



Richardson ISD Resources

COUNSELING RESOURCES

Richland Oaks Counseling Center

1221 Abrams Rd #325

Richardson, TX 75081

(469) 619-7622

<http://www.richlandoaks.org/>

Richland Oaks Counseling Center has partnered with the Family Tree Program to provide counseling at **NO COST** to eligible families.

Families may be eligible if:

- Youth is under 18 years old, and meets one of the following criteria:
- There is family conflict (normal conflict – arguing, bickering, etc....)
- Youth has runaway or is threatening to runaway
- Youth has been truant
- Youth has been delinquent

The Family Tree program provides **FREE**, short-term counseling to Dallas and Denton county at-risk youth and their families.

Richland Oaks Counseling Center is pleased to offer services at significantly reduced rates to individuals, couples, or families who otherwise cannot access therapeutic counseling services.

Counseling is offered in multiple languages, including Spanish, French, Urdu, Punjabi, and Hindi.

By appointment only. Please call or email for more information.

Family Tree Counseling

3900 American Dr #103

Plano, TX 75075

(214) 230-1234

<https://ftcounseling.com/>

- Offers individual, couples, and group counseling services for all ages.

- The counselors specialize in working with many areas including autism spectrum, depression, grief/loss, addiction, relationship issues, LGBTQ issues, emotional issues, self-harm, self-image, eating disorders, academic issues and ADHD
- Family Tree Counseling also can complete assessments including IQ, academic testing and school readiness
- Insurance/Sliding scale for those who qualify; Offers services in several languages including Spanish.

Multicultural Recovery Center

13601 Preston Road, Suite W539,

Dallas, TX 75240

214-609-3300

<https://www.multiculturalrecoverycenter.com/>

- Individual and family counseling
- Skills Training for Children and Teenagers with problems following rules and staying on task in school
- Counseling for young adults preparing for a College or University
- Medicaid or Medicare, Patient with no insurance will provide proof of income for NTBHA Program

Oasis Counseling and Educational Services

8035 E RL Thornton Frwy Ste 334

Dallas TX 75228

214-435-6414

Hours: M-F until 7 pm, Sat 9-4

<https://oasiscounselors.com/>

- Provide professional counseling in a Christian environment
- Individuals, Couples, Teenagers, Young Children, Families, Substance Abuse/Addictions, Diagnostic Testing, Medication Management, Parenting Classes, Anger Management
- Sessions Accepts (Amerigroup, Parkland, Molina, Foster Care, CHIP) and commercial insurance

Child and Family Guidance Center

4031 West Plano Pkwy, Suite 211

Plano, Texas 75093

214.351.3490 or 1866.695.3794

<http://www.childrenandfamilies.org>

- Psychiatric Evaluation & Medication Management
- Outpatient mental health counseling, including individual therapy, family, and group therapy are provided by licensed mental health professionals.
- Community-based Rehabilitation Services for Adults
- Skills Training Services for Children

- Case Management
- Comprehensive Telemedicine and Telehealth
- Accept Medicaid, CHIP, Medicare, and most private insurance plans. They work with individuals at all levels of financial need to identify the best option to cover cost of services.

Youth Advocate Programs

1545 West Mockingbird Lane, Suite 400

Dallas TX 75235

214-821-6505

www.yapinc.org

- Accepts Ages 4-17,
- Offers Play Therapy, individual therapy, psychiatry
- Accepts Molina, Molina Chip, Parkland, parkland Chip, Amerigroup Chip, Children's Medical Center Health Plan, Superior (foster care), Does not accept commercial insurance
- Appointments are only after-school. All children receive an initial assessment to receive a diagnosis then the diagnosis is confirmed through a visit with the psychiatrist, unless parent declines a psychiatric appointment.
- Offers in office therapy. In-home therapy is dependent on the assigned counselor. There is not mileage radius for in-home therapy.

Alliance Child and Family Solutions Center for Psychological Services

3700 W. 15th St, Suite 100B,

Plano Texas 75075

<https://acfstexas.com/>

Spanish Available

- Family Counseling services
- For individuals or families experiencing financial hardship, there are several financial assistance options available to help you begin your mental health support journey without stress.
- Due to safety concerns related to the current COVID-19 pandemic, counseling is available via telehealth only. Our web-based telehealth platform makes it convenient and accessible for individuals across Texas to start their visit. Accepts Medicaid and offers reduced fee services (or "Sliding Scale")
- COVID-19 Hardship Program

Zoom Counseling and Rehab Inc

12959 JUPITER RD STE 140,
DALLAS, TX, 75238
214-221-0132

<https://www.zoomcounseling.com/>

- Individual counseling, Family counseling, Couples counseling, Play Therapy, Grief and bereavement

City House- Plano

830 Central Pkwy E #350,
Plano, TX 75074
(972)-424-4626

<http://www.cityhouse.org>

- Serves abused neglected, abandoned, runaway, and homeless children
- Family & Relationship Conflict
- School-Based Concerns
- Families and/or individuals can come and participate in eight free sessions

Unleashing Hope Counseling

801 E. Plano Pkwy, Ste.130
Plano, TX 75074
(469)-626-1001

<https://unleashinghope.family/>

- Serve children, adolescence, adults, individuals, and families
- Services and fees vary, starting from \$50-120 for telehealth, up to \$150 for initial eval, and \$120 for individual session
- Accept Ambetter, Amerigroup, BCBS, Superior, Traditional Medicaid

ACE T. Counseling & Wellness Center

8035 East R L Thornton Frwy, Suite 418
Dallas TX 75228
972-400-2246

Hours: M-F, Saturdays

- Individual counseling, Couple counseling, Family counseling, Group counseling
- Anger Management classes, Teen Pregnancy classes, Parenting Education
- Fees: from \$120.00 to \$240.00 per session
- Sliding Scale: Yes (Income verification required)
- PAY BY: ACH Bank transfer, Cash, Health Savings Account, Mastercard, Visa, Wire
- Most private insurance (Please call your insurance to check your benefit for Outpatient Behavioral Health Services including copay/coinsurance, deductible)

The Center for Integrative Counseling and Psychology

4305 MacArthur Ave,
Dallas, TX 75209
214-526-4525

<http://www.thecentercounseling.org/>

- Counseling, Groups, Behavioral Issues, Career Counseling, Child or Adolescent, Coping skills, Grief, Life Coaching, Peer relationships, School issues, Self-esteem, Stress.
- Financial assistance based on income and family size for families who do not have Medicare, Medicaid or insurance.

Centro de Mi Salud

628 Centre St,
Dallas, Tx 75208 (Oak Cliff)
214-941-0798

<http://www.centromisalud.com/>

- Individual, family and marriage counseling; play therapy, psychiatric care, grief/loss counseling
- Accept: Medicaid, NTBHA, CHIP, Private Insurance, Cash Payments

Jubilee Park

4603 Gurley Ave,
Dallas TX 75223
214-887-1364

<https://www.jubileecenter.org/>

- Due to City of Dallas regulations regarding COVID-19, Jubilee Park & Community Center is closed to the public and we are suspending regular programming until further notice
- Individual therapy, diagnostic evaluations, family therapy, play therapy, and medication

Holman Family Services

3636 N MacArthur Blvd #160,
Irving, TX 75062
972-375-1200
<http://www.holmanfamilyservices.com/>

- Telehealth services
- Anger management, teen/child counseling, depression, Parenting classes, ADD/ADHD
- Accepts: CHIP, Children's Medical Center Health, Cook Children's, Parkland Health, EAP, and most Commercial Insurances

Counseling Institute of Texas

3200 Southern Dr. #100,
Garland, TX 75043
972-271-4300
<https://citexas.org/>

- COVID-19 counseling visits the website for more information, available to Dallas county residents
- Anger management, teen/child counseling, play therapy, family therapy
- Accepts: Medicaid Plans (Amerigroup, Parkland, and Aetna), Blue Cross Blue Shield and Tricare, Family Tree, Sliding Scale (\$60) and University Practicum Students Sliding Scale (\$15)

The RISD compiled the following Community Resource list to assist families who seek help in locating community resources. The list is not an exhaustive catalog of all persons, organizations, or entities that may provide such services in the area. The RISD does not recommend or endorse any of the individuals or agencies that are included on the list and they are not affiliated with the District. We strongly urge parents to carefully consider the qualifications and references of any person or agency before engaging their service.

RISD reunió en una lista los siguientes servicios comunitarios para asistir a familias que necesitan ayuda con servicios comunitarios. Dicha lista no contiene a todas las personas u organizaciones que podrían proveer ayuda con sus servicios en el area. RISD no recomienda o aprueba ninguno de los individuos o agencias que estan incluidas en dicha lista y ninguna esta afiliada con el Distrito. Como advertencia recomendamos encarecidamente a los padres que consideren cuidadosamente las calificaciones y referencias de cualquier persona o agencia antes de comprometerse con el servicio.