

COMMUNITY MENTAL HEALTH RESOURCES (alphabetical)

Last Update (9/4/25 vi)

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NAME (alphabetical)	DESCRIPTION	ADDRESS	PHONE	AGE	SPECIALTY	NEW CLIENTS?	WAITING LIST?
211 CENTRAL MICHIGAN	If you're looking for assistance with a problem and you don't know where to turn, or you simply want information about a certain human service issue, 2-1-1 is for you. No Cost	No physical address Web address: centralmichigan211.org	211	No age limitations	Large database that connects callers with resources for most any need: mental health, utilities, food, housing, etc. 24/7	Always	Never
ARBOR HILLS PSYCHOLOGICAL SERVICES	Wide spectrum of therapists and psychologists available for individuals, couples and families. Both in person and tele-health services offered. Some Medicaid accepted: Won't accept Signa, Tri-Care or PHP	6692 Spring Arbor Rd, Jackson and 2880 W Carleton Rd, Hillsdale	Spring Arbor (517) 750-3869 Hillsdale: (517) 750-3869	All ages	Their large number of therapists and psychologists all specialize in an exceptionally wide variety of areas. Currently 18 therapists are available, in addition to Ace, the Black Lab, who acts as the assistant to the office manager. Available: play therapy for younger children, therapy for those with disabilities including ADHD and Autism, and therapy for issues related to the LGBTQIA community	Yes	Yes

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AWARE Counseling for Children affected by Domestic Violence	Provide free counseling that focuses on relationships and creating healthy boundaries for kids 12 and over. KIDS CLUB Provides a therapeutic ten-week intervention program for children, that stresses knowledge about family violence, attitudes and beliefs about families and violence, and is designed to enhance the child's sense of safety.	706 West Michigan Avenue, Jackson, MI, 49201	(517) 783-1638	Age: 12+ KIDS CLUB 6 - 12	All counseling focuses on: -building the child's sense of safety -teaching them to recognize and set healthy boundaries -providing the tools to succeed in a healthy relationship. No Cost	Yes	None
BEHAVIORAL WELLNESS CENTER (Formerly JOHN S. HAND)	Provides clinical psychology and counseling in all areas of the spectrum. All insurances, except straight Medicaid	505 Wildwood Avenue, Jackson, MI, 49201	(517) 783-4418	10 +	Psychological testing	Yes	No
BENNETT MENTAL HEALTH COUNSELING	Working with Issues related to: Marriage, Divorce, Grief, Parenting, Depression, Anxiety, Fears, Phobias, Sexual Abuse, Weight Loss, Smoking Cessation, Stress, Sales and	2301 E Michigan Ave, Jackson, MI 49202	(734) 426-0371	All ages, depending on needs. Contact provider with	Couples, Families and Individual Counseling Hypnosis Life Coaching	Contact provider for current info	Contact provider for current info

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	Work Success, Test Taking and Study Skills, Self Esteem, Sports Success, Meet Your Guide, Regressions, and much more.			specific questions			
CALM SPACE COUNSELING, PLLC WEBSITE	Sydney Vernier-Fink, MS, LPC, DP-C My style is collaborative, honest, and down-to-earth. I bring a balance of evidence-based tools and genuine human connection. Whether we're working on anxiety, trauma, burnout, boundaries, or life transitions, my goal is to meet you with compassion, and to support you at a pace that feels safe, supportive, and empowering.	2900 Spring Arbor Road, Suite 7, Jackson, MI 49203	(517) 742-3867		Anxiety Stress Trauma and PTSD	Contact provider for current info	Contact provider for current info

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CATHOLIC CHARITIES OF JACKSON, LENAWEE, AND HILLSDALE	Offers individual, family and marriage counseling for a variety of individual and family problems, such as depression, employment issues, family crisis, child abuse/neglect issues, grief and loss, marital/relationship problems, teen conflict, anxiety and domestic violence. -Most insurance is accepted, including Medicaid.	3425 Francis Street, Jackson, MI, 49203	(517) 782-2551	All ages	-Provides specialized services for children who have been sexually abused. Substance abuse treatment services both individual and group are also offered. -Free 16 wk Teen Grief Group available with no waiting list. Starting Monday nights in June	Yes	Yes Contact provider for current info
CHRYSLIS Psychological Services WEBSITE	Dr. Kennedy-Ball focuses on collaborative and client centered treatment to improve all facets of a client's quality of life. She works holistically towards a client's personal and family goals to foster therapeutic rapport and sense of personal control over challenges.	2540 Spring Arbor Rd, Jackson, MI 49203	517-262-0198 517-262-0637	All Ages	Her academic focus was on treatment for children and adolescents. She specializes in: Depression Anxiety Adjustment/Stress Grief and Trauma Child and Adolescent Disorders Brain Injury/Neurocognitive Disorders, and is a a Certified Brain Injury Specialist	Contact provider for current info	Contact provider for current info

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CLARITY COUNSELING	Denise Farmer is a licensed clinical social worker in solo practice with over 20 years of experience in psychotherapy.	180 W Michigan Ave Suite 802, Jackson, MI 49201	(517) 888-3592	All ages	Specializes in mental health disorders, PTSD, abuse, and is certified in EMDR therapy	Contact provider for current info	Contact provider for current info
COUNSELING SERVICES LLC	Multiple therapists who offer individual psychotherapy, couples therapy, and family therapy.	2575 Spring Arbor Rd., Suite 300 Jackson, MI 49203	(517) 788-8330	Ages 5+	They have therapists who specialize in * Depression and suicidal feelings * Anxiety disorders – panic obsessive-compulsive, and agoraphobia * PTSD / Trauma recovery * Attention Deficit Disorder and school related concerns * Self-esteem and self-image problems * Work related issues * Relationship conflicts * Grief and loss	Contact provider for current info	Contact provider for current info

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DOCHAS II Services for Youth	Offers 24/7 counseling and supportive services for children. Services include professional counseling, case management, assessment, and treatment for runaway and homeless youth, youth aging out of foster care, those who threaten to run away from home, and youth and/or their family in crisis.	1200 North West Avenue, Jackson, MI, 49202	Jackson: (517) 788-4605	Age 12 - 20	-Individualized skill building -Free assistance to acquire a Michigan ID, Birth Certificate and Social Security Card when needed -Serves Jackson, Hillsdale, Lenawee, and Monroe Counties	Yes	Usually immediate assistance -If there is a waiting list, it's rarely more than a week.
FAMILY SERVICE AND CHILDREN'S AID	Provides comprehensive individual, relationship and family counseling for substance use disorder, trauma therapy and general mental health services for youth and adults. -Accepts almost all insurance, including Medicaid (can't accept HAP)	330 West Michigan Ave, Jackson, MI, 49201	(517) 787-7920	All ages	-Specializes in Trauma Services and SUD recovery. -JUMP program now available for all school age children needing assistance with truancy-related issues. -Family 6 in Recovery group meets Monday nights from 6:30 - 8:00 and is open to the community for ages 12 and up.	Yes	No, but appts. are sometimes limited during hours later in the day. Contact provider for current info

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GRACE IN HEALING Psychology Today	Stacie A Heibel, LPC maintains a generalized therapy program to diagnose and treat cognitive, psychological, and behavioral disorders using a wide variety of therapy techniques.	306 W Michigan Ave Ste 103, Jackson Michigan, 49201-2121	(517) 315-3029	All ages, depending on needs. Contact provider with specific questions	Psychotherapy, cognitive behavior disorder (CBD) therapy, crisis management, mental health assessment, intelligence quotient examinations, anger management therapy, and stress management.	Contact provider for current info	Contact provider for current info
A HEALING PLACE General Counseling Services and Psychological Testing	Offers comprehensive counseling and psychological testing including: anxiety, depression, bipolar, PTSD, youth depression, and substance abuse.	207/209 First Street, Jackson, MI, 49201	(517) 998-4673	All ages	Large group of therapists with specialties who can assist with any need. Eating disorders are currently referred to another practice. (as of 7/2022) Most insurances accepted with the exception of straight Medicaid, Priority Health, United Health and Mulnick	Contact provider for current info	Yes
HENRY FORD HEALTH OUTPATIENT PSYCHIATRY	Offers primarily Psychiatry for the purpose of diagnosis and prescription meds, but some therapy is available. Only one psychiatrist is available for adolescents, 17 and under. All ins. accepted.	205 N East Ave Jackson, MI 49201	(517) 205-4730 Access Center: (517) 205-5971	Individual, Family or Group All ages	Specializes in anxiety and mood disorders, bipolar disorder, depression, marital or relationship conflicts, and schizophrenia.	Yes	Yes Contact provider for current info

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HICKS COUNSELING AND HEALTH COACHING	Joyce Hicks has had experience treating most issues using a wide variety of approaches, including Christian Counseling, Coaching, Cognitive Behavioral (CBT), Intervention, Motivational Interviewing, Person-Centered, Positive Psychology, and Strength-Based Therapy. She also offers a free 15 min consultation.	180 West Michigan Ave, Suite 802 Jackson, MI 49201	(517) 435-3119	All ages, depending on needs. Contact provider with specific questions	Top Specialties include: Anxiety Depression Life Coaching	Contact provider for current info	Contact provider for current info
HIGHFIELDS Multi-Systemic Therapy	Works with the parents to identify and address drivers contributing to the youth's behaviors within all systems. The program is 4-5 months, with sessions occurring a minimum of 3x per week. Goal is that the parents become the 'Change Agents' for their children's behaviors. Medicaid only – billed through Lifeways	1206 Clinton Road Jackson, MI, 49202 51 South Howell Street, Hillsdale, MI, 49242	Jackson: (517) 783-4250 Hillsdale: (517) 783-4250	Age 12 - 17 Jackson and Hillsdale	MULTI-SYSTEMIC THERAPY	Yes	Yes Contact provider for current info

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INTEGRO Mental Health and Substance Abuse Services	<p>Provides individual outpatient therapy to those that are struggling with life concerns such as violence, grief, loss, trauma, and anger management. Also provides home based services for children - adolescents and their families - to address struggles such as loss of a caregiver, developmental delays, feelings of worthlessness and anxiety.</p> <p>Clients are placed with therapists according to their needs rather than "first come, first served".</p>	1200 North West Avenue, Jackson, MI, 49202	(517) 789-1234	<p>Home based Birth - 21</p> <p>Outpatient 4 - 99</p>	<p>Home-based (Requires referral from Lifeways Medicaid only - covers home-based)</p> <p>Outpatient 4 - adulthood (Accepts referrals from Lifeways and private ins.) -Trauma Therapy -Infant mental health services provide parent-infant support and services to families where the parent's condition and life circumstances or the characteristics of the infant threaten the parent-infant attachment and the consequent social, emotional, behavioral and cognitive development of the infant.</p>	Yes	Contact provider for current info

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IRWIN COUNSELING SERVICE	Multiple therapists available to provide counseling services to the community. These therapists work with individuals, couples, families and parents and offer in-person and online counseling services. Most insurances are accepted, including Medicaid, and Master level interns help to ensure availability for new patients, and their services are free to those without insurance.	300 W Washington Ave Suite 210B, Jackson, MI 49201	(517) 253-9036	All ages	Specialize in trauma/PTSD, behavioral therapy and children. ***They also provide services specifically for FOSTER CHILDREN AND THEIR NEW FAMILIES! -Offers a free 15 min consultation	Yes	No
JACKSON COUNSELING FOR WELLBEING	Focused on you being the best you. They're proud to serve Jackson, Michigan and the local people of our community. They have a passion for the people of Jackson County and want to be a catalyst for growth.	2019 4th St. Suite # 3555 Jackson, MI 49203	(734) 719-0193	All ages, depending on needs. Contact provider with specific questions	Their team specializes in marital, pre-marital, grief, family, anxiety, depression, multicultural, spiritual questions, transitions, and adjustments.	Contact provider for current info	Contact provider for current info

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JACKSON COUNTY CHILD ADVOCACY CENTER	Operated by Catholic Charities, JCCAC works with investigators to take care of the needs of the abused children who are involved in and victims of current open investigations.	3027 Wildwood Ave. Jackson, MI 49202	Jackson - (517) 768-1907 Lenawee - (517) 662-3442	Under the age of 18	No cost to families. Children are referred by investigators. Abuse, neglect, domestic violence investigations.	n/a	n/a
JACKSON HEALING CLINIC	Offers counseling services with over 18 therapists with a variety of specialties. Tela-health available. Almost all insurances accepted, including Medicaid.	126 Seymour Ave, Jackson, MI 49202 720 W Franklin St, Jackson, MI 49201	(734) 219-3314	All ages	Specializing in a wide variety of services including: PTSD, Trauma, Addictions, Play Therapy, etc.	Yes	Anywhere from immediate openings to one mo. -depending on services requested.
JENN LOWE - MENTAL HEALTH THERAPIST	Private practice. Offers mental health therapy for children, teens and women. Only accepts BCBS	209 East Washington Ave Suite 340 C & 340 E Jackson, MI 49201	(517) 258-1615	Children, teens and women	Specializing in Anxiety, OCD and Trauma. - Certified in: Play Therapy, CBT, TF-CBT, ERP, And EMDR	Contact provider for current info	Contact provider for current info
LIFESPRING COUNSELING SERVICES	Multiple therapists provide counseling and psychotherapy services for people of all ages, ethnic backgrounds and sexual orientations; and offer	2 locations: 4228 Page Ave Michigan Center, MI 49254	(517) 244-6050	All Ages	Christian Counseling Anger & Anger Management Anxiety & Mood Disorders Child Behavior Issues Depression	Contact provider for current info	Contact provider for current info

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	affordable support to individuals, couples, families and groups in Jackson and surrounding areas. You will be connected to the therapist who most closely specializes in the area of your needs	LifeSpring NW - 2266 Springport Rd, Suite B, Jackson, MI 49202			Family Counseling Grief & Loss Obsessive Compulsive Disorder Pre-Marital & Marriage Pre-Teen & Teen Issues Parenting & Co-Parenting Self-Esteem Issues Stress Management Suicidal Ideations Trauma & PTSD		
LIFEWAYS Community Mental Health	Provides counseling services for any need. Individual and family sessions are offered. They are government funded, and if they are unable to meet a client's need within their facility, they are able to send an outside referral to another organization, with the service continuing to be billed through Lifeways. This allows all services to be available to their clients, regardless of insurance acceptance. Because they are a government Certified Behavioral Health Clinic	Jackson: 1200 N W Ave Jackson, MI 49202 Hillsdale: Care Dr Hillsdale, MI 49242	Jackson: (517) 789-1200 Hillsdale: (517) 439-2641	All ages	-Groups offered, including Mental Health First Aid, which is intended to provide adolescents with the basic tools necessary to recognize and address basic mental health needs of their own and those around them. -Their ICSS Mobile Unit is available for crisis situations. The team will travel to the crisis location in order to assist, and determine whether hospitalization is necessary.	Yes	No

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	(CBHC), they also accept all Medicaid and also have a millage to Aid in excess costs.						
MARTIN HOUSE THERAPIES	Martin House Therapies is a holistic therapy center offering psychotherapy as well as acupuncture and reiki.	1500 W Michigan Ave, Jackson, MI 49202	(517) 740-1351	All ages, depending on needs. Contact provider with specific questions	Holistic Therapy Approaches	Contact provider for current info	Contact provider for current info
MICHIGAN - ONLINE THERAPY WEBSITE	Online counseling for individuals with a variety of needs	n/a	(517) 798-1527		Specializing in Anxiety, Trauma and life transitions. Additional training in CBT, EMDR. ACT and mindfulness.	Contact provider for current info	Contact provider for current info
MICHIGAN PSYCHOLOGICAL CARE WEBSITE	The Jackson clinic team will be led by Clinical Director Mitch Weisbrod, Ph.D. They offer family and individual counseling in addition to group therapy for those with anxiety and also play therapy for children who qualify	437 Fern Avenue, Suite C, Jackson, Michigan 49202	(517) 247-2033	All Ages	The Jackson team specializes in abuse, depression and children with learning disorders.	Contact provider for current info	Contact provider for current info

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NEW DIRECTION COUNSELING CENTER WEBSITE	They offer outpatient, individualized, psychological care. We treat a number of mental health disorders, and provide a neutral ground to individuals, families, and couples.	2536 Spring Arbor Road, Jackson, Michigan 49203, United States	(517) 998-0999	All Ages	They specialize in depression, anxiety, trauma and PTSD for individuals and children, providing parents with the tools to help their child thrive in all settings	Contact provider for current info	Contact provider for current info
OPEN DOOR FAMILY SERVICES WEBSITE	Provides counseling to individual adults, families, and children. Provider for adopted children with adoption subsidy They accept all the BC/BS policies, BCN, Priority, and Meridian Medicaid. They can't accept HAP. In-person and tela-health available	1401 W Michgan Jackson, MI, 49202 Lzolman@opendooradoptionsservices.org	(517) 936-7580 Best contact by email, website or text:	All ages: Adults, families, children Jackson	Specialize in treating trauma with Eye Movement Desensitization and Reprocessing (EMDR) therapy, as well as behavioral therapy for children.	Contact provider for current info	Yes

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OUT OF THE ASHES COUNSELING CENTER	Stacy Buckingham, LMSW I am trained in Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Faith-based counseling, Mindfulness, Group therapy, and Motivational Interviewing. I work with all ages and specialize in Anxiety, Depression, Family/Marital Therapy, Christian Counseling, Personality Disorders, and Spiritual/Emotional Abuse issues.	7851 Spring Arbor Road, Spring Arbor, MI 49283	(517) 252-9761		Anxiety Depression Relationship Issues		
PATRICIA J. LAFAVE, PH.D	This group has been practicing in Jackson County for over 30 years. They have 2 licensed psychologists and multiple other therapists. Most insurances accepted	Cascade Ridge Office Park 3101 Spring Arbor Road, Suite 100 Jackson, Michigan 49203	(517) 782-2442	All ages	Between the providers, they specialize in domestic violence, child abuse and neglect, substance abuse, domestic relations, grief and loss, relationship challenges, life transitions, stress management, anxiety, and depression	Contact provider for current info	Contact provider for current info

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POSITIVE MINDSET THERAPY, LLC WEBSITE	Juanita Meyerink, LMSW Wherever you are in life right now, there can be struggles you aren't equipped to deal with. Having someone to guide you through the small steps and the big ones, can reduce anxiety and help alleviate depression. Applying your new understanding will allow you to address your needs with knowledge and grace.	180 West Michigan Avenue, Suite 703 Jackson, MI 49201	(517) 468-6592 (517) 499-4966		Aging, chronic illness both mental and physical, aging parents, retirement, career, school, health and mobility issues, caregiving for loved ones, getting organized, shifting priorities, injuries, illness, or balancing family and work life.	Contact provider for current info	?
RECOVERY TECHNOLOGY Mental Health and Substance Abuse Services WEBSITE	Offers outpatient services that help patients deal with stress, grief, trauma, impulse control, personality disorders, eating disorders, behavioral, social, marriage, or family problems. Accepts most insurances. Cannot accept HAP. (\$60 per regular session for those WITHOUT insurance - (initial intake session is \$112.50 for out of pocket clients.)	1200 North West Avenue, Jackson, MI, 49202	(517) 780-3336	Ages 6+	-Individual counseling offered for adolescents and young children. No family counseling available. However, for very young children, parents are typically involved.	Contact provider for current info	Yes

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<p>MELISSA REILLEY, LMSW-C</p> <p>WEBSITE</p> <p>PSYCHOLOGY TODAY</p>	Offers outpatient services both virtual and in-person.	<p>Atria Business Park (2006 Hogback Rd., Ann Arbor, MI 48105 melissa@reilleythera py.com</p>		All ages	I welcome all individuals regardless of age, race, gender, sexual orientation, or socioeconomic status. If a client presents with a treatment goal outside of my scope of practice, I will assist in referring to another mental health professional better suited to provide the requested services.	Yes	?
<p>RISE AND RENEW COUNSELING SERVICES</p> <p>WEBSITE</p>	<p>Alexis Ahlbaum, LMSW, Owner</p> <p>I am devoted to meeting people where they are in their walk of life to help others grow and overcome challenges and difficult circumstances. I utilize a strength-based approach and different therapeutic interventions to address presenting concerns while creating a safe and comfortable environment. I believe in empowering others to find</p>	<p>2652 Spring Arbor Road, Jackson, MI 49203</p>	<p>(517) 837-7859</p>	All ages	<p>I specialize in Anxiety, Trauma and PTSD and Depression with expertise in ADHD and Self Esteem</p> <p>I am a trained clinician in Eye Movement Desensitization and Reprocessing (EMDR)</p>	Contact provider for current info	?

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	their own strengths, confidence and learn to love who they are.						
SAFE HAVEN COUNSELING	Multiple counselors offering outpatient and remote sessions. Cash and credit only (\$125 - \$150) : bill can be submitted to insurance.	1931 Horton Rd. Suite 3 Jackson, MI 49203	(517) 300-6973	All ages	Specialize in relationships, parenting and EDMR for trauma, depression and anxiety.	Contact provider for current info	Contact provider for current info
SOUL & PSYCHE COUNSELING SERVICES	Offers outpatient and telehealth counseling primarily for individuals, but joint sessions can be scheduled to facilitate treatment. Most insurances are accepted, as well as private pay for \$75 per 45 min, or \$100 per hr.	401 S. Mechanic St., Jackson, MI 49201	(517) 201-1121 FAX (517) 244-8707	All ages	Adolescent Issues, Anxiety Disorders, Faith-based or Christian Counseling, and Psychogenic Non-Epileptic Seizures (PNES)	Contact provider for current info	Contact provider for current info
WAVES OF CHANGE WEBSITE	Multiple therapists who strive to empower individuals and families as they seek to find meaning for themselves and others. Their passion is to instill in others an awareness of their value and strength.	2017 4th Street Jackson, MI 49203	(517) 581-4886	All ages, depending on needs. Contact provider with specific questions	They specialize in a trauma-informed approach to address anxiety, depression, relationship difficulties, and many other life struggles in a non-judgemental way so that ALL feel welcome to enter there.	Contact provider for current info	Contact provider for current info

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WELLNESS INSTITUTE OF MICHIGAN	Multiple psychologists and therapists who take a holistic approach to health. Willing to work with your primary provider, psychiatrists, school counselors, etc. to foster an integration of care.	915 Airport Road Jackson, MI 49202	(517) 347-4645	All Ages	Addictions, Adolescents, Anxiety/Depression, Cancer, Children (ADHD), Couples, Divorce, Domestic Violence, Grief/Loss, Neurological, Parenting, Stress/Family Systems and Self Esteem, Trauma	Contact provider for current info	Contact provider for current info
WOLVERINE HUMAN SERVICES RESIDENTIAL CAMPUS Adolescent Youth Counseling	Must be referred by MDHHS or the court system. Offers a program for males, uses a combination of individual and group therapy, group counseling, medical services, and contracted psychological and psychiatric services. Education is provided on-site, including Edgenuity credit recovery, GED preparation and testing, and online college courses.	101 Enterprise Dr. Vassar, MI, 48768	(800) 214-6186	Males age 12-17 Limited residential programs for females.	Must be referred by MDHHS or the court system. Individuals with a security level indicating non-secure placement is appropriate. Individuals with a history of justice system involvement due to delinquency and interpersonal criminal behaviors.	Contact provider for current info	Yes