



## 2011 Guide to Local Mental Health Resources

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## USING THIS GUIDE / DISCLAIMER / PERMISSIONS

**Welcome to the 2010 Mental Health America of the Central Valley (MHACV) Guide to Local Mental Health Resources!** This guide provides information about, and access numbers to, most of the major providers of mental health (and related) services in Fresno County.

**MHACV** sincerely hopes this information and format will be useful to first responders wishing to assist current or potential mental health clients navigate the complex and oftentimes confusing array and distribution of services.

Agencies, individual providers and other resources are arranged according to the Table of Contents. A summary of general categories of providers and their funding streams are summarized on the following page.

We apologize in advance for any errors or omissions and wish to thank the agencies and providers for their time and willingness to provide us with current information.

Should you encounter inaccuracies or discrepancies in this guide, please contact **MHACV** at **(559) 253.2204**, or email **mhacv@mha-cv.org**, so that we can make the appropriate corrections.

Thank you for your support to our individuals and families challenged by mental illness!

*Helen Siporin*, President

*David Weikel*, Executive Director

Mental Health America of the Central Valley  
October, 2010

**Disclaimer:** MHACV intends this guide as a resource for first responders interfacing with persons at risk for, or currently experiencing mental health problems. Inclusion in this guide does not imply endorsement of any specific provider, agency, or organization by MHACV. MHACV disclaims any responsibility or liability as a result of the use of this guide. MHACV assumes no responsibility for discrepancies contained herein; services, locations, and/or eligibility requirements are subject to change and dictated solely by the individual agencies that provided their information to MHACV.

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## THE ARRAY OF MENTAL HEALTH SERVICES & SUPPORTS

- 1. Public Mental Health:** the Veterans' Hospital, county mental health departments, contracted agencies, federally qualified health centers (FQHC), and county & state inpatient hospitals offer mental health services which are reimbursed by Medi-Cal, indigent funds, private insurance and in some cases, the client. (For the uninsured, hospital charity care may be petitioned, but is limited.)

Medi-Cal reimbursement for out-patient care targets (in the case of adults) those needing medically necessary treatment for severe and persistent mental illnesses or co-occurring disorders\*. Fresno county serves Medi-Cal eligible populations and, in limited programs, uninsured, indigent populations.

Psychiatrist shortages may result in significant delays for medication evaluation appointments. Interim services may include therapeutic intervention (individual or group), case management, peer support and wellness programs, depending upon current availability and eligibility. Some FQHC's integrate mental health services with primary health care, but such services are limited in this county.

- 2. Community-Based Organizations (CBO's):** CBO's may offer specialized or general mental health care only, or may include mental health services among an array of social services. Many non-profit CBO's do not employ a psychiatrist, so medication services need to be provided elsewhere. Fees are often on a sliding scale, based on ability to pay, and services range in type, intensity and duration. Some CBO's accept Medi-Cal and others do not. Many use supervised interns as a means of keeping fees accessible to low-income clients.
- 3. Private Providers:** Private providers (including private hospitals) accept private pay or private insurance. Some will adjust fees for low-income clients. Some contract with the county and are able to take Medi-Cal eligible clients.
- 4. Professional and Consumer/Family Organizations** at the local, state, and national level provide information, education, advocacy and support.
- 5. Social Services & Non-mental Health Support:** Social services and daily survival assistance are often needed as an adjunct to mental health services and are provided by the Department of Social Services, along with a variety of CBO's. A few main numbers are listed here, but first responders are directed to United Way's 211 telephone access number, Fresno Metro Ministry's "Community Resource Directory," and the Fresno County Online Resources and Referral Directory (website on page 15) as excellent sources of information and assistance.
- 6. Internet Resources:** The internet is a great source of information from government agencies, private and public research institutions, non-profit foundations, professional organizations, consumer & family advocacy groups, and many others.

\*Co-occurring refers to a co-existing mental health and substance use disorder in the same individual

**PUBLIC MENTAL HEALTH SERVICES - ADULTS**

**Emergency: Crisis Resolution or Hospitalization** **911**

Call 911 or go to the nearest hospital emergency department.  
Follow recommended procedures in *“What to do in a Mental Health Crisis: A Guide for Families, Friends & Law Enforcement.”* ©2010 Mental Health America of the Central Valley

FYI: Fresno has two psychiatric inpatient facilities for Adults 18 and older: the “PHF” (Psychiatric Health Facility) and CBHC (Community Behavioral Health Center). Admission to these facilities requires an evaluation by hospital and county mental health personnel. When beds are not available, individuals are transported to inpatient psychiatric facilities in other counties.

**Outpatient Adult Services:**

**Department of Behavioral Health (DBH)**

- **Main Access Number** (non urgent calls) **453.4894 or  
253.9180**  
Main number to enroll in new services or for those already in the system needing specific information
- **Urgent Care Wellness Center** **253.9171**  
4411 E. Kings Canyon Road, Bldg. 319  
Walk-in clinic for same day service or appointments. (Mon-Fri, 8:00-8:00; Sat 8-5)

**Clinica Sierra Vista: Regional Medical Community Health Center** **457.5500**

**2505 E Divisadero St, Fresno, CA 93721**  
Provides physical *and* mental health services to the Medi-Cal eligible or uninsured (indigent). Mental health services are limited to persons with mild or moderate conditions (not severe, chronic and persistent illnesses), but the clinic may accept clients whose serious mental illness is stabilized and need only maintenance.

**Perinatal Program (MHSA Prevention & Early Intervention)** **600.1033**

**West Fresno Regional Center at Edison Plaza**  
**142 E. California, Fresno, CA 93706 (M-F 8:00-5:00)**  
Short term outpatient mental health services to postpartum teens, adults (and their infants) experiencing mood disorder, depression, first onset of mental illness or other behavioral health problems.  
Collaboration of mental and public health services, incl. screening, assessment, visitation and referrals to treatment.  
Director: Jeanie Cox: [jcox@co.fresno.ca.us](mailto:jcox@co.fresno.ca.us)

**Supported Education & Employment Services (S.E.E.S.)** **453.4403**

Assists currently enrolled county mental health consumers (age 18+) in need of vocational and/or educational support. Helps clients retain their S.S.I. benefits while working. If not a current county mental health client, will be referred for intake and assessment. Once enrolled in the system, S.E.E.S. services can begin. Contact: Joni Keenen, Clinical Supervisor

## Turning Point

### (contracted under MHSA)

- Services to transition Aged youth, 16-24 who have a serious mental illness, are frequent users of crisis services, homeless, or are at risk of homelessness or incarceration.

Program Director: Sharon Ross: sross@tpocc.org

**226-0167**

- Programs for adults and older adults with serious mental illness who have had 4+ inpatient hospitalizations. Another program for adults with co-occurring disorders.

Program Director Greg Gregson: ggregson@tpocc.org

**676-7180**

- Rural mental health services in Sanger, Reedley, and Pinedale for seriously and persistently mentally ill adults, who are homeless, or at risk of homelessness or incarceration. Treatment plan may include personal service coordination, intensive case management, medications, and housing.

Program Director: Autumn Lindberg: alindberg@tpocc.org

**436-0482**

## Blue Sky Wellness & Recovery Center

1617 E. Saginaw Way, Ste. 108, Fresno, CA 93704

Hours : M-F 8:00-5:00; Sat: 9:00-4:00

A peer-run center offering a menu of free activities and peer support to all Fresno County residents (18+ years) having a mental health diagnosis and choosing wellness & recovery. A brief orientation and assessment of appropriateness precedes use of the center. Provides a safe, healing environment where participation is by choice. Activities include arts & crafts, computer time, gym, library & literacy, holistic and humor support in addition to ongoing peer support groups (one for Spanish speaking women). No clinical or medical services. Contact: Donna Nunes, Mental Health Specialist/Supervisor

**230.2501**

## PUBLIC MENTAL HEALTH SERVICES – CHILDREN UNDER 18

### Emergency: Crisis Resolution or Hospitalization

#### **CCAIR (Children's Crisis, Assessment, Intervention and Resolution)**

**453.3860**

3147 N. Millbrook, Fresno 93703

Emergency program operates 24/7. If reception area is closed, ring the bell at Door "B" for a nurse. Children in crisis, under age 18, may be brought in by families, ambulance or transferred from another facility.

*(Families with private insurance should consult with their provider ahead of time, as policy may not cover services when the family transports the child)*

CCAIR is staffed by a multidisciplinary team of mental health professionals including a 24 hr on-call psychiatrist and on-call supervisor. Child will either be released with recommendations, or hospitalized as needed.

**As Fresno County has NO inpatient beds for children and adolescents under 18, those who require hospitalization will be transported by ambulance to the nearest children's unit in other counties. Hospitals are required to provide the family with diagnosis and treatment plan upon discharge, critical to aftercare.**

*Mental Health and substance abuse treatment is also provided to youth at the Teilman School and the Juvenile Justice Campus. Families of incarcerated*

children who should be, but are not receiving services, should call Children's Outpatient Mental Health Services at 453.8918 for guidance.

### Outpatient Children's Services:

*The Children's Mental Health Department provides outpatient mental health services to children under 18 (or up to 21 if in Special Education). Intake appointments are held first without the child present. Services are free or low fee to Medi-Cal eligible clients.*

#### **Fresno & Clovis**

**Heritage Center, 3133 N. Millbrook, Fresno 93703** **453.8918**

**Rural Areas (Various Locations)** **453.8328**

**School-Based Mental Health Program** **453.4309**

Many schools have a county clinician on site. (Refer through the school psychologist or Student Study Team) No fee.

[County Contracted Community-Based Children's Agencies . . . ]

**CYS (Comprehensive Youth Services)** **229.3561**

**3795 E. Shields, Fresno 93726**

**MHSA Contract Services:** Short term family treatment (called FFT) for severely emotionally disturbed youth ages 11-18, who have not been through traditional service delivery, and who are involved in, or at risk of involvement in, the juvenile justice system

**Non-county contracted programs:** individual and family counseling, supervised and *therapeutic* supervised visitation for noncustodial parents; sexual, physical and emotional abuse; anger management groups for pre-adolescents, adolescents, and adults.

Accepts Medi-Cal or sliding scale (as low as \$15/session) w/ exception of CHAT (Child Abuse Treatment Program) and SAP (School Assistance Program counseling at selected high school campuses) which are both free.

**EMQ FamiliesFirst** **446.3012**

**7080 N. Marks, #104, Fresno, CA 93711**

**MHSA Contract Services:** Mental health and community support services including intensive case management, crisis intervention, parenting treatment, and in-home therapeutic services to children ages 0-5 and their families.

Contact: Noelle Scott - nscott@emqff.org

**EPU (Exceptional Parents Unlimited)** **229.2000**

**4440 N First, Fresno, CA 93726**

**MHSA Contract Services:** Intervention for children through age 8 with severe behavioral problems, and clinical parent/child treatment & related support services for families with children ages 2-7.

**Non-county funded programs:** a wide array of community based services for young children and their families.

Contact: Barbara Swan - bswan@exceptionalparents.org

**COMMUNITY - BASED MENTAL HEALTH SERVICES / ADULTS & CHILDREN**  
**Superscript Key: PI = Private Insurance; M = Medi-Cal; S = Sliding or Reduced Fee; F = Free**

**HOT & WARM LINES:**

- **Emergency Police/Fire: 911**
- **Suicide Prevention Hotline (24 hr):**  
     English: (800) 273.TALK (8255)   Spanish: (888) 628.9454   TTY: (800) 799.4TTY (4889)
- **Sexual Abuse & Family Violence: (559) 222.7273**
- **United Way Resource Directory: 211** (referrals for any type of assistance, i.e., shelter, food, clothing, social services, etc., multilingual)
- **Teenline: (800) TLC-TEEN or (800) 852.8336**  
     Operates all evenings from 6:00p.m. to 10:00p.m. See Additional Online Resource for Teenline's web based services

**LOCAL SITES:**

**Alliant International University Psychological Services** <sup>PI, S</sup> **253.2277**

5130 E. Clinton, Fresno 93727 (across from airport)  
 Child, adolescent and adult therapy; domestic violence program; program for students on probation; no co-occurring disorders. 3<sup>rd</sup> year supervised doctoral students provide counseling. Free consultation and screening. Will take some insurance but insurance provider must call number above to verify number of sessions covered. No Medi-Cal. Sliding scale fee: (\$20-\$50/session) Income statement required.

**ATR/CCR** <sup>M, S</sup> **273.2924**

**Assessment Training & Research/Central California Recovery**  
 1100 West Shaw, Suite #122  
 Primarily court ordered referrals for substance abuse. Also assess for social service needs and provide case management. Counseling on a limited basis if needed, through Fresno State's Rehabilitation Counseling Program. Not appropriate for mental health issues in isolation – must be co-occurring with substance abuse, criminal or family court issues.  
 Executive Director: Debbie Harkness

**CIL (Center for Independent Living)** <sup>F</sup> **221.2330**

3008 N Fresno ST, Fresno 93703  
 Peer support group meets 1<sup>st</sup> Wednesday of every month, includes all disabilities as well as mental health. Licensed clinicians provide counseling in tandem with a rehabilitation counselor.  
*Bridges* (not mental health) program assists high school students with physical or learning disabilities transition from school to the working world, higher education, and/or adulthood. Independent living and vocational skills are taught through hands-on individualized curriculum. All services, including advocacy, are free to clients.  
 Contact: Jimmie Soto, Program Coordinator

**CYS (Comprehensive Youth Services)** <sup>M, S</sup>

Look under PUBLIC MENTAL HEALTH SERVICES – CHILDREN UNDER 18

**EPU (Exceptional Parents Unlimited)** <sup>M, S</sup>

Look under PUBLIC MENTAL HEALTH SERVICES – CHILDREN UNDER 18

**Fresno Family Counseling Center** <sup>S</sup>

**229.3085**

3718 N. First St., Fresno 93726

Services for adults & children with mild mental health issues. Family violence & co-occurring disorders. Languages served: Spanish, English, some Hmong. No Medi-Cal – no insurance. First session \$30, thereafter, \$20.

**FootSteps of St. Agnes Medical Center** <sup>S</sup>

**450.5608**

Specific to issues of loss: death, divorce or separation  
Simultaneous support groups for parents and youth ages 4-18.  
Low fees. No one turned away for lack of fund/Scholarships available  
Call to receive registration packet

**Fresno New Connections** (co-occurring disorders) <sup>PI, M, S</sup>

**248.1548**

4411 North Cedar Ave., Ste. 108, Fresno 93726

Groups address substance use disorder. Primary condition must be substance abuse, but accept clients with co-occurring mental illness. Also address domestic violence, anger management. Individual sessions as needed. Will see youth if they deem appropriate after intake. Accept Medi-Cal, insurance & private pay. \$50 to enroll, then sliding scale based on ability to pay.

**Healing for Survivors** <sup>S</sup>

**442.3600**

Individual counseling, group support, workshops for survivors of physical, emotional and/or sexual abuse. New location (as of 11/10) will be between Fresno & Sanger. Pastoral counselor is Christian but will respect all faiths.

No Medi-Cal. Private pay \$60 for individual, \$50 for group sessions. Limited Scholarships.

**Herndon Recovery Center** <sup>PI</sup>

**298.5111**

6700 N First St, Fresno 93710

**(weekends: 493.8126)**

Residential and intensive outpatient & partial day treatment programs for co-occurring substance abuse & mental illness (dual diagnosis) or mental illness alone. Ages 10 to adult.

Insurance and private pay, no Medi-Cal.

Dr. Atwall, Psychiatrist

**House Psychiatric Clinic, Inc.** <sup>PI, S</sup>

**226.1316**

1322 E. Shaw Ave., Ste 410, Fresno 93710

Children, adolescents & adults seen for diagnosis and medical treatment for mental illnesses. Initial evaluations: \$250; follow-up appointments charged according to length of appointment needed.

Medical services are full fee: private pay or insurance only (check to determine if clinic contracts with the insurance provider).

**The Foundation Program:** intensive outpatient services for adolescents 12-18.

(May be covered by private insurance.)

**The Treehouse Program:** individual therapy at **reduced fee (\$50/session)** provided by licensed professionals and supervised interns.

<p><b>J.D.T. Consultants (TBS Services)<sup>M</sup></b>  <b>2501 W. Shaw Ave., Ste 101, Fresno 93711</b>          Children’s mental health will contract with JDT for TBS (therapeutic behavioral support services) if county clinician deems it needed to keep child in the home. Services are available 24/7 at the home or in school as needed per plan. May be privately contracted for but mostly likely <i>not</i> covered by private insurance.</p>	<p><b>243.9110</b></p>
<p><b>Kaiser Permanente</b>  <b>4587 N. First St, Fresno 93710</b>          Kaiser members and qualified insured.</p>	<p><b>448.4620</b></p>
<p><b>Las Palmas Counseling Center<sup>S</sup></b>  <b>363 N. First, Fresno</b>          Substance abuse, anger management, sex offence, parenting issues.          Clinical Director: Julio Gramajo, LCSW, MFT          Spanish speaking</p>	<p><b>497.9533</b></p>
<p><b>Link Care<sup>PI, S</sup></b>  <b>Fresno</b>          Christian counseling center. Licensed clinicians and pastoral counselors provide outpatient and residential treatment for pastors, missionaries, and Christian workers who have encountered difficulty in their fields of service. Also provide services to the general community, some at reduced fee. Dial “0” to speak with a new client coordinator for a brief telephone interview. Director: Dr. Brent Lindquist</p>	<p><b>439.5920</b></p>
<p><b>Marjaree Mason Center<sup>M, S, F</sup></b>  <b>1600 M Street, Fresno 93721</b>          Counseling services for children, adolescents and adults.          Medi-Cal accepted for individual counseling; private fee: \$30 min.          Free weekly support group for women. 12-week anger management and domestic violence sessions.</p>	<p><b>237.4706</b>  <b>24 hr. Crisis Line (800) 640.0333</b></p>
<p><b>Mental Health Systems (MHS), Inc.</b>  <b>Fresno Wrap:</b> Eligible youth and families are provided with a wraparound team to assist with maintaining the youth at home and in the community via case management, in-home and parenting skills. Generally clients are referred by courts and probation but may take an outside referral when the youth is at risk of entering child welfare or justice system.</p>	<p><b>341.6621</b></p>
<p><b>Nancy Hinds Hospice Center for Grief and Loss<sup>F</sup></b>          Angel Babies: support for loss of infant (free to uninsured).          Support groups for losses of any aged family member (\$25 for 12 sessions)</p>	<p><b>248.8579</b></p>
<p><b>North Star Counseling<sup>PI, S</sup></b>  <b>624 Woodworth Ave., Clovis 93612</b>          Eight clinicians serving Native Americans and <u>non</u>-Natives. Christian counseling is available but optional. No Medi-Cal, some insurance, sliding scale (\$70+ depending on whether providers are licensed or supervised interns). Choose Option “O” to ask Cathy about individual’s insurance company.</p>	<p><b>297.6060</b></p>

**Northwest Family Center<sup>S</sup> 225.3222**

**5151 North Palm, Ste. 960, Fresno 93704**

Individual, couple, family, child (age 3+) counseling. No Medi-Cal. Sliding Fee: \$25-\$150. Licensed clinical social worker, licensed marriage and family therapist and three marriage/family therapy interns.

**Onsite Counseling Program<sup>S</sup> (on campus at Fresno Pacific University) Fresno: 453.8050**

**4812 E. Butler Ave, Fresno 93727**

**Visalia: 453.8068**

Outpatient therapy for individuals (adults & children), couples, and families. Will major mental illnesses if client has a psychiatrist willing to team with Onsite. Couples w/ domestic violence on successful "no violence" contract. Co-occurring disorders who have completed rehab. Fees: Private pay only. \$65/session (for licensed clinician); \$45 (supervised interns); sliding scale from \$25. Onsite also provides free services to children at 22 FUSD campuses. Parents should ask school psychologist if their child's campus has an Onsite counselor (or Student Assistance Program counselor). Mary Shamsorian, Director

**Pan National Multilingual Services<sup>PI, M</sup> 486.5638**

Therapy for mild mental illnesses (refer out for serious mental illness requiring medication). Translators in over 50 languages. Clinical psychologist & LMFT provide service. Fee: Medi-Cal, private insurance & private pay (\$50-\$60/session).

**RCS Resource Center for Survivors of Sexual<sup>S, F</sup> Assault & Family Violence** Office: 497.2900  
24 hr. crisis line: 222.7273

**259 N. Blackstone, Fresno 92701** ([www.rcsfresno.com](http://www.rcsfresno.com))  
Counseling & therapy, advocacy, crisis intervention, court advocate. Offices in Firebaugh (Carmen Meza Center) and Coalinga.  
Fees: free or sliding scale – no one turned away

**The Sanctuary (EOC) 498-8543**

Youth Shelter houses youth 11-17 who are runaways, homeless, or beyond the control of their parents (must not be on probation or in the child welfare system). Maximum stay: 21 days. Case management services are provided for youth and families if available. Referrals for mental health as needed.  
EOC also provides supportive housing services at transitional living centers for homeless, emancipated youth/young adults (16-24 yrs) at four Fresno sites. Street outreach team can provides motel vouchers.  
To be screened for any of the above, call the main number.  
Contact: Misty Blanco

**\*Sequoia Psychotherapy Center<sup>PI, S</sup> 266.5200**

**1065 N. Fulton, Fresno 93728** (Tower District)  
Private group practice serving children 6+ up to adults. No Medi-Cal. Blue Cross, Blue Shield, Aetna and Victim Witness clients. Sliding scale from \$60-\$200/session, (depending on license; practice also uses supervised interns).

**\*St. Joseph Counseling Center<sup>PI, S</sup> 438.1200**

**5430 N. Palm, Ste. 108, Fresno 93704**  
Private group practice. Licensed clinicians provide individual and couples

counseling. Some supervised interns, some Spanish. No Medi-Cal; sliding fee scale.

Director: Suzanne Swanson, LMFT, LCSW

**Sullivan Center for Children <sup>PI</sup> 271.1186**

**3443 W Shaw (at Valentine), Fresno 93711**

Services for families and children. Group, individual and marriage counseling. Evening and Saturday appointments. No Medi-Cal. Fee for service and private insurance only. Initial evaluation: \$225 for individual; \$175 for a family. Groups: \$40/session. No sliding scale.

**Student Mental Health Departments (Colleges/Universities) <sup>S, F</sup> numbers will vary by campus**

Many campuses provide mental health services to qualifying students. Policies and fees vary. Some counseling centers will include spouses, girlfriends or boyfriends for relationship issues. Call the specific campus and ask for their student counseling, mental health, or student health department.

**Touchstone Clinic 323.4495**

**724 Medical Center Drive East, Ste. 106, Clovis 93612**

Primary treatment is for substance use disorder, but do address some depression and anxiety during treatment. Will refer clients out who need more intensive mental health therapy.

**UCSF Psychiatric Residency Program (Adult & Child Psychiatry) <sup>PI, S</sup> 459.5085**

Assessment & treatment. No Medi-Cal. Accepts Healthy Kids, Healthy Families, Private Insurance, Fee (\$6-\$49)

**Whitestone Christian Counseling Ministry <sup>S</sup> 473.4715**

**2507 W. Shaw Ave. Ste. 1078, Fresno 93711**

Pastoral and Certified Christian Counselors (not licensed clinicians) provide pre-marriage, marriage, family, individual, adolescent, clergy, grief, recovery and financial/budgeting services. Fee: donation based on ability. Licensed clinicians (LMFT & PhD) provide therapy with fees on sliding scale.

**WestCare Co-occurring Disorders (In- & outpatient) Programs <sup>M</sup> 237.3420**

Outpatient individual and group counseling for adults with dual diagnosis (substance use disorder + mental illness)  
 Fee: Medi-Cal or private pay only (no insurance): group-\$34/session (up to 4x/week; individual-\$45/once weekly).  
 Inpatient 30-day stay: Private pay: \$1,000 up front, and remaining \$1400 on payment plan (no Medi-Cal)  
 PPW (pregnant & post partum women) Program is free to women 18+ years with dual diagnosis who are pregnant or have recently given birth.

**INDIVIDUAL PRIVATE PROVIDERS – No Medi-Cal**

**Psychiatrists**

Adults	Office Phone	Fees (first eval / follow up) None accept Medi-Cal
Maria Baccaro	435.0800	
Evelyn Aquino Caro	432.5722	\$300 / \$80
Thomas Callahan	221.8814	
Jagmeet Chan	449.8060	\$250 / \$95-\$150
Matthew House	226.1316	\$250 / <i>varies per length of appt.</i>
Michael DeLollis	252.1602	
M. Giesbrecht	438.1199	\$200 / \$105
Richard Land	225.9092	
John Middleton	439.1534	\$200 / \$85
Jan Munson	226.1316	
William Siegfried	229.1800	
Dwight Sievert	435.0800	
University Psychiatry Associates	320.0580	\$50 / \$20-\$50 (sliding) <i>No insurance, no Medi-Cal</i>
Latif Ziyar	449.1209	\$150 / \$75

Children/Adolescents	Office Phone	Fees (first eval / follow up) None accept Medi-Cal
Nirmal Brar	227.1977	
David Fox	271.1186	\$225 / <i>no new patients til summer</i>
Matthew House	226.1316	\$250 / <i>varies per length of appt.</i>
University Psychiatry Associates	320.0580	\$50 / \$20-\$50 (sliding) <i>No insurance, no Medi-Cal</i>
Latif Ziyar	449.1209	\$150 / \$75 (children 8 yrs+)

***Clinicians who accept low fee, sliding scale or Medi-Cal coming soon . . .***

**SPECIAL POPULATIONS**

African Americans

**West Fresno Health Care Coalition** **264.7185**  
**302 Fresno St # 205, Fresno, CA 93706**  
 Social services and health information for the West Fresno Community.  
 Administers community gardens, under the Mental Health Services Act, for  
 mental health education, prevention and early intervention.

Native Americans

**Central Valley Indian Health**<sup>F</sup> **299.2578**  
**20 N. Dewitt Avenue Clovis 93612**  
 Requires tribal documentation from Federally recognized tribe, photo ID,  
 SS card. CA Indians are eligible for 24 free mental health visits per year.  
 Out of state tribal members will be referred to other agencies and have to  
 pay their fees.

**Fresno American Indian Health Project**<sup>F</sup> **320.0490**  
**1535 East Shaw Avenue #105, Fresno, 93710**<sup>†</sup>  
 Licensed clinical psychologist and substance abuse counselor provide  
 Free services to Native Americans residing in Fresno but belonging to  
 non-California based tribes. Must provide tribal documentation, CA identi-  
 fication, social security card and proof of income. Call first if service is  
 requested for children. M-F 8:00 – 5:00.  
 Clinical Director: Dr. Danielle Biggs

**North Star Counseling**<sup>PI, S</sup> **297.6060**  
**624 Woodworth Ave., Clovis 93612**  
 Eight clinicians serving Native Americans and non-Natives. Christian  
 counseling is available but optional. No Medi-Cal, some insurance, sliding scale  
 (\$70+ depending on whether providers are licensed or supervised interns).  
 Choose Option “O” to ask Cathy about individual’s insurance company.

**Sierra Tribal Consortium**<sup>F</sup> **445.2691**  
**610 W. McKinley Ave., Fresno 93728**  
 Inpatient & outpatient treatment for substance use disorder for Native  
 Americans. If mental illness is present, the outpatient program will bring  
 a therapist in-house 1x/week; however inpatient program not compatible  
 with mental health treatment. Free to all tribes, CA and outside CA.

**Tribal TANF** **226.2880**  
**1930 E. Shields, Fresno 93755**  
 Domestic violence, substance abuse and mental health counseling  
 and treatment for Native American Families. Employment related  
 education and job skills. Vocational rehabilitation. Cash assistance.  
 Contact: Eve Marsh

## **NEW AMERICANS**

**FIRM (Fresno Interdominational Refugee Ministries) 487-1500**

**1940 N. Fresno Street, Fresno, CA. 93703**

Social and cultural services for SE Asians and many other refugee populations. Administers community gardens, under the Mental Health Services Act, for mental health education, prevention and early intervention.

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

**Fresno Center for New Americans <sup>I, M</sup> 255.8395**

**4879 E Kings Canyon, Fresno 93727**

Counseling services for adults 18+ years.

Medi-Cal, private pay, some insurance

Languages served: Hmong, Spanish, Thai, Khmer, Chinese, French, Armenian

Administers community gardens under the Mental Health Services Act, for mental health education, prevention and early intervention.

Contact: Jeff Xiong or Ger Thao

## **LGBT+** (support & information)

**Central California Alliance 265.7117**

**Community Link 266.5465**

Links to a variety of organizations; publishes the "Pink Pages"

A resource book for the LGBT+ community

**GSA Network 268.2780**

GSA (Gay Straight Alliance) – supports clubs on many high school campuses

**PFLAG 434.6540**

Support for Parents, Families, Friends of Lesbians and Gays

## **Veterans**

**Veterans Administration Mental Health 225.6100**

A variety of mental health services are available upon referral by the V.A. primary care physician.

## PRESCRIPTION ASSISTANCE

### **Partnership for Prescription Assistance**

Helps qualifying patients without prescription drug coverage get the medicines they need. Many will get medications free or at substantially reduced pricing.

**1- 888- 4ppa-now  
(1- 888- 477.2669)**

### **TogetherRxAccess.com Call Center:**

Medications for uninsured, not on Medicare & meeting certain income requirements. Will refer to PPA if they cannot help. Savings up to 40%.  
Online: <http://TogetherRxAccess.com>

**1-800-250-2839**

### **County RX Card**

FREE Prescription Drug Card enabling savings of up to 75% (depends upon Brand - check rates at participating pharmacy) at more than 56,000 pharmacies.  
Must be accessed online to register: <http://www.countyrxcard.com>

**SOCIAL SERVICES & NON MENTAL HEALTH SERVICES**

**Department of Human Services:** <http://www.co.fresno.ca.us>

Most non-mental health services would be accessed through the Department of Employment and Temporary Assistance, i.e., Cash Assistance, Food stamps, Medi-Cal, etc. Phone numbers for individual departments are accessed on the web by using the “Departments” drop down menu.

**Big Brothers / Big Sisters**

**905 North Fulton, Fresno 93728**

**268.2447**

Helps children ages 6-18 reach their potential through professionally supported one-to-one relationships. Mentoring (not therapy) is especially helpful for the child whose parent is living with a serious mental health condition.

**Catholic Charities** (see also Stewards, Inc.)

**485.3144**

**149 Fulton St.**

Faith-based Representative Payee Organization (RPO) offering financial assistance & oversight to Mental Health clients receiving social security disability benefits (SSI, SSDI or SSA) who are unable to manage their money. Clients must consent to allow the payee to receive and manage their benefits. They are required to appear in person regularly. Referrals from Social Security, VA, Adult Protective services. \$37 monthly fee for service.

**METRO Ministry Connections (Referral Book)**

Extensive listing of low income social and legal services

**Police Dept. (Non emergencies)**

**488.1414**

**Stewards, Inc. – Fresno (see also Catholic Charities)**

**261.1551**

**2029 E. Divisadero Street, Fresno, California 93701**

Faith-based Representative Payee Organization (RPO) offering financial counsel and stewardship for mental health clients receiving SSA & VA benefits. They “leverage the RPO platform to”: improve quality of life, reduce homelessness, slum housing, hospital visits, illegal use of funds, and human trafficking.  
Project Coordinator Lee Ayres

**United Way – Community Resources Referrals**

**211**

**Fresno County’s** free and confidential referral line, operates 24 / 7 Multi-lingual trained specialists (English, Spanish, Lao, Thai, Khmer, and 140 other languages) help locate services (i.e., hot meals; free/low-cost health care; child care; aging parents; employment resources; shelters, substance & mental health.)

**ADVOCACY, EDUCATION & SUPPORT**

<p><b>Central California Legal Services</b>  <b>1401 Fulton Street, Suite 700, Fresno, CA 93721</b>          Free legal services for physical &amp; mental health access problems.          Other legal issues. English, Spanish &amp; Hmong.</p>	<b>570.1200</b>
<p><b>Centro La Familia</b>  <b>2014 Tulare Street Suite 711, Fresno, 93721</b>  <u>Bilingual</u> MHSA Consumer/Family Mental Health Advocate can assist clients in navigating mental health &amp; related services. Mental Health First Aid training. Assistance with social services, educational, health, and mental health programs for a variety of ethnic, underserved, low-income families.</p>	<b>237.2961</b>
<p><b>Disability Rights California – Fresno Satellite Office</b>  <b>567 West Shaw, Suite C-3, Fresno, CA 93704</b>          Free legal assistance for individuals with disabilities, including government benefits, special education, ADA, conservatorships, etc.</p>	<b>476.2000</b>
<p><b>FEAT-FMC Families for Effective Autism Treatment - Fresno/Madera County</b>  <b>www.feat-fmc.org</b>          Education, support, resources, advocacy, IEP assistance</p>	<b>459.5958</b>
<p><b>Fresno Survivors of Suicide Loss (Fresno S.O.S.)</b>  <b>2585 E Perrin, Suite 102, Fresno 93720</b>  <b>www.fresnosos.org</b>          Education and support for families who have experienced a suicide. Can offer specific prevention information to families concerned about a relative who has recently attempted suicide. (For anyone at immediate risk for suicide, call 911 or go to the nearest hospital ER.)          Leann Gouveia, Executive Director</p>	<b>322.5877</b>
<p><b>FUSD Ombudsman - Kathleen Turnipseed</b>  <b>Kathleen.turnipseed@fresnounified.org</b>          Assists families in disagreement with district assessments regarding special education needs and services. Website: <a href="http://www.fresno.k12.ca.us/ombudsman/index.html">www.fresno.k12.ca.us/ombudsman/index.html</a></p>	<b>457.3554</b>
<p><b>Mental Health America of the Central Valley (MHA-CV)</b>  <b>c/o Alliant International University</b>  <b>5130 East Clinton Way, Suite 2135, Fresno 93727</b>          Consumer/family advocates can assist un- and underserved, low-income minority individuals and families in navigating mental health &amp; related services. Mental Health First Aid training, staff development and consultation to nonprofits and faith-based organizations serving these populations. Multilingual materials and resources.</p>	<b>253.2204</b>

**NAMI Fresno (National Alliance on Mental Illness)**

**224.2469**

**7545 N. Del Mar Ave. Suite #105, Fresno 93711**

MHSA Consumer/Family Advocate can assist clients in navigating mental health & related services. Monthly support groups and education for families having adult and youth members with mental illness. Adult Peer support. Mental Health First Aid training. Library.

**Patients' Rights Advocate**

**253.2238**

**Alliant International University**

**5130 E. Clinton Way, Fresno 93727**

Assists adults and minors with mental illnesses in regards to their rights. Monitors the denial of rights (i.e., seclusion and restraints) occurring in acute hospitals with psychiatric wards, skilled nursing facilities, and board & care facilities housing the mentally ill. Assist with policies/procedures for the purpose of compliance. Responds to patient complaints, conducting investigations if needed into alleged patient rights violations. Provides consultation & training to: doctors, nurses, clinician interns, Clients.

**UACF Fresno (United Advocates for Children & Families)**

**253.2204**

Affiliated with Mental Health America – Central Valley, UACF offers free parent education classes, a children's mental health library, referrals, support, and advocacy for families with children/youth experiencing serious mental illness.

## INTERNET RESOURCES & INFORMATION

### Social Services & Other Non-Mental Health Services:

- The Fresno County Resources Online Directory contains information about public and nonprofit programs covering a wide range of services, including food, clothing, housing, health care, transportation, and recreation -<http://www.infofresno.org/default.html>

### Mental Health Sites Geared to Adults & Professionals:

- American Academy of Child & Adolescent Psychiatry (AACAP) - [www.aacap.org](http://www.aacap.org)
- Mental Health America (MHA) - [www.nmha.org](http://www.nmha.org)
- MHA's *10 Tools to Live Your Life Well* interactive site - <http://www.liveyourlifewell.org>
- Minnesota Association for Children's Mental Health - [www.macmh.org](http://www.macmh.org)
- National Alliance on Mental Illness (NAMI) - [www.nami.org](http://www.nami.org)
- National Institute of Mental Health (NIMH) - [www.nimh.org](http://www.nimh.org)
- National Organization for People of Color Against Suicide (NOPCAS) - [www.nopcas.org](http://www.nopcas.org)
- Office of the Patient Advocate: <http://www.opa.ca.gov/> 1-866-561-1926
- Post Partum Support International (PSI) <http://www.postpartum.net>
- Self Abuse Finally Ends (SAFE Alternatives) – [www.selfinjury.com](http://www.selfinjury.com) & 1-800-DONTCUT
- United Advocates for Children & Families (UACF) - [www.uacf4hope.org](http://www.uacf4hope.org)

### Mental Health Sites Geared to Children & Teens, but good for parents, too:

- Kids Health - [www.kidshealth.org/](http://www.kidshealth.org/)
- Teens Health - [www.kidshealth.org/teen/your\\_mind/](http://www.kidshealth.org/teen/your_mind/) . . . the *Your Mind* link provides information on childhood and teen mental health issues: depression, eating disorders, cutting, addiction, abuse, fears, phobias, etc.
- Mindzone – Cope. Care. Deal. [www.copecaredeal.org](http://www.copecaredeal.org)
- Ordered Chaos [www.ocfoundation.org](http://www.ocfoundation.org) (Teen magazine of the Obsessive Compulsive Foundation)
- \*Reach Out! [www.reachout.com.au](http://www.reachout.com.au) . . . Tips, forums, fact sheets, personal stories and resources regarding mental illness, school, relationships, and gender identity.
- TeenLine: <http://teenlineonline.org/teens/> online chat, message boards, resources & information. See also Hot/Warmlines under Community-Based Mental Health Services