

Eugene Local Agencies

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[Madrone Mental Health \(541\) 210-8090](#)

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[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](tel:(541)485-8232)

Crisis Lines - Hotlines

- **24 hr Suicide and Crisis Lifeline: Call 988**

- **[Crisis Text Line](#)** Text HOME to 741741

- **[IM Alive](#)** - Online crisis chat; The first online network with 100% of its volunteers trained and certified in crisis intervention.

- **[National Suicide Prevention Lifeline](#) 1-800-273-TALK (8255)**
24 hours a day / 7 days a week [Crisis Chat Line](#)
[En español: 1-888-628-9454](#)
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.
24 hours a day / 7 days a week

- **[Veterans Crisis Line](#) 1-800-273-8255 and Press 1 OR Text to 838255**
Confidential help for <http://www.veteranscrisisline.net/> 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.](#) 1-916-392-0664
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.

- ❑ [SAMHSA's](#) National Suicide Prevention Lifeline 1-800-273-TALK (1-800-273-8255)
Toll-Free (español): 1-888-628-9454

- ❑ [Kaiser Mental Health Services Crisis Line](#) - 1-866-453-3932

ADHD Counseling

- ❑ [Eugene Therapy](#) - 541-868-2004
- ❑ [Raz Life Coaching](#) - Academic, life, and career coaching - (970) 846 - 8145
- ❑ [Thrivister](#) - Academic coaching
- ❑ Thrive Behavioral Health - (541) 246-7263
- ❑ [Betts Psychiatric](#) - 541-505 - 8621
- ❑ [Catrin Rode](#) - 541-606-6070

Anger Management

- ❑ [Center for Community Counseling](#) - (541) 344-0620
- ❑ [South Lane Mental Health](#) - Jeff Koppel's CARES Group (541) 942-3939
- ❑ [Joyful Living Behavioral Health](#) - (541) 505-8168

Alcohol & Drug Treatment - Substance Abuse

- [Willamette Family, Inc.](#) - (541) 762-4300
- [Integrated Health Clinic](#) - (541) 344-3574
- [Looking Glass Youth and Family Services](#) - (541) 484-4428
- [WhiteBird](#) - (541) 342-8255
- [Center for Family Development](#) - (541) 342-8437
- [Lane County Behavioral Health](#) - (541) 682-3550
- [Emergence](#) - (541) 344-223

- [Serenity Lane](#) - 541-576-1529 - Addictions treatment - offers specialty groups for LGBTQIA+, intensive outpatient, DUII programming accepts most major insurances including Kaiser

Autism

- ❑ [Autism Learning Partners](#) - (855) 295-3276 - provides in home ABA therapy throughout OR
- ❑ [Directions Services](#) - (541) 686-5060
- ❑ [Eugene Therapy](#) - 541-868-2004
- ❑ [Kelly M. Murray PhD](#) - (541) 345-8505
- ❑ [Bridgeway House](#) - (541) 345-0805
- ❑ [Child Development and Rehabilitation Center OHSU \(CDRC\)](#) - (541) 346-3575
- ❑ [The Child Center](#) (541) 726-1465
- ❑ [Eugene Psychological Assessments](#) - (541) 972-3958 - Provide Assessments for ages 30 and under

Child/Adolescent Providers

- ❑ [The Child Center](#) (541) 726-1465
- ❑ [Looking Glass Youth and Family Services](#) (541) 484-4428
- ❑ [Center for Family Development](#) (541) 342-8437
- ❑ [The HEDCO Clinic's Child and Family Center\(CFC\)](#) - 541-346-0923 - Low cost, sliding scale therapy services for families, and children.
- ❑ [Newport Academy](#) - (866)-255-2904 - Offers residential treatment for children and adolescents - accepts multiple insurances - locations throughout U.S. (none currently in Oregon, but works with Oregon clients)
- ❑ [Peacehealth Behavioral Health](#) (458) 205-6444
- ❑ [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
- ❑ [Directions Services](#) - (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

- ❑ [The Child Center](#) - (541) 726-1465
- ❑ [Jasper Mountain](#) - (541) 747-1235
- ❑ [The SAFE Center - Jasper Mountain](#) (541) 741-7402
- ❑ [Looking Glass Youth and Family Services](#) - (541) 484-4428
- ❑ [The Children's Farm Home](#) (888) 333-6177

Crisis Services

- ❑ [South Lane Mental Health](#) - (541) 942-3939
- ❑ [WhiteBird](#) - (541)-687-4000
- ❑ National Suicide Prevention Lifeline - (800) 273-8255
- ❑ [UO Student After Hours Crisis Line](#) - (541) 346-3227
- ❑ [Child and Adolescent Network \(CAN\) Crisis Response Team](#) - (888) 989-9990
- ❑ Sacred Heart Medical Center, University District - (541) 686-7300
- ❑ Sacred Heart Medical Center, Riverbend - (541) 222-7300

Culturally Specific Resources

LGBTQIA2S+

- ❑ [TransPonder](#) - Non-profit support, resource, and educational organization for the transgender/gender diverse community and its allies, based in Eugene.
TransPonder offers several monthly meetings, special events for trans/gender diverse folks and allies, inclusivity trainings, and consultation services to professional organizations and businesses
- ❑ LGBTQ Youth Group - 541-682-5373 - Ages 13-18 - Weekly drop in support and referral Fridays 4-6
- ❑ 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
- ❑ [Emergence/Odyssey](#) (541) 393 - 0777
- ❑ [Edify Therapy](#) - (541) 600 - 2300 (Also offers EMDR and marriage counseling)

Developmental Disabilities

- ❑ [ShelterCare](#) (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 - Accepts wide arrange of insurance including Kaiser, Cigna and Trillium
- ❑ [Rainrock](#) (888) 891-2590
- ❑ [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)

EMDR

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

Evaluations (ADHD - Learning Disabilities)

- ☐ Dr. David Northway (541) 683-1104
- ☐ Dr. Stephen Pethick (541) 687-7787
- ☐ [Dr. Gretchen Scheidel](#) (541) 972-3958
- ☐ [CDRC](#) 503-346-0640
- ☐ [Eugene Center for Anxiety and Stress](#) - (541) 357-9764

Grief

- ☐ [Cascade Health Solutions Grief Education and Support Groups](#) - (541)-228-3083
- ☐ [PeaceHealth Sacred Heart Grief Support Group](#) - (458)-205-7400
- ☐ [The Compassionate Friends](#) - Grief groups focused on supporting families after the death of a child
- ☐ [Courageous Kids](#) - 458-205-7474 A Grief Support Program for Kids
- ☐ [List of GriefShare Support Groups in Eugene](#)
- ☐ [Cascade Health Solutions Grief Education and Support Groups](#) - (541)-228-3083
- ☐ [PeaceHealth Sacred Heart Grief Support Group](#) - (458)-205-7400

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 group offerings including:

Adults;

- ☐ · ACT
- ☐ · ADHD
- ☐ · Aging Gracefully
- ☐ · DBT

- ☐ · Collaborative Parenting Strategies (for parents of children 4-18)
- ☐ · Young Adult DBT (ages 18-25)
- ☐ · Managing Stress and Anxiety
- ☐ · Managing Depression
- ☐ · Mindful Eating
- ☐ · Mindfulness and Meditation
- ☐ · Parenting Developing Minds (for parents of children ages 3-12)
- ☐ · Seeking Safety
- ☐ · Anger Management (*new October 2022*)
- ☐ · Better Living with Illness (*new October 2022*)
- ☐ · Relationships/Couples Skills Group (*for couples; new October 2022*)

Child and Family Groups

- ☐ · Teen DBT (ages 14-17)
- ☐ · Young Adult DBT
- ☐ · Collaborative Parenting Strategies (for parents of children 4-18)
- ☐ · Parenting Developing Minds (for parents of children ages 3-12)
- ☐ · Parent DBT (For parents of teens in the Teen DBT group only)
- ☐ · Family DBT (ages 12-14 and caregivers)

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
- ☐ [DeNovo Centers](#) (541)-556-5652
- ☐ [Kairos Momentum Program](#) (541) 956-4943
- ☐ [Lane County Behavioral Health](#) (541) 682-3550
- ☐ [Looking Glass Youth and Family Services](#) (541) 484-4428
- ☐ [Laurel Hill Center](#) - (541) 485-6340
- ☐ [Oregon Community Programs](#) (OCP) (541) 743-4340

- ❑ [PeaceHealth Intensive Outpatient Program](#) (458) 205-7000
- ❑ [The Child Center](#) (541) 726-1465
- ❑ [The SAFE Center - Jasper Mountain](#) (541) 741-7402

LGBQ Resources

- ❑ [LGBTQ Facebook Youth Group - Eugene](#)
- ❑ [Ophelia's Place](#) - 541-284-4333
- ❑ [Spectrum](#) - Venue, restaurant, and hangout spot for the LGBTQIA+ community, offering accessible space for working, eating, celebrating, enjoying art and being part of the revolution
- ❑ [U of O LGBTQIA+ Resources](#) - List of Eugene resources provided by local college

Legal/Court

- ❑ [Eugene Mental Health Court](#) - 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

- [Betts Psychiatric](#) - (541) 505 - 8621 - Full service provider of Eugene psychiatric services and 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 / info@oregondirections.com (Has PDX and Corvallis 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
- ❑ [Early Assessment and Support Alliance](#) - (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
- ❑ [Madrone 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](https://www.pointofpride.org/contact) - <https://www.pointofpride.org/contact>

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 18 and younger
<http://www.transactiveonline.org/inabind/get.php>

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)
 - Depression and Anxiety Support
 - DBT
 - Anger and Stress Management for Parents (not for court-mandated clients)
 - Grandparents Raising Grandchildren
 - 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
 - DUII Diversion
 - Drug and alcohol intervention
 - Gambling
 - 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

[Laurel Hill Center \(541\) 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
 - Juvenile offenders (Pathways)
 - 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

[PeaceHealth Behavioral Health Intensive Outpatient Program \(458\) 205-7000](#)

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

[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

[WomenSpace \(541\) 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