Eugene Local Agencies

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Center for Family Development (541) 342-8437

Child and Family Center (541) 346-4645

The Children's Farm Home (888)-333-6177

Directions Services (541) 344-7303

Emergence (541) 344-2237

Giblin Consulting, Inc. - Markam Giblin, Ph.D.- 541-738-6516

HEDCO Clinic, UofO College of Education (541) 346-0923

Integrated Health Clinic (541) 344-3574

Kairos Momentum Program (541) 956-4943

Lane County Behavioral Health (541) 682-3550

Laurel Hill Center (541) 485-6340

Looking Glass Youth and Family Services (541) 484-4428

Madrone Mental Health (541) 210-8090

Options Counseling (541) 687-6983

Oregon Community Programs (OCP) (541) 743-4340

Oregon Psychiatric Partners (541) 726-9912

PeaceHealth Behavioral Health Intensive Outpatient Program (458) 205-7000

ShelterCare (541) 686-1262

The Child Center (541) 726-1465

White Bird (541) 342-8255

Willamette Family (541) 343-2993

WomenSpace (541) 485-8232

Crisis Lines - Hotlines

- 24 hr Suicide and Crisis Lifeline: Call 988
- Crisis Text Line Text HOME to 741741
- National Suicide Prevention Lifeline 1-800-273-TALK (8255)
 - 24 hours a day / 7 days a week <u>Crisis Chat Line</u>
 - o En español: 1-888-628-9454
 - o TTY: 1-800-799-4TTY (4889)
- Oregon YouthLine 1-877-968-8491 OR Text teen2teen to 839863
 - Offers teen to teen crisis help with both a phone line and a texting support line through Lines for Life. Teens respond from 4:00 to 10:00 PM Monday through Friday
- BlackLine 1-800-604-5841
 - A crisis support phone and text line that focuses on supporting Black, Black LGBTQI+, Brown, Indigenous, and Muslim folx, but supports all regardless of identity.
- Veterans Crisis Line 1-800-273-8255 and Press 1 OR Text to 838255
 - Confidential help for veterans and their families.
- The Trevor Project 1-866-488-7386
 - For lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people.
 24 hours a day / 7 days a week
- Trans Lifeline's Peer Support Hotline 877-565-8860
- Friends For Survival, Inc. (916) 392-0664
 - National support for survivors of suicide.
- SAMHSA's National Helpline 1-800-662-HELP
 - Substance Abuse and Mental Health Services Administration, also known as the Treatment Referral Routing Service, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders.
- Kaiser Mental Health Services Crisis Line 1-866-453-3932

ADHD Counseling

- Raz Life Coaching Academic, life, and career coaching (970) 846-8145
- Cogmetric Psychotherapy and Assessment Services (541) 606-6070
- Ella Smoot ADHD Coaching for teens

Anger Management

Joyful Living Behavioral Health (541) 505-8168

Alcohol & Drug Treatment - Substance Abuse

- Willamette Family, Inc. (541) 762-4300
- Integrated Health Clinic (541) 344-3574
- WhiteBird (541) 342-8255
- Center for Family Development (541) 342-8437
- Lane County Behavioral Health (541) 682-3550
- <u>Emergence</u> (541) 344-223
- Serenity Lane (541) 576-1529
 - Offers specialty groups for LGBTQIA+, intensive outpatient, DUII programming accepts most major insurances including Kaiser

Autism

- <u>Autism Learning Partners</u> (855) 295-3276 provides in home ABA therapy throughout Oregon
- Directions Services (541) 686-5060
- Bridgeway House (541) 345-0805
- Child Development and Rehabilitation Center OHSU (CDRC) (541) 346-3575
- Riverview Center for Growth (541) 726-1465
- <u>Eugene Psychological Assessments</u> (541) 972-3958 Provide Assessments for ages 30 and under

Child/Adolescent Providers

- Riverview Center for Growth (541) 726-1465
- Looking Glass Youth and Family Services (541) 484-4428
- Center for Family Development (541) 342-8437
- <u>The HEDCO Clinic's Child and Family Center (CFC)</u> (541) 346-0923 Low cost, sliding scale therapy services for families and children.
- Newport Academy (866) 255-2904
 - o Offers residential treatment for children and adolescents
 - Accepts multiple insurances
 - Locations throughout U.S. (none currently in Oregon, but works with Oregon clients)
- Options Counseling (541) 687-6983

- ODI Clinic (541) 485-2711
 - Offers drug and alcohol treatment for 12 -18 year olds, Provided in English or Spanish
- Samaritan Mental Health (Corvallis) 888-232-7192
- <u>Directions Services</u> (541) 686-5060
- Tamberly Powell Nutrition, LLC (541) 554-2196
 - Specializes in helping parents and caregivers solve feeding issues with their children - accepts Providence and Regence/BCBS
- Fostering Strides (541) 999-5428
 - Traditional and distance counseling, equine-assisted therapies, art therapy, play therapy.

Children with Severe Behavior

- Riverview Center for Growth (541) 726-1465
- <u>Jasper Mountain</u> (541) 747-1235
- The SAFE Center Jasper Mountain (541) 741-7402
- Looking Glass Youth and Family Services (541) 484-4428

Crisis Services

- South Lane Mental Health (541) 942-3939
- WhiteBird (541) 687-4000
- UofO Student After Hours Crisis Line (541) 346-3227
- Child and Adolescent Network (CAN) Crisis Response Team (888) 989-9990
- Confederated Tribes of Siletz Indians CARE Program (541) 444-9680
 - 24-hour confidential crisis and support hotline, support groups, legal advocacy, services for children and youth, safety planning, referrals.

Culturally Specific Resources

LGBTQIA2S+

- TransPonder
 - Non-profit support, resource, and educational organization for the transgender/gender diverse community and its allies, based in Eugene.
- TransParent Support Group uoteachout@uoregon.edu
 - Monthly support group meetings 3rd Thursday of every month at 7:30 at the Unitarian Universalist Church of Eugene.
- Emergence (541) 741-7107

 Provides Gender Affirming care, therapy, sex-positive therapy, Gender-Affirming letters of support, Trans-specific support groups

Latinx/Spanish Speaking

- Centro Latino Americano (541) 687-2667
 - Centro Latino Americano es una organización comunitaria sin fines de lucro en el Condado Lane. Los invitamos a revisar nuestro sitio web para aprender más sobre nuestros programas y servicios.
- Plaza de Nuestra Comunidad
 - Consejería en español. Grupos de jóvenes, mentores, de 7 a 16 años. Apoyo a la adicción. Navegación de servicios.

BIPOC

- The Steve Fund Text STEVE to 741741
 - An organization focused on supporting the mental health and emotional well-being of young people of color, has a 24/7 Crisis Text Line.
- BlackLine 1-800-604-5841
 - A crisis support phone and text line that focuses on supporting Black, Black LGBTQI+, Brown, Indigenous, and Muslim folx, but supports all regardless of identity.

Native American

- The Siletz Community Health Clinic (541) 484-4234
 - Offers mental health services in the Siletz, Salem, Portland and Eugene area offices, providing individual and family therapy to Tribal children, adolescents and adults.
- Confederated Tribes of Siletz Indians CARE Program (541) 444-9680
 - 24-hour confidential crisis and support hotline, support groups, legal advocacy, services for children and youth, safety planning, referrals.
- Ko-Kwell Wellness Center (541) 916-7025
 - "We foster and promote a "whole person" approach to wellness, health and self-sufficiency, in a safe, traditional and culturally meaningful environment, to ensure the legacy of the Coquille Indian People. We serve Coquille Tribal family members; American Indians and Alaska Natives; employees of the Coquille Indian Tribe and its subsidiary entities; and the general public"

DBT Groups

• Options Counseling (541) 687-6983

- Offers DBT for Individual and Group
- <u>Emergence/Odyssey</u> (541) 393-0777
- Shine Therapy (541) 600-2300 (Also offers EMDR and marriage counseling)

Developmental Disabilities

- <u>ShelterCare</u> (541) 686-1262
- Directions Services (541) 344-7303
- Child Development and Rehabilitation Center OHSU (CDRC) (541) 346-3575

Eating Disorders

- Eating Disorder Hotline: 844-228-2962
- Madrone Mental Health (541) 210-8090
- Monte Nido (541) 275-6284
 - Offering Day Treatment programs for adults and adolescents of all genders
 - o Accepts wide arrange of insurance including Kaiser, Cigna and Trillium
- Peterson Nutrition Consulting (541) 556-5646
 - Accepts PacificSource (Non OHP), MODA, Kaiser, Providence and BCBS insurance
- Bloom Health and Wellness (541) 337-3437
 - Nutrition counseling specializing in disordered eating and women's health
- Ruby Health and Wellness 541-497-3885
 - Nutrition Coaching, Intuitive Eating, RO DBT, Diabetes Management, Health Aging, Health at Every Size
 - Accepts Anthem, BCBS, Cigna, First Choice, Pacific Source, Providence, Regence and Self Pay
- Center for Discovery Free Eating Disorder and Mental Health Support Groups

FMDR

- Alive Holistic Counseling (541) 357-3248
- Oregon EMDR (541) 525-9416
- Willamette Sky Counseling (541) 636-0885

Evaluations (ADHD - Learning Disabilities)

- <u>Dr. Stephen Pethick</u> (541) 687-7787
- Dr. Gretchen Scheidel (541) 972-3958
- CDRC (503) 346-0640

<u>Eugene Center for Anxiety and Stress</u> - (541) 357-9764

Grief

- Cascade Health (541) 228-3083
- The Compassionate Friends
 - o Grief groups focused on supporting families after the death of a child
- Courageous Kids (458) 205-7474
 - A Grief Support Program for Kids
- GriefShare Support Groups
- Cascade Health Solutions Grief Education and Support Groups (541)-228-3083

Groups

- Center for Community Counseling
 - variety of groups offered at different times, check website for current offerings
- Center for Discovery
 - Free Eating Disorder and Mental Health Support Groups
- NAMI Family Support Group
 - a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition.
- Kaiser If you have Kaiser insurance, they offer multiple support and therapy groups.
 Please reach out to them directly for an updated list.

Homelessness/Severe Mental Illness

- HourGlass (541) 505-8426
- Laurel Hill Center (541) 485-6340
- ShelterCare (541) 686-1262
- WhiteBird (541) 342-8255
- Lane County Behavioral Health (541) 682-3550
- Homes for Good
 - Works primarily to help low-income residents with logistics of affordable housing

Intensive Outpatient and Inpatient Resources

- Charlie Health 1 (866) 508-7084
- <u>DeNovo Centers</u> (541) 556-5652
- Kairos Momentum Program (541) 956-4943

- Looking Glass Youth and Family Services (541) 484-4428
- <u>Laurel Hill Center</u> (541) 485-6340
- Oregon Community Programs (541) 743-4340
- Riverview Center for Growth (541) 726-1465
- The SAFE Center Jasper Mountain (541) 741-7402

LGBQ Resources

- LGBTQ Facebook Youth Group Eugene
- Ophelia's Place (541) 284-4333
- UofO LGBTQIA+ Resources
 - List of Eugene resources provided by local college

Legal/Court

- <u>Eugene Mental Health Court</u>
 - Mental Health Court (MHC) provides treatment, skill building and access to services for individuals with a diagnosis of mental and/or substance use disorder who are charged with misdemeanor offenses at the Eugene Municipal Court (EGMC)

Medication Management

- Brightways Counseling Group (541)-904-5216 (Bend, Redmond, Madras, Portland, Salem, and Woodburn)
- Insight Northwest (541) 357 9433 Has locations in Eugene and Portland, also offers
 Telehealth
- Invictus Therapy and Consultation (541) 313-6199 Accepts only Pacific Source (OHP and Commercial) at this time - treats Depression, Anxiety, Bipolar I and II, OCD and ADHD
- Dianna Harris, PsyD, PMHNP 541-516-6357 clients 18-65, offers telehealth medication management, and accepts clients in both OR and WA
- Lucia Kilday, PMHNP New Page Psychiatric Services 541-871-3417
 admin@newpagepsychiatry.com
- StarryPath Psychiatry Serves all of Oregon
- Adam Ellis, APRN, PMHNP-BC Serves all of Oregon
- Well Aware Integrative Care 541-321-0205 Trauma informed mental health therapy and psychiatry services - In network with Aetna, BCBS, Moda, PacificSource, Triwest and United - Eugene, OR

Oregon Health Plan - Low Cost Counseling Options

- Bridges Community Health, Inc (541) 255-1411
- Brightways Counseling Group (Bend, Redmond, Madras, Portland, Salem, and Woodburn)
- Center for Family Development (541) 342-8437
- Center for Community Counseling (541) 344-0620
- Center for Healthy Relationships (541) 346-0923
- Child and Family Center (541) 346-4645
- Emergence (541) 741-7107
- Peacehealth Behavioral Health (458) 205-6444
- Looking Glass Youth and Family Services (541) 484-4428 Residential & outpatient, addiction counseling for youth under age 21. Services for runaway and homeless youth.
- Lane County Behavioral Health (541) 682-3550
- Live Grow Share 541-505-9190 Peer-run behavioral health organization serving only
 the OHP population. Mental health therapy, individualized harm reduction, SUD
 treatment, skill building, case management, peer support, wrap around services for
 families, specialized programs for families involved in child welfare, unique peer
 programs like Equine-Assisted Peer Support, Mechanics Peer Support, and Outdoor
 Program. Women's trauma support group, reunification support group, Triple P
 Parenting.
- Options Counseling (541) 687-6983
- Oregon Directions (541) 818-0009 / <u>info@oregondirections.com</u> (Has PDX and Corvalis locations)
- Strong Integrated Behavioral Health (541) 393-5983
- Volunteers in Medicine Clinic (541) 685-1800
- Bushnell University Counseling Center (541) 349-7471
- UO Psychology Clinic (541) 346-4954
- WhiteBird (541) 342-8255
- Willamette Family, Inc. (541) 762-4300

Personality Disorders

- Insight Northwest Counseling (541) 357-9433 Specializes in personality disorders
- Radel Counseling Services (541) 229-0875
- Griffin and Associated Practitioners 541-343-1728 Specializes in personality disorders (Pauline Botchway)

Bridges Community Health, Inc. (541) 255-1411

Psychiatric Providers

- Betts Psychiatric, PC (541) 505-8621
- Willamette Valley Psychiatric Medicine (541) 344-5363
- Oasis Mental Health (541) 636-9846
- Thrive Behavioral Health (541)-246-7263
- Oregon Psychiatric Partners (541) 726-9912
- Peacehealth Behavioral Health (458) 205-6444
- Madrone Mental Health (541) 210-8090
- Jennifer Hogansen, PhD/Eugene Psychologists Associates 541- 972-3958

Psychosis

- Lane County EASA (458) 205-7070
- PeaceHealth Behavioral Health Intensive Outpatient Program 458-205-7100
- <u>Early Assessment and Support Alliance</u> (follow the link to find your local phone number by county)

PTSD/Trauma

- The Trauma Healing Project (Eugene) (541) 687-9447
- VA Healthcare Center Eugene (541)-242-0440

Residential Treatment

- Willamette Family, Inc. (541) 762-4300
- Madrona Recovery (503) 749-0200
- Newport Institute (888)-510-5956
- The Children's Farm Home (888)-333-6177
- Kairos Momentum Program (541) 956-4943

Transgender - Non-binary - Gender Resources

- Trans Lifeline's Peer Support Hotline (877)-565-8860
- OHSU Transgender Health Program (503)-494-7970
- Legacy Health Transgender Health (503)-413-5600
- Kaiser Services Gender Pathways Clinic (503)-249-6748 or (800)-813-2000

- TransPonder Nonprofit in Eugene that provides support, resources and support for the trans/gender diverse community and allies
- Point of Pride

Primary Care

- Dr. John Ford, MD: PeaceHealth (541)-342-2134
- Dr. Meg Hamilton: Oregon Medical Group (541)-242-4322
- PeaceHealth Women's Center: Eugene, OR (541)-686-7007
- Jeannie Merrick: W.H.C.N.P PCP / Gynecologist Oak Street Medical (541)-431-0000

Hormone Therapy

- Dr. Mary B. Allison: Endocrinologist, University of Oregon Health Center (541)-346-2768
- Dr. Doug Austin: Endocrinologist, Women's Care (541)-683-1559
- Dr. Leigh Saint Louis: PCP White Bird Medical Clinic Eugene, OR (541)-484-4800
- Dr. John D. Bagdade: Endocrinologist Riverstone Clinic (541)-682-3550
- Dr. Geoffery Gill: Peace Health Women's Center Eugene, OR (541)-686-7007

Gender Affirmation Support Therapists

- Dr. Mark Evans, Psychologist (541)-285-2155
- Annelise Heitman, LMFT (541)-214-3465
- Brent Horner, Psychologist (541)-206-7080
- Brooks Morse, Psychologist (541)-221-5618
- Noelle Osborn, LPC (541)-653-7778
- Brian Parks, Psychologist (541)-393-5983
- Erika Patterson (573)-356-5536
- Jayson Peterson, LMFT (541)-579-9288
- Jennifer Porter (541)-583-0135
- Anna Reichard (541)-337-9612
- Sharma Rapoport (541)-221-8203
- Stacie Rowan, Psychologist (541)-337-5301
- Jordan Shin, LPC (541)-342-8144

Product Resources

- Binders: https://pointofpride.org/chest-binder-donations/
- Trans Femme Shapewear: https://pointofpride.org/shapewear/
- TransActive Gender Center Get-a-Binder: only for youth <u>18 and younger</u> <u>http://www.transactiveonline.org/inabind/get.php</u>

Agencies Listed in more detail

BHRN - Lane County Behavioral Health Resource Network - 800-422-2595 -

BHRN Lane County is a collaborative partnership of 11 service providers in Lane County who provide treatment for substance use disorders along with a single point of access for harm reduction, housing, and recovery support

Benson Health Clinic 541-345-1722

- Psychotherapy and Medication Management
- Specialize in Anxiety, Depression, ADHD, PTSD and EMDR

Betts Psychiatric, PC (541) 505-8621

Treat many common mental health disorders including Anxiety, Depression, Post-Traumatic Stress Disorder, Eating Disorders, Attention-Deficit/Hyperactivity Disorder, and Bipolar Disorder

- Medication Management
- Evaluations
- Individual and Group Therapy

Bridges Community Health, Inc. (541) 255-1411

Bridges Community Health offers a variety of mental health services including psychiatric medication management, individual, family and couples' therapy. While several services we offer are listed below, we encourage you to call and discuss how we might help you.

- Medication Management
- Individual Therapy
- Couples Therapy
- Family Therapy

Brightways Counseling Group - (541) 904-5216

Brightways Counseling provides mental health therapy and psychiatric services throughout Oregon (Bend, Redmond, Eugene, Portland, Salem, Woodburn, and statewide Telehealth).

- Individual and Couples counseling for youth, teen and adults
- Medication Management
- EMDR

Attachment Based Family Therapy, Art Therapy, Play Therapy, CBT, DBT, ACT, PCIT

CareSolace - (888) 515-0595

24/7/365 Mental Health Care Coordination Service for Eugene School District 4J Students, Staff, and their Families

- Brief Screening
- Get Matched
- Book Appointment
- Check In

Center for Community Counseling (541) 344-0620

- Individual and couples counseling for adults
- Groups (often changing so check their website for current offerings)
 - o Depression and Anxiety Support
 - o DBT
 - o Anger and Stress Management for Parents (not for court-mandated clients)
 - o Grandparents Raising Grandchildren
 - o Men's Group
- Sliding scale adult counseling

Center for Family Development (541) 342-8437

- Outpatient Mental Health clinic children, families, individual
- Youth and adult substance use recovery
- Adult Sex offender recovery
- Medication management
- Integrated health care physical and mental health care integration at Pearl St. location
- Private insurance accepted for AOD programs only

Child and Family Center (541) 346-4645

The Child and Family Center is a service through the University of Oregon that offers assessment, intervention, and referral services for children ranging from age 2 through 17 years. The low-cost services are appropriate for parents concerned about children and teenagers experiencing difficulties at school, home, or both. The approach is family-centered, with special attention given to supporting parents as they learn to address the multiple needs of their children.

Directions Services (541) 344-7303

- Provide services for children and families with disabilities
- Center for Appropriate Dispute Resolution in Special Education helps families get special education services in schools and enact IEPs
- Provide mental health counseling for all age groups, especially for those with developmental disabilities in combination with mental/emotional disorders

Emergence (541) 344-2237

- Addiction services
 - o DUII Diversion
 - o Drug and alcohol intervention
 - o Gambling
 - o Tobacco and Nicotine
- Counseling for adults
- DBT group
- Veteran-specific counseling

Giblin Consulting, Inc. - Markam Giblin, Ph.D.541-738-6516

- CBT, Mindfulness, Exposure Therapy for Individuals, Adults, Adolescents and Families
- Anxiety Disorders
- Panic Disorder
- Phobias
- Social Anxiety
- Obsessive Compulsive Disorder
- Depression
- Bipolar Disorder
- Tics
- Trichotillomania
- Tourette Syndrome
- Health related issues
- Stress Management

HEDCO Clinic, UofO College of Education (541) 346-0923

- Academic Interventions
- Therapy Individual and Relational
- Learning Disability / ADHD Assessment Evaluation
- Autism Assessment and ABA
- Brain Injury and Concussion

- Communication Tools
- Adult Language and Motor Speech Disorders
- Young Child Speech and Language/School-Age Speech and Language

HourGlass Community Crisis Center (541) 505-8426

- Funded by Trillium They don't bill private insurance
- Assessment for Mental Health crisis & Stabilization
- Refer follow-up services
- 23 hour stay
- Substance use ok
- OPEN 24HRS/Day 7 Days a week

Integrated Health Clinic (541) 344-3574

- Outpatient alcohol and other drug treatment/DUII
- Takes private insurance (out of network) and OHP

Insight Northwest Counseling 541-357-9433

- Eugene and Portland offices
- Individual, couples and teen/child counseling
- Psychological testing / evaluations
- Medication management

Kairos Momentum Program (541) 461-3075

"We collaborate with young people, families, and communities to provide intensive mental health services and supports, promote mental wellness, and instill hope."

- Ages 17-24 years old young adults Co-ed
- Collaborative Problem Solving approach
- Treatment Foster Care
- Independent Living Skills

Lane County Behavioral Health (541) 682-3550

- Youth counseling
- Methadone Treatment
- Adult SPMI outpatient services
- Residential treatment, adult foster care and group homes
- OHP and sliding scale

<u>Laurel Hill Center</u> (541) 485-6340

Intensive outpatient services for adults with repeat hospitalization/chronic homelessness

- Medication management
- Peer support specialists
- OHP/Trillium only
- Currently unable to take new clients due to COVID as of 01/08/2021

Looking Glass Youth and Family Services (541) 484-4428

- Outpatient behavioral counseling
- Teen AOD counseling
- Youth runaway and homeless shelter (station 7, New Roads)
- Residential services
 - o Juvenile offenders (Pathways)
 - o Chronic/severe behavioral problems (ITS, Stepping Stone)
- Bill OHP and most private insurance except BCBS

Madrone Mental Health (541) 210-8090

- Individual, family, and couples counseling
- Intensive outpatient program from teens 12-18 and adults with eating disorders
- Spanish speaking counselors
- Accepts OHP and PacificSource

Options Counseling (541) 687-6983

- Parenting classes
- Individual and group counseling for children, families, and adults
- Domestic violence services for women and children
- DBT groups
- Parent-Child Interaction Therapy
- Can bill some private insurance and OHP for certain counselors

Oregon Community Programs (OCP) (541) 743-4340

- Multidimensional Treatment Foster Care
- Ages 6-17 years Old for Connection program (Counseling Services)
- Early Intervention treatment Foster Care 2-5 Years Old
- Only bill Medicaid No private Insurance billing

Oregon Psychiatric Partners (541) 726-9912

- Psychiatric services
- Accepts OHP

<u>PeaceHealth Behavioral Health Intensive Outpatient Program</u> (458) 205-7000

- Outpatient counseling for children and adults
- Chemical dependency
- Inpatient treatment

Medication management

Pivot Behavioral Health - (541) 293-1325

- (Locations in Portland, Eugene and Bend, and Telehealth)
- Specialize in HAES, body positive care
- HAES, body positive care
- LGBTQIA+ affirming care
- ACT
- postpartum and perinatal mental health (MGH/PSI)
- neurodiverse specialties (including ADHD, AuDHD, and PDA level 1)
- Chronic illness burnout and Diabetes distress
- Peri/menopause

ShelterCare (541) 686-1262

- Supported housing for adults with SPMI and Brain Injuries
- Trillium/OHP

The Child Center (541) 726-1465

- Services for children with behavior problems
- Intensive Outpatient program
- Alternative education
- Parenting classes
- Risk Assessments (4J)
- Crisis intervention
- Autism
- OHP and private insurance OON

University of Oregon Counseling Center (541) 346-3227

 Counseling Services currently offers a hybrid of in-person and virtual (Zoom) programs and services

White Bird (541) 342-8255

- Individual, family and couples counseling
- Chrysalis Behavioral Health adult alcohol and other drug treatment, can bill private insurance, sliding scale
- Dental Care OHP, private insurance, sliding scale
- Healthcare Enrollment will help someone register for OHP or private insurance through healthcare.gov

Willamette Family (541) 343-2993

AOD detox/rehab

- Child and family counseling (not necessarily AOD related)
- Can bill OHP and private insurance:
 - o Mental Health: all major insurance except BCBS;
 - o AOD: Pacific Source but can do one-time agreements for other insurance

Hope & Safety Alliance (541) 485-8232

- Domestic violence services for women and men
- Survivor support and education groups
- Safe House for women and children
- Career planning
- 24-hour crisis line
- Legal support