hotline: Contact 1-800-977-5555 or 1-866-549-2142</li> <li>o Spanish speaking clinicians</li> <li>o Vietnamese speaking interpreters</li> </ul>	<ul style="list-style-type: none"> <li>o Accepts a wide variety of various insurances with referral</li> <li>o Accepts the Mass Behavioral Health Plan</li> </ul>

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<p><b>Community Healthlink Youth and Family Services</b> 275 Belmont Street Worcester, MA 01604 (508) 791-3261</p>	<ul style="list-style-type: none"> <li>o Outpatient counseling for adults &amp; children</li> <li>o Spanish speaking clinicians</li> <li>o Portuguese speaking clinicians</li> </ul> <p>Community Healthlink’s Youth &amp; Family Services division offers a variety of mental health, substance abuse and social services throughout Worcester County. Programs include:</p> <ul style="list-style-type: none"> <li>o <b>Burncoat Family Center-</b> provides a safe, secure, short-term alternative to hospital treatment for children. The Center’s acute residential treatment program offers psychiatric, therapeutic and assessment services. Contact at 508 853-6988</li> <li>o <b>School Support-</b> staff provide clinical services to at-risk youngsters and teens helping them deal with the issues that can distract them and prevent them from school success. Contact <b>508-791-3261</b></li> <li>o <b>Victim Services-</b> Provides therapeutic services, advocacy and outreach for children, teens and non-offending family members who have witnessed violence, or been victims of violence, victims of violence, sexual abuse, or other crimes. Includes family members who have lost loved ones to homicide, including vehicular homicide. Contact at 508-791-3261</li> <li>o <b>Highland Grace House-</b> is a 90-day program for girls (ages 13-17) who seek long-term recovery from their addiction to drugs and/or alcohol. Contact 508 860-1172</li> <li>o <b>TFK – Together for Kids Coalition-</b> provides support for children in preschool settings that includes</li> </ul>	<ul style="list-style-type: none"> <li>o Accepts most insurances including MassHealth</li> <li>o Accepts both the Mass Behavioral Health Plan and the Children’s Medical Security Plan</li> <li>o Flat Sliding Fee Scale</li> <li>o <b>School Support:</b> Accepts most commercial health insurances not including Cigna or Tufts Navigator. Accepts all MassHealth</li> <li>o <b>Victim Services:</b></li> </ul>

	<p>consultation, teacher training and parent skill development. Contact 508 421-4453</p> <ul style="list-style-type: none"> <li>o <b>Motivating Youth Recovery-</b> MYR is a 20-bed acute detoxification and stabilization program (up to 30 days) for adolescents 13-17. Contact 508 860-1244</li> </ul> <p><b>Families &amp; Communities Together-</b>          CHL's Community Service Agency which serves central and northern Worcester County providing Intensive Care Coordination and Parent Partnering to member families~ part of the state's Child Behavioral Health Initiative. For the greater Worcester Area, Contact 1 877 778-5030. For the North County Area (Leominster, Fitchburg, Gardner, and surrounding towns) contact 1-877-240-2755.</p> <ul style="list-style-type: none"> <li>o <b>Youth Mobile Crisis Intervention-</b> provides crisis intervention and stabilization services in homes, schools, residential and foster placements, community locations and emergency departments for youth up to age 21. Contact 1-800-977-5555 or 1-866-549-2142.</li> <li>o <b>CBHI Services-</b> provides In Home Therapy and Therapeutic Mentoring for families who qualify and have MassHealth. Contact: 774-312-2722</li> </ul>	<p>Assists clients in applying for victim compensation and if accepted and eligible, service is at no cost. Otherwise accepts most commercial health insurances and MassHealth</p>
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<p><b>Comprehensive Assessment Rehab &amp; Education Center</b> 26 Cedar Street Worcester, MA 01609 (508) 754-8780</p>	<p>Assessments, Individual, Group &amp; Family Counseling (ages 10 - up)</p> <p><b>Anger Management</b></p> <p>A specialized two hour assessment is conducted. Adolescent and adult male groups are available. This program utilizes a cognitive behavioral relapse prevention model which helps the client identify triggers so that they can interrupt a buildup. Focus is on helping clients recognize how they are perceiving a situation, correcting cognitive distortions, becoming aware of underlying feelings and learning alternative prosocial coping skills. Clients will graduate with a written relapse prevention plan which they can use in the future.</p> <p><b>Sexual Addiction Services</b></p> <p>Clients undergo an initial evaluation which assesses their current propensity to act out. This program will accept clients who self refer as well as those involved in the criminal justice program. Adolescents 14 - 19 may be referred, if they have an appropriate supervising caretaker. Male adults may also be admitted. Lie detector services are available as needed.</p> <p><b>Substance Abuse Services</b></p> <p>Specialized evaluations, individual treatment and random supervised collections are available. Clients must be active in AA/NA recovery groups. A 12 step model is utilized.</p> <p><b>Dangerousness Assessments</b></p> <p>Risk assessments are conducted on students and college youth who have made threats of a violent nature. Evaluations can be conducted on individuals before the Court on violent charges such as assault and</p>	<ul style="list-style-type: none"> <li>o Occasional sliding fee scale</li> <li>o Many major insurances accepted including Century and PPO.</li> </ul>

	<p>battery, sexual offending, attempted murder, arson, etc. An evaluation involves psychosocial history, personal interview and a battery of specialized testing instruments usually taking approximately six hours. A written evaluation is provided as well as expert testimony to the Court, as needed.</p> <p><b>Couples Counseling</b></p> <p>Treatment sessions for couples who are having stress and difficulty in their relationship. Focus is on enhancing communication between the partners, learning conflict resolution "win - win" skills, tolerating vulnerability within the relationship and practicing forgiveness.</p> <p><b>Divorce Mediation</b></p> <p>Couple meetings which will result in a fair and equitable dissolution of the marital union. The average couple should only need 2 or 3 one hour meetings to obtain this goal.</p>	
<p><b>Cornerstone Behavioral Health</b></p> <p>397 Grove Street</p> <p>Worcester, MA 01605</p> <p>Phone: 508-791-3677 Fax: 508-791-3655</p> <p><a href="http://www.cornerstonebehavioralhealth.com">www.cornerstonebehavioralhealth.com</a></p>	<p>Counseling and Therapy Services</p> <ul style="list-style-type: none"> <li>• Cognitive Behavioral Treatment (CBT)</li> </ul> <p>Neuropsychological and psychological assessments</p> <p>Psychiatry for children and adolescents</p> <p>Independent medical evaluations</p> <p>Forensic neuropsychological evaluations and forensic consultations</p> <p>Educational services</p> <ul style="list-style-type: none"> <li>• Educational, learning disability, and neuropsychological evaluations</li> <li>• Educational advocacy</li> <li>• Educational coaching</li> </ul>	<p>Accepts the following insurances: United Behavioral Health, BCBS, Beacon Health Strategies, Fallon Community Health, Fallon Total Care, Harvard Pilgrim, Neighborhood Health, Network Health, BMC, Tufts, GIC, MBHP for testing, Medicare</p>

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<p><b>Counseling and Assessment Clinic of Worcester, LLC</b> 38 Front Street, 5<sup>th</sup> Floor Worcester, MA 01608 Phone: 508-756-5400 Fax: 508-756-5433</p> <p><b>Worcester Union Street Office</b> 51 Union Street, Suite G02 Worcester, MA 01608 Phone: 508-756-2005 Fax: 508-756-2119</p> <p><b>Fitchburg Office</b> 76 Summer Street, Suite 200 Fitchburg, MA 01420 Phone: 978-696-3035 Fax: 978-400-5292 33 Electric Avenue, Suite 204 Fitchburg, MA 01420 Phone: 978-345-9400 Fax: 978-345-9411</p>	<ul style="list-style-type: none"> <li>• <b>Individual, Adolescent &amp; Family Counseling</b></li> <li>• <b>Group Counseling-</b> Nurturing Parenting, Domestic Violence, Anger Management, Dual Diagnosis, Relapse Prevention, Codependent Relationships, Families &amp; Addiction, Teen Anger Management, Dealing with Trauma, Social Skills for Children</li> <li>• <b>CBHI Services-</b> In Home Therapy, In Home Behavioral Therapy, Therapeutic Mentoring</li> <li>• <b>Community Support Program</b></li> <li>• <b>Medication Assessment and Management</b> (must be referred by a therapist) <b>&amp; Prescriptions</b></li> <li>• <b>Nurse Practitioner on staff</b></li> <li>• <b>Substance Abuse Counseling</b> at Union Street, Worcester MA</li> <li>• <b>Mental Health and Substance Abuse Evaluations</b></li> <li>• <b>Structured Outpatient Addiction Program</b></li> <li>• <b>Transitional Aged Youth Structured Outpatient Addiction Program</b></li> <li>• <b>First Offender Driver Alcohol Education Program</b></li> <li>• <b>Second Offender Aftercare in our Substance Abuse Program</b> (Multi-lingual Clinicians)</li> </ul>	<p>Masshealth (MBHP, BMC Healthnet, NHP, Fallon, Network, TUFTS, UNIFY) Commonwealth Care, United Behavioral Health and Blue Cross Blue Shield</p>
<p><b>Eating Disorders Collaborative of Massachusetts</b> 2 Ayers Street, North Brookfield, MA 01535 <a href="http://www.eatingdisorderscollaborativema.org/">http://www.eatingdisorderscollaborativema.org/</a> Email: edc-ma@eatingdisorderscollaborativema.org</p>	<p>Resources to assist in finding treatment options for those struggling with disordered eating and co-occurring addictions.</p>	<p>Free.</p>
<p><b>Edward M. Kennedy Community Health Center</b> Behavioral Health Services 19 Tacoma Street Worcester, MA 01605 (508) 595-0750</p>	<ul style="list-style-type: none"> <li>o Outpatient multilingual psychotherapy for children, adolescents and adults. (Spanish, English, Arabic, Portuguese and other languages)</li> <li>o Psychiatry services for adults only</li> <li>o Pharmacy on site.</li> <li>o **BH Services available for health center patients only</li> </ul>	<ul style="list-style-type: none"> <li>o MassHealth all plans</li> <li>o Medicare and Medicaid</li> <li>o HSNO</li> <li>o CMSP</li> <li>o Commercial Insurances</li> </ul>

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<p><b>Enlightened Interventions, LLC</b> 51 Union Street, Suite 222 Worcester, MA 01608 <a href="mailto:enlightenedinterventions@gmail.com">enlightenedinterventions@gmail.com</a> <a href="http://www.enlightenedinterventionsllc.org">www.enlightenedinterventionsllc.org</a></p>	<ul style="list-style-type: none"> <li>o A multi-specialty wellness practices that provides individual, family, couples, and group therapy; training and clinical consulting services, and holistic health interventions to enhance and support overall wellness</li> <li>o All of our clinicians are independently licensed and have advanced training and certifications in specialty areas, such as trauma. We have clinicians certified and trained in EMDR, DBT, CBT, ARC, TF-CBT, Motivational Interviewing, solution-focused therapy, CPP, and PMT. We also offer home-based family therapy interventions.</li> <li>o Diagnostic Assessments</li> <li>o Substance Abuse Assessments</li> <li>o Individual Therapy (Ages 3.5-65)</li> <li>o Couples &amp; Family Therapy</li> <li>o Group Therapy (DBT, parenting, rotating curriculums for other disorders)</li> <li>o Parenting Sessions</li> <li>o Home-Based family/individual therapy</li> <li>o Massage Therapy</li> <li>o Reiki, Reflexology, Acupuncture</li> <li>o Nutritional Counseling</li> <li>o Hypnotherapy</li> <li>o Yoga &amp; Pilates</li> <li>o Barre Wellness Workshops</li> <li>o We also offer art, music, and dance/movement therapy and no longer offer hypnotherapy.</li> <li>o We also offer professional development trainings and supervision/consultations for clinicians and agencies.</li> <li>o <b><u>Crisis Protocol:</u></b> Call (508)317-2323 Rotating on-call schedule with 24 hour coverage for mental health crises.</li> <li>o <b><u>Interpretation Services</u></b> Interpreter services provided by UMASS system.</li> </ul>	<p>We currently accept BCBS, Tufts Health Plan, United Behavioral Health, Harvard Pilgrim, Tricare Military Insurance, Network Health, MBHP, GIC, and self-pay. We have sliding scale available.</p>

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<p><b>Family Continuity Programs</b> NEW ADDRESS: 29 East Mountain Street, 2<sup>nd</sup> floor Worcester, MA 01606</p> <p>508-755-0556</p>	<ul style="list-style-type: none"> <li>o Outpatient counseling and psychiatry</li> <li>o Community Based Services through the Mass Health CBHI Initiative (for ages 3-21): <ul style="list-style-type: none"> <li>o In-home therapy</li> <li>o Therapeutic Mentoring</li> </ul> </li> <li>o Community Support Program (CSP) – case management program for all ages</li> <li>o Coming soon: home-based clinician who speaks Spanish</li> <li>o Does medication evaluations (for children and adolescents)</li> <li>o Most clinicians are trained in trauma focused cognitive behavioral therapy</li> <li>o Home based services in Worcester &amp; Whitinsville Clinics</li> <li>o Arabic speaker in Whitinsville Clinic</li> <li>o <b><i>*Community Support Program (CSP) for adult refugees (23 Languages available).</i></b></li> </ul>	<ul style="list-style-type: none"> <li>o All forms of Mass Health</li> <li>o Accepts all private insurances except for Cigna, Aetna and Tufts (does accept Tufts Network)</li> <li>o Waiting list for sliding fee eligibility.</li> </ul>
<p><b>Family Health Center</b> 26 Queen Street Worcester, MA 01610</p> <p>(508)860-7930 (Behavioral health services direct line) Direct fax: (508)860-7989</p>	<ul style="list-style-type: none"> <li>o <u>Services available only for families who have a primary care doctor at FHC</u></li> <li>o One Psychiatric Doctor to prescribe medication - (must be seeing a FHC therapist)</li> <li>o Spanish , Portuguese, Vietnamese &amp; English speaking therapists for children, adolescents &amp; adults</li> <li>o Pharmacy on site.</li> <li>o Behavioral Health Integrated on the medical team.</li> <li>o Behavioral Health Services in selected School-Based Health Centers</li> </ul>	<ul style="list-style-type: none"> <li>o MassHealth – all plans</li> <li>o Medicare A&amp;B</li> <li>o Blue Cross / Blue Shield – ONLY Preferred provider organ. (PPO) with co-pay</li> <li>o Health Safety Net (HSN)</li> <li>o Sliding fee scale according to income</li> </ul>
<p><b>Family Services of Central MA</b> 31 Harvard Street Worcester, MA 01609 (508) 756-4646</p>	<ul style="list-style-type: none"> <li>o Outpatient counseling for Individuals, groups and families, inclusive of children ages 5 and over</li> <li>o Elderly/Senior citizens and their caregivers</li> <li>o Trauma and post traumatic disorders</li> <li>o Center for Childcare Development: offers training to daycare providers and teachers on early child development (Spanish-speaking staff member)</li> <li>o Family and dispute Mediation services, approved by the Com of MA Trial Court &amp; Family and Probate Court-</li> <li>o Court approved "Parents Apart" Program</li> </ul>	<ul style="list-style-type: none"> <li>o Accepts HPHC, FCHP (Direct and Select), Tufts, BCBS (most), Blue Care 65, Boston Medical, Commonwealth Care Alliance, Fallon Total Care, Neighborhood Health Plan, Network Health Plan, United Behavioral Health</li> <li>o Does not accept MassHealth unless managed by the Beacon Health Strategies</li> <li>o Mediation services may be covered by Commonwealth of Massachusetts Attorney General's Office, UMass MOPC, and the Department of Revenue</li> </ul>

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<p><b>Genesis Club</b> 274 Lincoln Street Worcester, MA 01605 Ph (508)831-0100 Fax (508)753-1286  <a href="http://www.genesisclub.org">www.genesisclub.org</a></p>	<ul style="list-style-type: none"> <li>o Employment, education and housing supports following the Clubhouse International model.</li> <li>o A structured work ordered day with full member participation M-F 8:00 – 5:00</li> <li>o Evening/weekend social: Th 5-7, Sat 10 – 2</li> <li>o Open to adults 18+ with serious mental illness</li> <li>o Recovery through work, friendships, contributing to the Club.</li> </ul>	<ul style="list-style-type: none"> <li>o No Fee</li> <li>o Visit the website or call to learn how to become a member</li> </ul>
<p><b>Island Counseling</b> 108 Grove Street Worcester, MA 01605-2651 (508) 753-3220 For new intakes press x107</p>	<ul style="list-style-type: none"> <li>• Group Therapy</li> <li>• TMS Therapy</li> <li>• Individual Therapy</li> <li>• Couples and Family Therapy</li> <li>• Medication Management and Evaluation</li> <li>• Crisis Intervention Services</li> <li>• Educational Groups</li> <li>• Specialized Groups</li> <li>• Cognitive Behavioral Therapy (CBT)</li> <li>• Dialectic Behavioral Therapy (DBT)</li> <li>• Therapy Groups: (offered sporadically) Continuing Care Group, Suboxone Treatment Group</li> <li>• Do initial Psychiatric Evaluations</li> <li>• Does not offer one-time parenting, psychological sexual abuse or sex offender assessments</li> <li>• Suboxone treatment for opiate Additions</li> <li>• Spanish, Arabic Speaking Doctors</li> </ul>	<p><b>Private Insurances</b></p> <ul style="list-style-type: none"> <li>• Blue Cross Blue Shield</li> <li>• Cigna</li> <li>• Tufts</li> <li>• Harvard Pilgrim</li> <li>• United Health Care</li> <li>• Fallon</li> <li>• Network Health</li> <li>• Neighborhood Health</li> <li>• Aetna</li> <li>• Magellan</li> </ul> <p><b>Public Insurance</b></p> <ul style="list-style-type: none"> <li>• Medicare</li> <li>• MBHP</li> <li>• Mass Health</li> <li>• Tri Care</li> </ul> <p>Sliding Fee also offered</p>

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<p><b>Ivy Child International</b> P.O Box 63 Worcester, MA 01613</p> <p><a href="http://www.ivychild.org">www.ivychild.org</a></p> <p>Phone: 508-299-7905 Fax: 508-300-7755</p>	<ul style="list-style-type: none"> <li>• Multicultural mindfulness-based programs offered through: <ul style="list-style-type: none"> <li>• Yoga</li> <li>• Meditation</li> <li>• Music</li> <li>• Art</li> </ul> </li> <li>• Health education and therapeutic care to children, youth, caregivers, and health/medical providers</li> <li>• Individual and group assessment</li> <li>• Mentoring and Leadership</li> <li>• Multilingual services</li> <li>• Programs are offered as campus and community programs</li> </ul>	<ul style="list-style-type: none"> <li>• Fee for service</li> <li>• Accepts MassHealth and Harvard Pilgrim</li> <li>• Visit the <a href="#">website</a> or email <a href="mailto:info@ivychild.org">info@ivychild.org</a> for more information</li> </ul>
<p><b>Jewish Family &amp; Children Service</b> 646 Salisbury Street Worcester, MA 01609 (508) 755-3101</p> <p>Contact Tracy Paterson for CBHI Services: <a href="mailto:tpaterson@jfcsboston.org">tpaterson@jfcsboston.org</a> or call her at 781-296-2756.</p>	<ul style="list-style-type: none"> <li>○ Outpatient counseling for children, adolescents, adults, couples, seniors and families</li> <li>○ School Based Consultation Program</li> <li>○ Divorce Mediation</li> <li>○ Court approved divorce education course</li> <li>○ The Club – group for adults with disabilities</li> <li>○ Spanish speaking clinician</li> <li>○ biofeedback</li> <li>○ Adoption services</li> <li>○ Court appointed guardianship services for elders.</li> <li>○ NEW CBHI Services: In home therapy, therapeutic mentoring, in home behavioral therapy, outpatient counsel, school observations</li> </ul>	<ul style="list-style-type: none"> <li>• Please call for insurance information.</li> <li>• we accept Mass Health, MBHP and Beacon-Fallon for CBHI Services</li> </ul>
<p><b>Key Program, Inc.</b> 104 Lincoln Street Worcester, MA 01605 / (508)753-6263 x230 for Program Coordinator Tara Keefe</p>	<ul style="list-style-type: none"> <li>○ Child’s Behavioral Health: in home therapy and Therapeutic Mentoring</li> <li>○ Spanish language capacity</li> </ul>	<ul style="list-style-type: none"> <li>○ Accepts MBHP: Beacon Health, Network Health, etc.</li> </ul>

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<p><b>LUK, Inc.</b> 40 Southbridge Street 4<sup>th</sup> Floor Worcester, MA 01608 Phone: 508-762-3000 To make a referral, please call: Direct Line: (978)829-2312 or Toll Free: (800) 579-0000 x 2312 Fax Line: 978-345-8495 Email: <a href="mailto:Counseling@LUK.org">Counseling@LUK.org</a> Website: <a href="http://www.LUK.org">www.LUK.org</a></p> <p>Other LUK Locations in Central MA: 545 Westminster St. Fitchburg, MA 01420 Phone: 978-345-0685</p> <p>251 Main St. Webster, MA 01570 Phone: 508-640-0011</p>	<p><b>LUK Behavioral Health Clinic – Mental Health Services</b></p> <ul style="list-style-type: none"> <li>o Serving youth, individuals, and families</li> <li>o Family Counseling</li> <li>o Individual Therapy</li> <li>o Couples Counseling</li> <li>o Expressive Art Therapy</li> <li>o Group Counseling</li> <li>o Psychoeducation Groups</li> <li>o Psychological Evaluations</li> <li>o Medication Management</li> <li>o Psychiatric Consultation &amp; Services</li> <li>o Individual and Family Assessment</li> </ul> <p><b>LUK Behavioral Health Clinic – Gambling Services</b></p> <ul style="list-style-type: none"> <li>o Gambling Assessments</li> <li>o Gambling Treatment</li> </ul> <p><b>LUK Behavioral Health Clinic – Substance Abuse Services</b></p> <ul style="list-style-type: none"> <li>o <b>CLYR (Continuous Learning for Youth in Recovery)</b> – Using the evidence-based Adolescent Community Reinforcement Approach/Assertive Continuing Care, an effective <b>home-based</b> recovery support and treatment service for youth and young adults</li> <li>o <b>CRAFT (Community Reinforcement and Family Training)</b> - an evidence-based model for parents of youth and young adults who are either in recovery or currently using substances</li> <li>o <b>Substance Abuse Evaluations</b> Outpatient substance abuse assessment and treatment</li> </ul> <p><b>Central Massachusetts Child Trauma Center</b></p> <ul style="list-style-type: none"> <li>o Providing evidence-based trauma-focused treatments for youth ages 0-18 including Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Child Parent Psychotherapy (CPP), Attachment, Self-Regulation, and Competency Therapy(ARC), and Cognitive Behavioral Therapy for Trauma in the Clinic and Home</li> </ul>	<ul style="list-style-type: none"> <li>o Accepts various insurances, including the following MassHealth products:</li> <li>o MBHP</li> <li>o Neighborhood Health Plan</li> <li>o Beacon</li> <li>o Network Health</li> <li>o Fallon</li> <li>o Medicaid</li> <li>o Limited Blue Cross/Blue Shield and Tufts</li> <li>o Limited funding for uninsured/underinsured for substance abuse and gambling treatment</li> <li>o Private pay with sliding fee scale available</li> <li>o CLYR Program is funded through 3<sup>rd</sup> Party and funds through BSAS</li> </ul>



- o Training in trauma-focused evidence-based treatment for youth ages 0-18
- o Training in trauma-informed services
- o Services for military families who have experienced trauma

**Children’s Behavioral Health Initiative Services**

- o In Home Therapy – intensive therapy for a youth and family to treat the youth’s behavioral health needs and assist the family as they support the youth in the home
- o Therapeutic Mentoring – 1:1 coaching and support for youth to learn social skills, and better ways to interact with other youth and adults
- o In Home Behavioral Services – assist youth and family with specific problem behaviors that get in the way of everyday life

**Twi and Lebanese capacity for TM services**

**Spanish capacity for IHT**

**Families and Communities Together (FCT)**

- o Intensive Care Coordination (ICC) – using the Wraparound care planning process to coordinate multiple services and supports for youth with Serious Emotional Disturbance (SED).
- o Family Support and Training – a Family Partner, an individual with experience as a caregiver of a child with special needs, works closely with the care coordinator and supports the parent in their work with their child

**Spanish capacity for FS&T**

**Victim Services**

- o **SAVE Program** – provides therapeutic services, advocacy, and outreach for individuals (and their friends/families) who have been impacted by an under-the-influence accident.

- o Free for individuals who have been impacted by an under-the-influence accident.

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<p><b>Massachusetts MENTOR</b> (Central MA Office) 108 Grove Street, Suite 307, Worcester MA 01605</p> <p>Main Line: (508) 368-2700 IHT (my direct line): (508)368-2703 F: (508)798-3797 (this is the fax # specifically for IHT and TM departments and referrals)</p>	<ul style="list-style-type: none"> <li>• In-Home Family Therapy (we use an evidenced-based model, Family-Centered Treatment)</li> <li>• Therapeutic Mentoring</li> <li>• Foster Care</li> <li>• Adult Foster Care/Shared Living</li> <li>• For IHT, we have staff that speak Portuguese, as well as several African dialects. Beginning next month, we will also have staff that speak Spanish coming on board</li> <li>• We administer the CANS and Comprehensive Assessment for IHT.</li> </ul>	<p>Payment: MassHealth (MBHP, Beacon, Tufts)</p>
<p><b>MSPCC</b> Family Counseling Center 335 Chandler Street, Suite 1 Worcester, MA 01602 (508) 753-2967 1-800-442-3035</p>	<p><b>Children’s Behavioral Health Initiative Services</b> (for eligible children under the age of 21):</p> <ul style="list-style-type: none"> <li>○ <u>In-Home Therapy</u> – intensive family therapy to treat youth behavioral health needs and improve family capacity to support youth success in the home and community. American Sign Language, Russian, and Albanian-speaking clinicians available. Clinicians trained in evidenced-based trauma treatment models, Trauma Focused Cognitive Behavioral Therapy (TF-CBT) and Abuse Focused Cognitive Behavioral Therapy (AF-CBT).</li> <li>○ <u>Therapeutic Mentoring</u> – structured, 1:1 support for youth to build daily living, social, problem-solving, and communication skills.</li> </ul> <p><b>Outpatient Therapy:</b></p> <ul style="list-style-type: none"> <li>○ Clinic-based individual and family therapy. Clinicians trained in TF-CBT and AF-CBT.</li> </ul> <p><b>Child Psychiatry:</b></p> <ul style="list-style-type: none"> <li>○ Psychiatry services available for ongoing clients.</li> </ul> <p><b>Child Sexual Abuse Treatment And Recovery Program (CSTAR):</b></p> <ul style="list-style-type: none"> <li>○ <u>Free</u> individual and family therapy, assistance with referrals, and support navigating medical, legal, and social service systems - provided by clinicians specialized in working with children</li> </ul>	<ul style="list-style-type: none"> <li>○ Various insurances accepted, including the following MassHealth Products: <ul style="list-style-type: none"> <li>• MBHP</li> <li>• Medicaid</li> <li>• Neighborhood Health Plan</li> <li>• Network Health</li> </ul> </li> <li>○ Fallon</li> <li>○ Boston Medical Center</li> <li>○ Limited BC/BS and Tufts Insurances</li> <li>○ <b>Free</b> for Child Sexual Abuse Treatment and Recovery Program</li> </ul>

	<p>(and their families) who have been sexually abused/assaulted (including commercial sexual exploitation of youth).</p> <ul style="list-style-type: none"> <li>○ <u>Caregiver Psychoeducation and Support Workshops</u> – <u>free</u> ongoing, weekly workshops for caregivers (bio parents, foster/adoptive parents, grandparents, aunts, uncles, and other caring adults) to learn about supporting their loved-one who has experienced sexual abuse and to connect with other caregivers with similar experiences.</li> <li>○ <u>Youth Psychoeducation and Support Workshops</u> – <u>free</u> weekly workshops for youth who have experienced sexual abuse. Ages and topics vary depending on workshop cycle.</li> </ul> <p><b>Family Stabilization Team (FST):</b></p> <ul style="list-style-type: none"> <li>○ Intensive, short-term, home-based therapeutic services to assist families in stabilizing an identified family member (youth) during a behavioral health crisis.</li> </ul> <p><b>Prevention:</b></p> <ul style="list-style-type: none"> <li>○ Parent Education and Support Programs: <ul style="list-style-type: none"> <li>○ Healthy Families</li> <li>○ Young Parent Support</li> </ul> </li> </ul>	
<p><b>Multicultural Wellness Center</b>  250 Commercial Street  Worcester, MA 01608  (508) 752-4665</p> <p>Our Fitchburg Address is now:  515 Main St  1st floor  Fitchburg, MA 01420  Phone: 978-343-3336  Fax: 978-343-5747  Email: <a href="http://www.multiculturalwellness.org">www.multiculturalwellness.org</a></p>	<ul style="list-style-type: none"> <li>○ Individual and Family Therapy</li> <li>○ Adolescent Issues</li> <li>○ Group Therapy</li> <li>○ Culturally Centered Counseling: African American, Caribbean, Latino &amp; Biracial</li> <li>○ Spanish, Creole, French, Japanese, Russian and African (multiple languages) speaking clinician</li> <li>○ Provide psychological, parenting and other assessments</li> <li>○ In-Home Services (CBHI)</li> <li>○ Therapeutic Mentoring</li> <li>○ Community Support Program</li> <li>○ Psychiatry and Medication Management</li> <li>○ addictions treatment as well as clinicians trained EMDR and Trauma Focused CBT</li> <li>○ Both Worcester and the Fitchburg Offices offer Substance Abuse Treatment, including SOAP (Structured Outpatient Addiction Program) in Fitchburg. (Spanish speaking staff)</li> </ul>	<p>Accepts MassHealth, self-pay and some private insurance.</p> <p>Accepts Mass Behavioral Health Plan, Fallon, Neighborhood health plan, BMC &amp; Blue Cross/ Blue Shield as well as Harvard Pilgrim</p>

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<p><b>New Beginnings Wellness Center</b> 1280 Main Street Worcester, MA 01603 Phone:508-754-1141 Fax: 508-754-1115</p>	<p><b>NBWC is a Culturally Competent, Bilingual Facility that offers:</b></p> <ul style="list-style-type: none"> <li>o Individual Counseling for Children, Adolescents and Adults</li> <li>o Dual Diagnosis</li> <li>o Family Counseling</li> <li>o Group Counseling</li> <li>o CBHI - In Home Therapy, Therapeutic Mentoring</li> <li>o Medication Management for Children and Adults</li> </ul> <p>o <u>Specialties</u></p> <ul style="list-style-type: none"> <li>o EMDR and Trauma Focused CBT</li> <li>o Domestic and Sexual Violence Victims</li> </ul> <p>We have ample free parking and centrally located on the bus route</p> <p>*NBWC will be opening a Substance Abuse Program located at 803 Main Street, Leicester, Massachusetts - Fall of 2016. Please visit our website for updates. <a href="http://www.newbeginningswc.com">www.newbeginningswc.com</a></p>	<ul style="list-style-type: none"> <li>o MBHP</li> <li>o Neighborhood Health Plan</li> <li>o Beacon</li> <li>o Network Health</li> <li>o Boston Medical Center</li> <li>o Fallon</li> <li>o Blue Cross Shield</li> <li>o Tufts</li> </ul>
<p><b>Newton Square Counseling Center</b> 338 Highland Street Worcester, MA 01602 (508) 752-5880 Fax (508) 831-9967</p> <p><a href="http://www.newtonsquarecounselingcenter.com/">http://www.newtonsquarecounselingcenter.com/</a></p>	<p>Clinical Specialties:</p> <ul style="list-style-type: none"> <li>• Parenting</li> <li>• Eating disorders</li> <li>• Relationships</li> <li>• Teen</li> <li>• Grief/loss</li> <li>• Depression</li> <li>• Divorce/separation</li> <li>• Work stress</li> <li>• Trauma recovery</li> <li>• Group counseling</li> <li>• Forensic evaluation</li> <li>• Disability evaluation</li> <li>• Medication evaluation and treatment</li> </ul>	<p>Accepts BCBS, Fallon, HCHP, Tufts, Value Options, UBH, Cigna, Aetna, Magellan. Participates with many Employee Assistance Programs.</p> <p>Sliding fee scale is also available.</p>

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<p><b>Pathways for Change, Inc.</b> Ending the Silence, Ending Sexual Violence</p> <p>(800) 870-5905; 24/7/365 (800) 223-5001; en español (888) 887-7130; TTY (M-F 9-5) (508) 502-7681; VP (M-F 9-5)</p> <p>588 Main Street (M-F 9-5) (508) 852-7600 Worcester</p> <p>275 Nichols Rd, (by apt only) (508) 852-7600 Fitchburg</p> <p>Satellite offices available soon by apt. in the Brookfield, Gardner and Southbridge. Call for more info.</p>	<ul style="list-style-type: none"> <li>○ 24/7/365 Hotline Crisis Support/Intervention</li> <li>○ 24/7/365 Emergency Room &amp; Police Accompaniment</li> <li>○ Court Accompaniment</li> <li>○ Teen &amp; Adult Survivors of Sexualized Violence &amp; their Support Persons</li> <li>○ Deaf Survivors &amp; their Support Persons</li> <li>○ Spanish Speaking Survivors &amp; their Support Persons</li> <li>○ Portuguese Speaking Survivors &amp; their Support Persons</li> <li>○ Additional Languages: over 150 language capacity utilizing interpreters</li> <li>○ 1:1 counseling, Support Groups, Emergency Accompaniment, all genders welcome</li> <li>○ Comprehensive resources and referrals</li> <li>○ Professional &amp; School based education &amp; technical support</li> </ul>	<ul style="list-style-type: none"> <li>○ All Counseling Services are <b>FREE</b> and Confidential</li> <li>○ Convenient parking at municipal garage next door</li> <li>○ Accessible to multiple bus routes</li> <li>○ Parking validation and bus passes may be available</li> </ul>
<p><b>Perkins Behavioral Health</b> 971 Main Street Lancaster, MA 01523 Phone: (978) 368-6442 Fax: (978) 368-5224</p>	<ul style="list-style-type: none"> <li>○ Individual and family therapy</li> <li>○ Psychological evaluations.</li> <li>○ We provide medication management for ongoing clients</li> </ul>	<p>We take most insurances with the exception of Aetna, and we also accept private pay.</p> <p>Does not accept Medicare</p>

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<p><b>Regency Family Health, LLC</b> 1 Exchange Place Worcester, MA 01608 (508) 799-5900 Fax: (855) 243-1119</p>	<ul style="list-style-type: none"> <li>o <b>Outpatient Services In-Office and In-Home (Worcester County).</b> Offer a full range of programs from comprehensive assessment and evaluation to children, adolescent, adults and seniors.</li> <li>o <b>Psychiatrist on staff who can prescribe meds</b></li> <li>o <b>Psychiatric Assessments</b> only for ongoing clients</li> <li>o <b>Spanish and Vietnamese speaking clinicians</b></li> <li>o Individual Counseling</li> <li>o Family Counseling</li> <li>o Couples Counseling</li> <li>o Group Counseling</li> <li>o Psychological Evaluations</li> <li>o Individual and Family Assessment</li> <li>o Parenting Assessment</li> <li>o Family Stabilization (DCF)</li> <li>o Reunification (DCF)</li> <li>o Parent &amp; Youth Support (DCF)</li> </ul>	<p>We accept: Fallon, BMC, NHP, Optum, GIC, Tufts, Beacon and MBHP. We also provide a sliding scale fee for qualified individuals.</p>
<p><b>Roots2Wings Transformations</b></p> <p>Serving Central Massachusetts <a href="http://www.r2wtransformations.org">www.r2wtransformations.org</a></p> <p>Melissa Alexander 508-797-2855 Melissa@R2Wtransformations.org</p> <p>Current locations: Westborough, Marlborough, and Mansfield, MA</p>	<ul style="list-style-type: none"> <li>o Health education and therapeutic care to children, youth, caregivers, and health/medical providers</li> <li>o A multi-specialty wellness practice that provides individual, family, couples, and group; training and consulting services, and holistic/integrative health to enhance and support overall wellness</li> <li>o Any practitioners and professional referrals are independently certified, licensed, and insured. Many have advanced training in specialty areas, such as trauma.</li> <li>o Toxin release with X'Tract Bodywork technique Stress management, coping, meditation, relaxation and services for military families</li> <li>o Individual, Couples, Family &amp; Group Wellness Coaching &amp; Workshops</li> <li>o Wellness &amp; Educational Workshops including aromatherapy utilizing essential oils</li> <li>o Mindfulness-based programs and care that feeds the body, mind and spirit</li> <li>o Lymphatic system cleansing for peak performance of the body, mind and spirit</li> </ul>	<p>Self-pay fee for service. Ask your insurance about Health Savings Account reimbursements. Submit receipts to FSAs. Visit <a href="http://www.r2wtransformations.org">www.r2wtransformations.org</a> for discounts and more information. Convenient parking available and accessible to bus routes.</p>

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<p><b>Shrewsbury Youth &amp; Family Services</b> 240 Maple Ave. Shrewsbury, MA 01545 (508) 845-6932 Fax: (508) 845-7264</p>	<ul style="list-style-type: none"> <li>o Serving children, adolescent, adults and seniors</li> <li>o Individual Counseling</li> <li>o Family Counseling</li> <li>o Couples Counseling</li> <li>o Group Counseling</li> <li>o Psychoeducation Groups</li> <li>o Psychological Evaluations</li> <li>o Individual and Family Assessment</li> <li>o Parenting Assessment</li> <li>o Early Intervention Substance Abuse treatment</li> <li>o Positive Youth Development programs</li> </ul>	<p>We accept most insurances. Fallon, Mass Health, BMC, Cigna, Aetna, BC/BS, Harvard Pilgrim, United, Optum, NHP, Tufts, Beacon. We also provide a sliding scale fee for qualified individuals.</p>
<p><b>South Bay Community Services</b> 340 Main Street, Suite 818 Worcester, MA 01608 (508) 791-4976 (800) 244-4691 For intakes call (508) 427-5362</p>	<ul style="list-style-type: none"> <li>o Outpatient counseling for children &amp; adults</li> <li>o Substance abuse counseling</li> <li>o Will do home visits</li> <li>o Psychiatric evaluations for adults &amp; children.</li> <li>o Provides In-Home Therapy (IHT) &amp; therapeutic mentoring services as part of CBHI.</li> <li>o Urgent Care Services</li> <li>o Kincoaching (services for kinship foster parents).</li> <li>o behavioral health interventions for medical disorders</li> <li>o Provide substance abuse evaluations</li> <li>o Staff who speak Creole, Spanish and English.</li> </ul>	<ul style="list-style-type: none"> <li>o Accept various insurances</li> <li>o Accepts Mass Health, Fallon, Network Health</li> <li>o Does accept the Mass Behavioral Health Plan</li> </ul>
<p><b>South Bay Community Services Early Childhood Services</b> 548 Park Avenue, Suite B Worcester MA 01603 774-823-1500 fax 774-823-1481</p>	<ul style="list-style-type: none"> <li>o Early Intervention services including:</li> <li>o Developmental Assessment for families with children birth to three.</li> <li>o Therapeutic classroom groups and community toddler groups.</li> <li>o Infant Mental Health team</li> <li>o Family Support Services and Care Coordination</li> <li>o Caregiver Enrichment</li> <li>o Some Spanish-speaking staff members; interpretation for additional languages available</li> </ul>	<p>Accepts all insurances or Department of Public Health funded</p>

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<p><b>South Bay Community Services Day Services</b> www.southbaycommunityservices.com 340 Main Street, Suite 819 Worcester, MA 01608 Phone:(508) 752-3969 Fax: 508-752-3967</p> <p>Please contact Melody Letoile, Program Director</p> <p>Anyone can refer themselves.</p>	<p>Services for individuals age 18+: For individuals with mental health and substance abuse needs:</p> <p><u>Partial Hospital Program/ Intensive Outpatient Program</u></p> <ul style="list-style-type: none"> <li>• Mental Health Track</li> <li>• Dual Diagnosis Track</li> <li>• Mindfulness Track</li> </ul> <p><u>Day Treatment Program</u></p> <ul style="list-style-type: none"> <li>• Mental Health Track</li> <li>• Dual Diagnosis Track</li> </ul> <p><u>Structured outpatient addiction programs</u></p> <p>Program time availability Monday-Friday 9am-3pm *Free Lunch* **NO WAIT LIST!!!** Meeting/Tours of Facility available prior to admission</p> <p>Spanish speaking Clinician available</p>	<p>Accepts most insurances</p>
<p><b>Southeast Asian Coalition of Central Massachusetts (SEACMA)</b> 484 Main Street, Suite 400 Worcester, MA 01608 508-791-4373</p>	<p>Cultural Brokers providing outreach and support services to help refugees, immigrants and low income individuals access and utilize medically necessary clinical treatment services and supportive community resources.</p> <p>Languages: Vietnamese, Arabic, Burmese.</p>	<p>Accept MBHP - Mass Behavioral Health Plan BMC - Boston Medical Center NHP - Neighborhood Health Plan Fallon - Fallon Community Health Plan Beacon Health Strategies And other commercial insurances</p>



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<p><b>Spectrum Outpatient Services</b> 585 Lincoln Street Worcester, MA 01605 (508) 854-3320</p> <p>105 Merrick Street Worcester, MA 01607 (508) 797-6100</p> <p>Central Intake Department (for ALL Opiate Treatment Programs): (508)854-3320 X1161</p>	<ul style="list-style-type: none"> <li>o Substance Abuse counseling</li> <li>o Methadone Treatment</li> <li>o Vivitrol Treatment</li> <li>o Outpatient Counseling for adults only</li> <li>o Intensive Outpatient Treatment for Adults</li> <li>o Spanish speaking clinician for Outpatient Counseling</li> <li>o No home visits</li> <li>o Spanish clinician for Methadone substance abuse treatment and Outpatient Counseling (at Lincoln Street Site only)</li> <li>o Adolescent substance abuse treatment (at Merrick Street site)</li> <li>o Substance abuse evaluations (at Merrick Street site)</li> <li>o Suboxone treatment for opiate Addiction (at Merrick street)</li> <li>o Driving under the Influence programs</li> </ul> <p style="text-align: center;">** Walk-in Admissions**</p> <p>Mental Health and Substance Abuse Counseling, Intensive Outpatient, and Suboxone referrals (intake only) : Mondays 7:00 AM Merrick St. clinic only Opiate Treatment (Methadone): Mondays and Thursdays 6:00 AM Lincoln St clinic only</p>	<ul style="list-style-type: none"> <li>o Accepts Blue Cross - Blue shield, Fallon, MassHealth (all types), Commonwealth Care, Healthcare Value Mgt., Tufts &amp; Harvard Pilgrim</li> <li>o Sliding Fee Scale and funding available for uninsured/self-pay</li> </ul>

**Continued on Next Page**

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<p><b>UMass Memorial Medical Center, Inc. (UMMMC)</b> <b>508-334-1000</b></p> <p><b><u>SEE LIST BELOW</u></b></p> <p><b>Services are located as specified.</b></p>	<p>Interpreter Services are available. Face to face interpretation in the following languages:</p> <ul style="list-style-type: none"> <li>• Albanian</li> <li>• Arabic</li> <li>• ASL</li> <li>• Mandarin</li> <li>• Nepali</li> <li>• Portuguese</li> <li>• Russian</li> <li>• Spanish</li> <li>• Vietnamese</li> </ul>	<p>UMMMC accepts payment from most insurers, Medicare and Mass Health whether unmanaged or managed. However, please check with the clinic before accepting a scheduled appointment. Those without coverage may meet with our Financial Counselors toward enrollment in Mass Health or Commonwealth Plans.</p>
<p><b>UMMMC Emergency Mental Health Service</b> University Campus 55 Lake Avenue North (508) 334-3562</p>	<p>24 hour psychiatric emergency service</p>	<p>This is an emergency service open to those in the area who believe they have a psychiatric emergency.</p> <p><b>For mobile evaluation for Mass Health members please call 866-549-2142</b></p>
<p><b>UMMMC Ambulatory Psychiatry Service (APS)</b> <u>NEW ADDRESS:</u> 26 Queen Street Worcester, 01610 and 279 Lincoln Street, Worcester, 01605 (508) 334-5393</p>	<p>General psychiatry clinic with psychotherapy and psychopharmacology for ages 18 thru elders</p> <p>Anger Management Program DBT Skills Groups</p>	<p>Accepts most insurances</p>
<p><b>UMMMC Women’s Mental Health Specialty Clinic</b> within APS <u>NEW ADDRESS:</u> 279 Lincoln Street Worcester, 01605 (508) 334-5101</p>	<p>Consultation and/or brief treatment regarding hormonally influenced conditions, such as pregnancy, post-partum, and menopause.</p>	<p>Accepts most insurances</p>
<p><b>UMMMC Addiction Comorbidity Treatment Service</b> within APS <u>NEW ADDRESS:</u> 279 Lincoln Street, Worcester 01605 (508) 334-0365</p>	<p>Addiction medication related consultation and/or brief treatment</p> <p>Methadone is not available.</p>	<p>Accepts most insurances</p>

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<b>UMMMC Depression Specialty Clinic</b> (508) 334-0366 and (508)856-5928	Consultation service when other treatments for depression have not worked well enough.  Must have approval of current provider	Accepts most insurances
<b>UMMMC Barre Family Health Center</b> 151 Worcester Road Barre (978) 355-6321	Evaluation and treatment for Barre Family Health Center patients.	Accepts most insurances
<b>UMMMC Family Medicine and Community Health</b> University and Hahnemann Campuses 55 Lake Avenue North & 279 Lincoln Street 01605 (508) 334-8830	Evaluation and brief treatment for those with primary care providers in the Department of Family Medicine and Community Health.	Accepts most insurances
<b>UMMMC MCPAP Consultation Service for Children and Adolescents</b> (508) 334-3240	Child Psychiatry consultation service to contracted pediatricians and family practitioners	Requires referral from primary care provider
<b>UMMMC MCPAP for MOMS</b> (855)666-6272	Psychiatric consultation service on depression during pregnancy and post-partum periods, to contracted obstetricians and primary care providers	Requires referral from obstetrician/primary care provider
<b>UMMMC Neuropsychiatry Referral Center</b> University Campus 55 Lake Avenue North 508-856-5548	Complex neuropsychiatry consultation and follow-up for patients with brain-behavior problems requiring combined neurology and psychiatry expertise.	Requires referral from primary care or psychiatry provider
<b>UMMMC Neuropsychology Department</b> University Campus 55 Lake Avenue North 508-334-8205	Neuropsychological testing and evaluations of medical conditions that affect cognitive, behavioral or emotional functioning.	Requires a referral which states the medically necessary reason for the testing. A separate pre-authorization is often required before the visit is scheduled. This pre-authorization process is managed by the neuropsychology service.

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<b>UMMS Child Trauma Training Center, a program within the Department of Child Psychiatry</b> (1-855-LINK-KID)	<ul style="list-style-type: none"> <li>o Training professionals to improve identification of trauma and traumatic stress symptoms in children</li> <li>o Providing a toll free number (1-855-LINK-KID) to help children who have experienced trauma and adversity and their caregivers to access evidence-based trauma treatment</li> <li>o Providing training an evidence-based treatment, Trauma Focused – Cognitive Behavioral Therapy, to clinicians who work with trauma affected children</li> </ul>	No fee for individuals or agencies in Central and Western Massachusetts; program funded through a SAMHSA, NCTSN Category III grant
<b>UMMMC Child Protection Program</b> 55 Lake Ave. North 774-442-6629	<ul style="list-style-type: none"> <li>o Outpatient evaluation of children for suspected physical abuse, sexual abuse and neglect</li> <li>o Referral to mental health services</li> <li>o Interpreter Services Available</li> </ul>	<ul style="list-style-type: none"> <li>o Accepts most insurances</li> <li>o MOVA funding for certain services</li> </ul>
<b>Screening and Treatment for Early Psychosis (STEP) Clinic at Community Healthlink</b> 68 Jaques Ave, Worcester, MA (508)-856-MIND  MIND@umassmed.edu	<ul style="list-style-type: none"> <li>o Community Healthlink’s STEP Clinic specializes in treatment for individuals between the ages of 18 and 40 who are experiencing early psychotic symptoms or who are experiencing psychotic prodrome, which are early signs that a psychotic illness might be about to happen.</li> <li>o The STEP Clinic provides comprehensive evaluation, psychopharmacology, psychotherapy, family therapy &amp; education, physical health monitoring &amp; wellness, as well as substance abuse screening &amp; treatment</li> </ul>	The STEP Clinic accepts payment from most insurers, Medicare and Mass Health whether unmanaged or managed. However, please check with the clinic before accepting a scheduled appointment. Those without coverage may meet with our Financial Counselors toward enrollment in Mass Health or Commonwealth Plans.
<b>UMMC Psychotic Disorders Consultation Service</b> 271 Lincoln St, Worcester, MA (508)-856-MIND  MIND@umassmed.edu	<ul style="list-style-type: none"> <li>o The UMass Psychotic Disorders Consultation Service provides outpatient consultation service for adult patients suffering from Schizophrenia and other psychotic disorders, with or without comorbid medical and substance use problems.</li> <li>o The consultation consists of a comprehensive psychiatric evaluation. Recommendations are thoroughly discussed with the patient, and a written report is provided to the referring care provider</li> </ul>	The UMMC Psychotic Disorders Consultation Service accepts payment from most insurers, Medicare and Mass Health whether unmanaged or managed. However, please check with the clinic before accepting a scheduled appointment. Those without coverage may meet with our Financial Counselors toward enrollment in Mass Health or Commonwealth Plans.

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<p><b>Pathways of Massachusetts, LLC formerly Valley Psychiatric Service Inc.</b> 225 Park Avenue, #500, Worcester, MA 01609 Worcester, MA 01608 (508) 753-2900</p>	<ul style="list-style-type: none"> <li>o In clinic &amp; home-based counseling</li> <li>o Medication management &amp; medication evaluations</li> <li>o Psychological testing</li> <li>o Individual &amp; family counseling</li> <li>o Psychiatrists on staff.</li> <li>o Vietnamese, Spanish, French and Haitian/Creole, Portuguese &amp; Albanian speaking therapists on staff.</li> <li>o Sexual abuse evaluations</li> <li>o Dual diagnosis, dialectical behavior therapy</li> <li>o Group Therapy</li> <li>o In Clinic and home based services for children and adults</li> </ul>	<ul style="list-style-type: none"> <li>o Accepts Network Health, Medicare and MassHealth.</li> <li>o Accepts Mass Behavioral Health Plan</li> <li>o Accepts Health New England</li> <li>o Accepts Blue Cross, Blue Shield</li> <li>o Does <b>not</b> accept Children's Medical Security Plan or HMO's</li> <li>o Sliding fee scale.</li> </ul>
<p><b>VA Outpatient Clinic</b> 605 Lincoln St. Worcester, MA 01605</p> <p>508-856-0104 ext. 17079 Or 800-893-1522 ext. 17079</p> <p><b>Crisis line:</b> 800-273-8255</p> <p><b>Confidential Chat:</b> veteranscrisisline.net Or Text to 838255</p> <p>Clinic hours: Monday thru Friday 8:00am to 4:00pm</p>	<p>Providing mental health services to any veteran with honorable discharge. LGBTQ veterans welcome</p> <p>Treatment provided for post-deployment transition, PTSD, anxiety, anger, depression, substance abuse, sleep disorders</p> <p><b>Offered on site:</b></p> <ul style="list-style-type: none"> <li>• Individual Therapy</li> <li>• Couples therapy</li> <li>• Group Therapy</li> <li>• Psychiatry Services</li> <li>• Behavioral Health Integrated in the Primary Care team</li> <li>• Pharmacy</li> <li>• Laboratory</li> </ul> <p><b>Available at Medical Campus in Northampton, Boston, Brockton or Bedford</b></p> <ul style="list-style-type: none"> <li>• Specialized treatment for PTSD</li> <li>• Specialized treatment for Substance Abuse including intensive outpatient program and detox admission</li> <li>• Psychiatric Inpatient Admission</li> <li>• Polytrauma assessment</li> <li>• Opiate Replacement Therapy</li> </ul>	<p>Payment dependent on income level and service connection</p> <p>MassHealth/Medicare not accepted, but services are free to low income veterans</p> <p>All private insurance accepted</p>

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<p><b>Walden Behavioral Care</b> 335 Chandler St. Worcester, MA P: 508-796-5797</p>	<p>Walden provides a full continuum of care for adolescents and adults struggling with eating disorders such as anorexia nervosa, bulimia nervosa, binge eating disorder, and EDNOS.</p> <ul style="list-style-type: none"> <li>· Partial Hospitalization</li> <li>· Intensive Outpatient</li> </ul>	<ul style="list-style-type: none"> <li>o Accepts most commercial insurances</li> <li>o Accepts certain types of MassHealth</li> </ul>
<p><b>Wayside Youth &amp; Family Support Network</b> 88 Lincoln St. Framingham MA 01701 508-630-5907 (referral line)</p> <p>-----</p> <p>10 Asylum Street Milford, MA 01757 508-745-6294 (referral line)</p>	<ul style="list-style-type: none"> <li>o Outpatient therapy</li> <li>o In home therapy services children and adolescents</li> <li>o Therapeutic Mentoring</li> <li>o Intensive Care Coordination</li> <li>o Multilingual: Spanish and Portuguese</li> </ul>	<p>Payment:</p> <ul style="list-style-type: none"> <li>• Mass Health (MBHP)</li> <li>• Fallon</li> <li>• BC/BS</li> <li>• CMSP (MassHealth)</li> <li>• Harvard Pilgrim</li> <li>• Tufts</li> </ul>
<p><b>Worcester Pastoral Counseling Center/PCC of MA, Inc.</b></p> <ul style="list-style-type: none"> <li>o Draws from about 90 communities in central MA</li> </ul> <p>128 Providence Street, 3<sup>rd</sup> floor Worcester, MA 01604 (508) 757-0376</p> <p>PCCofmA.org</p> <p><b>Main office:</b> AVPCC/ PCC of MA, Inc. 7 Church Street Westborough, MA 01581 (508) 366-4000</p> <p>34 Felton Street, Hudson, MA 01749 (508) 366-4000</p>	<ul style="list-style-type: none"> <li>o Outpatient counseling for adults, youth &amp; children</li> <li>o Outpatient counseling for Individuals, Couples, Marriage and Family, Grief &amp; Loss, Alcohol and Substance Abuse, Anxiety, Depression &amp; Stress Management, trauma and PTSD</li> <li>o Group therapy in Westborough-offered sporadically for divorce support, caregivers, grief &amp; loss, midlife, women's spirituality</li> <li>o EMDR (eye movement desensitization)</li> </ul>	<ul style="list-style-type: none"> <li>o Accepts most insurances</li> <li>o Does not accept Mass Health</li> <li>o Sliding fee scale</li> </ul>

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<p><b>Y. O. U. Inc.</b> <b>Counseling Center</b> <b>- Worcester</b> 81 Plantation Street Worcester, MA 01604 1-855-4YOUINC or 1-855-496-8462</p> <p><b>Y.O.U., Inc.</b> <b>Counseling Center</b> <b>- Gardner</b> 205 School Street Gardner, MA 01440 (978)632-2321 For referrals 1-855-4YOUINC or 1-855-496-8462</p> <p><b>Y.O.U., Inc.</b> <b>Counseling Center</b> <b>- Southbridge</b> 328 Main Street Southbridge, MA 01550 508)765-9101 For referrals 1-855- 4YOUINC or 1-855- 496-8462</p>	<ul style="list-style-type: none"> <li>o Counseling for children, adolescents, adults and families</li> <li>o Adolescent Substance Abuse</li> <li>o Psychological testing, neuropsychological screening, risk assessments, trauma evaluations</li> <li>o After-school programs</li> <li>o Group therapy for parents, grand-parents, teens and kids</li> <li>o Parent Resource Rooms and Prevention Specialists</li> <li>o In- home services</li> <li>o Spanish speaking clinicians available</li> <li>o Sexual Abuse treatment &amp; evaluations</li> <li>o Psychiatry evaluations and medication management for youth &amp; adolescents receiving clinical services at YOU Inc.</li> <li>o Individual and Family therapy</li> <li>o Group therapy for a variety of topics</li> <li>o Training and consultation</li> <li>o Early Childhood Mental Health Consultation Services</li> <li>o Trauma informed services</li> <li>o Adult Case Management</li> <li>o GED programs</li> <li>o Fire-setters' Prevention program</li> <li>o In Home Behavioral Services</li> <li>o Positive Parenting</li> <li>o Therapeutic Mentoring</li> <li>o School Based Services</li> <li>o</li> </ul>	<ul style="list-style-type: none"> <li>o Limited sliding fee</li> <li>o Accept most private insurances</li> <li>o Accept all Mass Health plans</li> </ul>

*While our intent was to include accurate data on local human service agencies, some inadvertent errors or omissions may have occurred and some changes will undoubtedly take place between printing and distribution.*

