MENTAL HEALTH
(Updated 2/2022)

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/Blogs/NAMI-Blog/February-2017/Finding-the-Right-Mental-Health-Professional-for-Y

The USC-VHH 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.

<table>
<thead>
<tr>
<th>Name of Service/Contact</th>
<th>Description</th>
<th>Notes</th>
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<tbody>
<tr>
<td>Choices Counseling and Skills Center</td>
<td>• Counseling: therapy, motivational interviewing, self-improvement counseling, and Dialectical Behavior Therapy (DBT) on skills acquisition to improve emotional, behavioral, and cognitive stability. • Workshops</td>
<td>• Fees apply</td>
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<tr>
<td>choices.care/626-470-9834</td>
<td></td>
<td>Will provide superbill for out-of-network PPO/Private Pay</td>
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<td>Comprehensive Community Health Centers</td>
<td>• Offers high quality, affordable and comprehensive healthcare services for all ages. • English, Spanish, Armenian, Farsi, Arabic, Mandarin, Cantonese, French, Japanese, Russian, Tagalog, and Vietnamese</td>
<td>• Fees apply</td>
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<tr>
<td>cchccenters.org/locations/sunland/818-273-8800</td>
<td></td>
<td>Medicare, Medi-Cal, Aetna Blue Cross, Blue Shield, Care1st, Cigna Easy Choice, Health Net, Humana, LA Care, Molina, SCAN</td>
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<tr>
<td>Didi Hirsch Community Mental Health Center</td>
<td>• Outpatient therapy for children, teens, young adults, adults, older adults, and families, including psychiatric services, and medication support.</td>
<td>• Fees apply</td>
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<tr>
<td>didihirsch.org/818-244-7257</td>
<td></td>
<td>Medicare Medi-Cal No HMO plans No PPO plans $176/Hour Assessment and Therapy $350/Hour Psychiatry</td>
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| Heal the Hurt Counseling | • Specializing in trauma, PTSD, resilience, grief and loss, Family Systems Therapy, life transitions, refugee issues  
| healthheurt.com/ | • Armenian included  
| 818-570-0721 | • Fees apply  
| | • Cigna Insurance, Optum, United Healthcare, United Behavioral Health  
| Heritage Clinic | • Community based mental health services for adults 55+ and their families  
| heritageclinic.org/ | • Psychotherapy and counseling, both in-home and in-clinic  
| 626-577-8480 | • Wrap-around mental health services for persons with serious mental illness  
| | • Clinical case management and linkage to community resources  
| | • Psychiatric medication evaluation and prescription services  
| | • Psychological and neuropsychological assessments  
| | • Alcohol & substance abuse intervention  
| | • Crisis intervention  
| | • Grief & Bereavement  
| | • Fees apply  
| | • Medicare Medi-Cal  
| | • Many other insurances  
| | • Low-income seniors may be eligible for services free of charge  
| | • English, Spanish, Armenian, Farsi, and Portuguese  
| Pacific Clinics | • Evidence-based practices and therapies, individual/group/family counseling, medication support, case management, health screening, peer support, skill building  
| pacificclinics.org/ | • Support Services: Substance use disorder treatment, temporary housing, permanent housing support services, employment training and placement, and more  
| 818-547-9544 | • Fees apply  
| | • Medi-Cal, No Private Pay  
| | • Armenian, Farsi  
| Pacific Clinics - Adult Services | • Psychotherapy and counseling, both in-home and in-clinic Online only  
| pacificclinics.org/ | • Psychiatric medication evaluation and prescription services  
| 818-547-9544 | • Services are offered in the clinic, client homes, or in other community settings  
| | • Fees apply  
| | • Medi-Cal  
| | • Spanish  
| Stepping Stones at USC Verdugo Hills Hospital | • Stepping Stones Geropsychiatric program provides assessment, therapies, and a full continuum of care to meet the mental health needs of older adults and their families  
| uscvhh.org/hospital-services/geriatrics | • Inpatient and outpatient services  
| 818-952-2270 | • Fees apply  
| | • Medi-Cal, Medicare, HMO, Most PPO’s  
| | • Spanish, Armenian, Interpreter system  
| PRIVATE PRACTITIONERS |  
| Lorraine Cummings, LCSW, C-ASWCM | • Geriatric psychotherapy  
| | • Fees apply  
| | • Medicare, Private Pay  

USC Verdugo Hills Hospital  
Keck Medicine of USC  
Community Resource Center for Aging
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<tr>
<th>Name</th>
<th>Contact Information</th>
<th>Specializations</th>
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<tr>
<td>Clinical Social Worker/Therapist</td>
<td>caringwithcompassion.com/ 626-201-1717</td>
<td>Specializing in aging well, facing losses, relationship issues, displacement trauma. Elder care management. Providing oversight and advocacy in managing care for aging adults and caregivers</td>
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<tr>
<td>Psychology Today - Therapists in California</td>
<td>psychologytoday.com/us/therapists/california</td>
<td>Online listing of psychologists listing their expertise and photo</td>
</tr>
<tr>
<td>Emin Gharibian, PsyD Psychologist</td>
<td>verdugopsych.com/ 818-253-1161</td>
<td>Specializing in Neuropsychology and Alzheimer’s, Armenian speaking</td>
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<tr>
<td>Elizabeth J. Kostrey, MD Psychiatrist</td>
<td>818-957-2248</td>
<td>Elders (65+), Specializing in Neurology and Alzheimer’s disease, Zoom appts. offered during COVID-19</td>
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<td>Kitty McCormick, LCSW Clinical Social Worker &amp; Therapist</td>
<td>323-849-2981</td>
<td>Elders (65+), Online and phone sessions, Client-Centered Therapy Treatment approaches: Cognitive Behavioral (CBT), Compassion Focused, Culturally Sensitive, Eclectic</td>
</tr>
<tr>
<td>Nazare Magaz, PsyD, PhD Psychologist</td>
<td>626-310-7047</td>
<td>Elders (65+), Online and phone sessions, Types of therapy: Art Therapy, Attachment Based treatment, Cognitive Behavioral (CBT)</td>
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<tr>
<td>Gennady Mucher, MD, PhD Psychiatrist</td>
<td>TMS Neuro Institute 323-433-6442</td>
<td>Elders, Specializing in neurology, Russian and Ukrainian</td>
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<tr>
<td>Rachel Postovoil, LCSW, MS, CMF Social Worker &amp; Therapist</td>
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<td>Specialization consists of children, teens and their families, adults of diverse backgrounds, cultures, ages,</td>
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**USC Verdugo Hills Hospital**

Keck Medicine of USC

Community Resource Center for Aging
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<tr>
<th>Phone</th>
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<th>Managed Care</th>
<th>Languages Spoken</th>
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<tr>
<td>747-239-4734</td>
<td>Elderly Persons Disorders, Impulse Control Disorders, Mood Disorders, Personality Disorders, Thinking Disorders</td>
<td>Magellan, Medi-Cal, Medicare, Optum, Presbyterian, UMR, United Healthcare</td>
<td>and languages, deaf, deaf-blind, and hearing-impaired clients</td>
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**Talin Tanaci, LMFT**  
Marriage & Family Therapist  
[healingtimetherapy.com/](http://healingtimetherapy.com/)  
818-573-7353

- Elders
- Specializing in trauma
- Fees apply
- Private Pay

**Gary Vidor, PhD**  
Psychologist  
818-465-5603

- Elder services
- Specializing in depression, anxiety, relationships
- Fees apply
- APS Healthcare, Aetna, BlueCross, BlueShield, Cigna, Health Net, MHN, Magellan, Medicare, United Healthcare