

2021 MENTAL HEALTH RESOURCE DIRECTORY

Providers and Agencies in
San Joaquin County

Directory created by the
Maternal Child Adolescent
Health Program



ABOUT THIS DIRECTORY

This directory was created by the Maternal Child and Adolescent Health Programs (MCAH) of San Joaquin County Public Health Services as a service to the community to improve access to mental health services in our community. It is not intended as an endorsement by San Joaquin County of any provider or services offered by any of the entities listed in the directory. San Joaquin County does not screen or conduct background checks on any provider identified in this directory and is not affiliated with or responsible for any provider that is not a program specifically operated by San Joaquin County. This directory will be updated approximately every 2 years.

The insurances listed here for each provider are meant to be an approximate guide, not a guarantee of coverage. The information listed here is subject to change at any time. **Please always contact the patient's insurance plan to verify covered providers and benefits.**

If you have any questions about this directory, to request a copy of the directory, or if you are a therapist or agency and would like to add, remove, or edit any information printed here, please call:

209-468-3004

~ Permission to copy - updated July 2021 ~

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The focus of this directory is to list providers and agencies that treat mental health / behavioral health conditions by a licensed clinician, through either psychotherapy or medication. There are also resources related to mental health, trauma, and support.

ACCESSING SERVICES AND FINDING A THERAPIST

Mental health services are a covered benefit by health insurance, including Medi-Cal plans. Patients or providers should contact the insurance plan to verify exact coverage details. Most HMO plans have a trained triage clinician to assess the patient's needs via telephone, direct them to available therapists in the area, and provide authorization for treatment. Patients can often self-refer to specific clinicians or organizations, but may need to contact insurance for authorization. Many school systems also have mental health services available. Ask your child's school about therapy, counseling, or other mental health services provided by the school. Lack of childcare can be a major barrier for families with children which prevents them from seeking mental health services. Many services are now available virtually. Many therapists are willing to accommodate clients on a case by case basis for in-person services. Each patient should be encouraged to call the therapist or agency directly regarding accommodations.

Below are the phone numbers for the managed care Medi-Cal plans in San Joaquin County. For all other insurance plans, the appropriate phone numbers and websites are on the back of the insurance cards.

MENTAL HEALTH CRISIS AND EMERGENCIES: 209-468-8686 OR 9-1-1

HEALTH PLAN OF SAN JOAQUIN (HPSJ) / BEACON: 888-581-7526

Beacon is your front line resource for HPSJ members, including Medi-Cal plans. They accept self-referrals, referrals from a health care provider or from a parent of a minor. Remind the patient that the number is on the back of their card, or they can find a therapist via the HPSJ or Beacon website: www.hpsj.com/behavioral-health or www.beaconhealthoptions.com

HEALTHNET: 888-327-0010

This is your front line resource for HealthNet members, including Medi-Cal plans. They accept self-referrals, or referrals from a health care provider or from a parent of a minor. Remind the patient that the number is on the back of their card, or they can find a therapist via the HealthNet or the MHN website: <https://www.mhn.com/>

KAISER PERMANENTE: 855-268-4096

Kaiser patients only, including Medi-Cal plans. This is your front line resource for Kaiser members. The patient can call the Department of Psychiatry directly (above number) or call the main customer service number and get transferred, or visit the website:

<https://healthy.kaiserpermanente.org/northern-california/health-wellness/mental-health>

ALL MEDI-CAL PLANS - SAN JOAQUIN COUNTY BEHAVIORAL HEALTH SERVICES

ACCESS MANAGED CARE: 209-468-9370

Non-Emergency Triage and Screening Clinic for anyone with Medi-Cal insurance, including straight Medi-Cal, limited scope Medi-Cal, as well as managed care Medi-Cal plans. However, managed care plan patients are encouraged to contact their health plan first if their mental health needs are mild to moderate, whereas the county BHS system should be used for more severe mental health needs.

OTHER INSURANCE PLANS

For all other insurance plans, the appropriate phone numbers are on the back of the insurance card, so any patient or provider can call to ask about benefits, covered providers, copays, and authorization for treatment.

NO INSURANCE

For patients who do not have any insurance, many clinicians offer a sliding scale based on ability to pay, please call to verify cost. There are several resources in this directory that are very low cost, as low as \$25 per session, or possibly free of charge.

WHO CAN DIAGNOSE AND TREAT MENTAL HEALTH DISORDERS?

- PhD – Doctor of Philosophy in Psychology (psychologist)
- PsyD – Doctor of Psychology (psychologist)
- LCSW - Licensed Clinical Social Workers
- LMFT – Licensed Marriage and Family Therapist
- LPCC – Licensed Professional Clinical Counselor
- MD, PA, NP, CNM - Medical Doctor, Physician Assistant, Nurse Practitioner, Certified Nurse Midwife, (any provider in primary care, women's health, pediatrics, psychiatry, etc.)

Licensed clinicians or therapists can diagnose and treat mental health disorders through talk therapy and a variety of interactive therapeutic techniques. They cannot prescribe medications. Psychologists are licensed by the California Board of Psychology. LMFTs, LCSWs, and LPCCs are licensed by the California Board of Behavioral Sciences. Interns working towards licensure, such as ASWs, etc. can also provide therapy under the supervision of a licensed clinician.

Only medical doctors, physician assistants, nurse practitioners, or midwives can prescribe psychiatric medications. A psychiatrist is a doctor who specializes in psychiatric medications, especially for complex cases. However, all primary care providers, as well as women's health or pediatric providers, should be able to initiate and manage basic psychotropic medication regimens, especially for mild to moderate needs.

LEGEND FOR INDIVIDUAL PROVIDERS



Male Clinician



Female Clinician



Evening Appointments Available



Weekend Appointments Available



Psychiatrist

Clinician speaks another language fluently & conducts therapy in that language listed in RED

Providers who do not list a specific "specialty" means they serve all populations and issues

INSURANCE LEGEND

Health Plan of San Joaquin (HPSJ)

HealthNet-MHN

Medicare

Tricare, Triwest, VA, CHAMPVA, Veteran's Choice and all Military Insurance Plans

California Victims of Crime Compensation Board (CalVCB)

All Private Insurance including Health Maintenance Organizations (HMO's), Preferred Provider Organizations (PPO's), and Employee Assistance Plans (EAPs)

Self Pay or Sliding Scale Available – flat fee or income based; call for more info

Be aware that insurance coverage varies greatly; for example, what is covered by one type of Blue Cross plan may not be covered under a different type of Blue Cross plan. The insurances listed here for each provider are meant to be an approximate guide, not a guarantee of coverage. The information listed here is subject to change at any time. **Please always contact the patient's insurance plan to verify covered providers and benefits.**

PSYCHIATRISTS

LAMPA, WALTER, MD



209-333-9617

1930 Tienda Drive, Suite 204

Lodi, CA 95242

Clinician Speaks Polish

Referral by physician required. Space for new patients is limited.

Fax referrals to: [209-333-9965](tel:209-333-9965).

Does not see: children under age 18

HPSJ HealthNet-MHN Medicare and other private insurances

COMMUNITY PSYCHIATRY



DESHMUKH, POONAM, MD ♀ & **AL-BHAHER, ZAINAB, MD** ♀

209-823-2246

302 Cherry Lane, Suite 208

Manteca, CA 95337

Website: www.communitypsychiatry.com

HPSJ Anthem BlueCross Aetna Magellan and other private insurances

SALEEM, HALA, MD



MODERN THERAPIES FOR MIND AND SOUL

209-835-4043

552 West Eaton Avenue

Tracy, CA 95376

Clinician Speaks Urdu

HPSJ CalVCB and most private insurances

Evenings Available 🌙

STOCKTON

ACOLATSE, JULIET, PhD ♀

JDA PSYCHOLOGY ASSESSMENT & SERVICES

209-855-1006

1201 N. Sutter Street

Stockton, CA 95202

Clinician Speaks Twi

HPSJ CalVCB Medicare Humana BlueShield

ANDRADE, SCOTT, LMFT ♂

209-969-5547

2291 W. March Lane, Suite D-200

Stockton, CA 95207

Does not see: children under age 3

Provider also has a Manteca location

HPSJ HealthNet BlueShield Aetna Cigna UFCW

Tricare CalVCB Sliding Scale

Evenings Available 🌙

BACCAM, ROUNGTHIP, LMFT ♀

209-601-6579

1545 Saint Marks Plaza, Suite 5

Stockton, CA 95207

Clinician Speaks Laotian

Specializes in: children and adolescents

HPSJ TRIWEST CalVCB Sliding Scale

Evenings Available 🌙

Saturdays Available 📅

BARNES, SHARMAINE, LMFT ♀ **IMANI**
CHRISTIAN COUNSELING SERVICES LLC

209-475-8428

Does not serve: children under age 18

Website: www.imani-ccs.com

Email: sbarnes@imani-ccs.com

HPSJ HealthNet CalVCB

Evenings Available 🌙

CENTRAL VALLEY CENTER FOR
COMMUNITY ADVOCACY, LMFT,
PSYD ♂ ♀

209-513-1908

20 N. Sutter St., Suite 400

Stockton CA 95202

Clinician Speaks Laotian

Website: www.cvccacounseling.com

Email: cvccacounseling@gmail.com

HPSJ

Evenings Available 🌙

Saturdays Available 📅

COIRIN, MIYUKI, LMFT ♀

209-505-7812

924 N. Yosemite St.

Stockton, CA 95203

Clinician Speaks Japanese

HPSJ

COSTELLO, FRAN, LMFT ♀

209-474-3445

5405 North Pershing Avenue, Suite C-3

Stockton, CA 95207

Specializes in: children under age 10, and transgender clients

Website: www.healingthepainwithin.com

HPSJ HealthNet-MHN BlueCross BlueShield
Aetna Humana Magellan and EAP's

CRUZ-RINE, ROSALINE, LMFT ♀

MT. TABER COUNSELING SERVICES

209-451-1014

2291 W. March Lane, Suite E101

Stockton, CA 95207

Clinician Speaks Chamorro

HPSJ Anthem BlueCross CalVCB

Evenings Available 🌙

DAWSON, SHUNTAE (JOY), LMFT ♀

209-636-4353

1222 Monaco Court, Suite 6

Stockton, CA 95207

Does not see: children under age 12

HPSJ HealthNet-MHN CalVCB and other
private insurances

Evenings Available 🌙

DOMINGO, JENNIFER ♀

209-910-4124

Tele-Health Only

*Does not see: children under age 12

HealthNet-MHN Aetna BlueShield Magellan

EVANS, PAULA, LMFT ♀

PUBLIC HEALTH SYSTEMS

209-473-4211

2155 West March Lane, Suite 1-D

Stockton, CA 95207

HPSJ CalVCB

FRANCO-DAVIDSON, MARISELA, LMFT ♀

209-898-8399

221 Tuxedo Court, Suite A

Stockton CA 95204

Clinicians Speaks Spanish

Specializes in: trauma, depression, anxiety, personality disorders, children, family therapy, and couples

Does not see: children under age 6

HPSJ CalVCB Sliding Scale

Evenings Available 🌙

HAAVISTO, DAWN, LMFT ♀

209-547-2468

2291 West March Lane, Suite D-200

Stockton, CA 95207

Does not see: couples

HPSJ CalVCB

Saturdays Available 📅

HEFFERNAN, MARIA, LMFT

209-471-0554

2431 West March Lane, Suite 210

Stockton, CA 95207

Specializes in: women's issues, anxiety, depression, trauma, and couples

Does not see: children under age 18

United Optum BlueShield Magellan some EAP's Tricare Triwest CalVCB

HOWARD, SCOTT, PSYD

209-938-8209

1341 West Robinhood Drive, Suite B-2

Stockton, CA 95207

Specializes in: pre-surgical assessments, psychological testing and evaluations, and autism disorders

HPSJ HealthNet-MHN Tricare Triwest CalVCB

*He is **only** available evenings and weekends*



HUEY, SHONTINESE, PSYD

LIGHTHOUSE PSYCHOLOGICAL

SERVICES

209-451-9475 EXT #701

Tele-Health and has a Modesto location

Specializes in: children under age 14

Does not see: anyone over age 14

HPSJ Anthem BlueCross

HUFF, BRIAN, LMFT

QUAIL POINT CENTER

209-473-4211

2155 West March Lane, Suite 1-D

Stockton, CA 95207

*Does not see: children under age 6, court ordered therapy, nor custody evaluations

HPSJ BlueCross BlueShield Cigna Aetna and most private insurances

HUNTER, AYESHA, Ed.D, LMFT

209-542-8900

1341 W. Robinhood Drive Suite B-2,

Stockton, CA 95207

Specializes in: EMDR certified

HPSJ HealthNet-MHN

Evenings Available



Saturdays Available



KANE, SAUNDRA, LMFT

209-957-2676

2431 West March Lane, Suite 210

Stockton, CA 95207

Does not see: children under age 11

Limited Availability

HPSJ CalVCB Anthem BlueCross Sliding Scale

LEVY, RONA, LMFT

209-951-3322

2291 West March Lane, Suite D-200

Stockton, CA 95207

CalVCB

Evenings Available 

**LIFE PRACTICE COUNSELING GROUP
INC, LMFT** ♀ ♂

209-915-4212

5651 North Pershing Avenue, Suite C6
Stockton, CA 95207

Clinician Speaks Spanish

Does not see: children under age 2

HPSJ HealthNet-MHN Other Medi-Cal plans

Sliding Scale

MARVIN, MELISSA, LMFT ♀
RIOS, STEFANIE, LMFT ♀
UNITED COUNSELING CENTER

209-610-9330

829 Rosemarie Lane, Suite G
Stockton, CA 95207

Email: support@unitedcounseling.com,
melissa@unitedcounseling.com,
stefanie@unitedcounseling.com

Specializes in: cognitive behavioral therapy,
children, play therapy

Does not see: children under age 3

Clinician Speaks Spanish

**HPSJ CalVCB Triwest Anthem BlueCross and
most private insurances** Sliding Scale

Evenings Available



Saturdays Available



MAPLES, THOMAS, PhD, LMFT ♂
THE STOCKTON THERAPY NETWORK

209-230-9575

1917 Country Club Blvd
Stockton, CA 95204

Specializes in: children, adolescents, parenting,
and men's issues

HPSJ HealthNet-MHN Straight-Medi-Cal

Aetna BlueShield Magellan ComPsych CHIPA

MultiPlan Tricare Triwest CalVCB

MCBROOM, BARBARA, LMFT ♀

209-478-8720

2431 West March Lane, Suite 210
Stockton, CA 95207

Specializes in: eating disorders

Does not see: children under age 14, court
ordered therapy, sex offenders, custody
evaluations, CPS referrals, co-parenting therapy,
substance abuse issues, nor severe mental illness

**HPSJ HealthNet-MHN Claremont EAP and most
private insurances** CalVCB

Some Evenings Available



MELLO, PAMELA, LMFT ♀

209-406-4196

2431 West March Lane, Suite 210
Stockton, CA 95207

Does not see: children under age 13

Limited availability

Website: www.mellotherapy.com

Email: Info@mellotherapy.com

HPSJ HealthNet-MHN BlueCross BlueShield

Magellan EAP's CalVCB

MOMPEAN, KIM, LMFT

209-851-0804

7273 Murray Drive, Suite 16

Stockton, CA 95210

Website: www.mindfulprogress.com

Specializes in: couples therapy

HPSJ

Evenings Available 

PEREZ, SYLVIA, LMFT

209-403-9486

2307 West Alpine Avenue

Stockton, CA 95204

Clinician Speaks Spanish

Does not see: children under age 16, gender identity issues, nor court ordered therapy

CalVCB Sliding Scale

PHILSON THOMPSON, JOHN, LCSW

CENTER FOR VIOLENCE RESOLUTION

209-353-9775

1341 West Robinhood Drive, Suite B2

Stockton, CA 95207

Specializes in: depression, anxiety, domestic violence, families and individuals

Does not see: children under age 8

HPSJ HealthNet-MHN and most private insurances

Evenings Available 

PHIPPS, ARLENE, LCSW

209-472-3627

5250 Claremont Avenue, Suite 101

Stockton, CA 95207

Specializes in: grief, terminal illness, people with disabilities (ADA compliant office), couples, LGBT

Does not see: court ordered therapy, custody

issues, sex offenders, nor eating disorders

HPSJ HealthNet-MHN BlueCross Blue Shield

United Healthcare Sutter Magellan Kaiser

Medicare

QUAIL LAKES COMMUNITY COUNSELING, LMFT's

209-954-1311

1833 W. March Lane, Suite 6

Stockton, CA 95207

Specializes in: teen bullying, group therapy, grief, bereavement

Does not see: offenders of sex crimes

HPSJ HealthNet-MHN Tricare Triwest VA

Options Cigna

Evenings Available

Some Saturdays Available



RIETA, FELICIA, LCSW

209-403-8112

5250 Claremont Avenue, Suite 217

Stockton, CA 95207

Clinician Speaks Spanish

Does not see: substance use issues

HPSJ HealthNet-MHN Aetna BlueCross

BlueShield United Healthcare CalVCB

RODRIGUEZ, DAWN, LMFT ♀

209-688-3529
7273 Murray Drive, Suite 16
Stockton, CA 95210
Website: www.findurjourney.com
Email: dawn@findurjourney.com
Does not see: couples
HPSJ CalVCB

SAFFIER, SHARMAN LMFT ♀

Saffier, Sharman, LMFT ♀
209-298-2614
5250 Claremont Ave, Suite 213
Stockton, CA 95207
Email: sharmansaffier@sbcglobal.net
Specializes in: anxiety, cancer diagnosis
Does not see: children under age 10
HPSJ Aetna Anthem BlueCross BlueShield

SANGUINETTI, JILL, LMFT ♀

209-853-6109
2307 W. Alpine Avenue
Stockton, CA 95204
HPSJ HealthNet-MHN most private insurances
CalVCB

STINGLE, ALISON, PsyD, LMFT ♀

209-610-4721
7273 Murray Drive, Suite 16
Stockton, CA 95210
Does not see: children under age 5
HPSJ CalVCB Sliding Scale
Evenings Available 🌙

SERNA, SONYA, LMFT ♀

209-600-1531
924 N. Yosemite St.
Stockton, CA 95203
Website: www.scs-lmft.com
Email: sonya@scs-lmft.com
Specializes in: trauma informed therapy,
domestic violence, postpartum depression, PTSD,
children, adolescents, all ages
HPSJ HealthNet-MHN CalVCB Sliding Scale
Saturdays Available 📅

SUMNER, CHRISTINE, LMFT ♀

209-205-9084
4750 Quail Lakes Drive, Suite C-4
Stockton, CA 95207
HPSJ Sliding Scale
Specializes in: trauma, EMDR certified
Evenings Available 🌙

SUTTERFIELD, GEORGE KIM, PHD, **LMFT** ♂ **PACIFIC COUNSELING** **ASSOCIATES**

209-957-9001 Fax: 209 957-2587
221 Tuxedo Court, Suite A
Stockton, CA 95204
Website: www.pacific-counseling.org
Email: dr.sutterfield@gmail.com
Does not see: children under age 6
HPSJ Straight Medi-Cal BlueCross BlueShield
Anthem Kaiser CalVCB
Evenings Available 🌙
Weekends Available 📅

TABIOS, VICTORIA, LMFT

209-401-4658

1212 California Street

Stockton CA 95202

Does not see: children under age 8, LGBT, transgender nor gender identity issues

Self pay only, Sliding Scale

Evenings Available



Saturdays Available



VARMA, KAREN, LMFT

209-472-3677

5250 Claremont Avenue, Suite 235

Stockton, CA 95207

Clinician Speaks Spanish

Does not see: anger management issues, sexual abuse cases, sex offenders, nor any clients in or entering litigation

HPSJ HealthNet-MHN CalVCB

WARMSLEY, KIMBERLY, LCSW

209-905-8809

343 East Main Street, 10th Floor

Stockton, CA 95202

Website: www.kwtts.com

Email: kwttservices@gmail.com

Specializes in: youth, adults and families, trauma, depression, mood, and self-esteem/confidence

HPSJ Kaiser United Healthcare CalVCB Sliding Scale

Evenings Available



Saturdays Available



YATES, ROGER, LMFT

209-473-4211

2155 West March Lane, Suite 1-D

Stockton, CA 95207

Does not see: children under age 13, nor court ordered therapy*

HPSJ HealthNet-MHN Anthem BlueCross BlueShield United Healthcare

ZAPIEN, VICTOR, LCSW

209-915-3836

1833 West March Lane, Suite 6

Stockton, CA 95207

Clinician Speaks Spanish

Specializes in: children, adolescents, adult, and couples therapy

HPSJ HealthNet-MHN BlueCross BlueShield Kaiser

Evenings Available



LODI, WOODBRIDGE, GALT

ANDERSON, ANGELA, LMFT

916-752-9542

1920 Tienda Drive, Suite 102

Lodi, CA 95242

HPSJ CalVCB Sliding Scale

Evenings Available



ARNEY, MARIANN, LMFT ♀

WOODBIDGE THERAPY GROUP

209- 368-2532 ext 203
18826 Lower Sacramento Road
Suite C, Woodbridge, CA 95258
Does not see: substance use issues, nor eating disorders

Limited Availability

HPSJ HealthNet-MHN

BEREAN, MALCOLM, LMFT ♂

MOLINI, MARY, LMFT ♀

**M & M FAMILY COUNSELING
SERVICES INC**

209-327-0588
1338 South School St. Suite A
Lodi, CA 95240
**HPSJ HealthNet-MHN Aetna BlueCross
BlueShield Cigna Magellan Optum EAP and other
private insurances Tricare CalVCB**

BREAKEY, BEVERLY, LMFT ♀

209-456-2279
1420 West Kettleman Lane, Suite R
Lodi, CA 95242
Specializes in: Children ages 5-18
HPSJ Sliding Scale

BROWN, KEVIN, LMFT ♂

209-712-0466
446 Fairway Drive
Galt, CA 95632
Specializes in: couples, families, individuals in crisis
Does not see: children under age 12
Lyra Modern Health some EAPs CalVCB

JACKA, KAREN, LCSW ♀

209-483-6474
404 W. Pine Street, Suite 1
Lodi, CA 95240
Specializes in: trauma, grief, loss
**HPSJ HealthNet-MHN Straight Medi-Cal
Medicare Optimum Magellan BlueCross
BlueShield and most private insurances
CalVCB**
Evenings Available 🌙

LASKOWSKI, KIMBERLY, LMFT ♀

209-986-0031
404 W. Pine St, #1
Lodi, CA 95240
Specializes in: trauma, PTSD, bi-polar disorder
Website: www.ahappieryou.net
Email: Kimlasmft@att.net
**HPSJ HealthNet-MHN Anthem BlueCross
BlueShield Magellan Value Options EAPs
CalVCB**
Evenings Available 🌙

LEWIS, JUDY, LMFT

209-607-7895

330 South Fairmont Avenue, Suite 7

Lodi, CA 95240

Does not see: children under age 8

HPSJ HealthNet-MHN Aetna BlueCross

BlueShield Cigna Magellan Claremont Kaiser

CalVCB

ROBERTS, TANYA, LCSW

209-401-2134

404 West Pine Street, Suite 1

Lodi, CA 95240

HPSJ HealthNet-MHN Cigna Aetna BlueCross

BlueShield Magellan other private insurances

CalVCB Sliding Scale

RODRIGUEZ, LUIS, LMFT

916-509-2778

603 C Street, Suite A

Galt, CA 95632

Clinician Speaks Spanish

Does not serve: co-parenting, nor children under age 12

HealthNet-MHN BlueShield Magellan Western

Advantage ValueOptions Aetna and other

private insurances CalVCB Sliding Scale

Evenings Available

Saturdays Available



RUEDA, JACKIE, LCSW

530-770-2155

1920 Tienda Drive, Suite 101

Lodi, CA 95242

Clinician Speaks Spanish

Does not typically serve children under age 18 but may see some adolescents

HPSJ Magellan Kaiser

SCHWINN, FREYA, LMFT

209-368-2532 ext 207

18826 N. Lower Sacramento Road Suite C

Woodbridge, CA, 95258

Specializes in: depression, co-dependency, trauma, PTSD, impulse control disorders, couples, families

Does not see: children under age 6

HPSJ some private insurances Sliding Scale

SUESS, JANEEN, LCSW

209-747-8558

1930 Tienda Drive, Suite 102

Lodi, CA 95242

Specializes in: adults and couples

Does not see: children under age 18

Self Pay Only

SOUZA, TAMMY, LMFT

209-712-9077

404 West Pine Street, Suite 1

Lodi, CA 95240

HPSJ HealthNet-MHN CalVCB Sliding Scale

TANENBAUM, JACK, LCSW, LMFT

916-662-5947

1209 West Tokay Street, Suite 11

Lodi, CA 95240

**HPSJ HealthNet-MHN Medicare VA CalVCB
BlueCross BlueShield Magellan United EAP
and most private insurances**

Evenings Available 

YEE, JULIE, LMFT

209-986-3597

1930 Tienda Drive, Suite 102

Lodi, CA 95242

Clinician Speaks Mandarin

Does not see: children under age 5, nor court
ordered therapy

**HPSJ HealthNet-MHN CalVCB BlueCross and
other private insurances**

MANTECA, OAKDALE

ANDRADE, SCOTT, LMFT

209-825-5889

600 North Main Street

Manteca, CA 95336

Does not see: children under age 3

Provider also has a Stockton location

**HPSJ HealthNet BlueShield Aetna Cigna UFCW
Tricare CalVCB Sliding Scale**

Evenings Available 

ANDREWS, SILVIA, LMFT

209-275-5091

965 East Yosemite Avenue, Suite 12

Manteca, CA 95336

Does not see: children under age 5, nor couples

Website: www.silviaandrewslmft.com

HPSJ Anthem BlueCross BlueShield Aetna

AllOne EAPs Sliding Scale

Evenings Available 

BRISON-MOLL, NANCY, PHD

209-483-4498

965 East Yosemite Avenue, Suite 12

Manteca, CA 95336

Does not see: children under age 5

HPSJ HealthNet-MHN Anthem BlueCross

**BlueShield Aetna and other private insurances
CalVCB**

BUSIC, JANET, LMFT

209-847-9326

7248 Gold Run Drive

Oakdale, CA 95361

Clinician Speaks Spanish

Does not see: sex crime offenders

HPSJ HealthNet-MHN

Evenings Available 

HELANDER, CAROL, LMFT

209-298-2686

965 East Yosemite Avenue, Suite 12

Manteca, CA 95336

Clinician Speaks American Sign Language

HPSJ Aetna BlueCross BlueShield Cigna

Optum Magellan EAP's CalVCB

Evenings Available 

NIEWALD, RONALD, LMFT

650-799-6485

302 Cherry Lane, Suite 208

Manteca, CA 95337

Does not see: children under age 18

Provider also has a Pleasanton location

Website: www.ronmft.com

Email: niewald.ron@gmail.com

HPSJ HealthNet-MHN Alameda Alliance

Evenings Available 

PARKER, NICOLE, LMFT

209-518-8140

965 East Yosemite Avenue, Suite 12

Manteca, CA 95336

Email: nicolem.parker@yahoo.com

Specializes in: transgender clients, and also in children under age 10

Some private insurances EAP's Sliding Scale

Evenings Available 

QUINONES, JOHN, LMFT

CENTRAL VALLEY COUNSELING

209-499-4251

203 North First Avenue

Oakdale, CA 95361

Clinician Speaks Spanish

Does not see: court ordered therapy

HPSJ and other private insurances

SANTUCCI, EMILIA LMFT

CENTRAL VALLEY COUNSELING

209-845-9037

203 North First Avenue

Oakdale, CA 95361

Tricare EAP's and most private insurances

Evenings Available 

TRACY

BOCCANFUSO, VICTORIA, PsyD

209-640-8305

2180 West Grant Line Road

Tracy, CA 95377

Website: www.vbpsyd.com

Email: vbpsyd@gmail.com

CalVCB some private insurances

Interns available at a discounted rate

ORDONE, LETTIE, LCSW ♀
COUNSELING AND MORE

209-640-4179

2160 West Grant Line Road, Suite 215

Tracy, CA 95376

Does not see: children under age 6

Website: www.counselingandmore.org

Email: counselingandmore@gmail.com

HPSJ HealthNet-MHN Aetna Anthem

BlueCross BlueShield Kaiser Magellan Optum

SutterSelect United Healthcare most EAP's

TriCare TriWest CalVCB

KRUEGER, KATHY, LMFT ♀

408-241-0373

902 Central Avenue, Suite 308

Tracy, CA 95376

Website: kathykrueger.com

Email: kathy@kathykrueger.com

Does not see: children under age 6, nor court
ordered therapy

BlueCross BlueShield Kaiser Cigna some EAP's

other private insurances Tricare Triwest

Military OneSource CalVCB

Interns available at a discounted rate

MARTINEZ, SIRSEY, LMFT ♀

209-814-5251

1660 West Linne Road, Suite J-18

Tracy, CA 95377

Specializes in: trauma

Does not see: children under age 5

Sliding Scale

Saturdays Available 

ALIANZA COUNSELING

Telephone: 209-910-9127

Address: 42 North Sutter St. Suite #503, Stockton, CA 95202

Website: www.alianzacounseling.org

What they offer:

- Individual counseling for adults and children
- Services for victims of crime
- 52 Week Parenting Classes
- 16 Week Anger Management Classes
- 6 Week Elder Abuse Classes
- 6 Week Theft Classes
- Services are also available evenings and Saturdays
- These courses satisfy court ordered, probation, or CPS requirements, but are open to anyone.

Types of therapists: LCSW, MSW

Description of mental health services:

- All services are available with **Spanish speaking clinicians**
- Counseling for any mental health needs, such as depression, anxiety, trauma, self-esteem, anger, sexual identity, marriage difficulties, substance use, and crisis situations
- Immigration mental health evaluations and hardship letters as part of the application process for immigration status, e.g. residency, deportation, 601 waivers, victim of crime U-Visas, and those seeking political asylum. Telephone help may be available if client is outside the U.S.

Payment: Insurance is not accepted. Services are free for victims of crime through CalVCB (state pays for eligible cases). Services are also free for those who are referred by Child Protective Services. Standard fees: \$125 for couples & families, \$80 per individual session, and \$50 for group sessions/classes. Referrals are accepted from agencies and anyone can self-refer to receive services.

Medications: Will not adjust any medication regiment. There is no physician onsite.

CHILD ABUSE PREVENTION COUNCIL - CAPC

CHILD ADVOCATES - PARENT COACHES

Telephone: 209-464-4524

Address: 540 N. California St. Stockton, CA 95202

Website: www.nochildabuse.org

What they offer:

- Child and Family Therapy
- School Based Counseling and Advocacy
- Childcare/Preschool
- Parent Coaching
- 24/7 "Advice Line" for parents or children - whether a child needs someone to talk to, or a parent needs advice on how to best handle a situation at home such as discipline or behavior problems, any time of day or night (all 209-464-4524 and select the advice line)
- Youth Mentoring/TAY Program for ages 16-25 (Transitional Age Youth Program)
- Advocacy for Foster Children/Court Appointed Special Advocates (CASA)
- "Parent cafes" are an opportunity for parents to get together to discuss a variety of parenting topics, challenges and successes. A CAPC facilitator is present for this parent-led group. Meetings are usually in the community such as school sites.

Types of therapists: LMFT, LCSW, and associates

Description of mental health services:

- CAPC offers individual therapy with a clinician for children ages 0-18 with full scope Medi-Cal. Family members can often be involved in therapy sessions as needed or as is appropriate, but the primary client is the child.
- Referrals are accepted or clients can self-refer.

Payment: Children with Medi-Cal or uninsured children only. Private insurance is not accepted. School based mental health services are provided regardless of insurance on most school campuses.

Medications: Will not adjust any medication regiment. No physician onsite.

COMMUNITY MEDICAL CENTERS - CMC

20 locations available in San Joaquin County – see next page

Website: <http://www.communitymedicalcenters.org>

What they offer:

- Federally Qualified Health Center (FQHC) with a no barriers to care approach for uninsured, underinsured, or insured patients (low cost, no cost, income based).
- Individual behavioral health services and psychiatry services, integrated into primary care
- No one is turned away from care due to inability to pay
- Comprehensive primary medical care for adults and children of all ages, including specialty care, prenatal care, x-rays, laboratory, pharmacy, lactation support, and walk-in services
- Comprehensive dental care services
- CMC's Recovery Center, and substance use services, sobering, and respite/withdrawal services
- A variety of services provided directly in the community, such as medical for the homeless, dental care for children provided at their school site, and more
- Multiple WIC locations (women, infants, and children supplemental nutrition program)
- Free Covid-19 vaccinations
- Trauma-informed services and screening.

Types of therapists: MD, PsyD, LCSW, ASW,

Description of mental health services:

- Adult and child psychiatry integrated into primary care
- Integrated therapy for individuals, adults, children, families, couples and groups
- All CMC locations have mental health clinicians available by appointment, including psychiatrists and therapists. There are 28 clinicians and 17 case managers.
- Care coordination and case management
- Tracy Unified School District school-based behavioral health services
- Some clinicians can provide mental health services in **Spanish, Hindi, and Vietnamese**
- Respite Center: respite and withdrawal services for 14 - 21 day placement (16 beds)
- CMC's Recovery Center
 - o Walk-in behavioral health and substance use evaluation, full assessment of care needs
 - o Medication assisted treatment (MAT) for opioid or alcohol dependence
 - o Individual counseling and group counseling
 - o Case management, housing assistance, transportation assistance

Continued on next page...

CMC CONTINUED...

Payment: Straight Medi-Cal, limited scope Medi-Cal, Health Plan of San Joaquin, HealthNet, and most private insurances as well. Sliding scale available for anyone who is uninsured or underinsured. Services may be free depending on your income, or be at very low cost.

Medications: Yes, CMC can prescribe psychiatric medications as appropriate.

List of Locations:

STOCKTON

- 701 E. Channel St, Stockton, CA 95202 209-944-4700
- 2349 N. California St, Stockton, CA 95204 209-469-2229 (Stockton Pediatric Medical Group)
- 423 S. San Joaquin St, Stockton, CA 95203-3537 209-954-7700
- 2640 E. Lafayette St, Stockton, CA 95205 209-944-4700
- 2015 S. Mariposa Rd, Stockton, CA 95205-7735 209-751-1919
- 1031 Waterloo Rd, Stockton, CA 95205-4256 209-940-5600 Recovery Center: 209-940-5662
- 1801 E. March Ln D-470, Stockton, CA 95210 209-507-7000 for Walk-in's and same day care "CareToday*" or call 209-507-7027 for primary care appointments at this location
- 2044 Fair St. Stockton, CA 95206 209-944-4700
- 7912 West Lane, Ste. 221, Stockton, CA 95210-3159 209-636-5000
- 1800 S. Sutter Street, #11B, Stockton, CA 95206 209-944-4700

Coming Soon

- DELTA COLLEGE HEALTH CENTER Operated by CMC - Locke Center Room 126 & 128
5151 Pacific Ave, Stockton, CA 95207 209-373-2826 or (209) 926-3900
- 747 E. Channel Street / Stockton, CA 95202 209-373-2800

LODI

- 721 Calaveras St. (located on Stockton St.), Lodi, CA 95240 209-331-8019 209-331-8022
- 2401 W. Turner Rd., Ste. 450, Lodi, CA 95242 209-370-1700
- 2415 W. Vine St., Ste. 100, Lodi, CA 95242 (Pediatrics) 209-333-3135
- 2415 W. Vine St., Ste. 105, Lodi, CA 95242 (Family Care) 209-333-3121

MANTECA

- 200 Cottage Avenue, Suite 103, Manteca, CA 95336 209-624-5800

TRACY

- 730 N. Central Ave, Tracy, CA 95376-4104 209-650-4000
- 2151 W. Grant Line Road, Tracy, CA 95377 209-820-1500

See CMC website for additional locations for dental care and WIC services

EL CONCILIO

Telephone: 209-644-2600 (main) **Behavioral Health:** 209-444-8910

Address: 445 N. San Joaquin Street Stockton, CA 95202 or 224 S. Sutter St, Stockton, CA 95203

El Concilio has offices in Lodi, Manteca, Tracy, Modesto, but most services are provided at the Stockton location – please call for more info.

Website: www.elconcilio.org

What they offer:

- Behavioral Health and Recovery Services
- *Temporary* Stockton Rental Assistance Program
- Immigration Services
- Senior Citizens Legal Services
- Preschool/Childcare
- Health Access Rural Home Visiting Program
- Referrals to Resources
- Health Access Transportation (South Stockton)
- AB109 Probation Re-Entry Program
- DUI Court Ordered Classes
- CalWorks
- All staff and clinicians are **fully bilingual in Spanish**

Types of therapists: LMFT, MSW, LCSW.

Description of mental health services:

- Outpatient individual therapy with fully bilingual culturally competent staff and clinicians. The focus is on the Latino community, but others will not be turned away.
- Individual therapy – Maximum 6 sessions. If more sessions or more intensive mental health services are needed, the client will be referred to county BHS.
- Individual, couples, families, domestic violence, anger management, substance use services
- Referrals are accepted from agencies, the courts, or clients can self-refer to request services.

Payment: Full Scope Medi-Cal for adults over 18 only. Private insurance is not accepted.

Medications: Will not adjust any medication regiment, but contracts with SJC BHS.

HOLT COUNSELING CENTER

Telephone: 209-366-2273

Stockton: 211 East March Ln. Ste J, Stockton, CA 95207 **Lodi:** 315 West Pine St., Ste 3, Lodi, CA 95240

Holt Counseling also has a **Modesto** location

Website: www.holtcounselingcenter.com

What they offer / Description of mental health services:

- Therapy for adults, couples, families, and children of all ages
- Supervised Visitation
- 52 Week Parenting Course
- Co-Parenting Counseling
- 16 Week Anger Management Course
- Sober Living Counseling
- Available evenings and weekends
- Courses satisfy court ordered or CPS requirements, but are open to anyone

Types of therapists: LMFT, LCSW, and associates

Payment: Accepts most private insurances such as most PPOs, EAPs, and Health Plan of San Joaquin Medi-Cal. There is a sliding scale available for uninsured clients. They also accept referrals from various agencies which may be providing payment such as the courts, probation, or child protective services. Accepts self-referrals and referrals from agencies.

Medications: Will not adjust any medication regiment. No physician onsite.

SAINT JOSEPH'S BEHAVIORAL HEALTH SERVICES - SJBH

Telephone: 209-461-2000 (inpatient) or 209-938-0831 (outpatient)

Inpatient Services: 2510 N. California St. Stockton, CA 95204

Outpatient Services: 510 E. Magnolia St. Ste 100, Stockton, CA 95202

Website: www.stjosephscanhelp.org

What they offer / Description of mental health services:

- Intensive comprehensive inpatient treatment unit for adults over 18
- 2 week intensive day treatment (partial hospitalization program)
- Intensive outpatient program for adults and adolescents (3 days / week)
- Marriage, family, and individual therapy
- Weekly group therapy for adults and children ages 5 years and over
- Behavioral evaluations are provided as a community service, **free of charge**. The screening evaluation is provided to identify needs and make appropriate referrals. For non-emergency behavioral evaluations, they accept appointments M-F from 8:00 am to 8:00 pm, and on Saturdays and Sundays from 10:00 am to 6:30 pm.
- Referrals are accepted or clients can self-refer

Types of therapists: MD, PhD, LMFT, LCSW, RN

Payment: Most private insurance and Medicare; but Medi-Cal is not accepted. Sliding scale available.

Medications: Yes - Psychiatrists are available on staff and can provide medications but only during the client's participation in the group sessions for 4-6 weeks. After this time, clients will have to locate a psychiatrist in the community themselves, or work with their primary care provider.

Group Sessions/Support Groups: SJBH offers several different groups to teach Dialectical Behavioral Therapy (DBT), a type of therapy to help clients develop trust, enhance self-confidence and learn new life skills for dealing with problems. They also offer social skills, marriage and parenting groups.

Continued on next page...

SJBH CONTINUED...

- DBT Skills 101 Group: A 2 hour educational group teaching the four modules of DBT: Core
 - Mindfulness, Interpersonal Effectiveness, Emotion Regulation and Distress Tolerance
- DBT Skills Process Groups for Adults and Adolescents: A 2 hour skill process group to help clients implement Dialectical Behavioral Therapy skills into their daily lives
- Adolescent Social Skills Groups: A 1.5 hour group for children ages 8-13 to learn tools to help with social interaction
- Marriage Group: A 4 week skills training course to improve communication skills in marriage. Group is 2 hours long, once a week. Engaged couples as well as couples who have been married for 20+ years can benefit from this group.
- Parenting Group: A 4 week skills training course to help parents regain control of their children and improve family relations. Group is 2 hours long, once a week.

SJBH also offers comprehensive substance use services for adults and adolescents (ages 13-17)

- Inpatient, outpatient, detox, counseling, support groups, and a Suboxone clinic

SAN JOAQUIN COUNTY BEHAVIORAL HEALTH SERVICES - BHS

Mental Health CRISIS LINE: 209-468-8686 (24/7/365 number)

Warmline: 209-468-3585 (also 24/7/365)

Access Line (non-emergency intake and assessment information): 209-468-9370

Website: www.sjcbhs.org

Address: 1212 N. California St. Stockton, CA 95202 for Crisis - **See next page for all outpatient locations in Stockton, Lodi, Manteca, and Tracy**

Crisis Clinic Walk-in and Appointment Hours: Monday-Friday 8:00 AM–4:00 PM. For after hours, weekends, and holidays, direct adult clients to the entrance by the parking lot, and direct minors under age 18 to the south end of the crisis building. Crisis services are available 24 hours a day, 7 days a week, everyday of the year, including holidays.

What they offer: Moderate to severe mental health and substance use services for San Joaquin County's Medi-Cal eligible populations. Integrated behavioral health services for children and adolescents with a serious emotional disturbance, and adults and older adults with moderate to severe mental illness through inpatient and outpatient services.

Types of therapists: MD, PhD, LMFT, LCSW, LPCC, RN, LVN

Payment: For adults over age 18: BHS accepts full scope and limited scope Medi-Cal and Medicare. Sliding scale available for uninsured adults. For children and youth, BHS accepts Medi-Cal and does not use a sliding scale. While private insurance is not accepted, Crisis Services will serve anyone who is decompensating or in a psychiatric crisis until they have stabilized. Once stable, the individual is referred to their insurance provider for follow-up care.

Medications: Yes, BHS has psychiatrists for both adults and children.

Telephone Services: The crisis and warm lines are always available by telephone 24/7/365.

CRISIS Services: (209) 468-8686

- Clients are triaged and evaluated by a clinician who determines their level of acuity and the appropriate course of intervention. Field clinicians respond to community requests for crisis services, including 5150 evaluations
- Hospitals may call Crisis Services to request an evaluation for any person at the hospital who has already been medically cleared for discharge but needs a 5150 evaluation
- A Mobile Crisis Support Team (MCST) responds to mental health emergencies in the community, and for early intervention and outreach services

Continued on next page...

SJC BHS CONTINUED...

- Crisis Stabilization Unit for adolescents ages 12 years and older who are experiencing an acute psychiatric crisis, where they are evaluated and if necessary, referred for psychiatric hospitalization.
- The warmline is a 24/7 number for individuals to call if they need to speak to someone immediately, but are not "in crisis". The warmline is staffed by those with lived experience.

BHS Outpatient Services and Clinics: Comprehensive outpatient specialty mental health services for adults and children including psychiatry, individual therapy, and group sessions as appropriate for each client. Private insurance not accepted for outpatient services. Call 209-468-9370 for intake.

Adult Services: 209-468-8842 209-468-3760 Address: 1212 N. California Street, Stockton, CA 95202

Older Adult Services (60+): 209-468-3760 Address: 1212 N. California Street, Stockton, CA 95202

Lodi Clinic (Children and Adults): 209-331-2070 Address: 1209 W. Tokay St. Ste. 5, Lodi, CA 95240

Tracy Adult Clinic: 209-831-5941 Address: 220 W. 11 Street, Tracy, CA 95376

Children and Youth Services: 209-468-2385 Address: 1414 N. California Street, Stockton, CA 95202

Tracy Children & Youth Services: 209-835-8583 Address: 19th East 6th Street, Tracy, CA 95376

Manteca Children & Youth Services: 209-239-5553, 129 E. Center Street, Ste. 3, Manteca, CA 95336

Justice and Decriminalization (includes Homeless Services): 209-468-9373 - Homeless services are provided or referred for adults with a diagnosed or suspected serious mental illness who are 18 years of age or older. Individuals may also have a co-occurring substance use disorder.

Culturally Specific Outpatient Clinics: These BHS clinics employ staff and therapists who have completed diversity training, are culturally competent, and **speaking a variety of languages**. They also have on-site mental health interpreters and a language line.

- **La Familia** (Spanish): 209-468-2335
- **Transcultural Clinic (TCC) / Southeast Asian Recovery Services (SEARS):** 209-953-8843 (Cambodian/Khmer, Hmong, Laotian, and Vietnamese)
- **Black Awareness Community Outreach Program and Multicultural Clinics:** 209-468-2337 (Focus is on African American, Native American, Muslim/Middle Eastern, and LGBT clients)

Substance Use Services: 209-468-9370 - Outpatient and residential alcohol & drug treatment, including medicated assisted treatment, and prevention services. BHS has two residential treatment programs, including the only perinatal program in the region. Individuals may participate voluntarily, be court ordered to treatment, or on probation.

SAN JOAQUIN PRIDE CENTER

Telephone: 209-565-5023

Address: 937 N. Yosemite St. Stockton, CA 95203

Website: <https://sjpridecenter.com>

Email: info@sjpridecenter.com

Some services temporarily on hold but will resume soon in summer 2021

What they offer:

- Individual counseling available every weekdays and Saturdays
- Variety of services to support and empower the LGBTQ+ community
- Social support groups
- Youth empowerment field trips
- Youth proms / dances
- Referrals to resources, including referrals to LGBTQ+ friendly healthcare providers
- Diversity training for organizations
- Special events, e.g. Stockton Pride Celebration, and others

Types of therapists: Interns/associates provide free counseling, supervised by an LCSW

Payment: All services are free of charge

Medications: Will not adjust any medication regiment. No physician onsite.

Group sessions/support groups: Monthly Women's group, Men's group, and Trans group. Other social events and activities also available.

SHARE HOMES

Telephone: 209-334-6376

Address: 400 S. Fairmont Ave, Lodi, CA 95240 Share Homes also has a location in **Elk Grove**

Website: www.sharehomes.org

What they offer:

- Therapy for adults and children
- Adoption services
- Foster care services (ranging from placement of foster children to certifying new foster parents, and more)
- Supervised visitation
- Anger management
- Co-Parenting counseling and group sessions

Description of Mental Health Services:

- Share Homes specializes in therapy related to divorce and co-parenting issues, post adoption concerns, grief and loss, and victims of crime such as exposure to domestic violence, assault, trauma, or physical, sexual, or emotional abuse.

Types of therapists: LMFT, ASW

Payment: Low cost sliding scale, call for more info

Medications: Will not adjust any medication regiment. No physician onsite.

THE PEOPLE'S EMPOWERMENT CENTER - TPEC

Telephone: 209-718-9828

Address: 42 N. Sutter Street, Suite 216, Stockton, CA 95202

Website: www.thepeoplesempowermentctr.org

In person therapy and healing circles for TPEC resume in July 2021. Telehealth services are available. Services for healing circles can be in person, provided the space, facilitators are mobile.

What they offer:

- Culturally rooted healing practices and culturally competent interventions related to people of color seeking mental health services
- Specializing in family systems, trauma, children, adolescents, couples, family mediation, family therapy, support groups for women, men and youth
- Certified Healing Circle Facilitators from The National Compadres Network
- Clinical therapy and case management services (no cost for victims of violent crimes)
- Parent and wellness support groups are held weekly in community parks
- Trainings on cultural competency
- Advocacy for fair mental health services for people of color
- ***Coming Soon*** Will soon provide an infant loss support group for mothers facing postpartum depression and loss
- Assistance with completing application for services and reimbursement due to violent crimes
- Therapeutic services and interventions through third party contractors e.g. reiki, acupuncture, guided meditation, sound bathing, smudging, apothecary, healing circles by Black providers.

Types of therapists: LCSW, ASW

- Male, Female, Black, Brown, and **Spanish** speaking clinicians are available.

Payment: No cost for victims of crime (CalVCB), self-pay, sliding scale available

Medications: Will not adjust any medication regiment. No physician onsite.

VALLEY COMMUNITY COUNSELING SERVICES - VCCS

Telephone: Main number for questions or to schedule an appointment: 209-472-6448

Website: www.valleycommunitycounselingservices.org

Stockton

Telephone: 209-956-4240

6707 Embarcadero Drive

Stockton, CA 95219

Manteca

Telephone: 209-239-5553

129 E. Center Street, Suite 3

Manteca, CA 95336

Lodi

Telephone: 209-334-2126

W. Lodi Avenue, Suite G-2

Lodi, CA 95242

Tracy

Telephone: 209-835-8583

19 E. 6th Street

Tracy, CA 95376

Types of therapists: PhD, LMFT, LCSW, LPCC, and associates

Medications: Tracy and Manteca locations are contracted BHS sites that offer medications onsite. Stockton or Lodi locations will have medication management at the SJC BHS buildings.

What they offer / Description of mental health services / Payment

- **Clinical Services** - Therapy for adults, children, individuals, families, and couples. Self-referrals and referrals from agencies accepted. **Payment:** Self pay, sliding scale (\$40 initial, \$80 standard, \$60 with associate). Clients can attempt to seek reimbursement from their insurance.
- **Children's Mental Health Services** - Children's Mental Health Clinics in Manteca and Tracy, contracted by SJC BHS. They offer individual and family therapy, child family team meetings, and parent partner and medication services for children and youth ages 3-18 with moderate to severe mental illness. **Payment:** Medi-Cal only.
- **School Based Counseling and Therapy Services** – VCCS counselors and licensed therapists are placed on some school sites to address a wide variety of issues. Early intervention services and staff training is also provided. Ask your school what mental health services are available.
- **Victim Intervention Program** – Counseling for children, adults, and families affected by sexual abuse, physical abuse, and other violent crimes. Parent-Child interaction therapy available for children age 2-7 and their caretakers. **Payment:** CalVCB (victims of crime) and grant funding.
- 52 Week Domestic Violence Program
- 52 Week Parenting Education Program
- 16 Week Anger Management Program
- Chemical Dependency Program, including Drinking Driver and Drug Diversion programs
- Weekly Wellness Groups – Video sessions for professional organizations about self-care

VBR FAMILY AND CHILDREN RESOURCE AGENCY

Telephone: 209-830-6394

Address: 72 West 11th Street, Tracy, CA 95376 VBR also has a location in **Elk Grove**

Website: www.vbrfoundationinc.org

What they offer:

- Individual and family therapy for adults and children
- Foster Care Services (ranging from placement of foster children to certifying new foster parents, intensive services foster care (ISFC) and other services)
- Fresh Beginning: an outpatient substance abuse treatment program for ages 12+
- Parenting Classes
- Domestic Violence Group Sessions
- Other services and group sessions are also available at the Elk Grove location
- Very low cost services

Types of therapist: LMFT, LCSW

Payment: Insurance is not accepted. Therapy cost is \$25 per hour for adults, \$18 for children. Group Therapy is \$40 per hour.

Medications: Will not adjust any medication regiment. No physician onsite.

The following listings are additional important support resources addressing mental health, trauma, and support. They do not offer therapy with a licensed clinician.

WOMEN'S CENTER – YOUTH AND FAMILY SERVICES (WCYFS)

Website: www.womenscenteryfs.org

Stockton

Telephone: 209-941-2611
620 North San Joaquin Street
Stockton, CA 95202

Stockton

Telephone: 209-929-6700
729 North California Street
Stockton, CA 95202

Lodi

Telephone: 209-368-3406
29 South Washington Street
Lodi CA 95240

Tracy / Manteca

By appointment only
Telephone: 209-941-2611

What they offer:

- Comprehensive services for Domestic Violence, Sexual Assault, Human Trafficking, and At-Risk, Homeless, and Runaway Youth
- Emergency Shelters for Domestic Violence or Runaway Youth
- TAY Program for ages 16-25
- Court Accompaniment
- Temporary Restraining Order
- Case Management
- Peer Counseling
- Group Sessions
- Parenting Classes
- 24-Hour Helplines
- Referrals are accepted or clients can self-refer or walk-in

24/7 CRISIS Hotlines (collect calls accepted)

- | | | |
|-----------------------------|--------------------------|---------------------------|
| • Domestic Violence: | • Sexual Assault: | • Runaway Youth or |
| 209-465-4878 | 209-465-4997 | Human Trafficking: |
| | | 209-948-1911 |

Payment: All services are free of charge

Group sessions/support groups: Support groups are available for healthy relationships, victims of domestic violence and for victims of sexual assault. Parenting classes are also available.

NAMI - NATIONAL ALLIANCE ON MENTAL ILLNESS

Telephone: 209-468-3755

Website: www.namisanjoaquin.org

Email: info@namisanjoaquin.org

What they offer:

- NAMI offers education and support by providing support groups and classes for individuals, families, and professionals. See below for list of classes and groups.
- For those suffering with mental health conditions, peer to peer classes/support groups are led by trained peer volunteers who have received mental health treatment themselves.
- Support group meetings and educational programs for family members and caregivers are led by trained peer volunteers who have a family member that received mental health treatment.

Payment: All NAMI services are free of charge

Group sessions/support groups: NAMI offers classes/presentations, and support groups. Call NAMI to schedule a presentation or to sign up for a class. Classes and Presentations include:

- **Parents & Teachers as Allies** – an in service program focusing on helping school professionals and families better understand the early warning signs of mental illness in children, led by a trained team of someone who grew up with mental illness and also by a parent of a child with mental illness – call to request a presentation at your facility.
- **Family to Family** – an 8 week course for friends and families of those with mental illness, focusing on support, education, and advocacy, taught by trained family members. *This course is also available in Spanish*
- **Peer to Peer** – an 8 week course open to anyone with mental illness, taught by trained peers living with mental illness, emphasizing that recovery is possible and feasible and breaking the stigma of seeking support for mental illness. *This course is also available in Spanish*

Continued on next page...

NAMI CONTINUED...

- **NAMI Basics** – a 6 week course for parents, family, or caregivers of children who have either been diagnosed or who have symptoms but have not yet been diagnosed with mental illness, taught by trained peers.
- **NAMI Provider Education Program** – a 5 week course offers 15 hours of in service training to line staff of mental health agencies, taught by a team of peers living with mental illness, family members, and a mental health provider who is either a family member or an individual with mental illness themselves.
- **In Your Own Voice** – a brief but comprehensive and interactive presentation available to anyone, which offers insight into mental illness and the hope and recovery possible for people with mental illness, taught by trained peers living with mental illness.

Support Groups - In addition to the classes, NAMI also hosts general monthly support groups. These are currently all virtual due to Covid-19. Please contact info@namisanjoaquin.org to verify details and to receive a link to participate online.

- **Connections Peer Support Group:** the 1st & 3rd Tuesday of every month and the 2nd & 4th Friday of every month, at 6:00 pm.
- **Family Support Group** - the 2nd Tuesday & 4th Thursday of each month at 6:00 pm. Please call for information on Spanish support groups

POSTPARTUM SUPPORT INTERNATIONAL - PSI

Website: <https://www.postpartum.net>

Telephone: PSI HelpLine: 800-944-4773 #1 En Español or #2 English (*not for crisis calls*)

Text: Text "Help" to 800-944-4773 (English) Text en Español: 971-203-7773

Perinatal psychiatric consult line for healthcare providers: 877-499-4773

Payment: All services are free

What they offer, for parents:

- Support for pregnant and parenting families via telephone, text, and online support groups
- Online Support Groups - over 14 specialty support groups available, including:
 - Pregnancy Mood Support Group
 - Perinatal Mood Support Group
 - Monthly Dad Support Group
 - Black Mamas Matter Support Group
 - Desi Chaat – a support group for South-Asian moms
 - Birth Moms Support Group
 - Queer Parents Support Group
 - NICU Parents
 - Military Moms
 - Pregnancy and Infant Loss for Moms
 - Pregnancy and Infant Loss Support Group for Parents
 - Termination for Medical Reasons
- Loss and Grief Resources
- National directory of outpatient perinatal mental health providers in your area, and also inpatient perinatal psychiatric treatment centers
- Chat with an expert - talk with a PSI expert about symptoms, resources, treatment options and more. There is no need to pre-register or give your name. These sessions are facilitated by licensed mental health professionals and open to anyone with questions and concerns
- PenPal network for incarcerated women

Continued on next page...

PSI CONTINUED...

- PSI Support Coordinators - more than 300 local Support Coordinators who provide support, information, encouragement, and connection with local providers and support groups

What they offer: for professionals, birth workers, and healthcare providers:

- Many resources for professionals, including training and certifications programs, such as:
 - Perinatal psychiatric consult line for healthcare providers: **1-877-499-4773** (will reply within 1 business day to schedule phone appointment with reproductive psychiatrist)
 - Perinatal Mood and Anxiety Disorders: Components of Care: a 2-day, evidence-based curriculum designed for nurses, physicians, social workers, mental health providers, childbirth professionals, social support providers, for assessment and treatment of perinatal mood disorder
 - Mental Health Certificate Training for Mental Health and Clinical Professionals: online webinar series includes eight live sessions, small group discussions and supplemental reading materials
 - Psychopharmacology: 2 hour webinar covers pharmacological interventions in pregnancy, postpartum and lactation, and is designed as an intermediate level course in the study of perinatal mental health
 - Advanced Psychopharmacology: 6-hour advanced course on psychiatric pharmacology during pregnancy and lactation, taught by perinatal psychiatric experts
 - Advanced Perinatal Psychotherapy certificate course: 6 hour course

THE WELLNESS CENTER

Website: <http://www.thewellnesscenterprs.org>

The Wellness Center: Stockton

Telephone: 209-451-3977 **Address:** 1109 N. California St. Stockton, CA 95202 M-F 9:00am - 3:00pm

Manteca Wellness Center: Manteca

Telephone: 209-707-3767 **Address:** 609 Center Street Manteca, CA 95336 M-Th 10:30am - 2:30pm

Payment: All services are free

What they offer:

- An innovative approach to combining peer-support and recovery. These centers are peer support, drop-in centers available to anyone who acknowledges they are living with mental health conditions (with or without a mental health diagnosis). There are no other requirements or commitments in order to participate.
- Peers receive support from Peer Recovery Coaches who have 'been there.' Members learn coping skills as they develop greater independence and overcome the stigma of mental illness. Participants come to The Wellness Center to "Discover, Recover & Grow!"
- Educational classes and group sessions, as well as morning walks, meditation, food, and other social activities for anyone in the community living with mental health challenges
- One-on-one peer counseling, food bank services, computer lab, telephone and fax use, self-help library, and referrals to community resources.
- Educational groups/classes include topics such as:
 - Men's group
 - Women's group
 - Anger management
 - Addiction
 - Learning about your illness
 - Sleep hygiene
 - Dual discovery
 - Nutrition and cooking
 - Arts and crafts
 - Personal growth
 - Prioritizing your money
 - Goal setting
 - Spirituality
 - Positive thinking

CRISIS

*** Help is Available 24/7 ***

LOCAL

Any Emergency: 9-1-1

San Joaquin County Mental Health Crisis Line: 209-468-8686

Domestic Violence: 209-465-4878

Sexual Assault: 209-465-4997

Runaway Youth or Human Trafficking Help: 209-948-1911

NATIONAL

National Suicide Prevention LifeLine: 800-273-TALK (800-273-8255)

National Crisis Text Line: Text "HOME" to 741741

Website: www.suicidepreventionlifeline.org

Coming Soon Beginning in July 2022, dialing "9-8-8" will route calls to the National Suicide Prevention Lifeline*

This directory was created by the Maternal Child and Adolescent Health Programs (MCAH) of San Joaquin County Public Health Services as a service to the community to improve access to mental health services in our community. It is not intended as an endorsement by San Joaquin County of any provider or services offered by any of the entities listed in the directory. San Joaquin County does not screen or conduct background checks on any provider identified in this directory and is not affiliated with or responsible for any provider that is not a program specifically operated by San Joaquin County. This directory will be updated approximately every 2 years.

The insurances listed here for each provider are meant to be an approximate guide, not a guarantee of coverage. The information listed here is subject to change at any time. **Please always contact the patient's insurance plan to verify covered providers and benefits.**

If you have any questions about this directory, to request a copy of the directory, or if you are a therapist or agency and would like to add, remove, or edit any information printed here, please call:

209-468-3004

~ Permission to copy - updated July 2021 ~



