

# Mental Health Agencies Offering Therapeutic Services

## Outpatient Therapy

### Search engines for finding therapists:

**(1) Alma**

Input your insurance information and area you live.

Website: <https://helloalma.com/>

**(2) Psychology Today**

Input your insurance information and area you live.

Website: <https://www.psychologytoday.com/us>

### Agencies in the area:

**(1) The Brookline Center for Community Mental Health**

Website: <https://www.brooklinecenter.org/>

Services: individual, group, and family counseling services

Insurance: They accept most major insurances

Update as of March 2023: They are no longer holding a waitlist, but you can reach out to them to see if they know any other community agencies they can refer you to.

**(2) Riverside Community Care**

Website: <https://www.riversidecc.org/>

Services: individual therapy, CBHI services (e.g. in-home therapy, therapeutic mentoring, intensive care coordinator, in-home behavioral therapy), medication management

Insurance: They accept most major insurances

**(3) LifeStance Health**

Website: <https://www.cfpsych.org/location/brookline/>

Services: individual therapy, group therapy, family therapy, medication management

Insurance: They accept most major insurances

\*Parents fill out short referral form here:

<https://patientportal.advancedmd.com/139414/onlineintake/disclaimer>

**(4) Franciscan Children's Hospital**

Website: <https://franciscanchildrens.org/mental-health/outpatient-mental-health/>

Contact: [BHS-Admin@franciscanchildrens.org](mailto:BHS-Admin@franciscanchildrens.org)

Services: outpatient therapy, parent groups

Insurance: They accept most major insurances

**(5) The Baker Center - Center for Effective Therapy**

Website: <https://www.bakercenter.org/cet>

Services: individual therapy, social pragmatic groups, PCIT, TF-CBT

Insurance: BCBS, Mass health, etc.

**(6) Children's Services of Roxbury**

Website: <https://csrox.org/>

Services: individual therapy, CBHI services (e.g. in-home therapy, therapeutic mentoring, intensive care coordinator, in-home behavioral therapy), medication management

Insurance: They accept most major insurances

Referral form: <https://csrox.org/programs-services/behavioral-health/>

**(7) Boston Child Study Center**

Website: <https://bostonchildstudycenter.com/>

Services: individual therapy, parent coaching, family therapy, medication management, group therapy, CBT therapy, DBT therapy

Insurance: Primarily out of pocket, however you can request reimbursement through insurance

Contact: [info@bostonchildstudycenter.com](mailto:info@bostonchildstudycenter.com)

**(8) Arbour Counseling Services**

Website: <https://arbourhealth.com/>

Services: individual therapy, CBHI services (e.g. in-home therapy, therapeutic mentoring, intensive care coordinator, in-home behavioral therapy), medication management

Insurance: They accept most major insurances

**(9) Counseling Services of Greater Boston**

Website: <https://www.csqboston.com/about-csgeb/>

Services: individual and family therapy

Insurance: BCBS, Optum, Tufts, Evernorth, out of pocket option.

**(10) Resolute Counseling**

Website: <https://www.resolutecounselingma.com/>

Services: individual and group therapy

Insurance: Blue Cross Blue Shield

Contact: (e) [admin@resolutecounselingma.com](mailto:admin@resolutecounselingma.com) (p) 617-383-4430

**(11) Justice Resource Institute (JRI)**

JRI provides a variety of mental health services to children and families.

Website: [JRI.org](http://JRI.org)

**(12) Brighton-Allston Mental Health Association (BAMHA) - Outpatient Therapy & Crisis Intervention**

Urgent Care Program is designed for all individuals (4 to 80) who are in significant distress, but are not currently presenting as an imminent risk to themselves or others. The team can offer rapid clinical assessment (same day or next day) and recommendation for clinical resources including those within BAMHA. Available weeknights and weekends. Contact: 617-787-1901 ext 121  
-BAMHA also offers outpatient therapy, group therapy, and in-home therapy. For a referral form or more information, email: [BAMHAIntake@italianhome.org](mailto:BAMHAIntake@italianhome.org)

**Other Therapeutic Community Resources:**

**(1) Massachusetts Child Psychiatry Access Program (MCPAP)**

Your child's PCP can receive consultation on prescribing through MCPAP, a program designed to make psychiatry more accessible for children and families

Website: <https://www.mcpap.com/>

Additional information: <https://www.mcpap.com/Families/HowToWorkWithMCPAP.aspx>

**(2) Children's Behavioral Health Initiative (CBHI) / Behavioral Health services for Children and Adolescents (BHCA)**

CBHI services include a variety of individual and at-home services that create a wrap-around care for a child and their family. Originally these services were only offered to Masshealth clients. As these services have proved to be highly effective in stabilizing and supporting children, they are now offered through a variety of private insurance plans (known as BHCA). CBHI/BHCA Services include the following: in-home therapy, in-home behavioral therapy, therapeutic mentoring, intensive care coordinator (case management), and a family partner (parent with lived experience of a child with mental health challenges). Many community health agencies (like those listed above) offer CBHI/BHCA services.

**In-home Therapy Resources:**

**Info on the services:** <https://www.mass.gov/doc/iht-top-10/download>

**List of in-home therapy agencies in the Brookline catchment area:**

**(1) Brookline Mental Health Center**

Website:

<https://www.brooklinecenter.org/services/couples-family-services/in-home-therapy-therapeutic-mentoring/>

Referral Process: Referral form attached. Email completed form to [jasonkaufman@brooklinecenter.org](mailto:jasonkaufman@brooklinecenter.org)

**(2) Riverside Community Care**

Website:

<https://www.riversidecc.org/child-family-services/home-based-services/in-home-therapy/>

Referral Process: Call 781-752-6857

**(3) Arbour Counseling services**

Website: <https://arbourhealth.com/treatment-services/community-services/>

Referral Process: Call 617-782-3985 or 855-575-2273

**(4) Greater Malden Behavioral Health, Inc**

Website: <https://www.gmbhealth.com/services.php>

Referral Process: Call 781-480-3946

**(5) Institute for Health & Recovery**

Website:

<https://www.healthrecovery.org/page/counseling-and-behavioral-health-treatment-and-support>

Referral Process: Call 617-661-3991

**(6) JRI - IHT program**

Contact: 508-209-3471

Approx. 3-5 month wait. Not taking referrals for Spanish speaking IHT at this time. Contact Alicia Straus at [astraus@jri.org](mailto:astraus@jri.org). For LGBTQ+ specialty, contact Davine Holness at [dholness@jri.org](mailto:dholness@jri.org).

**State Agencies that provide therapeutic services:**

**(1) The Department of Developmental Services (DDS)**

DDS provides supports for individuals with intellectual and developmental disabilities including Autism Spectrum Disorder to enhance opportunities to become fully engaged members of their community. Adults and children on the spectrum are eligible to apply and receive numerous therapeutic services through DDS. Family support centers in your area serve as a hub to learn about services and receive assistance in the application process. For more information: <https://www.mass.gov/about-the-department-of-developmental-services>

**(2) The Department of Mental Health (DMH)**

DMH provides a variety of services outside of masshealth and private insurance. Typically families seek treatment through DMH when they need more support than what insurance-based services can offer. DMH is free and voluntary. Eligibility is determined by two factors (1) Clinical Diagnoses - your child must have a diagnosed mental health

challenge that is not solely/primarily a neurodevelopmental challenge (e.g. Autism Spectrum Disorder) (2) Needs and Means - DMH will consider whether or not you have tried insurance based services through CBHI/BHCA. They will encourage you to try these services prior to approving your DMH application.

DMH services include: intensive home-based therapy, day treatment services, case management, etc.

For more information on how to apply for DMH services:

<https://www.mass.gov/service-details/am-i-eligible-for-dmh-services>

**(3) The Department of Children, Youth, and Families (DCF)**

Parents can voluntarily request services and support through DCF. DCF provides case management for families who need services and support to keep their children safe and ensure their well-being. These services can be in-home or based in the community, and include mentors, in-home therapists, and transportation services. DCF can also make referrals to immigration and special education services, and can assist families in need of stable housing.

For more information:

<https://www.mass.gov/service-details/department-of-children-and-families-dcf>

## **Crisis Resources:**

**(1) Boston Emergency Services Team (BEST)**

Mobile Crisis can be for psychological evaluations/risk assessment in the case of a crisis

Operates 24/7

Contact: 800-981-4357

**(2) Samaritans Helpline**

Operates 24/7 - call or text

Contact: 877-870-4673

**(3) Emergency Rooms** that provide psychological evaluations/risk assessment in the case of a crisis: **Boston Children's Hospital, Cambridge Health Alliance, MGH**

**(4) 988 Suicide & Crisis Lifeline**

Hotline offering 24/7 free and confidential emotional support to people in suicidal crisis or emotional distress. Access by dialing 988 on any phone.

Website: <https://988lifeline.org/>

## **Family Resource Centers:**

### **(1) Quincy Family Resource Center (QFRC)**

QFRC helps families access and navigate resources in the local community. They provide on-site programs, services, and activities to benefit families. Additionally, they also collaborate with numerous agencies, community organizations, town and city governments, school systems, and more.

-They can help families find a therapist or other community resources - referral form:

[https://www.quincyfamilyrc.org/wp-content/uploads/2017/10/Intake\\_Referral%20 Form\\_FR C.pdf](https://www.quincyfamilyrc.org/wp-content/uploads/2017/10/Intake_Referral%20Form_FR C.pdf)

-They provide a variety of support groups for parents and kids

-Free services and no insurance needed

Website: <https://www.quincyfamilyrc.org/>

Contact: 617-481-7227 or [QuincyFRC@baystatecs.org](mailto:QuincyFRC@baystatecs.org)

### **(2) Boston-Suffolk County Family Resource Center (operated by the Home for Little Wanderers)**

Website: <https://www.thehome.org/?/frc>

Contact: 617-469-8501, [frc@thehome.org](mailto:frc@thehome.org)

## **Other Online Resources:**

### **(1) Hand Hold MA - run through the Dept of Mental Health**

<https://handholdma.org/what-can-i-do>

### **(2) Child Mind Institute - Reputable website to research different mental health challenges**

<https://childmind.org/>