

MENTAL HEALTH RESOURCES (updated 9/2020)

Having psychological challenges is a part of daily life, heightened with the added isolation and losses caused by the recent pandemic. According to the National Alliance on Mental Illness (NAMI), one in five American adults experiences some form of mental illness in any given year. They report that one in every 25 adults is living with a serious mental health condition such as schizophrenia, bipolar disorder, or long-term recurring major depression.

Treatment is important at any age, and may require adding one or two mental health professionals to your team of health providers. Your physician can advise about medication, prescribing or referring you to a specialist. If you have an insurance provider, they can indicate who accepts your plan. NAMI advises five steps for finding a mental health professional: <https://www.nami.org/Your-Journey/Individuals-with-Mental-Illness/Finding-a-Mental-Health-Professional>

The **Community Resource Center for Aging at 818.949.4033** is available to discuss your individual situation. While we cannot endorse the following providers, these are mental health organizations and private practitioners serving our Foothill communities.

ORGANIZATIONS

Agency Name:	Services Offered:	Insurance Funding:	Additional Languages:
AC & CS Advanced Cognitive and Clinical Solutions 950 E. Mountain St. Glendale, CA 91027 (323) 578-4350 www.doringcaremanagement.com	Advocacy, Assessment, Care Management, Consultation, Counseling, Crisis Intervention, Education, Entitlements, Guardianship/Conservatorship, Guidance for Adults with Disabilities, Home Care, Information/Referral, Insurance, Placement, Psychotherapy.	Medicare	None
Choices Counseling and Skills Center 37 Auburn Ave., Ste. 106	Counseling: therapy, motivational interviewing, self-improvement counseling, and Dialectical Behavior Therapy (DBT) which	Will provide superbill for out-of-network PPO/Private	None

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<p>Sierra Madre, CA 91024 (626) 470-9834 https://choices.care/</p>	<p>focuses on skills acquisition to improve emotional, behavioral, and cognitive stability. Workshops</p>	<p>Pay</p>	
<p>Comprehensive Community Health Centers 8316 Foothill Blvd, Sunland-Tujunga, CA 91040 (818) 273-8800 Access Center 8:00am - 5:00pm Monday - Friday</p>	<p>CCHC offers high quality, affordable healthcare services for all ages. We provide a comprehensive approach to meet all your healthcare needs.</p>	<p>Medicare Medi-Cal Aetna Blue Cross Blue Shield Care1st Cigna Easy Choice Health Net Humana LA Care Molina SCAN</p>	<p>English, Spanish, Armenian, Farsi, Arabic, Chinese/Mandarin/Cantonese, French, Japanese, Russian, Tagalog, and Vietnamese</p>
<p>Didi Hirsch Community Mental Health Center 1504 East Colorado Street, Glendale, CA 91205 (818) 244-7257 didihirsch.org</p>	<p>Outpatient therapy for children, teens, young adults, adults, older adults, and families including psychiatric services and medication support.</p>	<p>Medicare Medi-Cal No HMO plans No PPO plans \$176/Hour Assessment and Therapy \$350/Hour Psychiatry</p>	<p>Spanish, Armenian</p>
<p>Heal the Hurt Counseling 2512 Foothill Boulevard La Crescenta, CA 91214 (818) 570-0721</p>	<p>Specializing in trauma, PTSD, resilience, grief and loss, Family Systems Therapy, life transitions, refugee issues</p>	<p>Cigna Insurance Optum United Health Care United Behavioral Health</p>	<p>Armenian</p>
<p>Heritage Clinic 447 N. El Molina Ave.,</p>	<p>Community based mental health services for adults 55+ and their families.</p>	<p>Medicare Medi-Cal</p>	<p>English, Spanish, Armenian,</p>

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<p>Pasadena, CA 91101 (626) 577-8480 http://heritageclinic.org/</p>	<p>Psychotherapy and counseling, both in-home and in-clinic</p> <p>Wrap-around mental health services for persons with serious mental illness</p> <p>Clinical case management and linkage to community resources</p> <p>Psychiatric medication evaluation and prescription services</p> <p>Psychological and neuropsychological assessments</p> <p>Alcohol and substance abuse intervention</p> <p>Crisis intervention</p> <p>Grief and bereavement</p>	<p>Many other insurances Low-income seniors may be eligible for services free of charge</p>	<p>Farsi, and Portuguese</p>
<p>Pacific Clinics 237 N Central Ave, Glendale, CA 91203 (818) 547-9544 https://www.pacificclinics.org/</p>	<p>Evidence-based practices and therapies, individual/group/family counseling, medication support, case management, health screening, peer support, skill building</p> <p>Support Services: Substance use disorder treatment, temporary housing, permanent housing support services, employment training and placement, and more</p>	<p>Medi-Cal No Private Pay</p>	<p>Armenian, Farsi</p>
<p>Pacific Clinics - Adult Services 66 Hurlbut Street, Pasadena, CA 91105 https://www.pacificclinics.org</p>	<p>Psychotherapy and counseling, both in-home and in-clinic</p> <p>Psychiatric medication evaluation and prescription services</p> <p>Services are offered in the clinic, client homes, or in other community settings</p>	<p>Medi-Cal</p>	<p>Spanish</p>

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<p>Stepping Stones at USC Verdugo Hills Hospital</p> <p>1812 Verdugo Blvd., Glendale, CA 91208</p> <p>(818) 952-2270</p>	<p>Stepping Stones Geropsychiatric program provides assessment, therapies, and a full continuum of care to meet the personalized mental health needs of older adults and their families</p> <p>Inpatient and outpatient services</p>	<p>Medi-Cal Medicare HMO Most PPO's</p>	<p>Spanish, Armenian, Interpreter system</p>
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PRIVATE PRACTITIONERS

<p>Lorraine Cummings, LCSW, C-ASWCM Clinical Social Worker/Therapist</p> <p>2303 Florencita Ave. Montrose, CA 91020</p> <p>(626) 201-1717 caringwithcompassion.com</p>	<p>Geriatric psychotherapy</p> <p>Specializing in aging well, facing losses, relationship issues, displacement trauma</p> <p>Elder care management through Cummings Care Management, INC. Providing oversight and advocacy in managing care for aging adults and caregivers</p>	<p>Medicare Private Pay</p>	<p>None</p>
<p>Psychology Today - Therapists in California</p> <p>https://www.psychologytoday.com/us/therapists/california</p>	<p>Online listing of psychologists listing their expertise and photo</p>		
<p>Wendy Doring, RN, ANP, Nurse Practitioner, Care Management Services</p> <p>950 E. Mountain St. Glendale, CA 91027</p> <p>(323) 578-4350 www.doringcaremanagement.com</p>	<p>Advocacy, Assessment, Care Management, Consultation, Counseling, Crisis Intervention, Education, Entitlements, Guardianship/Conservatorship, Guidance for Adults with Disabilities, Home Care, Information/Referral, Insurance, Placement, Psychotherapy</p>	<p>Medicare</p>	<p>None</p>

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<p>Greg Gearn, MA, LMFT, Marriage and Family Therapist</p> <p>2177 Lake Avenue Altadena, CA 91001</p> <p>(213) 926-3802</p>	<p>Elders (65+)</p> <p>Types of therapy offered: Existential, Family/Marital, Family Systems, Humanistic, Solution Focused Brief (SFBT)</p>	<p>Blue Cross Cigna Out of Network Private Pay \$120-\$130 / Hour Cash, check</p>	<p>None</p>
<p>Emin Gharibian, Psy.D. Psychologist</p> <p>2930 Foothill Blvd. La Crescenta, CA 91214</p> <p>Verdugopsych.com</p>	<p>Elders</p> <p>Specializing in Neuropsychology and Alzheimer's</p>	<p>Out-of-network provider with most PPO plans</p> <p>Rancho Cucamonga office bills Medicare</p>	<p>Armenian</p>
<p>Elizabeth J. Kostrey M.D. Psychiatrist</p> <p>2258 Foothill Blvd., Ste. 300 La Canada, CA 91011</p> <p>(818) 957-2248</p>	<p>Elders (65+)</p> <p>Specializing in Neurology and Alzheimers</p> <p>Zoom Appts. Offered during COVID-19</p>	<p>Medicare Medi-Cal</p>	<p>None</p>
<p>Kitty McCormick LCSW, Clinical Social Worker/Therapist</p> <p>Altadena, CA 91001</p> <p>(626) 486-9605</p>	<p>Elders (65+)</p> <p>Online and phone sessions</p> <p>Client-Centered Therapy</p> <p>Treatment approaches: Cognitive Behavioral (CBT), Compassion Focused, Culturally Sensitive, Eclectic</p>	<p>Private Pay \$125 / Hour, Sliding Scale</p>	<p>None</p>
<p>Nazare Magaz, Psy.D., Ph.D., Psychologist</p> <p>Altadena, CA 91001</p>	<p>Elders (65+)</p> <p>Online and phone sessions</p> <p>Types of therapy: Art Therapy, Attachment Based treatment,</p>	<p>Aetna Cigna Private Pay \$100-\$290 /</p>	<p>Spanish, French</p>

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(626) 310-7047	Cognitive Behavioral (CBT)	Hour	
Gennady Mucher, M.D., Ph.D. Psychiatrist TMS Neuro Institute 6221 Wilshire Blvd., Ste. 401 Los Angeles, CA 90048 (323) 433-6442	Elders Specializing in neurology	Medicare Tri-Care Aetna Blue Cross Cigna Humana	Russian and Ukranian
Rachel Postovoil, LCSW, MS, CMF, Social Worker/Therapist 9889 Helen Ave. Sunland, CA 91040 (747) 239-4734	Specialization consists of children, teens and their families, adults of diverse backgrounds, cultures, ages, and languages, deaf, deaf-blind, and hearing-impaired clients Elderly Persons Disorders, Impulse Control Disorders, Mood Disorders, Personality Disorders, Thinking Disorders	Cigna ComPsych Coventry MHN Magellan Medi-Cal Medicare Optum Presbyterian UMR UnitedHealth	Bilingual and native ASL-user
Talin Tanaci, LMFT Marriage and Family Therapist 2550 Honolulu Ave., Montrose CA 91020 (818) 573-7353 healingtimetherapy.com	Elders Specializing in trauma	Private Pay Credit card, cash, check	None
Gary Vidor Ph.D. Psychologist Verdugo Hills Counseling Center 1313 Foothill Blvd., Suite 10 La Canada, CA 91011 (818) 465-5603	Elder services Specializing in depression, anxiety, relationships	APS Healthcare Aetna BlueCross and BlueShield Cigna Health Net MHN Magellan Medicare	None

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