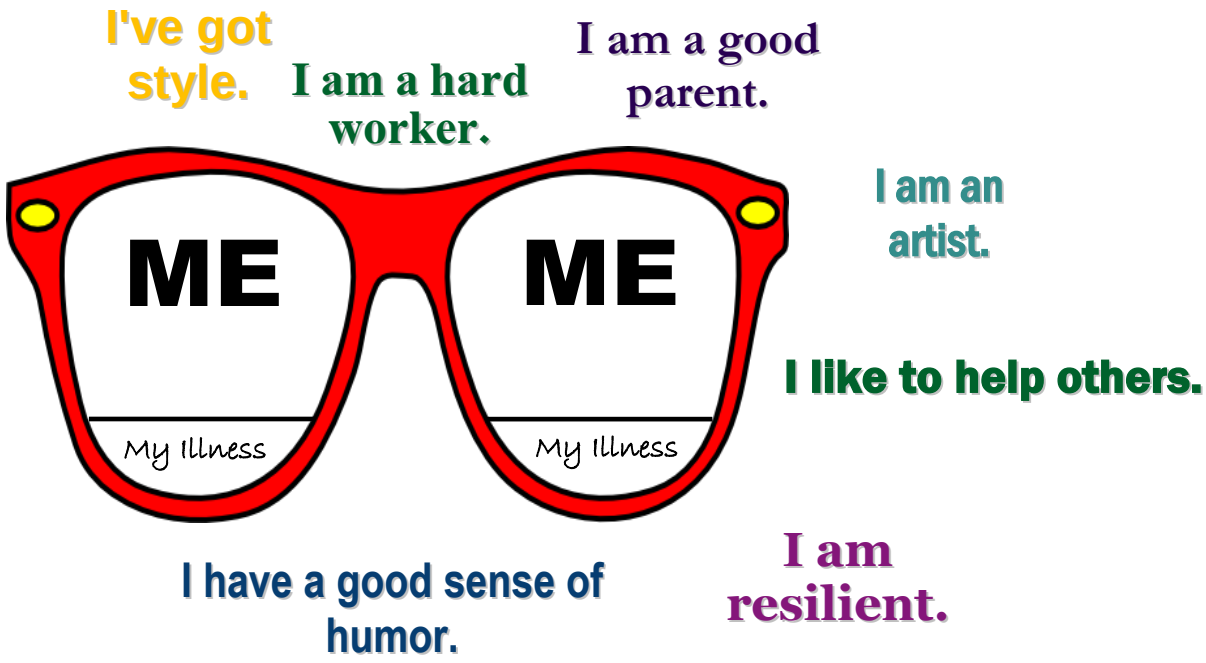

Your Illness is a very small part of you.

You are an individual with a unique personality, talents, and skills which are valuable to yourself and others.

WELCOME TO COMPREHENSIVE COMMUNITY SERVICES (CCS)

MILWAUKEE COUNTY CCS DIRECTORY

Vision Statement

The Milwaukee County Behavioral Health Division will be a Center of Excellence for person-centered, quality best practice in collaboration with community partners.

Mission Statement

The Milwaukee County Behavioral Health Division is a public sector system for the integrated treatment and recovery of persons with serious behavioral health disorders.

Table of Contents

The Milwaukee County CCS Provider Directory is a current listing of providers providing services within the CCS network. Providers are listed alphabetically.

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MILWAUKEE COUNTY CCS DIRECTORY

General Information about Comprehensive Community Services (CCS)

What Is Recovery?

Recovery is a word used by some to describe the experience of living with a mental health condition and/or addiction. You may use a different word to describe your experience, but the main focus of recovery is finding what works best for you to help you move your life in a direction that you want.

What Is CCS?

CCS is a program offered by Milwaukee County. It serves both children and adults. If you choose to participate in CCS, you will have the opportunity to work with a care coordinator and develop a team of people who will support you in reaching your goals. CCS is a voluntary program. This means that you have a choice about whether or not you want to participate. If you choose to participate in CCS, and decide later that this is not the program for you, you can always request to end your enrollment. As long as you are still eligible, you can always re-enroll at any time.

IMPORTANT: If you are currently enrolled in a Community Support program (CSP) or Targeted Case Management program (TCM), you can participate in CCS, but you would need to end your enrollment in TCM or CSP in order to move into the CCS program. If you are in CSP or TCM and are interested in being in CCS, please talk to your case manager about helping you make a referral. Consumers living in a group home or a supportive apartment can remain in these placements and still receive CCS services. Individuals enrolled in Family Care can receive services from both CCS and Family Care at the same time.

If you have a child who is enrolled in WrapAround, children enrolled in WrapAround are not eligible for CCS.

Who Is Eligible for CCS?

Everyone who is interested in CCS has the opportunity to participate in a screening process that will determine whether or not you are eligible for CCS. There are a few things you **NEED** to have in order to participate:

1) Milwaukee County residency
2) Medicaid (T-19, Forward Health)
3) A mental health condition and/or substance abuse disorder (alcohol, illegal street drugs, etc.)
4) Functional eligibility- determined by the State of Wisconsin Mental Health/AODA Functional Screen (for adults) or the Children's Long Term Services (CLTS) screen (for children)

IMPORTANT: CCS requires a doctor's (medical or psychiatric) prescription to participate. A new prescription will need to be obtained yearly. If you need assistance obtaining a prescription, someone can assist you in getting one.

What Does CCS Offer?

CCS offers a wide variety of services that you are able to choose from. Please see the CCS service descriptions on pages (5-9) to help you understand more about what is available to you.

IMPORTANT: CCS is considered one big program. This means you can select as many services and agencies out of this directory that you feel will best fit your needs.

VERY IMPORTANT: If you have a therapist, who provides counseling, and you would like to continue working with them, you will need to make sure that they are part of the CCS network (see psychotherapy providers section

for details). In order to participate in CCS, **you need to see a CCS approved therapist**, which may mean you need to switch therapists if you would like to be in CCS.

Also, individuals participating in a mental health day treatment program (i.e. Aurora or Rogers Partial Hospitalization programs) are not eligible to enroll in CCS until their participation in these programs has ended.

The CCS Enrollment Process

Yes! I'm interested in CCS.

Great! We need you to fill out an application.

Now, I need to ask some questions and enter your answers into the computer to see if you are eligible for CCS.

Great news! You are eligible for CCS.

Who is going to help you work on your goals? Time to develop your Recovery Team.

How are you going to reach your goals? Let's develop a Recovery Plan.

Your CCS services start.

Screening and Assessment

Eligibility for CCS is determined by a screening process. When you first sign up to participate in CCS, someone will interview you and ask questions about your life history, areas you would like to see change, and what you need support with. After you complete the interview, the interviewer will take the information you provided and enter it into a required state form to determine whether or not you are eligible for CCS services. If for some reason you are not found eligible for CCS, someone will assist you with finding another type of support that you do qualify for.

Once you are enrolled in CCS, every year your care coordinator will need to repeat this screening process to make sure that you are still eligible for CCS.

Service Planning

Once you are found eligible for CCS services, you are officially enrolled in the program and can select the CCS care coordination agency you would like to work with. Your CCS care coordinator will assist you in developing a team of individuals that will help you determine your goals and what types of support you need to reach those goals. The team you develop can consist of treatment providers, friends, family and anyone else you view as being a significant support for you. Members of your recovery team can be added or removed at any time. As a CCS consumer, you are viewed as the expert in your life. You are the center of your recovery team, and everyone else is there to support you. It is important to remember, that you have **30 days from the date you sign up for CCS**, to develop your first recovery plan.

Your CCS plan can be updated and changed as frequently as you would like it to be. Please be aware that it is required for your plan to be completely reviewed and updated **at least one time every six months**.

Service Facilitation

Your care coordinator helps to monitor and coordinate the services on your recovery plan. Your care coordinator will meet with you regularly to check in and see how things are going. They will also work with you to identify any changes that need to be made to better support you.

Services your care coordinator can provide, but are not limited to, include: supporting you, your family or other natural supports in advocating for your needs and obtaining necessary services to help you meet your basic necessities. For example helping you find medical, dental, clothing, food, legal, financial, social and/or housing resources.

Diagnostic Evaluation

If you need additional testing to help you gain a better understanding of what may be causing some of the symptoms and/or issues you are experiencing, CCS can help you get the testing you need. Covered evaluations under this category include, but are not limited to: neuropsychological testing, occupational therapy evaluations, health assessments (provided by a qualified RN), etc.

CCS does not cover testing related to autism, developmental disabilities, or learning disabilities.

Medication Management

Prescriber Services (provided by a psychiatrist or Advanced Nurse Prescriber)

CCS prescribers help to diagnosis and treat psychiatric symptoms and/or behaviors that impact your ability to successfully reach your goals. If you or a member of your recovery team feel that medications may be helpful in reducing the symptoms you are experiencing, a prescriber may work with you to explore what medications are available for you to take. Your prescriber can help you develop strategies to support you in taking your medications, increase your understanding of the medications you are taking and the symptoms they are intended to treat, and improve your ability to identify potential medication side effects. Your CCS prescriber will need to meet with you on a regular basis in order to monitor the effectiveness of your treatment and watch for changes in your symptoms. It is encouraged, that if you have any concerns related to your medications, that you express them to your prescriber as soon as possible.

IMPORTANT: If you have a current prescriber that you like working with, and they are not in the CCS network, you **CAN** continue to see this provider and participate in CCS.

Non-Prescriber Services

Providers that do not directly prescribe medications can also assist you with medication management. Services that fall under the non-prescriber category include: developing strategies to support you with taking your medications as prescribed (i.e. reminding you to take medications, supporting you with setting up your medication boxes, etc.), working to increase your understanding of the medications you are taking and the symptoms they are intended to treat, and monitoring changes in your symptoms and tolerance to side effects.

Physical Health Monitoring

If you have a medical condition (i.e. diabetes, heart related issues, breathing disorders, etc.) that is difficult to manage due to your mental health and/or substance abuse, someone can assist you in learning about your medical condition(s) and how to better manage your physical health.

Services may include assisting and training you and/or your natural supports to: identify symptoms of physical health conditions, monitor physical health medications and treatments, and develop other skills that will help monitor and manage your physical health.

Peer Support

Peer Support services can offer a wide range of supports to assist you and your family in better understanding and coping with a mental health and/or substance abuse condition. Peer Support Specialists have personal experience living with a mental health and/or substance abuse issue. When working with a peer support specialist, they can share with you their own journey and strategies that have supported them in being successful within their own recovery.

A Peer Support Specialist can support you in navigating systems of care with dignity and without trauma, access available resources, develop skills that will help you reach your goals, and offer you a therapeutic relationship with a peer that is equal and mutually empowering.

Individual Skill Development Enhancement

Individual skill development and enhancement is a service category that offers a wide range of supports. Services that fall under this category include improving your ability to: advocate for your needs, communicate better with others, problem solving, decision-making, managing your emotions, resolving conflict, developing natural support systems, and addressing any other social needs you may have.

Another focus of this service category is to work on developing skills that will improve your ability to take care of yourself and others. This can include: learning strategies to help you improve your personal cares (hygiene, laundry etc,), taking care of your home, managing your finances, riding the bus and/or accessing other forms of transportation, shopping, parenting, employment and education related skill development (if offered by anyone that is not an approved Individual Placement and Support (IPS)- Supported Employment provider-*see Employment Related Skill Training section for details*) and any other specific daily living needs you may have.

Individual skill development is available individually or within a group setting.

Employment – Related Skill Training

Your care coordinator can always assist you in looking for work, enrolling in education programs, developing employment and education related skills and/or connecting to employment resources like the Department of Vocational Rehabilitation (DVR) or other training programs. These types of services fall under different areas on the service array.

For CCS, Employment Related Skill Training is strictly offered by agencies that are using specialized, effective models of supported employment. It is widely understood that employment often plays an important role in one's recovery. As a result, Milwaukee County's CCS program has adopted the use of the Individual Placement and Support (IPS) Supported Employment model. IPS requires an employment specialist to be a part of your care coordination team. If you decide that you would like to work on employment and/or education related goals, the employment specialist can work with you, your care coordinator, and anyone else you identify on the recovery team to support you in finding and keeping a job (or participating in an education program). The focus of this approach is get people working in the general workforce, doing jobs that they both enjoy and want to do, rather than working in sheltered workshops and in positions that are paid less than average wages. In addition, this model allows for the employment specialist to provide ongoing supports (as needed) to help you keep your job as long as you feel it is necessary.

Services may include but are not limited to: employment and education related assessments; assistance in accessing or participating in educational and employment related services; education about appropriate job-related behaviors; assistance with job preparation activities such as personal hygiene, clothing, and transportation; onsite employment evaluation and feedback sessions to identify and manage work-related symptoms; assistance with work-related crises; and individual therapeutic support.

IMPORTANT: Milwaukee County is currently piloting the IPS model within two CCS care coordination teams (Alternatives in Psychological Consultation and La Causa). There are plans to expand and offer IPS services through other CCS care coordination teams in 2016.

Individual and/or Family Psychoeducation

Psychoeducation services include providing: education and informational resources, emotional and social support, skills training, problems solving, and guidance related to managing your mental health and/or substance abuse condition.

Psychoeducation may be provided individually or in a group setting to you, your family and/or natural supports. **Psychoeducation is not psychotherapy.**

Family psychoeducation must be provided for your direct benefit and with your consent. **Consultation to family members for treatment of their issues, not related to yours, aren't included as part of family psychoeducation.**

Wellness Management/ Recovery Support Services

Wellness management and recovery services are intended to empower you to manage your mental health and/or substance abuse condition, engage you in treatment, help you develop your own goals, and teach you the knowledge and skills necessary to make informed treatment decisions.

Services include: psychoeducation; learning strategies to modify your behaviors; relapse prevention; development of a recovery action plan; recovery and/or resilience training; development of treatment strategies; social support building; and coping skills development. This service includes alternative therapies like yoga, massage therapy, etc.

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Psychotherapy

Psychotherapy is a form of "talk therapy" intended to support you in the achievement of your recovery goals and ultimately help you to improve your quality of life, enhance your satisfaction in relationships, and improve your participation and performance in both work and leisure activities

Psychotherapists can diagnose and treat mental, emotional, and/or behavioral disorders, conditions, or addictions by applying the use of established treatment approaches. The goal of psychotherapy is to support individuals in modifying their behaviors, thoughts, emotions, and other personal characteristics, which may be impact their ability to function. Psychotherapy may be provided in an individual or group setting.

IMPORTANT: While you are enrolled in CCS, if you would like psychotherapy services, you are required to see a CCS approved therapist.

Substance Abuse Treatment

Substance abuse treatment services include day treatment and outpatient substance abuse counseling. Substance abuse treatment services can be provided individually or in a group setting.

The CCS program does not cover Operating While Intoxicated assessments, urine analysis and drug screening, detoxification services, medically managed inpatient treatment services, or narcotic treatment services (opioid treatment programs). Some of these services may be covered under Medicaid outside of the CCS program.

CCS Adult Service Provider Profiles

In this section **blue is used to signify CCS care coordination agencies and their locations**

Access Recovery Mental Health Services (ARMHS) **2727 W. Cleveland Ave, Suite 204** **Milwaukee, WI 53215** **Phone: (414) 269- 8356** **Fax: (414) 455-1915** HOURS: Monday-Friday; 8:00am-8:00pm; Saturday 8:00am-5:00pm; Sunday 8:00am-8:00pm	• Diagnostic Evaluation • Physical Health Monitoring • Psychotherapy (Individual and Group) **SPANISH, HMONG, ARABIC, POLISH, LAO, SWAHILI, SOMALI, THAI AND RUSSIAN SPEAKING SERVICES AVAILABLE**

Access Recovery Mental Health Services (ARMHS) is Substance Abuse and Mental Health Clinic Certified with the State of Wisconsin. We are committed to the treatment of Substance Abuse/Addiction and Mental Health conditions. We offer a holistic treatment approach that encompasses all aspects of one's life including: environmental, physiological, psychological and social aspects, while addressing ethic and cultural values. We provide psychotherapy and medical services to adults. Services are available in English, Spanish, Vietnamese, Laotian and Hmong, Arabic, Lao, Polish, Russian, Swahili and Somali.

Psychotherapy Services

Some of the Psychotherapy interventions offered through ARMHS are Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Mindfulness Based Therapy, Solution Focused Brief Therapy, and Interpersonal Therapy.

The difference with ARMHS is in our approach to therapeutic intervention. We genuinely seek to get to know our clients. Psychotherapy is a more personal one, aiming for a long term solution rather than a temporary one. All of our psychiatrists practice therapy informed psychiatry and welcome a collaborative relationship with their clients.

We offer evening therapy appointments to accommodate working families unable to take time off during the day. We also offer an evidenced based Intensive Outpatient Program that promotes radical change. What is unique about our program is the combined theories of Acceptance & Commitment Therapy and Relational Frame Theory. This program is inclusive of group therapy 3 hours a day, 4 days a week for 8 weeks. Individual therapy and Psychiatry are also required components of the program.

ARMHS Psychotherapy is proud to offer the communities of the Milwaukee metro area a safe and welcoming environment in which to work through the challenges that life is presenting.

Alternatives in Psychological Consultation (APC) **10045 W. Lisbon Ave.** **Milwaukee, WI 53222** **Phone: (414) 358-7999** **Fax: (414) 393-1640** HOURS: Monday-Friday; 8:00am-5:00pm; Saturday 9:00am-4:00pm	• Screening and Assessment • Service Planning and Facilitation • Medication Management ☐ Prescriber ☒ Non-Prescriber • Diagnostic Evaluation • Independent Skill Development and Enhancement (Individual) • Wellness Management and Recovery Support Services (Individual) • Physical Health Monitoring • Psychotherapy (Individual) • Peer Support • Individual and Family Psychoeducation (Individual) • Substance Abuse Treatment (Individual) • Employment Related Skill Training (IPS services offered in partnership with Goodwill) **SPANISH SPEAKING SERVICES AVAILABLE**

Our Mission is to empower individuals and families living with mental health and substance abuse concerns by providing counseling, Care Coordination, and supportive services. We focus on individual strengths to foster the achievement of personal goals and healthy decisions. We do this because we value diversity and choice, and we are dedicated to providing a welcoming environment where everyone learns, feels respected, and is genuinely understood.

Care Coordination- Care Coordinators at APC strive to give hope of a better life to adults and families in Milwaukee County. APC Care Coordination embodies a dynamic, community based approach in promoting optimal independence through the cultivation of both professional and natural supports. Care Coordinators conduct trauma informed, strengths based assessments as they seek to collaborate with the participants and their families in making certain all needs, preferences, and values are considered. The Service Plan represents the individual's own personal vision and serves as a guide in the recovery process. Through careful listening and thoughtful observation, the Care Coordinator adjusts and adapts the Service Plan to align with the specific desires of those being served. The ultimate goal is to assist participants in securing resources, services and acquired skills that will enhance their lives in a positive manner, while celebrating successes along the way.

Peer Support- Certified Peer Specialists at APC are adept in developing unique and powerful relationships with participants and their families. They seek to work alongside the participant "arm-in-arm" as goals are set and challenges are overcome. Utilizing their very own life experiences as integral strengths, the Peer Specialist serves as an inherent model whereby self-direction and empowerment can flourish. They strictly adhere to the Wisconsin Certified Peer Specialist Code of Conduct as services are delivered in a trauma informed, culturally intelligent and co-occurring capable manner. Participants can expect to recognize sustainable life skills development as a result of this relationship.

Outpatient services are also available at this location. Please see APC's Outpatient Provider Profile on page 12 for details.

Alternatives in Psychological Consultation (APC) **5757 W. Oklahoma Avenue** **Milwaukee, WI 53219** **Phone: (414) 358-7144** **Fax: (414) 358-7158** HOURS: Monday-Friday; 8:00am-5:00pm; Saturday 9:00am-4:00pm	• Psychotherapy (Individual and Group) • Diagnostic Evaluation • Substance Abuse Treatment (Individual and Group) **SPANISH SPEAKING SERVICES AVAILABLE**

APC's outpatient clinic welcomes individuals of all ages and provides individuals, family, couple, and substance use counseling in the home and/or office. We also provide substance use group counseling based on individual stages of change. Our therapists provide a wide range of innovative approaches in a gender and culturally responsive manner in order to assist individuals in meeting their unique goals. We put their hopes and dreams at the center of care and focus on individual strengths to encourage change based on motivational interviewing techniques and the individual's readiness to change. Therapists utilize evidence-based approaches, which include cognitive behavioral, motivational interviewing, person-centered, and trauma informed care principles in order to help individuals learn recovery strategies and to empower them to make changes on their own terms. APC's Outpatient clinic is state certified to provide both mental health and substance use services. The majority of our therapists are licensed to provide services to address co-occurring concerns such as depression, anxiety, grief, alcohol and/or drug use, and more, and our goal is that 100 percent of therapists become dually-licensed in both mental health and substance use.

Diagnostic Evaluations

APC provides general in-depth diagnostic evaluations for children, teens and adults in order to provide diagnostic clarification and treatment recommendations for that individual. Evaluations may be helpful for individuals who are having difficulties making progress towards their Life Vision and goals, or for those who have worked with many providers in the past who have not been able to assist the consumer with their symptoms. Specific treatment recommendations are made based on a thorough interview process, review of medical and other records, and the

results of psychological testing. It is important when making a referral that the referral source have a specific question in mind that they would like answered by the results of the evaluation. In following best practice guidelines, we screen for possible intellectual disability or learning problems in order rule out their effects on test results. We do not offer testing to diagnose intellectual disability or learning disabilities.

Ascent for Life, Inc. **1034 N. 4th Street (Milwaukee Turner's, Inc. Lower Level)** **Milwaukee, WI 53203** **Phone: (414) 719-9863** HOURS: Monday- Friday 6:00am- 8:00pm **Yoga Studio- 3805 N. Oakland Ave.** **Shorewood, WI 53211** **Phone: (414) 350-6064** HOURS: Monday- Friday 10:00am- 6:00pm	• Physical Health Monitoring • Wellness Management and Recovery Support Services (Individual and Group) **SPANISH, PORTUGESE, GERMAN, AND FRENCH SPEAKING SERVICES AVAILABLE**

♦Physical Health Monitoring

Physical Health Monitoring services are individualized, clinically informed and focus on resistance training, flexibility, agility, cardiovascular strength and body weight motions with a goal of increasing participants' physical health and sense of self-efficacy, as well as providing education and goal setting around diet and lifestyle. Goals of the client will be determined through a team meeting between the client, the CCS Care Coordinator and the fitness trainer provided by ASCENT Gym. Through a no pressure discussion the client will determine their fitness needs, allowing the fitness trainer to formulate a plan for that client. Fitness training provides wellness solutions such as weight loss, increased strength and endurance, increased energy, decreased anxiety, and overall cardiovascular health. The CCS Client has the option to attend the fitness service at ASCENT Gym or at the client's home, whichever option the client prefers. ASCENT Gym will be entirely provided for that client with no interruptions in the session, providing a safe and private space for the client to work towards the goals specified in the Individual Recovery Plan.

♦Yoga/Meditation – Wellness Management

Yoga is an individualized, clinically informed mental health service to assist participants in developing/increasing self-awareness and self-regulation/management strategies through movement, breath work, guided imagery, meditation, and related instruction and discussion. Yoga is an excellent complementary service strategy to empower participants to manage their mental health and/or substance abuse issues and maintain gains made through traditional health services. Yoga is also a compliment to fitness training for the individual or group, providing not

only flexibility in the body but also strengthening and lengthening of the body to help reach the individuals overall health and wellness goals. Yoga services will be developed to reflect the needs and strategies identified in the Individual Recovery Plan. **Yoga and Meditation services are available individually or within a group (group sessions won't exceed more than 8 individuals at a time)**

Column Rehab Services **9455 W. Watertown Plank Rd.** **Milwaukee, WI 53226** **Phone: (414) 257-6310** **Fax: (414) 257-7364** HOURS: Monday – Friday 8:00am – 4:30pm	• Independent Skill Development and Enhancement (Individual and Group) • Diagnostic Evaluation (Occupational Therapy assessments)

Column Rehab offers services in the home and community. It specializes in training consumers in improving their performance in daily living skills, enhancing one's ability to take care of themselves safely and independently. Specific training may include: grooming and hygiene, use of transportation, obtaining groceries and supplies, meal preparation, housekeeping activities, management of personal finances, use of communication media, such as the phone or Internet, mobility safety, emergency preparedness, fall prevention, navigating healthcare options and judgment.

Easter Seals of Southeastern Wisconsin **2222 S. 114th Street** **West Allis, WI 53226** **Phone: (262) 953-2208** **Fax: (414) 547-6883** HOURS: Monday – Friday 7:30am – 4:00pm SERVICE LIMITATIONS: Individualized Placement and Support (IPS) Supported Employment services are only available through select care coordination teams	• Employment Related Skill Training (Individual and Group) CURRENTLY EASTER SEALS IS OFFERING IPS SUPPORTED EMPLOYMENT SERVICES THROUGH **LA CAUSA AND PHEONIX CARE SYSTEMS-BELL THERAPY**

Since 1926, Easter Seals of Wisconsin has been creating life-changing solutions for individuals with disabilities and their families. Our mission is to increase independence, maximize opportunities, minimize barriers, and enhance quality of life for people with disabilities. We are proud to create innovative programs to address the needs of increasingly diverse populations.

Easter Seals is experienced and skilled in the provision of the Individual Placement and Support (IPS) supported employment model. The model is a highly researched, effective approach to supported employment. The ultimate goal of this approach is to get individuals coping with substance abuse and/or mental health issues reintegrated into the competitive job market, obtaining long term employment that they desire. IPS services are offered through select CCS care coordination teams. The IPS supported employment specialist is a member of the care coordination team and works in collaboration with your team to help you reach your employment and education related goals.

Goodwill Industries of Southeastern Wisconsin **6055 N. 91st Street** **Phone: (414) 358-6400** **Fax: (414) 358-4298** HOURS: Monday- Friday 7:45am to 4:30pm SERVICE LIMITATIONS: Goodwill's general services are available to anyone who is interested. Individualized Placement and Support (IPS) Supported Employment services are only available through select care coordination teams.	• Employment Related Skill Training (Individual and Group) CURRENTLY GOODWILL IS OFFERING IPS SUPPORTED EMPLOYMENT SERVICES THROUGH **ALTERNATIVES IN PSYCHOLOGICAL CONSULTATION (APC) AND WHOLE HEALTH CLINICAL GROUP**

Goodwill Industries of Southeastern Wisconsin, Inc. provides employment related skilled training services to assist individuals with reaching their personal goal of employment and independence. Goodwill offers a wide variety of services including: vocational development, vocational assessments, career exploration, work, and life skills development, occupational skills training including: culinary arts, custodial and light industrial.

Goodwill also specializes in the provision of the Individual Placement and Support (IPS) supported employment model. The model is a highly researched, effective approach to supported employment. The ultimate goal of this approach is to get individuals coping with substance abuse and/or mental health issues reintegrated into the competitive job market, obtaining long term employment that they desire. IPS services are offered through select CCS care coordination teams. The IPS supported employment specialist is a member of the care coordination team and works in collaboration with your team to help you reach your employment and education related goals.

Guest House of Milwaukee

1216 N. 13th Street

Milwaukee, WI 53205

Phone: (414) 430-7455

Fax: (414) 345-3248

HOURS: Monday-Friday 8:00am – 5:00pm; Saturdays and Sundays by appointment only

SERVICE LIMITATIONS: Psychotherapy and Substance Abuse Treatment are offered in-office only

- Screening and Assessment
- Service Planning and Facilitation
- Medication Management
  - ☒ Prescriber
  - ☒ Non-Prescriber
- Diagnostic Evaluation
- Independent Skill Development and Enhancement (Individual)
- Wellness Management and Recovery Supportive Services (Individual)
- Physical Health Monitoring
- Individual and Family Psychoeducation (Individual)
- Psychotherapy (Individual and Group)
- Substance Abuse Treatment (Individual and Group)

SPANISH SPEAKING SERVICES AVAILABLE

Guest House's clinicians specialize in the unique behavioral health issues associated with homelessness. The Guest House Counseling Clinic provides mental health and Alcohol and Other Drug Abuse (AODA) counseling. Our clinic helps individuals minimize their risk from alcohol and drugs, stabilize their mental health concerns, and connect with community resources to maintain their sobriety and mental health for long term success. The treatment philosophy of our clinic focuses on a client-centered, trauma-informed, and gender-responsive approach to treatment. Counseling sessions are goal-oriented and individualized based on client need and desire for change. Counseling is available in both group and individual settings for psychotherapy and substance abuse. Consumers interested in psychotherapy and substance abuse groups must also be engaged in the same type of individual therapy at the Guest House Counseling Clinic.

Care Coordination services through the CCS program are both office and community based and tailored to the individual needs and preferences of the consumer.

IMPACT **6737 W. Washington St., Suite 2225** **West Allis, WI 53214** **Phone: (414) 649-4380** **Fax: (414) 649-4388** HOURS: Monday- Friday 8:00am-4:30pm	• Screening and Assessment **SPANISH SPEAKING SERVICES AVAILABLE**
IMPACT conducts screen and assessment services for drug and/or alcohol treatment. Our staff completes a comprehensive screening in order to determine a level of care that is most appropriate to assist an individual in treating their substance use disorder and mental health needs. Based on the results of the screen, our staff will support the client in selecting a provider that will best fit their needs.	

JusticePoint, Inc. **205 W Highland Ave., Suite 201** **Milwaukee, WI 53203** **Phone: (414) 908-0282** **Fax: (414) 908-0289** HOURS: Monday-Friday 8:00am-4:30pm **SPECIALIZES IN SERVING INDIVIDUALS INVOLVED OR PREVIOUSLY INVOLVED WITH THE CRIMINAL JUSTICE SYSTEM**	• Screening and Assessment • Service Planning and Facilitation • Medication Management ☒ Non-Prescriber • Physical Health Monitoring • Individual Skill Development and Enhancement (Individual) • Individual and family Psychoeducation (Individual) • Wellness Management and Recovery/Recovery Supportive Services (Individual)

JusticePoint is a nonprofit organization dedicated to serving individuals who are involved or likely to become involved in the justice system. Our organization offers a wide variety of services but we specialize in helping people navigate complicated legal and court processes. We work with each client in an effort to develop an individualized plan and courses of action, all focused on making a positive impact in our clients and their family's lives.

La Causa, Inc. **804 W. Greenfield Ave.** **Milwaukee, WI 53204** **Phone: (414) 316-4182** **Fax: (414) 810-4406** HOURS: Monday-Friday 8:30am-5:00pm and by appointment; Saturdays and Sundays by appointment	• Screening and Assessment • Service Planning and Facilitation • Medication Management ☐ Prescriber ☒ Non-Prescriber • Independent Skill Development and Enhancement (Individual) • Wellness Management and Recovery Supportive Services (Individual) • Physical Health Monitoring • Peer Support • Individual and Family Psychoeducation (Individual) • Employment Related Skill Training (IPS services offered in partnership with Easter Seals) **SPANISH SPEAKING SERVICES AVAILABLE**

At La Causa, Inc., we pride ourselves in meeting individuals where they are at in their recovery. We partner with people who are looking for a change in their lives to provide them with the support and guidance they need. This will look a little different for each person and that is why we have a diverse staff to meet the specific and unique needs of those we serve. From the first phone call and in-person visit, we want you to be treated with respect and go away feeling valued. You are our number one priority. Our care coordinators will meet with you in your home, at our office, or another place in the community in which you feel comfortable. You will not see any "cookie-cutter" treatments or approaches, only a specific plan that meets your unique needs and most importantly, the plan is driven by you. At La Causa, Inc. we have a wide-range of programs that support children, young adults, families, and individual adults. We are dedicated to serving our community and understand the various ways to assist people reach their life goals. Additionally, we have Spanish-speaking providers on staff who can work with individuals who speak Spanish only and we are easily located on Milwaukee's south side, just off Interstate 94 and located on a main Milwaukee County Transit route number 56. We look forward to serving you and your family.

La Causa, Inc. **1212 S. 70th Street, Suite 115A** **Milwaukee, WI 53214** **Phone: (414) 902-1526 (Lynore)** **Fax: (414) 771-7491** HOURS: Monday-Friday 8:00am-6:00pm and by appointment; Saturdays and Sundays by appointment	• Wellness Management and Recovery Supportive Services (Group) • Psychotherapy (Individual) • Substance Abuse Treatment (Individual) **SPANISH SPEAKING SERVICES AVAILABLE**

La Causa employs and contracts with clinicians who hold a wide range of expertise and understanding of mental health and AODA needs. Some area of specialty include serving individuals with the following needs: substance use, depression, anxiety, eating disorders, personality disorders, co-occurring needs, trauma, domestic violence, ADHD, bipolar disorder, conduct disorder, obsessive compulsive disorder, Tourette's disorder, gambling addiction, anger management, and mood disorders.

Our clinicians meet at the convenience of individual's schedules and provide as much clinical support to the individual as possible. Our clinicians are trained to be solution-focused and assist individuals in treatment to learn their own cues, triggers, and underlying needs in order to reach goals set in place. Clinicians use approaches such as Cognitive Behavioral Therapy, Motivational Interviewing, a focus on strong rapport building and twelve-step program ideas. We are fortunate to contract and employ clinicians who have experience working with system partners such as the Department of Milwaukee Child Protective Services, Community Access to Recovery Services, criminal justice, and Wraparound Milwaukee. Additionally, we have several Spanish-speaking clinicians available to provide both family and individual therapy. Our clinic strives to work with people of diverse backgrounds and experiences who are facing needs that may be overwhelming and difficult. Please see the CCS Psychotherapy Section for a list of our clinicians their specialties.

Lockett Enterprises LLC- Behavioral Services **230 W. Wells, Suite 214** **Milwaukee, WI 53203** **Phone: (414) 223-3815** **Fax: (414) 223-3817** HOURS: Monday-Friday 8:00am- 8:00pm; Saturdays and Sundays by appointment LIMITATIONS: Services offered in-office ONLY **SPECIALIZES IN SERVING INDIVIDUALS INVOLVED OR PREVIOUSLY INVOLVED WITH THE CRIMINAL JUSTICE SYSTEM**	• Psychotherapy (Individual and Group) • Individual and Family Psychoeducation (Individual and Group) • Substance Abuse Treatment (Individual and Group)
Lockett Enterprises LLC. Behavioral Health Services is dually licensed Mental Health and Substance Use outpatient clinic. Lockett Enterprises is designed to help individuals, adults, couples, and families who are struggling with alcohol and other drugs, education, mental health and other issues that place them at risk of failing. Lockett Enterprises LLC. Behavioral Health Services is designed and structured to provide primary treatment services in such a way that the intensity of the service is in direct proportion to the client's needs (motivation, addiction, criminal severity, recovery issues, treatment history, mental health, domestic violence, and anger management). Over the last 30 years our treatment staff has worked with Department of Corrections with specific programming. Services are offered with the use of the following therapies: Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Rational Emotive Behavioral Therapy, and Trauma Informed Care.	

MCFI NEXDAY

3333 S Howell Ave.

Bay View, WI 53207

Phone: (414) **290-0028**

Fax: (414) 481-1433

HOURS: Monday-Friday 8:00am-4:30pm

SPECIALIZES IN SERVING ADULTS WITH MENTAL HEALTH AND/OR SUBSTANCE USE DISORDERS WITH A HISTORY OF TRAUMATIC BRAIN INJURY OR STROKE

- Medication Management
  - ☒ Prescriber
  - ☒ Non-Prescriber
- Independent Skill Development and Enhancement (Individual)
- Wellness Management and Recovery Supportive Services (Individual)
- Diagnostic Evaluation
- Physical Health Monitoring
- Psychotherapy (Individual)
- Individual and Family Psychoeducation (Individual)

SPANISH SPEAKING SERVICES AVAILABLE

At NEXDAY, each person recovering from traumatic brain injury, acquired brain injury or stroke benefits from a highly personalized program. Services are specifically tailored to the individual's functional abilities, cognitive level, emotional and behavioral health needs, and plans for the future. NEXDAY is designed to assist people who:

* Are recovering from brain injury or stroke
* May be recovering from a work-related injury and need a formal assessment or assistance with the return-to-work process
* May require short-term outpatient therapies to address a physical, cognitive or behavioral health need
* May be living with chronic pain or disability that affects general physical health and quality of life, and requires assessment, therapy, and counseling services.
* Have co-occurring mental health and substance use issues

Services: Medication management, on-site psychiatrist, Rehabilitation (Physical, Occupational, Speech and Aquatic therapies), Behavioral Management Program-daily living skills, social interaction skill building, stress management and coping skill development, employment planning and vocational rehabilitation, volunteering, and DVR agency coordination

Mental Health America **600 W. Virginia St, Suite 502** **Milwaukee, WI 53204** **Phone: (414) 276-3122** **Fax: (414) 276-3124** HOURS: Monday-Friday 9:00am-5:00pm, Saturday availability as needed	• Medication Management ☒ Non-Prescriber • Independent Skill Development and Enhancement (Individual and Group) • Wellness Management and Recovery Support Services (Individual and Group) • Physical Health Monitoring • Peer Support • Individual and Family Psychoeducation (Individual and Group) **SPANISH SPEAKING SERVICES AVAILABLE**

The Strong Families Healthy Homes Program (SFHH) consists of mental health and AODA services for adults, youth and families, and specializes in working with families where a parent is experiencing mental health issues. Services include: Home visits from Peer Specialists; parenting assistance; help accessing community resources; assistance with scheduling and attending mental health or healthcare appointments; educational classes such as Nurturing Parenting, Wellness Recovery, Anger & Stress Management, Healthy Relationships, and Seeking Safety; Support Groups as well as individualized services to meet the consumers' needs. All of these programs are strength-based, family-driven and follow a recovery model of service with a belief that healthy family relationships can help sustain wellness.

Meta House **2625 N. Weil** **Milwaukee, WI 53212** **Phone: (414) 962-1200** **Fax (414) 962-2305** HOURS: Monday- Friday 8:00am- 4:30pm SERVICE LIMITATIONS: Serving women only	• Medication Management ☐ Prescriber ☒ Non-Prescriber • Physical Health Monitoring • Independent Skill Development and Enhancement (Individual and Group) • Wellness Management and Recovery Support Services (Individual and Group) • Individual and Family Psychoeducation (Individual and Group) • Substance Abuse Treatment (Individual and Group)

Meta House has been blazing new trails in women's substance abuse treatment since our doors opened in 1963. Meta House provides an array of services that help participants address all of the issues they face as women and mothers. In addition to substance abuse treatment, Meta House provides: parenting education and hands-on coaching; prevention and intervention services for the children of the mothers we serve and services to address income, employability, basic skills of daily living, mental and physical health and trauma stabilization. Meta House provides an array of services that help participants address all of the issues they face as women and mothers.

Milwaukee County Behavioral Health Division's Day Treatment Program **9455 W. Watertown Plank Rd.** **Milwaukee, WI 53226** **Phone: (414) 257- 7356** **Fax: (414) 257-7515** HOURS: **Groups offered Mondays, Tuesdays, Thursdays and Fridays from 10:00am-3:00pm**, Staff available Monday-Friday 8:00am-4:30pm SERVICE LIMITATIONS: Services accessible only while enrolled in Day Treatment program	• Medication Management ☒ Prescriber ☒ Non-Prescriber • Diagnostic Evaluation • Physical Health Monitoring • Independent Skill Development and Enhancement (Individual and Group) • Wellness Management and Recovery Support Services (Individual and Group) • Individual and Family Psychoeducation (Individual and Group) • Psychotherapy (Individual and Group)

Milwaukee County BHD's Day Treatment Program offers therapeutic services via two separate tracks: Recovery and Stabilization or Dialectical Behavioral Therapy (DBT). Within both programs, a multi-disciplinary team of highly skilled clinicians work closely with consumers to develop coping strategies and skills that will support them in moving forward in their recovery. Length of participation is determined by both the team and consumer, but generally ranges from 3-12 months. Descriptions of the two programs are listed below:

Recovery and Stabilization Team (RST) - offers a variety of groups to facilitate stabilization of symptoms from mental illnesses such as Schizophrenia, Schizoaffective disorder, Bi-polar Affective disorder, and Major Depressive disorder. The program provides groups that focus on symptom management, health and wellness, Stages of Change, and also teaches the DBT skills to assist clients in having a life worth living.

Dialectical Behavioral Therapy (DBT) Team - DBT is a nationally recognized treatment approach, and is the treatment of choice for individuals living with chronic suicidal thoughts, self-injurious and impulsive behaviors, and emotional dysregulation. The program integrates behavioral and dialectal therapy with the use of eastern mindfulness practices. DBT has proven to be effective in enhancing social and life function, reducing suicidal behaviors, reducing substance abuse, improving engagement in therapy, and reducing hospitalizations.

Outreach Community Health Centers

711 W. Capitol Drive

Milwaukee, WI 53206

Phone: (414) 727-6320

Fax: (414) 964-9025

HOURS: Monday-Friday 8:00am-4:30pm

- Screening and Assessment
- Service Planning and Facilitation
- Medication Management

  ☒ Non-Prescriber
- Independent Skill Development and Enhancement (Individual)
- Wellness Management and Recovery Support Services (Individual)
- Physical Health Monitoring
- Individual and Family Psychoeducation (Individual)
- Peer Support

INTERPRETOR SERVICES AVAILABLE

The mission of Outreach Community Health Centers (OCHC) is to ensure that men, women and children in the Greater Milwaukee area receive the quality health care, behavioral health, housing and supportive services they need to live at the highest possible level of self-sufficiency. OCHC will work to achieve this mission through advocacy, outreach, prevention, public awareness, collaborative relationships with other service providers and contracting for or providing a quality, cost-effective continuum of care. Consistent with SAMSHA's recovery support initiatives, Behavioral Health Services aspires to support individuals in overcoming or managing mental health and/or substance use needs to promote healthy choices and wellbeing. Person-driven services and evidence based practices are provided by compassionate team members.

Phoenix Care Systems, Inc. - Bell Therapy 4065 N. 35th Street Milwaukee, WI 53216 Phone: (414) 445-9180 Fax: (414) 445-5995 HOURS: Monday-Friday 8:00am-4:00pm	• Screening and Assessment • Service Planning and Facilitation • Medication Management ☒ Prescriber ☒ Non-Prescriber • Independent Skill Development and Enhancement (Individual and Group) • Wellness Management and Recovery Support Services (Individual and Group) • Physical Health Monitoring • Peer Support • Psychotherapy (Individual and Group) • Individual and Family Psychoeducation (Individual and Group) • Substance Abuse Treatment (Individual and Group) • Employment Related Skill Training (IPS services offered in partnership with Easter Seals) **SPANISH SPEAKING SERVICES AVAILABLE**

The values of CCS are not new to Phoenix Care Systems. We have extensive experience in providing individualized, strengths based care. Another benefit of our program is that all of our CCS services are conveniently located in one building for easier access and coordination!

Outpatient Clinic Therapy Clinic: therapists have expertise in working with substance abuse, co-occurring issues (individual coping with both mental health and substance abuse conditions), trauma, grief, foster care, divorce, gang history, mental illness, LGBT issues, mindfulness meditation and spirituality. Both male and female staff available.

Care Coordination: Our team of providers come from a variety of diverse backgrounds and can support you in finding safe housing, developing budgeting skills, providing assistance in furthering education and offer support in many other essential life areas.

Day One: Is a community-based, group-oriented medical day treatment program that serves individuals with long term mental illness. Day One offers structured group activities including: interdependent living skills training, health awareness, social and interpersonal skill development, psychotherapy, stress management, and coping skills. The program offers full or half day options for participation. Hot meals provided for full day participants.

Professional Services Group, Inc. **1126 S. 70th Street, Suite 112-3** **West Allis, WI 53214** **Phone: (414) 475-2788** **Fax: (414) 476-8695** HOURS: Monday, Tuesday, and Thursday 9:00am – 7:00pm; Wednesday 9:00am-8:00pm; Friday 9:00am-5:00pm; Saturday by appointment SERVICE LIMITATIONS: Services are provided in-office only	• Diagnostic Evaluation • Psychotherapy (Individual) • Substance Abuse Treatment (Individual)

PSG provides evidenced based treatment for a variety of psychiatric disorders, primarily through individual and family psychotherapy. PSG also conducts psychological and neuropsychological evaluation for a variety of purposes including: clarification of diagnosis, identification of strengths and areas in need of improvement to provide treatment recommendations to promote success.

♦**Diagnostic Evaluation:** Offers psychological evaluation for concerns related to severe and persistent mental illness i.e. schizophrenia, other psychotic disorders, bi-polar disorder, depression, anxiety, posttraumatic stress disorder, etc. Neuropsychological evaluation is also available for individuals coping with traumatic brain injury, ADHD, cognitive decline/dementia, or other neurological concerns.

♦**Psychotherapy:** See Psychotherapy section (page 35) for details related to specialties

St. Charles Youth and Family Services 4757 N 76th Street Milwaukee, WI 53218 Phone: (414) 358-4145 Fax: (414) 219-9040 HOURS: Monday, Wednesday, and Friday 8:00am–6:00pm; Tuesday and Thursday 8:00am-5:00pm; weekends by appointment	• Screening and Assessment • Service Planning and Facilitation • Medication Management ☐ Prescriber ☒ Non-Prescriber • Independent Skill Development and Enhancement (Individual and Group) • Wellness Management and Recovery Supportive Services (Individual and Group) • Physical Health Monitoring • Psychotherapy (Individual and Group) • Individual and Family Psychoeducation (Individual and Group) • Substance Abuse Treatment (Individual and Group)

St. Charles Youth and Family Services is a dually licensed Mental Health and Substance Abuse outpatient clinic serving youth, adults, and families. Our friendly and supportive specialists provide person-centered treatment for individuals living with depression, bi-polar disorder, anxiety, substance abuse, psychotic disorders, schizoaffective disorders, PTSD, and behavioral disorders. The agency is dedicated to assisting those we serve in developing the skills to become more self-reliant and independent within their schools, families, communities, or vocations. St. Charles has skilled and confident professionals who are trained to provide core services such as daily living skills building, anger regression, parenting assistance, mental health and substance abuse treatment, individual and group counseling, and other supportive services. Services are offered in a person-centered strength-based, family focused way to meet the needs of the consumers we serve.

St. Charles Youth and Family Services **151 S. 84th Street** **Milwaukee, WI 53214** **Phone: (414) 358-4145** **Fax: (414) 219-9040** HOURS: Monday-Friday 8:30am – 4:30pm; Saturday by appointment	• Medication Management ☐ Prescriber ☒ Non-Prescriber • Independent Skill Development and Enhancement (Individual and Group) • Wellness Management and Recovery Supportive Services (Individual and Group) • Physical Health Monitoring • Psychotherapy (Individual and Group) • Individual and Family Psychoeducation (Individual and Group) • Substance Abuse Treatment (Individual and Group)
St. Charles Youth and Family Services is a dually licensed Mental Health and Substance Abuse outpatient clinic serving youth, adults, and families. Our friendly and supportive specialists provide person-centered treatment for individuals living with depression, bi-polar disorder, anxiety, substance abuse, psychotic disorders, schizoaffective disorders, PTSD, and behavioral disorders. The agency is dedicated to assisting those we serve in developing the skills to become more self-reliant and independent within their schools, families, communities, or vocations. St. Charles has skilled and confident professionals who are trained to provide core services such as daily living skills building, anger regression, parenting assistance, mental health and substance abuse treatment, individual and group counseling, and other supportive services. Services are offered in a person-centered strength-based, family focused way to meet the needs of the consumers we serve.	

United Community Center/Centro de la Communidad Unida (UCC) **1111 S. 6th Street, 3rd Floor** **Milwaukee, WI 53204** **Phone: (414) 643-8530** **Fax: (414) 647-8602** HOURS: Monday, Tuesday 7:00am-6:00pm; Wednesday, Thursday 7:00am-6:30pm; Friday 7:00am–5:00pm	• Medication Management ☒ Non-Prescriber • Independent Skill Development and Enhancement (Group) • Psychotherapy (Individual and Group) • Individual and Family Psychoeducation (Individual and Group) • Wellness Management and Recovery Supportive Services (Individual and Group) • Substance Abuse Treatment (Individual and Group) **SPANISH SPEAKING SERVICES AVAILABLE**

UCC Human Services Department is a dually certified clinic in substance use and mental health disorders. UCC specializes in substance abuse services while holistically addressing all needs. Services are offered on a continuum (Residential, Day Treatment and Outpatient). Emphasis is placed on serving the whole family. Specialized services for pregnant women and mothers with minor children are provided on site and in the home. UCC provides culturally competent, language specific, gender/trauma responsive, co-occurring (individuals coping with mental health and/or substance abuse issues) treatment for both men and women. UCC serves people of all races/ethnicities, but it specializes in addressing the needs of Milwaukee's underserved Hispanic population.

Whole Health Clinical Group

1040 S. 70th Street

Milwaukee, WI 53214

Phone: (414) 476-9675

Fax: (414) 615-0627 (Care Coordination Team)

Fax: (414) 937-2021 (Outpatient Services)

HOURS: Monday-Friday 8:00am-4:30pm

- Screening and Assessment
- Service Planning and Facilitation
- Medication Management
  - ☒ Prescriber
  - ☒ Non-Prescriber
- Diagnostic Evaluation
- Physical Health Monitoring
- Independent Skill Development and Enhancement (Individual)
- Peer Support
- Wellness Management and Recovery Supportive Services (Individual)
- Psychotherapy (Individual)
- Individual and Family Psychoeducation (Individual)
- Substance Abuse Treatment (Individual)
- Employment Related Skill Training (IPS services offered in partnership with Goodwill)

SPANISH SPEAKING SERVICES AVAILABLE

Whole Health Clinical Group is the largest provider of mental health services in Southeastern Wisconsin, serving more than 800 consumers and their families in Milwaukee, Waukesha and Washington counties. Whole Health provides focused, coordinated care. Services are tailored to the needs of the individual, with a strong emphasis on recognizing and managing symptoms, accessing community resources and natural supports, and developing a healthy lifestyle.

Along with offering all CCS care coordination services and CCS ancillary services, we can provide clients additional services to meet all your mental health and primary care needs:

♦ **Primary Care Services**: Physical exams, acute illness treatment, Immunizations, smoking cessation, Women's Health, Men's health, Supportive prenatal care and mediation injections ♦ **Pharmacy Services**: Medication Therapy Management Services, Consultation services ♦ **Outpatient Psychiatric Care** ♦ **Payee Services**

Whole Health Clinical Group- Supportive Apartment Buildings **Fardale** 3200 W. Fardale Milwaukee, WI 53221 **Main Street** 609 S. 66th Street and 6611 W. Main Street Milwaukee, WI 53214 **Oklahoma** 2964 S. 60th Street Milwaukee, WI 53219 SERVICE LIMITATIONS: Services only available for CCS consumers living at the above locations	• Medication Management ☒ Non-Prescriber • Physical Health Monitoring • Independent Skill Development and Enhancement (Individual) • Wellness Management and Recovery Supportive Services (Individual) • Individual and Family Psychoeducation (Individual)

Clean, safe and affordable housing is an important element in recovery from mental illness. Whole Health Clinical Group provides a variety of housing options in communities throughout Southeastern Wisconsin. Not only is decent housing a basic right, it is also an essential component of treatment and recovery. Whole Health Clinical Group's Supportive Apartments are two bedroom units, which are shared with another individual. These facilities offer onsite recovery supportive services (less intensive support than a CBRF level of care) to individuals who are co-enrolled in Milwaukee County CARS case management programs. Supportive apartment facilities are for individuals and do not have the capacity to house families. Supportive apartment placements are subject to assessment and opening availability prior to being accepted into the program. CCS services are available to consumers who currently live in designated supportive apartment facilities.

CCS Psychotherapy Provider Information

COMMON PSYCHOTHERAPY APPROACHES/TERMS

Acceptance & Commitment Therapy (ACT)

A cognitive-behavioral model of psychotherapy. It is an empirically based psychological intervention. It uses a combination of mindfulness and commitment based counseling techniques coupled with behavior changes

Addiction & Recovery Counseling

Counseling focused on addressing and reducing symptoms related to addictions, while addressing the root causes of the addiction, and replacing it with healthy habits. Addiction is a recognized disease that affects the brain and its neurochemistry. The cycle of addiction is created by changes in brain chemistry and perpetuated by physiological, psychological, and emotional dependency. Addiction and recovery counseling focuses on interrupting the destructive cycle of seeking, using, recovering, and seeking again. In short interrupting the addiction cycle, and replacing it with healthy habits.

Art Therapy

Art therapy, sometimes called creative arts therapy or expressive arts therapy, encourages people to express and understand emotions through artistic expression and through the creative process. Art therapy provides the client-artist with critical insight into emotions, thoughts, and feelings.

Bilingual Counseling

Counseling provided by a therapist fluent in two or more languages.

Child & Adolescent Counseling

A counseling specialty specifically for children & adolescents. Counseling provides an opportunity to talk confidentially with a counselor about personal concerns and to facilitate personal growth. The counselor and client work together to define and discuss personal issues and to reach mutually agreed upon goals. Addressing a range of issues such as: Depression, anxiety (panic attacks, test anxiety, social anxiety, obsessive compulsive disorders), eating disorders, relationship difficulties, family conflict, grief and loss, self- esteem, sexuality, substance abuse, sexual assault/trauma, anger management.

Cognitive Behavior Therapy (CBT)

Cognitive behavioral therapy is a counseling approach that aims to teach the person new skills on how to solve problems concerning dysfunctional emotions, behaviors and cognitions through a goal-oriented, systematic procedure.

Cognitive Therapy

Cognitive therapy addresses depression and other emotional challenges, by identifying troubled thinking, behavior, and emotional responses.

Dialectical Behavior Therapy (DBT)

Dialectical behavior therapy (DBT) treatment is a cognitive-behavioral approach that emphasizes the interrelation of social factors and individuals thought and behavior. The theory behind the approach is that some people are prone to react in a more intense and out-of-the-ordinary manner toward certain emotional situations, primarily those found in romantic, family and friend relationships.

EMDR Therapy

Eye movement desensitization and reprocessing (EMDR) is a therapy in which the patient recalls a traumatic event while simultaneously undergoing bilateral stimulation that can consist of moving the eyes from side to side, vibrations or tapping movements on different sides of the body, or tones delivered through one ear, then the other, via headphones. The goal of EMDR therapy is to process these distressing memories, reducing their lingering influence and allowing clients to develop more adaptive coping mechanisms

Equine (Horse) Assisted Therapy

Equine Assisted Therapy (EAT) is the practice of using horses for emotional growth. Participants in therapy use feelings, behaviors, and patterns to better understand the horse and themselves. The field of using horses for therapy is new and growing rapidly. It has been proven to be very effective in building confidence, improving communication and giving personal insights to participants involved with equine assisted therapy.

Family Counseling

Works with families and couples as a whole system, to nurture change and development. It tends to focus on change in terms of the interactions between family members. It emphasizes family relationships as an important factor in psychological health.

Group Counseling

Group therapy is a type of counseling that involves one or more therapists working with 6-10 people at the same time. Group therapy is sometimes used alone, but it is also commonly integrated into a comprehensive treatment plan that also includes individual therapy.

Individual Counseling

Individual counseling is an opportunity to talk confidentially with a counselor about personal concerns and to facilitate personal growth. The counselor and client work together to define and discuss personal issues and to reach mutually agreed upon goals. Addressing a range of issues such as: Depression, anxiety (panic attacks, test anxiety, social anxiety, obsessive compulsive disorders), eating disorders, relationship difficulties, family conflict, grief and loss, self-esteem, sexuality, substance abuse, sexual assault/trauma, anger management.

Major Mental Illness

Major mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, post traumatic stress disorder (PTSD) and borderline personality disorder. The good news about mental illness is that recovery is possible.

Marriage Counseling

Marriage counseling is a type of therapy for a married couple or established couple that assists in resolving problems in the relationship. Typically, two people attend counseling sessions together to discuss specific issues. Marriage counseling helps couples learn to deal more effectively with problems, and can help prevent problems from becoming more serious. Research shows that marriage counseling, when effective, tends to improve a person's physical as well as mental health, in addition to improving the relationship.

Mindful-Based Cognitive Therapy (MBCT)

Mindfulness-Based Cognitive Therapy (MBCT) is designed to help people who suffer repeated bouts of depression and chronic unhappiness. It combines the ideas of cognitive therapy with meditative practices and attitudes based on the cultivation of mindfulness. The heart of this work lies in becoming acquainted with the modes of mind that often characterize mood disorders while simultaneously learning to develop a new relationship to them.

Mindfulness Therapy

'Mindfulness' is a common translation of a term from Buddhist psychology that means 'awareness' or 'bare attention'. It is frequently used to refer to a way of paying attention that is sensitive, accepting and independent of any thoughts that may be present. Mindfulness is the antithesis of mental habits in which the mind is on 'automatic pilot' where, most experiences pass by completely unrecognized. Mindfulness therapy encourages clients to focus on their breathing and their body, in order to notice but not judge their thoughts and to generally live in the moment.

Music Therapy

Music therapy is an allied health profession and one of the expressive therapies, consisting of an interpersonal process in which a trained music therapist uses music and all of its facets--physical, emotional, mental, social, aesthetic, and spiritual--to help clients to improve or maintain their health. Music therapists primarily help clients improve their health across various domains (e.g., cognitive functioning, motor skills, emotional and affective development, behavior and social skills, and quality of life) by using music experiences (e.g., free improvisation, singing, songwriting, listening to and discussing music, moving to music) to achieve treatment goals and objectives.

Play Therapy

Play therapy is a form of counseling (or therapy) by which licensed mental health professionals use play-based models and techniques to better communicate with and help clients, especially children, achieve optimal mental health.

Psychodynamic Therapy

Psychodynamic therapy, also known as insight-oriented therapy, focuses on unconscious processes as they are manifested in a person's present behavior. The goals of psychodynamic therapy are a client's self-awareness and understanding of the influence of the past on present behavior.

Rational Emotive Behavior Therapy (REBT) the central concept of this approach is that events alone do not cause a person to feel depressed, enraged, or highly anxious. Rather, it is one's beliefs about the events which contributes to unhealthy feelings and self-defeating behaviors. Rational Emotive Behavior Therapy teaches the client to identify, evaluate, dispute, and act against his or her irrational self- defeating beliefs, thus helping the client to not only feel better but to get better.

Solution Focused Brief Therapy (SFBT)

Solution Focused Brief Therapy (SFBT) focuses on what clients want to achieve through therapy rather than on the problem(s) that made them seek help. The approach does not focus on the past, but instead, focuses on the present and future. The therapist or counselor uses respectful curiosity to invite the client to envision their preferred future and then therapist and client start attending to any moves towards it, whether these are small increments or large changes.

Traumatic Brain Injury - Counseling

Counseling of the traumatic brain injury (TBI) population requires that the counselor be very experienced in cognitive retraining of brain injured persons. Typically, brain functions (thinking skills) are the primary tool used in counseling for learning new techniques, for introspective reflection, and for conceptualization. However, the brain injured person usually demonstrates signature behaviors that interfere with the process of learning. The signature behaviors of TBI are: impulsivity, poor judgement, misperception of the intentions & actions of others, slow information processing, memory disturbances, and irritability. When counseled in the context of the signature behaviors, the TBI client can benefit from counseling as an adjunct to the entire rehabilitation process.

Trauma-focused cognitive behavioral therapy (TF-CBT)

Trauma-focused cognitive behavioral therapy (TF-CBT) - is an evidence-based treatment approach shown to help children, adolescents, and their caregivers overcome trauma related difficulties. It is designed to reduce negative emotional and behavioral responses following child sexual abuse, domestic violence, traumatic loss, and other traumatic events. The treatment--based on learning and cognitive theories--addresses distorted beliefs and attributions related to the abuse and provides a supportive environment in which children are encouraged to talk about their traumatic experience. TF-CBT also helps parents who were not abusive to cope effectively with their own emotional distress and develop skills that support their children.

CCS PSYCHOTHERAPY PROVIDERS

Alternatives in Psychological Consultation (APC)
10045 W. Lisbon Avenue
Phone: (414) 358-7999

5757 W. Oklahoma Avenue
Phone: (414) 358-7694

Specialties: Trauma Informed Care, Motivational Interviewing, Client/Person Centered, Cognitive Behavioral Therapy, Art Therapy, Play Therapy, Eye Movement Desensitization and Reprocessing (EMDR), Psychodynamic, Mindfulness, Family Systems, Solution Focused, Dialectical Behavioral Therapy

Guest House
1216 N 13th Street
(414) 316-2000

Specialties: Mood disorders, anxiety, substance abuse, trauma, dual diagnoses (individuals coping with both mental health and substance abuse issues), severe and persistent mental illness, PTSD, panic disorder, and anger management

La Causa
1212 S. 70th Street Suite #115A
Phone: (414) 902-1500

Specialties/Therapists:

Terry Hoyt, LCSW, CSAC- Terry is a licensed mental health and substance abuse practitioner who works with individuals who experience mental health, substance abuse, and/or co-occurring issues. He has over 30 years of experience in the mental health and substance abuse fields and is GAIN certified. Terry has worked extensively with the adolescent and adult populations in the areas of substance abuse, depression, anger management, and trauma care.

Gail Albergottie, LCSW, SAC- Gail is dually licensed to provide substance abuse and mental health counseling for individuals with mental health, substance abuse, and/or co-occurring issues. Gail provides individual and family therapy in both in-home and outpatient settings. Gail has an extensive background in clinical treatment of children in foster care, adoptions, juvenile corrections and working with seniors. She has been working in the field for more than 25 years.

Mahleah Calderon-Henes, LCSW- Mahleah has an extensive background in working with children, adolescents, and adults who are served through Wraparound, foster care, and the Bureau of Milwaukee Child Welfare. Mahleah provides individual and family therapy in both in-home and outpatient settings. She has vast training in working with clients with trauma history and specializes in working with adolescents and women. Mahleah is also certified in equine (horse) therapy and has been working in the field for 15 years.

Gary Gallitz, LPC- Gary is a licensed professional counselor who is able to provide mental health counseling to children and adolescents. Gary has been providing counseling services to children, adolescents, and their families for over 12 years. Gary' has extensive experience providing services to individuals who are involved in Wraparound Milwaukee as well as the legal and child welfare systems. His areas of expertise include trauma issues, ADHD, bipolar disorder, conduct disorder obsessive compulsive disorder, and Tourette's disorder.

Melissa Cruikshank, LPC- Melissa is a licensed professional counselor who is able to provide mental health counseling to children, adolescents, and adults. Melissa has extensive experience working with children, adolescents, and families served through Wraparound Milwaukee, foster care, as well as the legal and child welfare systems. She has experience working with individuals with significant trauma histories, anger issues, depression, and mood disorders.

Roger Asija, MFT, CSAC, NCGC-II- Roger is a marriage and family therapist as well as a licensed substance abuse and gambling addiction counselor. Roger has extensive experience providing counseling services to children, adolescents, and families involved in Wraparound Milwaukee as well as the legal and child welfare systems. Roger's areas of specialty are: substance abuse counseling, gambling addiction, depression, anxiety, anger management, and mood disorders.

Lynore Friscia, LPC, SAC- Lynore is dually licensed to provide substance abuse and mental health counseling for individuals with mental health, substance abuse, and/or co-occurring needs. Lynore has over seven years of experience providing individual and family therapy as well as has extensive experience working with individuals in crisis.

Meredith Goldberg, MSW, APSW- Meredith provides bilingual (Spanish) mental health counseling services to children and adults. Meredith has experience working with a wide range of age ranges and is able to help individuals who are involved with other system partners acquire additional necessary supports.

Daniel Carlin, MSW, APSW- Daniel provides bilingual (Spanish) mental health counseling services to children and adults. Dan has experience providing services to individuals who are involved in Wraparound Milwaukee as well as the legal and child welfare systems.

Mary Smith, CAPSW
Mary has over 15 years of clinical experience and has worked with children and families since 1989. Mary has a trauma counseling certificate, as well as a Marriage and Family Therapy certificate. Mary has experience providing mental health counseling to individuals across the lifespan from children and youth to older adults.

Andrea Schachtner, LPC, CSAC
Andrea provides mental health counseling and alcohol and drug addiction services to adults in Milwaukee County utilizing an Acceptance and Commitment Therapy (ACT) and Cognitive Behavioral Therapy (CBT) perspective. Andrea has experiencing working with individuals navigating the court system and involved with other systems partners.

Lynn Marcus, LCSW
Lynn provides mental health counseling services to adults and adolescents in Milwaukee County utilizing an Cognitive Behavioral Therapy (CBT) perspective. Lynn also has extensive experiencing working with individuals navigating the court system, especially the juvenile justice system, and involved with other systems partners.

Lockett Enterprises LLC- Behavioral Services

230 W. Wells, Suite 214
Milwaukee, WI 53203
Phone: (414) 223-3815
Fax: (414) 223-3817

Specialties/Therapists:

Otis Lockett Jr., MS, LPC, ICS, CSAC- Otis is a certified Psychotherapist, Licensed Professional Counselor, Independent Clinical Supervisor, and is a licensed Clinical Substance Abuse Counselor. He has over 26 years of service in the substance abuse and mental health field. He has provided culturally-diverse counseling and trauma informed care to youth, adults, and families. He specializes in substance abuse, sexually deviant offenders, anger management, and mental health disorders. He provides individual and group counseling using various approaches such as Cognitive Behavior Therapy, Mindfulness, and Rational Emotive Behavior Therapy as well as other approaches based on the needs of the consumer.

Sterlon R. White, MS, CSAC, ICS, CP- Sterlon is a licensed Clinical Substance Abuse Counselor and certified Psychotherapist with over 25 years of clinical experience in the substance abuse and/or mental health field. He provides culturally-diverse therapeutic and counseling services to youth, adults, and families with the use of various therapeutic approaches such as cognitive behavior therapy, behavior therapy, solution focused brief therapy, and other integrated approaches. Sterlon particularly specializes in client/patients suffering from any form of PTSD from the child to the older adult. His individual and group treatment includes all substance abuse disorders,

depression, anxiety, relationship issues, grief counseling, and counseling/psychotherapy for troubled teens, anger and aggression issues of ex-cons and the community at large.

Edward Smith, MSW, LCSW- Edward has served the community as a psychiatric social worker and licensed psychotherapist for over 40 years. He specializes in providing individual psychotherapy for adolescents and adults experiencing difficulty in coping due to various types of mental illnesses. His person-centered individual and group mental health therapy includes clients suffering from mood, anxiety, psychotic, and eating disorders. In addition to providing mental health therapy he also specializes in comprehensive assessments, evaluations, case reviews, and staffing for both children and adults.

Lisa Gibson MS, CSAC- Lisa is licensed Clinical Substance Abuse Counselor and has her Masters of Science in Professional Counseling. She is currently pursuing her licensure as a Licensed Professional Counselor. Lisa has worked in the field of social services and substance abuse for over 20 years. Lisa worked in various environments and diverse populations such as: in-home, residential and outpatient treatment facilities, and juvenile justice correctional facility. She specializes in anger management, relationships, and mental health services. Lisa uses the approaches of Cognitive Therapy, Cognitive Behavior Therapy, Trauma Informed Care, and Person-Centered Therapy.

Milwaukee County Behavioral Health Division's Day Treatment Program

(Psychotherapy services only accessible while enrolled in day treatment)
9455 W. Watertown Plank Rd.
Milwaukee, WI 53226
(414) 257-7356

Specialties: Acceptance and Commitment Therapy (ACT), Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy

Phoenix Care Systems, Inc. Bell Therapy and Willowglen

4065 N. 35th Street
(414) 527-6970

Specialties: Trauma, grief, foster care, divorce, gang history, mental illness, Lesbian Gay Bisexual Transgender (LGBT) issues, mindfulness meditation and spirituality. Both male and female staff available.

Theresa Price-Decker, LPC, LCSW Theresa (Terry) has 27 years' experience as a Cognitive Behavioral Therapist. She also has 27 years' experience in play therapy modalities. She has spent the last 4 years learning Brain Spotting techniques (similar to EMDR) and continues to work towards this certification, incorporating some principles into her practice. She has experience working with domestic violence, grief/loss, aggression, Autism Spectrum Disorder, mental illness, sexual abuse, trauma history/PTSD, mindfulness, panic disorder and spirituality/faith. In additional, Terry has extensive experience working with issues that impact families such as divorce and parenting.

Ronald Mendyke, LCSW Ron has 25 years' experience as a Cognitive Behavioral Therapist in addition to practicing general therapeutic modalities. He has over 25 years' experience specializing in grief/loss, aggression, mental illness, schizophrenia and Lesbian, Gay, Bisexual, Transgender issues. He has 20 years' experience specializing in individuals with intellectual disabilities and has expanded his areas of focus in the last 5 years to include issues of homelessness, sexual abuse, trauma history/PTSD and mindfulness meditation. Ron currently runs mindfulness spirituality as well as Wellness Recovery Action Planning groups.

Walter Laux, LPC, CSAC Walter's Specialties include: Bipolar and related disorders; Depressive disorders; Anxiety disorders; Obsessive-compulsive and related disorders; Trauma- and Stressor-Related disorders; Dissociative disorders; Substance-related and addictive disorders. He serves adults (including military veterans) in both individual and group therapy, as well as couples counseling. Walter has worked in the behavioral health field for 20 years, including both mental health and substance abuse programs. His primary therapeutic stance utilizes an approach that applies mindfulness and acceptance processes, and commitment and behavior change processes, to serve valued ends.

Professional Services Group, Inc.
1126 S. 70th Street, Suite 112-3
West Allis, WI 53214
(414) 475-2788

Specialties: Depression, anxiety, bi-polar disorder, psychotic disorders, ADHD, behavioral disorders (ODD or conduct disorder), substance abuse, PTSD. Therapeutic techniques include Cognitive-Behavioral Therapy (CBT), Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT), Motivational Interviewing, and Psychodynamic Therapy.

St. Charles Youth and Family Services, Inc.
4757 N. 76th Street
(414) 358-4145

Specialties/Therapists: Cognitive Behavioral Therapy, Domestic Violence, Trauma-Informed Care, Solution Focused Brief Therapy, Dialectical Behavioral Therapy (DBT), ADHD and Motivational Interviewing

Heather Talley, MS, LPC, CSAC Heather is a dually licensed mental health and substance abuse counselor. She has been providing various services to individual and families for the past five years. Heather has provided mental health and AODA counseling in a youth residential setting, adult and adolescent group, clinic, and home settings. Intervention techniques include: Cognitive Behavioral Therapy, Trauma Informed Care, Solution Focused Brief Therapy and Motivational Interviewing

Carly Marohl, MSW, APSE, SAC-IT Carly is a dually licensed mental health and substance abuse counselor. She has provided services to young adults, individual and families for the past four years. Intervention techniques include: Cognitive Behavioral Therapy, Trauma Informed Care, Solution Focused Brief Therapy, and Motivational Interviewing

Maya A. Robinson MS, LPC-IT, SAC-IT - Maya is dually licensed mental health and substance abuse counselor that serves adults and children. She has worked with juveniles in group settings and has experience facilitating a 20-

week correction program (ASAP) for juvenile sex offenders. Maya is interested in working with clients in their environment and offers in-home therapy for those that are unable to leave their homes and that may need help outside of the clinic setting. Maya specializes in treating mood disorders, hoarding disorders, eating disorders and substance abuse/dependency disorders through an eclectic lens using various evidence-based practices and intervention techniques.

United Community Center/Centro de la Comunidad Unida (UCC)
1111 S. 6th Street, 3rd Floor
Milwaukee, WI 53204
(414) 643-8530

Specialties: Mental health disorders and Dialectical Behavioral Therapy

Whole Health Clinical Group
1040 S. 70th Street
Milwaukee, WI 53214
Phone: (414) 476-9675

Specialties/Therapists: Whole Health Clinic Group is a dually licensed Mental Health and Substance Abuse outpatient clinic serving individuals and families. Our friendly and supportive practitioners provide person centered treatment for individuals living with depression, bi-polar disorder, anxiety, substance abuse, psychotic disorders, PTSD, and behavioral disorders.

Rachel Leahy, MA, LPC, SAC – Rachel is a dually licensed mental health and substance abuse counselor. She has been providing services to individuals, couples and families who experience mental health, substance abuse, and co-occurring issues for over eight years. Rachel has provided counseling and crisis intervention in residential, partial hospitalization, intensive outpatient and in the outpatient setting. Therapeutic techniques include Cognitive-Behavioral Therapy (CBT), Motivational Interviewing and Stage Based Interventions, and Solution Focused Brief Therapy.

Kelly Davis, PhD- Dr. Davis is a psychologist licensed in Wisconsin since 2010. She received her PhD in clinical psychology from Idaho State University and a post-doctoral master's degree in clinical psychopharmacology. She works with a variety of populations, including severe and persistent mental illness, adolescents, geriatric, and those struggling with trauma. Dr. Davis provides psychological assessment including functional assessment and diagnostic evaluations. She also supervises doctoral level graduate students who provide both group and individual therapy and psychological evaluation.

Brittney Neidhardt-Gruhl, LCSW, CBIS – Brittney is a licensed clinical social worker who provides services to adults with serious and persistent mental illness such as depression, bi-polar, psychotic disorders, anxiety and trauma. Brittney is certified as a brain injury specialist and provides individually modified psychotherapy to Brain Injury Survivors. She has experience providing intensive outpatient mental health and AODA group therapy, individual therapy, and family counseling and therapy. Therapeutic techniques include Cognitive-Behavioral Therapy (CBT), Dialectal Behavioral Therapy (DBT) with an emphasis on Mindfulness techniques as well as Solution-Focused and Strengths-Based therapies.

Mark Mittag, LPC- Mark is a licensed professional counselor serving adults and children. He has provided therapeutic services to individuals and families for 8 over years. Mark is skilled in trauma services, processing trauma and teaching coping skills to reduce the experience of trauma triggers; which leads to healing. Mark specializes in teaching assertive communication skills and assist in identifying and communicating boundaries that will improve interpersonal relationships. Therapeutic techniques include Cognitive-Behavioral Therapy (CBT), Dialectal Behavioral Therapy (DBT), Motivational Interviewing, and Solution focused treatment.