



SAGINAW COUNTY
COMMUNITY
COUNSELING
DIRECTORY
2007–2008



*Published annually for the
benefit of our community*



PURPOSE

Saginaw County Community Mental Health Authority has printed this guide as a community service in order to promote the importance of mental health and the value of mental health counseling. The guide includes as many mental health professionals in the surrounding area as are willing to be listed here. Each has reviewed the information and given their approval to be included.

Saginaw County Community Mental Health Authority does not recommend or endorse any individual or agency listed here except those agencies under contract with SCCMHA to provide services to persons eligible for SCCMHA services. The information in this guide is written to help you make an informed choice about counseling services and to help you find services quickly and easily.

For more copies of this directory, please contact customer service at Saginaw County Community Mental Health Authority at 1-800-258-8678. This directory is available for download from www.sccmha.org by clicking on the Consumer Resources link.





FREQUENTLY ASKED QUESTIONS ABOUT MENTAL HEALTH COUNSELING SERVICES

WHO PROVIDES COUNSELING?

Mental Health Services are provided by a variety of professionals. Each course of academic preparation has a slightly different focus or emphasis and prepares professionals to work with different issues, in different agencies and with different techniques and skills. Almost all mental health professionals are required to have a master's or doctorate degree to be licensed in their profession.

WHO ISSUES LICENSES TO COUNSELORS?

All counselors, of all disciplines, are licensed by the Michigan Department of Consumer and Industry Services. You can check on the status of a counselor's license by checking the Web site at <http://www.cis.state.mi.us/verify.htm> or calling 517-335-0918. This Web site also provides more information about each type of license issued.

WHO IS LICENSED TO PROVIDE COUNSELING IN MICHIGAN?

Social Workers: Social workers with master's degrees may practice counseling. Many social workers are employed in agencies as specialists, such as school social workers or medical social workers. A social worker with a master's level license is a licensed master's social worker (LMSW) in the state of Michigan. Their academic credential is a master's degree in social work (MSW).

Social workers are not tested in their profession by the state, but they may choose to take a test with the National Association of Social Workers (NASW). Upon completion of this test they earn a credential as an ACSW, showing that the professional has passed the test to be a member of the Academy of Certified Social Workers or a DCSW, which is a Diplomate Certified Social Worker, which is an advanced standing.

Licensed Professional Counselors: This credential also requires a master's level academic preparation and a licensing requirement, which includes a period of professional practice under supervision and completion of a state administered test. They are issued a limited license during their first year under supervision (LLPC) and upon completion of this year and the passing of their state exam, they are issued a license as a professional counselor (LPC).

Psychologists: Psychologists who are licensed to practice at the master's level are credentialed as limited license psychologists (LLP). They have a master's degree in psychology and they have completed a required number of hours of training in clinical practice under the supervision of a fully licensed psychologist (LP) who has a doctorate degree. As limited license psychologists, they must practice counseling under the ongoing supervision of a licensed psychologist.

Licensed psychologists have completed a doctorate degree in psychology, science, philosophy or education. They also may specialize in areas such as school psychology or in the fields of diagnostic testing such as neuro-psychology.

Psychiatrists: A psychiatrist is a physician. They are first of all licensed to practice medicine as an M.D. or D.O. As physicians, they specialize in mental health by completing four years of a residency training program in psychiatry and then may complete a specialty board exam and be certified in adult or child and adolescent psychiatry. Psychiatrists treat mental health problems with both medication and counseling, although it is less common for them to practice therapy in this part of the country.

Family Physicians: Although your family doctor is unlikely to provide counseling, most of them do treat depression and anxiety with medication as a part of physical health care. If you do not have a mental health benefit in your health insurance, be sure to ask your family doctor about your concerns. Medication may be as effective as counseling in treating depression and anxiety.

Nurse Practitioners: A nurse with a master's degree who has completed the Michigan exam to be a nurse practitioner in the mental health specialty may practice counseling and prescribe medication under the supervision of a physician.

Certified Addiction Counselor: The treatment of substance abuse problems is a specialized counseling competency, but there is not a unique Michigan license for this field. The state of Michigan licenses substance abuse treatment programs, but not individual professionals. In the field of substance abuse treatment, there are practitioners who are mental health professionals with any of the licenses described in this pamphlet, as well as persons who are in recovery themselves and who use methods of peer counseling well-established in substance abuse treatment. Whether they are professionals or persons in recovery, they may complete a professional certification exam to be a certified addiction counselor (CAC).

Marriage and Family Therapists: This license is issued to professionals with academic degrees in this counseling specialty who pass the national test administered by the Marriage and Family Therapists Board of MDCIS.

Pastors: Pastors in most denominations provide spiritual counseling related to life problems and normal stages of individual and family life. For most pastors, this kind of counseling is part of their church ministry and not a specialized professional practice. But some pastors do specialize in counseling. They usually have a master's degree in divinity from their denomination and some add a second academic degree in a counseling profession and then also acquire a state licensure.

HOW SHOULD I DECIDE WHO TO SEE FOR COUNSELING?

There are several things to consider in choosing a counselor. It's okay to be "choosy!" Don't be shy about checking around. Much of your success depends on your good choice. Ask questions at the time you call to make an appointment! Make a list of the questions you think are important to you. You can ask the receptionist some of the questions or, in the case of single practice offices, you may ask the professional directly.

Start out your questions like this ...

"I am interested in counseling services that you provide.

... what license do you have?

... do you have experience treating people with _____?

... how many years of experience do you have?

... what insurances do you accept?"

"I prefer to see a male counselor, is there one available on your staff?"

... or an African-American counselor ...



First, be sure that the professional is licensed and in good standing. Check the Web site or call MDCIS. Ask other people who might know. Your family doctor or pastor might provide references to counselors that they have worked with or referred to over the years.

Second, look for a professional who has some expertise in the area in which you need help. Mental health practitioners of all academic degrees and licenses form a great deal of their skill after they complete their schooling and get their license. This training comes from the nature of the work they have done, where they have worked, their special interests and the type of professional development they have chosen to pursue. Someone good at treating depression may not be expert in treating attention deficit disorder.

Third, and maybe most important of all, is that you must find a counselor that you feel comfortable working with. There is an element of personality which makes a counseling relationship work. If you are uncomfortable with the person you have chosen to see on the first visit, and you don't think it is just your uneasiness in talking to a stranger about your problem, then look for someone else. Many people prefer to talk to someone of the same gender or the opposite gender or someone older than they are or someone of the same race or cultural background. These preferences are okay!

Fourth, and unfortunately this may limit your choices, you should check with your health insurance to see what your insurance covers and which professionals they will pay for. Some insurances or plans provide for counseling, some do not. If the insurance covers counseling, it may pay for only certain disciplines or licenses and then only for certain individual professionals within that category who are on their list of approved providers.

HOW DOES COUNSELING WORK?



You may wonder what happens in a counseling session. Therapy usually means that the counselor uses the professional relationship to help you change. Other counselors use more of an educational method or a problem solving method. Counseling is sometimes referred to as “behavioral” or “cognitive.” These methods rely on learning as the key to change.

Brief solution oriented therapy and psycho-educational services are now written about as “best practice” for counselors of adults. The national average for adults in individual counseling is six sessions. For young children, play therapy and family therapy are considered best practice. Adolescents often work well in group therapy. Your

own problem may take more or less time for you to feel that you have reached the result you want.

“Analysis” or “psychoanalysis” is rarely provided in our area or covered by health insurance. This method of counseling takes several years of work and should be provided by someone certified in analytical practice.

Remember, you are the one who should decide what you want out of counseling. It is your decision, not the professional's.

HOW DO I PAY FOR COUNSELING?

Health Insurance: The benefits included in any commercial health insurance are decided upon by your employer or your private selection of the coverage. Mental health services are not always a sure thing. Check your policy first. You may have a lifetime limit, an annual limit or a higher co-pay for mental health services than for treatment of other physical health conditions.

Medicaid: Medicaid pays for mental health counseling in two ways. If you have chosen a qualified health plan (also called an HMO), your qualified health plan includes a mental health counseling benefit of up to twenty sessions, if needed. Check your Medicaid card for the name of your health plan and call their toll-free number to ask about how you can get counseling.

If you haven't chosen a qualified health plan and you have Medicaid, you can enroll in a health plan by calling MAXIMUS at 1-888-367-6557. Medicaid also covers services for people with serious mental illness who need more than just counseling and this is available through

Remember that you are the one who should decide what you want out of counseling. It is your decision, not the professional's.

the Community Mental Health Center. Call us at 1-800-258-8678 for more information about treatment for serious mental illness or emotional disturbance.

Medicare: Medicare Part B covers counseling services through providers who participate with Medicare. Medicare requires that counseling services are provided only by certain mental health professionals and only when they are working with a physician in the clinic at the time of the counseling session.

Employee Assistance Programs: Many employers provide an assistance program for their employees. This is a benefit separate from the health insurance and may include counseling services for a wide range of personal problems. Services are usually confidential and don't require the provider to inform your employer that you are using the service.

Adult Benefits Waiver (ABW): This is a new benefit that will provide health insurance for approximately 62,000 Michigan residents. One of the specific eligibility requirements to receive this new benefit is that the person must be a Michigan resident and fall in the category of persons with countable incomes at or below 35% of the federal poverty level. This benefit will pay for some inpatient and outpatient mental health and substance abuse treatment. For more information about the Adult Benefits Waiver, contact the State of Michigan at 1-888-367-6557.

MiChild: This is a health insurance program. The program is for uninsured children of Michigan's working families. This insurance benefit provides coverage for many things needed to protect the needs of children. Some specific coverage provided is for pharmacy, mental health treatment and substance abuse treatment. There are some specific requirements to be eligible for this benefit. For further information, the number to call is toll free 1-888-988-6300.

Special Focus Agencies: There are a number of agencies in the community which provide counseling for problems that are recognized as unique or special social problems. These include domestic violence, sexual assault, child abuse, substance abuse, grief and others. Oftentimes these agencies have funding for the services they provide and may charge only a small amount or may bill your insurance if coverage is available. If you would like more information

regarding special focus agencies, please contact SCCMHA Crisis Center at 989-792-9732, or toll free 1-800-233-0022.

Community Funding: There are some agencies which have United Way funding or other private funding such as church funding. They may offer services at a lower cost or on a “sliding fee scale.”

Private Pay: A therapist may be willing to provide service for private pay. Ask them what they would charge per hour and ask them how many times they would expect to see you so that you know what the total cost might be.

WHAT SHOULD I WATCH OUT FOR IN COUNSELING?

All mental health professionals have a code of ethics, which prohibits them from using their professional relationships with clients to meet their personal, emotional or sexual needs. No therapist should ever ask you for personal favors or enter into an intimate or sexual relationship. The counseling relationship should stay in the counseling office. The counseling relationship is always a confidential one; however, licensed counselors in Michigan must by law report child abuse, the abuse of vulnerable adults or threats of violence toward another named person.



WHAT IS A MENTAL HEALTH EMERGENCY?

If you or someone you are concerned about is talking or thinking of suicide or killing or hurting someone else, this is an emergency! Contact the Community Mental Health Crisis Intervention Service immediately at 989-792-9732, or toll free 1-800-233-0022. Or, if you or the person you are concerned about is showing serious symptoms such as hallucinations or having unusual thoughts, contact Crisis Service. These symptoms are a sign of serious mental illness which require an assessment by a psychiatrist and most likely treatment with medication will be needed.

DO SELF HELP GROUPS REALLY HELP?

Self Help Groups: Self help groups have proven to be very effective in helping people recover and cope with a wide variety of problems. In Saginaw County, the *Saginaw News* lists self help groups in the “Neighbors” section of the Sunday paper. Self help groups can help someone identify their counseling needs or sustain their accomplishments in counseling. Most self help groups are part of a national organization and have a group method unique to their organization. If you are interested in a group, check the library or call a contact person before attending a meeting and ask for literature to be mailed to you. Some groups have Web sites which describe their focus and their practice.

A listing of Mental Health Support Groups can be found in this directory starting on page 47.

Advocacy Organizations: An advocacy organization may provide a support group or self help group, but just as important, they offer to help individuals get the services they need or are entitled to. Listed below are a few important mental health advocacy organizations. They have national, state and local chapters.



*Alliance for the Mentally Ill:
989-799-1467*

*S.A.I.D (Formerly the ARC Services):
989-752-6104*

*Association for Children's Mental Health:
1-800-782-0883 & 517-336-7222*

*SCCMHA Crisis Intervention Services:
989-792-9732 or toll free 1-800-233-0022*

*SCCMHA Customer Services:
989-797-3452 or toll free 1-800-258-8678*



DIRECTORY OF
MENTAL HEALTH
COUNSELORS IN
THE SAGINAW AREA

COUNSELORS

BASKIND, KELLY, PHD

4901 Towne Centre Road, Suite 205

Saginaw, MI 48604

989-921-5715

Nearest Intersection: Tittabawassee and Towne Centre

Hours of Operation: Mon-Thurs – 9 am-5 pm

Weekend Hours: None

Hours of Psychiatric Services: N/A



Number of Male Therapists: 0

Number of Female Therapists: 1

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: No

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: No

Marriage: No

Therapy Focus

Substance Abuse Licensed: No

Dual Diagnosis: No

Case Management: No

Psychological Testing: Yes

Anger Management: No

Depression Treatment: Yes

Group Therapy: No

Eating Disorders: Yes

Geriatric Outreach: No

Correctional Services: No

HIV Counseling Services: No

Grief Therapy: No

Cultural Diversity

Christian Orientation: No

Other Religious Orientation: No

African-American Orientation: No

Hispanic Cultural Orientation: No

Insurance Information

Accept Medicaid: No

Accept Medicare Type B: Yes

Commercial Insurances: Yes

BCBS, HCAP, Medicare

Sliding Fee Scale: No

COUNSELORS

BAY PSYCHOLOGICAL ASSOCIATES, PC

3941 Traxler Court, Suite 300

Bay City, MI 48706

989-686-1990

Nearest Intersection: Traxler and Wilder

Hours of Operation: Mon-Thurs – 9 am-9 pm, Fri – 9 am-5 pm

Weekend Hours: None

Hours of Psychiatric Services: Tues – 2-8 pm

Number of Male Therapists: 3

Number of Female Therapists: 6

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: No

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: No

Dual Diagnosis: Yes

Case Management: No

Psychological Testing: Yes

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: No

Eating Disorders: Yes

Geriatric Outreach: No

Correctional Services: No

HIV Counseling Services: No

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: Yes

Other Religious Orientation: Yes

African-American Orientation: Yes

Hispanic Cultural Orientation: Yes

Insurance Information

Accept Medicaid: Yes

HealthPlus only

Accept Medicare Type B: Yes

Commercial Insurances: Yes

All commercial insurances accepted

Sliding Fee Scale: No

COUNSELORS

BONITZ, DEBORAH A., PhD, LP

1575 Tittabawassee Road, Suite #1

Saginaw, MI 48604

989-583-7922

Nearest Intersection: Tittabawassee and North Michigan

Hours of Operation: Mon-Fri – 9 am-5 pm

Weekend Hours: None

Hours of Psychiatric Services: N/A



Number of Male Therapists: 0

Number of Female Therapists: 1

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: No

Handicap Accessible: Yes

Near Bus Route: No

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: No

Dual Diagnosis: No

Case Management: No

Psychological Testing: No

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: No

Eating Disorders: No

Geriatric Outreach: No

Correctional Services: No

HIV Counseling Services: No

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: No

Other Religious Orientation: No

African-American Orientation: No

Hispanic Cultural Orientation: No

Insurance Information

Accept Medicaid: No

Accept Medicare Type B: Yes

Commercial Insurances: Yes

BCBS traditional, HCAP, PHCS,

Tricare, Medicare Plus Blue,

Health Plan of Michigan, McLaren

Health Plan

Sliding Fee Scale: No

COUNSELORS

CHILD AND FAMILY SERVICE OF SAGINAW COUNTY

2806 Davenport Avenue
Saginaw, MI 48602-3734
989-790-7500

Nearest Intersection: Davenport and Compton, just west of Bay

Hours of Operation: Mon – 8 am-6 pm, Tues-Thurs – 8 am-8 pm,
Fri – 8 am-4 pm

Weekend Hours: None

Hours of Psychiatric Services: Tues

Number of Male Therapists: 1

Number of Female Therapists: 12

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: Yes

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: No

Dual Diagnosis: No

Case Management: No

Psychological Testing: No

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: Yes

Eating Disorders: No

Geriatric Outreach: No

Correctional Services: No

HIV Counseling Services: No

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: Yes

Other Religious Orientation: Yes

African-American Orientation: Yes

Hispanic Cultural Orientation: Yes

Insurance Information

Accept Medicaid: Yes

HealthPlus

Medicare Type B: Yes

Commercial Insurances: Yes

HealthPlus, BCBSM

Most commercial insurances
accepted

Sliding Fee Scale: Yes

COUNSELORS

CLEVERING, ANNE, MA, LPC

5090 State Street, Suite 103 B

Saginaw, MI 48603

989-799-1934

Nearest Intersection: State and Center

Hours of Operation: Mon-Thurs – 12-9 pm

Weekend Hours: None

Hours of Psychiatric Services: N/A



Number of Male Therapists: 0

Number of Female Therapists: 1

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: No

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: No

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: No

Dual Diagnosis: Yes

Case Management: No

Psychological Testing: No

Anger Management: No

Depression Treatment: Yes

Group Therapy: No

Eating Disorders: Yes

Geriatric Outreach: No

Correctional Services: No

HIV Counseling Services: No

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: Yes

Other Religious Orientation: No

African-American Orientation: No

Hispanic Cultural Orientation: No

Insurance Information

Accept Medicaid: No

Accept Medicare Type B: No

Commercial Insurances: Yes

Cigna, Aetna, Value Options,

United Healthcare, MHN, Magellan,

UBH, ComPsych

Sliding Fee Scale: No

COUNSELORS

DELTA PSYCHOLOGICAL AND NEUROBEHAVIORAL SERVICES

114 Tuscola

Bay City, MI 48708

989-895-0788

Nearest Intersection: 15 and Kosciuszko

Hours of Operation: Mon-Thurs – 9 am-9 pm, Fri – by appointment

Weekend Hours: Sat – by appointment

Hours of Psychiatric Services: Sat – 9 am-1 pm

Number of Male Therapists: 4

Number of Female Therapists: 4

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: No

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: Yes

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: No

Dual Diagnosis: Yes

Case Management: Yes

Psychological Testing: Yes

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: No

Eating Disorders: Yes

Geriatric Outreach: No

Correctional Services: No

HIV Counseling Services: Yes

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: No

Other Religious Orientation: No

African-American Orientation: No

Hispanic Cultural Orientation: No

Insurance Information

Accept Medicaid: No

Accept Medicare Type B: Yes

Commercial Insurances: Yes

Call for information

Sliding Fee Scale: No

COUNSELORS

DOMAN, CAROL A., LMSW, BCD, LMFT

120 North Michigan Avenue, Suite 220

Saginaw, MI 48602

989-781-5606

Nearest Intersection: North Michigan and Court

Hours of Operation: Mon-Fri – 4:30-9 pm

Weekend Hours: By appointment

Hours of Psychiatric Services: N/A



Number of Male Therapists: 0

Number of Female Therapists: 1

Therapist willing to do therapy out of office: As needed

Accessibility

Deaf Hearing Interpreter: No

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: No

Dual Diagnosis: No

Case Management: No

Psychological Testing: No

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: No

Eating Disorders: Yes

Geriatric Outreach: No

Correctional Services: No

HIV Counseling Services: Yes

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: Yes

Other Religious Orientation: Yes

African-American Orientation: Yes

Hispanic Cultural Orientation: Yes

Insurance Information

Accept Medicaid: No

Accept Medicare Type B: No

Commercial Insurances: Yes

BCN, Magellan, PPOM, MHN,

Aetna, BCBS (Federal & State),

ComPsych, Messa, Value Options,

Cigna, Lexington Group, Tricare

Sliding Fee Scale: Yes

COUNSELORS

DOT CARING CENTERS, INC.

3190 Hallmark Court

Saginaw, MI 48603

989-790-3366

Nearest Intersection: Bay and Shattuck

Hours of Operation: Mon-Fri – 8 am-8 pm

Weekend Hours: 24-hour call line – 1-800-8CARING

Hours of Psychiatric Services: By appointment

Number of Male Therapists: 9

Number of Female Therapists: 10

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: Yes

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: Yes

Dual Diagnosis: Yes

Case Management: Yes

Psychological Testing: Yes

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: Yes

Eating Disorders: Yes

Geriatric Outreach: No

Correctional Services: Yes

HIV Counseling Services: Yes

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: Yes

Other Religious Orientation: Yes

African-American Orientation: Yes

Hispanic Cultural Orientation: Yes

Insurance Information

Accept Medicaid: Yes

Great Lakes, Molina,
HealthPlus Partners, McLaren,
Straight Medicaid

Accept Medicare Type B: Yes

Commercial Insurances: Yes

Most insurances accepted

Sliding Fee Scale: No

COUNSELORS

DURNIAK, MICHAEL G., MA, LPC

1022 N. Trumbull
Bay City, MI 48708
989-894-4500

Nearest Intersection: Trumbull and Third

Hours of Operation: Day and night available

Weekend Hours: Available

Hour of Psychiatric Services: N/A



Number of Male Therapists: 1

Number of Female Therapists: 1

Therapist willing to do therapy out of office: Yes

Accessibility

Deaf Hearing Interpreter: No

Handicap Accessible: No

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: Yes

Dual Diagnosis: Yes

Case Management: No

Psychological Testing: No

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: No

Eating Disorders: No

Geriatric Outreach: No

Correctional Services: No

HIV Counseling Services: Yes

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: No

Other Religious Orientation: No

African-American Orientation: Yes

Hispanic Cultural Orientation: Yes

Insurance Information

Accept Medicaid: Yes

McLaren Health Plan

Accept Medicare Type B: No

Commercial Insurances: Yes

Value Options, McLaren, BCBS,

Aetna, Dow

Sliding Fee Scale: Yes

COUNSELORS

HAUPT, STEVEN G., PHD

4901 Towne Centre, Suite 205
Saginaw, MI 48604
989-921-5715

Nearest Intersection: Tittabawassee and Towne Centre

Hours of Operation: Mon – 9 am-8 pm, Tues-Thurs – 9 am-6 pm

Weekend Hours: None

Hours of Psychiatric Services: N/A

Number of Male Therapists: 1

Number of Female Therapists: 0

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: No

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: No

Dual Diagnosis: No

Case Management: No

Psychological Testing: Yes

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: No

Eating Disorders: No

Geriatric Outreach: No

Correctional Services: No

HIV Counseling Services: No

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: Yes

Other Religious Orientation: No

African-American Orientation: No

Hispanic Cultural Orientation: No

Insurance Information

Accept Medicaid: No

Accept Medicare Type B: Yes

Commercial Insurances: Yes

Call for information

Sliding Fee Scale: No

COUNSELORS

HEALTHSOURCE SAGINAW BEHAVIORAL OUTPATIENT SERVICES

3340 Hospital Road
Saginaw, MI 48603
989-790-7742

Nearest Intersection: Hospital and Shattuck

Hours of Operation: Mon – 8 am-5 pm, Tues & Thurs – 8 am-8 pm
Wed – 8 am-7 pm, Fri – 8 am-3 pm

Weekend Hours: N/A

Hours of Psychiatric Services: Afternoons daily

Number of Male Therapists: 3

Number of Female Therapists: 2

Therapist willing to do therapy out of office: No



Accessibility

Deaf Hearing Interpreter: Yes
Handicap Accessible: Yes
Near Bus Route: No
Smoking Permitted: No
Spanish Speaking: No

Availability

Adult: Yes
Adolescent: Yes
Children: No
Family: Yes
Marriage: Yes

Therapy Focus

Substance Abuse Licensed: Yes
Dual Diagnosis: Yes
Case Management: Yes
Psychological Testing: Yes
Anger Management: Yes
Depression Treatment: Yes

Group Therapy: Yes
Eating Disorders: Yes
Geriatric Outreach: Yes
Correctional Services: No
HIV Counseling Services: No
Grief Therapy: Yes

Cultural Diversity

Christian Orientation: Yes
Other Religious Orientation: Yes

African-American Orientation: Yes
Hispanic Cultural Orientation: Yes

Insurance Information

Accept Medicaid: No
Accept Medicare Type B: Yes

Commercial Insurances: Yes
Call for information
Sliding Fee Scale: No

COUNSELORS

HOPE CHRISTIAN COUNSELING, PLLC

1711 Court

Saginaw, MI 48602

989-399-9233

Nearest Intersection: South Carolina and Court

Hours of Operation: Mon & Wed – 9 am-5 pm,

Tues & Thurs – 1-9 pm

Weekend Hours: Sat – by appointment only

Hours of Psychiatric Services: N/A

Number of Male Therapists: 2

Number of Female Therapists: 1

Therapist willing to do therapy out of office: Yes

Accessibility

Deaf Hearing Interpreter: No

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: Yes

Dual Diagnosis: Yes

Case Management: Yes

Psychological Testing: Yes

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: Yes

Eating Disorders: No

Geriatric Outreach: No

Correctional Services: No

HIV Counseling Services: No

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: Yes

Other Religious Orientation: No

African-American Orientation: Yes

Hispanic Cultural Orientation: Yes

Insurance Information

Accept Medicaid: Yes

McLaren Health Plan,

Great Lakes Health Plan

Accept Medicare Type B: Yes

Commercial Insurances: Yes

APS, Behavior Health Systems,

Cigna, Comp Care, ComPsych, MHN,

Magellan, CompHealth, many others

Sliding Fee Scale: No

COUNSELORS

INSIGHT RECOVERY CENTER

3216 Christy Way, Suite 5

Saginaw, MI 48603

989-792-0150

Nearest Intersection: Bay and McCarty

Hours of Operation: Mon-Thurs – 8 am-9 pm, Fri – 8 am-5 pm

Weekend Hours: By appointment

Hours of Psychiatric Services: Wed – 6:30-9:30 pm



Number of Male Therapists: 4

Number of Female Therapists: 3

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: No

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: Yes

Dual Diagnosis: Yes

Case Management: No

Psychological Testing: No

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: Yes

Eating Disorders: Yes

Geriatric Outreach: No

Correctional Services: No

HIV Counseling Services: No

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: No

Other Religious Orientation: No

African-American Orientation: Yes

Hispanic Cultural Orientation: Yes

Insurance Information

Accept Medicaid: Yes

Community Choice, Great Lakes,

HealthPlus, Molina Health Care

Accept Medicare Type B: Yes

Commercial Insurances: Yes

Most insurances accepted

Sliding Fee Scale: No

COUNSELORS

KAIROS HEALTHCARE

6379 Dixie Highway
Bridgeport, MI 48722
989-777-4357

Nearest Intersection: Dixie Highway and I-75

Hours of Operation: Mon-Fri – 8 am-5 pm

Weekend Hours: By appointment only

Hours of Psychiatric Services: Weekdays by appointment

Number of Male Therapists: 5

Number of Female Therapists: 5

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: Yes

Handicap Accessible: Yes

Near Bus Route: No

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: Yes

Dual Diagnosis: Yes

Case Management: No

Psychological Testing: No

Anger Management: No

Depression Treatment: Yes

Group Therapy: No

Eating Disorders: No

Geriatric Outreach: No

Correctional Services: No

HIV Counseling Services: No

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: No

Other Religious Orientation: No

African-American Orientation: No

Hispanic Cultural Orientation: No

Insurance Information

Accept Medicaid: Yes

Community Choice, HealthPlus,

Great Lakes, McLaren

Accept Medicare Type B: No

Commercial Insurances: Yes

Most insurances accepted

Sliding Fee Scale: No

COUNSELORS

KUKULIS, DIANE, ACSW, LMSW, RPTS

4798 Wenmar Dr.
Saginaw, MI 48604
989-790-2005

Nearest Intersection: Tittabawassee and Fashion Square

Hours of Operation: Mon-Fri – 11 am-9 pm

Weekend Hours: Sat morning by appointment

Hours of Psychiatric Services: N/A



Number of Male Therapists: 0

Number of Female Therapists: 1

Therapist willing to do therapy out of office: Yes

Accessibility

Deaf Hearing Interpreter: No

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: No

Dual Diagnosis: No

Case Management: No

Psychological Testing: No

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: Yes

Eating Disorders: No

Geriatric Outreach: No

Correctional Services: No

HIV Counseling Services: No

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: No

Other Religious Orientation: No

African-American Orientation: No

Hispanic Cultural Orientation: No

Insurance Information

Accept Medicaid: Yes

McLaren Health Plan

Accept Medicare Type B: No

Commercial Insurances: Yes

Magellan, MESSA, Cigna, PPOM,

Aetna, ComPsych, Empire BCBS

Sliding Fee Scale: Yes

COUNSELORS

LANGHAM & BIDWELL, ASSOCIATES

3521 State Street
Saginaw, MI 48602-3267
989-791-3756

Nearest Intersection: Court and State Street

Hours of Operation: Mon-Thurs – 4:30-7:30 pm

Weekend Hours: By appointment only

Hour of Psychiatric Services: N/A

Number of Male Therapists: 1

Number of Female Therapists: 1

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: No

Handicap Accessible: No

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: No

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: No

Dual Diagnosis: No

Case Management: No

Psychological Testing: No

Anger Management: No

Depression Treatment: Yes

Group Therapy: No

Eating Disorders: No

Geriatric Outreach: Yes

Correctional Services: No

HIV Counseling Services: No

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: Yes

Other Religious Orientation: No

African-American Orientation: Yes

Hispanic Cultural Orientation: No

Insurance Information

Accept Medicaid: No

Accept Medicare Type B: Yes

Commercial Insurances: Yes

Several EAP plans, Aetna, Value

Options, MESSA, Cigna, United

Healthcare, Magellan

Sliding Fee Scale: No

COUNSELORS

LIST PSYCHOLOGICAL SERVICES

3070 Kabobel Drive

Saginaw, MI 48604

989-921-0649

Nearest Intersection: Kabobel and Bay

Hours of Operation: Mon-Thurs – 9 am-9 pm, Fri – 9 am-5 pm

Weekend Hours: None

Hours of Psychiatric Services: N/A



Number of Male Therapists: 1

Number of Female Therapists: 3

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: Yes

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: Yes

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: Yes

Dual Diagnosis: Yes

Case Management: Yes

Psychological Testing: Yes

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: Yes

Eating Disorders: Yes

Geriatric Outreach: Yes

Correctional Services: Yes

HIV Counseling Services: Yes

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: Yes

Other Religious Orientation: Yes

African-American Orientation: Yes

Hispanic Cultural Orientation: Yes

Insurance Information

Accept Medicaid: Yes

HealthPlus Partners, Great Lakes,

Molina, Community Choice,

McLaren

Accept Medicare Type B: Yes

Commercial Insurances: Yes

Most major carriers

Sliding Fee Scale: No

COUNSELORS

LIST PSYCHOLOGICAL SERVICES, PLC

5024 North Center Road

Saginaw, MI 48604

989-790-3130

Nearest Intersection: Center and Tittabawassee

Hours of Operation: Mon-Thurs – 9 am-9 pm, Fri – 9 am-5 pm

Weekend Hours: Sat – 8 am-5 pm

Hours of Psychiatric Services: Mon – 5-9 pm

Number of Male Therapists: 4

Number of Female Therapists: 5

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: Yes

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: Yes

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: Yes

Dual Diagnosis: Yes

Case Management: Yes

Psychological Testing: Yes

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: Yes

Eating Disorders: Yes

Geriatric Outreach: Yes

Correctional Services: Yes

HIV Counseling Services: Yes

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: Yes

Other Religious Orientation: Yes

African-American Orientation: Yes

Hispanic Cultural Orientation: Yes

Insurance Information

Accept Medicaid: Yes

HealthPlus, Great Lakes, Molina,

Community Choice, McLaren

Accept Medicare Type B: Yes

Commercial Insurances: Yes

Most major carriers

Sliding Fee Scale: No

COUNSELORS

M.P.A. GROUP, NFP, LTD

1217 South Euclid Avenue

Bay City, MI 48706

989-667-9661

Nearest Intersection: Euclid and Ionia

Hours of Operation: Mon-Fri – 8 am-5 pm

Weekend Hours: None

Hours of Psychiatric Services: Mon-Fri – 8 am-5 pm



Number of Male Therapists: 1

Number of Female Therapists: 13

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: Yes

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: No

Therapy Focus

Substance Abuse Licensed: No

Dual Diagnosis: Yes

Case Management: Yes

Psychological Testing: No

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: Yes

Eating Disorders: No

Geriatric Outreach: No

Correctional Services: No

HIV Counseling Services: No

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: No

Other Religious Orientation: No

African-American Orientation: No

Hispanic Cultural Orientation: No

Insurance Information

Accept Medicaid: Yes

Comp Care/Molina Health Care

Accept Medicare Type B: Yes

Commercial Insurances: Yes

BCBS, McLaren, Weyco, MESSA

Most insurances accepted

Sliding Fee Scale: Yes

COUNSELORS

MICHIGAN COMPREHENSIVE PROFESSIONAL COUNSELING SERVICES, PC

1300 North Michigan Avenue

Saginaw, MI 48602

989-752-1668

Nearest Intersection: Holland and Genesee

Hours of Operation: Mon, Thurs, Fri – 11 am-7 pm

Weekend Hours: Sat – 9 am-3 pm

Hours of Psychiatric Services: Refer out

Number of Male Therapists: 0

Number of Female Therapists: 3

Therapist willing to do therapy out of office: Yes

Accessibility

Deaf Hearing Interpreter: No

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: No

Dual Diagnosis: Yes

Case Management: Yes

Psychological Testing: No

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: No

Eating Disorders: No

Geriatric Outreach: No

Correctional Services: Yes

HIV Counseling Services: No

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: No

Other Religious Orientation: No

African-American Orientation: Yes

Hispanic Cultural Orientation: Yes

Insurance Information

Accept Medicaid: Yes

Community Choice,

Great Lakes, Molina

Accept Medicare Type B: No

Commercial Insurances: Yes

Most insurances accepted

Sliding Fee Scale: No

COUNSELORS

MICHIGAN PSYCHIATRIC AND BEHAVIORAL ASSOCIATES (MPBA)

690 South Trumbull Street
Bay City, MI 48708
989-922-4900

Nearest Intersection: Columbus and Trumbull

Hours of Operation: Mon & Wed – 8 am-9 pm,
Tues, Thurs & Fri – 8 am-7 pm

Weekend Hours: None

Hours of Psychiatric Services: During regular business hours



Number of Male Therapists: 1

Number of Female Therapists: 8

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: Yes

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: Yes

Dual Diagnosis: Yes

Case Management: Yes

Psychological Testing: No

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: Yes

Eating Disorders: Yes

Geriatric Outreach: Yes

Correctional Services: No

HIV Counseling Services: No

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: No

Other Religious Orientation: No

African-American Orientation: No

Hispanic Cultural Orientation: No

Insurance Information

Accept Medicaid: No

Accept Medicare Type B: Yes

Commercial Insurances: Yes

Most insurances accepted
including BCBS, HealthPlus
and PPOM

Sliding Fee Scale: No

COUNSELORS

PARTNERS IN CHANGE: PSYCHOLOGICAL AND COMMUNITY SERVICES, PLC

720 West Wackerly Road, Suite 4
Midland, MI 48640
989-832-2165

Nearest Intersection: Jefferson and Wackerly or
Eastman and Wackerly

Hours of Operation: Mon-Fri – 8 am-5 pm
Weekend Hours: None
Hours of Psychiatric Services: N/A

Number of Male Therapists: 3
Number of Female Therapists: 8
Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: No
Handicap Accessible: Yes
Near Bus Route: No
Smoking Permitted: No
Spanish Speaking: No

Availability

Adult: Yes
Adolescent: Yes
Children: Yes
Family: Yes
Marriage: Yes

Therapy Focus

Substance Abuse Licensed: Yes	Group Therapy: Yes
Dual Diagnosis: Yes	Eating Disorders: Yes
Case Management: No	Geriatric Outreach: No
Psychological Testing: Yes	Correctional Services: Yes
Anger Management: Yes	HIV Counseling Services: No
Depression Treatment: Yes	Grief Therapy: Yes

Cultural Diversity

Christian Orientation: No	African-American Orientation: No
Other Religious Orientation: No	Hispanic Cultural Orientation: No

Insurance Information

Accept Medicaid: No	Commercial Insurances: Yes
Accept Medicare Type B: Yes	Call for information
	Sliding Fee Scale: Yes

COUNSELORS

PFANDER, SANDRA, PSYD

4901 Towne Centre, Suite 205

Saginaw, MI 48604

989-921-5715

Nearest Intersection: Tittabawassee and Towne Centre

Hours of Operation: Mon-Thurs – 8 am-5 pm

Weekend Hours: None

Hours of Psychiatric Services: N/A



Number of Male Therapists: 0

Number of Female Therapists: 1

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: No

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: No

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: No

Therapy Focus

Substance Abuse Licensed: No

Dual Diagnosis: No

Case Management: No

Psychological Testing: Yes

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: No

Eating Disorders: No

Geriatric Outreach: No

Correctional Services: No

HIV Counseling Services: No

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: No

Other Religious Orientation: No

African-American Orientation: No

Hispanic Cultural Orientation: No

Insurance Information

Accept Medicaid: No

Accept Medicare Type B: No

Commercial Insurances: Yes

All commercial insurances
accepted

Sliding Fee Scale: No

COUNSELORS

PLANNING FOR LIVING ASSOCIATES, INC.

2355 Delta Road
Bay City, MI 48706
989-684-6832

Nearest Intersection: Bay and M-84

Hours of Operation: Mon, Wed & Fri – 8 am-5 pm,
Tues & Thurs – 8 am-8 pm

Weekend Hours: By appointment

Hours of Psychiatric Services: Tues – 12-5 pm

Number of Male Therapists: 1

Number of Female Therapists: 3

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: No

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: Yes

Dual Diagnosis: Yes

Case Management: No

Psychological Testing: Yes

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: No

Eating Disorders: Yes

Geriatric Outreach: No

Correctional Services: No

HIV Counseling Services: No

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: Yes

Other Religious Orientation: No

African-American Orientation: No

Hispanic Cultural Orientation: No

Insurance Information

Accept Medicaid: No

Accept Medicare Type B: Yes

Commercial Insurances: Yes

HealthPlus Partners

Most insurances accepted

Sliding Fee Scale: Yes

COUNSELORS

PLUMMER, ROBERT, PHD

4945 Brockway
Saginaw, MI 48638
989-791-1669
Nearest Intersection: Center and Brockway
Hours of Operation: Mon-Fri – 8 am-8 pm
Weekend Hours: By appointment
Hours of Psychiatric Services: N/A



Number of Male Therapists: 1
Number of Female Therapists: 0
Therapist willing to do therapy out of office: Yes

Accessibility

Deaf Hearing Interpreter: No
Handicap Accessible: Yes
Near Bus Route: Yes
Smoking Permitted: No
Spanish Speaking: No

Availability

Adult: Yes
Adolescent: Yes
Children: Yes
Family: Yes
Marriage: Yes

Therapy Focus

Substance Abuse Licensed: No
Dual Diagnosis: No
Case Management: No
Psychological Testing: Yes
Anger Management: Yes
Depression Treatment: Yes

Group Therapy: No
Eating Disorders: Yes
Geriatric Outreach: Yes
Correctional Services: No
HIV Counseling Services: No
Grief Therapy: Yes

Cultural Diversity

Christian Orientation: No
Other Religious Orientation: No

African-American Orientation: No
Hispanic Cultural Orientation: No

Insurance Information

Accept Medicaid: No
Accept Medicare Type B: Yes

Commercial Insurances: Yes
BCBS, Aetna, Connect Care, Care First
Sliding Fee Scale: No

COUNSELORS

PREVOST, KATHY, LMSW

5090 State Street, 103 B

Saginaw, MI 48603

989-792-2811

Nearest Intersection: State and Center

Hours of Operation: Mon-Thurs – 9 am-7 pm, Fri – 9 am-3 pm

Weekend Hours: Emergency only

Hours of Psychiatric Services: N/A

Number of Male Therapists: 0

Number of Female Therapists: 1

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: No

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: No

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: No

Dual Diagnosis: No

Case Management: No

Psychological Testing: No

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: No

Eating Disorders: Yes

Geriatric Outreach: No

Correctional Services: No

HIV Counseling Services: Yes

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: No

Other Religious Orientation: No

African-American Orientation: No

Hispanic Cultural Orientation: No

Insurance Information

Accept Medicaid: No

Accept Medicare Type B: Yes

Commercial Insurances: Yes

HealthPlus, Cigna, Magellan,

UBH, VBH, some MESSA and

various EAPs, Aetna, BCBS

(Federal & State)

Sliding Fee Scale: No

COUNSELORS

PROFESSIONAL PSYCHOLOGICAL & PSYCHIATRIC SERVICES, PC

1600 North Michigan Avenue, Suite 404

Saginaw, MI 48602

989-755-8225

Nearest Intersection: Michigan and Genesee

Hours of Operation: Mon-Thurs – 9 am-7 pm, Fri – 9 am-5 pm

Weekend Hours: By appointment

Hours of Psychiatric Services: By appointment



Number of Male Therapists: 6

Number of Female Therapists: 6

Therapist willing to do therapy out of office: Yes

Accessibility

Deaf Hearing Interpreter: Yes

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: No

Children: No

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: Yes

Dual Diagnosis: Yes

Case Management: Yes

Psychological Testing: No

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: Yes

Eating Disorders: No

Geriatric Outreach: No

Correctional Services: Yes

HIV Counseling Services: Yes

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: Yes

Other Religious Orientation: No

African-American Orientation: Yes

Hispanic Cultural Orientation: No

Insurance Information

Accept Medicaid: Yes

Community Choice, McLaren,

Great Lakes, Molina

Accept Medicare Type B: No

Commercial Insurances: Yes

Most insurances accepted

Sliding Fee Scale: Yes

COUNSELORS

SAGINAW PSYCHOLOGICAL SERVICES, INC.

2100 Hemmeter Road
Saginaw, MI 48603
989-799-2100

Nearest Intersection: State and Hemmeter

Hours of Operation: Mon-Thurs – 8 am-8 pm, Fri – 8 am-5 pm

Weekend Hours: Sat – 9 am-4 pm (by appointment)

Hours of Psychiatric Services: Tues – 8 am-12 pm, 4:30-8 pm,
Wed – 1:30-5 pm, Thurs – 4:30-8 pm

Number of Male Therapists: 5

Number of Female Therapists: 18

Therapist willing to do therapy out of office: Yes

Accessibility

Deaf Hearing Interpreter: Yes

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: Yes

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: Yes

Dual Diagnosis: Yes

Case Management: Yes

Psychological Testing: Yes

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: Yes

Eating Disorders: Yes

Geriatric Outreach: Yes

Correctional Services: Yes

HIV Counseling Services: No

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: No

Other Religious Orientation: No

African-American Orientation: Yes

Hispanic Cultural Orientation: Yes

Insurance Information

Accept Medicaid: Yes

Community Choice,

Great Lakes, HealthPlus,

Molina, McClaren

Accept Medicare Type B: Yes

Commercial Insurances: Yes

Most insurances accepted

Sliding Fee Scale: No

COUNSELORS

SHINEDLING, SHINEDLING AND HALLER, PC

2355 1/2 Delta Road

Bay City, MI 48706

989-667-5654

Nearest Intersection: Bay and Delta Road

Hours of Operation: Mon-Thurs – 9 am-9 pm, Fri – 9 am-4 pm

Weekend Hours: By appointment

Hours of Psychiatric Services: N/A



Number of Male Therapists: 2

Number of Female Therapists: 1

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: No

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: No

Dual Diagnosis: No

Case Management: No

Psychological Testing: Yes

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: No

Eating Disorders: Yes

Geriatric Outreach: No

Correctional Services: No

HIV Counseling Services: No

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: Yes

Other Religious Orientation: Yes

African-American Orientation: No

Hispanic Cultural Orientation: No

Insurance Information

Accept Medicaid: No

Accept Medicare Type B: Yes

Commercial Insurances: Yes

Call for information

Sliding Fee Scale: No

COUNSELORS

TERRY-MOTON, SARA

100 South Jefferson Avenue, Suite 103
Saginaw, MI 48607-1274
989-755-2532

Nearest Intersection: Jefferson and Genesee

Hours of Operation: Mon-Thurs – 9 am-5 pm

Weekend Hours: None

Hour of Psychiatric Services: By appointment only

Number of Male Therapists: 0

Number of Female Therapists: 1

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: No

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: No

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: Yes

Dual Diagnosis: Yes

Case Management: No

Psychological Testing: No

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: No

Eating Disorders: No

Geriatric Outreach: No

Correctional Services: No

HIV Counseling Services: No

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: Yes

Other Religious Orientation: No

African-American Orientation: Yes

Hispanic Cultural Orientation: Yes

Insurance Information

Accept Medicaid: Yes

HealthPlus, McLaren,

Great Lakes, Molina

Accept Medicare Type B: Yes

Commercial Insurances: Yes

Most insurances accepted

Call for information

Sliding Fee Scale: No

COUNSELORS

TRYLCH, SCOTT, ED D., LP

120 North Michigan Avenue, #220

Saginaw, MI 48602

989-790-5988

Nearest Intersection: North Michigan and Hancock
(Office in Midland, also)

Hours of Operation: Mon-Thurs – 7 am-8 pm

Weekend Hours: None

Hours of Psychiatric Services: N/A



Number of Male Therapists: 1

Number of Female Therapists: 0

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: No

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: Yes

Dual Diagnosis: Yes

Case Management: No

Psychological Testing: Yes

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: Yes

Eating Disorders: Yes

Geriatric Outreach: No

Correctional Services: Yes

HIV Counseling Services: No

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: Yes

Other Religious Orientation: No

African-American Orientation: No

Hispanic Cultural Orientation: No

Insurance Information

Accept Medicaid: No

Accept Medicare Type B: Yes

Commercial Insurances: Yes

BCBS, MESSA, Connect Care

Call for information

Sliding Fee Scale: Yes

COUNSELORS

WELCH, MARY C., LMSW, ACSW

4901 Towne Centre, Suite 205

Saginaw, MI 48604

989-921-5715

Nearest Intersection: Tittabawassee and Towne Centre

Hours of Operation: Thurs – 9 am-7 pm

Weekend Hours: None

Hours of Psychiatric Services: N/A

Number of Male Therapists: 0

Number of Female Therapists: 1

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: No

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: No

Dual Diagnosis: No

Case Management: No

Psychological Testing: No

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: No

Eating Disorders: Yes

Geriatric Outreach: No

Correctional Services: No

HIV Counseling Services: No

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: Yes

Other Religious Orientation: No

African-American Orientation: Yes

Hispanic Cultural Orientation: No

Insurance Information

Accept Medicaid: Yes

McLaren Health Plan

Accept Medicare Type B: Yes

Commercial Insurances: Yes

BCBS, BCN, Aetna, Magellan,

Humana, Tri Care, GM Careline,

Cigna, ComPsych, McLaren

Health Advantage, PCHS, Value

Options

Sliding Fee Scale: No

COUNSELORS

WESTLUND GUIDANCE CLINIC

3253 Congress Street

Saginaw, MI 48602

989-793-4790

Nearest Intersection: Congress and Court

Hours of Operation: Mon & Fri – 8 am-5 pm

Tues & Wed – 8 am-8 pm, Thurs – 8 am-7 pm

Weekend Hours: Sat – by appointment only

Hours of Psychiatric Services: Tues & Wed



Number of Male Therapists: 6

Number of Female Therapists: 9

Therapist willing to do therapy out of office: No

Accessibility

Deaf Hearing Interpreter: Yes

Handicap Accessible: Yes

Near Bus Route: Yes

Smoking Permitted: No

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: Yes

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: No

Dual Diagnosis: No

Case Management: No

Psychological Testing: No

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: No

Eating Disorders: Yes

Geriatric Outreach: No

Correctional Services: No

HIV Counseling Services: No

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: No

Other Religious Orientation: No

African-American Orientation: Yes

Hispanic Cultural Orientation: Yes

Insurance Information

Accept Medicaid: Yes

Community Choice, HealthPlus,

Great Lakes, Molina

Accept Medicare Type B: No

Commercial Insurances: Yes

Most insurances accepted

Sliding Fee Scale: No

COUNSELORS

WILLIAMSON, GWENDOLYN (WENDY), LMSW

P.O. Box 930406
Wixom, MI 48393
248-379-6975

Nearest Intersection: N/A

Hours of Operation: Flexible hours based on client needs

Weekend Hours: Yes

Hours of Psychiatric Services: N/A

Number of Male Therapists: 0

Number of Female Therapists: 1

Therapist willing to do therapy out of office: N/A

Accessibility

Deaf Hearing Interpreter: No

Handicap Accessible: Yes

Near Bus Route: No

Smoking Permitted: Yes

Spanish Speaking: No

Availability

Adult: Yes

Adolescent: Yes

Children: No

Family: Yes

Marriage: Yes

Therapy Focus

Substance Abuse Licensed: No

Dual Diagnosis: Yes

Case Management: No

Psychological Testing: No

Anger Management: Yes

Depression Treatment: Yes

Group Therapy: No

Eating Disorders: No

Geriatric Outreach: No

Correctional Services: No

HIV Counseling Services: No

Grief Therapy: Yes

Cultural Diversity

Christian Orientation: Yes

Other Religious Orientation: No

African-American Orientation: Yes

Hispanic Cultural Orientation: Yes

Insurance Information

Accept Medicaid: No

Accept Medicare Type B: No

Commercial Insurances: Yes

Workers Compensation, Auto
Insurance for Traumatic Brain
and/or Spinal Cord injuries

Otherwise private pay

Sliding Fee Scale: Yes



DIRECTORY OF
MENTAL HEALTH
SUPPORT GROUPS IN
THE SAGINAW AREA

SUPPORT GROUPS

Adult Anger Management Group

651 State Street, Caro

989-673-5700

Monday – 9:30-10:30 am, Thursday – 7-8 pm

To help adults manage anger or violent behavior.

Cost: \$120.00 for eight group sessions or \$15.00 per session.
\$27.50 screening fee.

Adult Children of Alcoholics

Child and Family Service of Saginaw

989-790-7500

Call for meeting times.

A therapeutic support group for adult children of alcoholics who need help healing from a painful childhood growing up with an alcoholic or addict.

Cost: \$10.00 per session.

For more information call Chris Brennan at 989-790-7500, ext. 251.

Adult Survivor Therapy Group

Child and Family Service of Saginaw

989-790-7500

Wednesday – 11 am

For women who were sexually assaulted as children and/or adults.

For more information call Barb Domina at 989-790-7500, ext. 232.

Beating the Blues

Child and Family Service of Saginaw

989-790-7500

2nd & 4th Tuesday – 10:30 am

A therapeutic support group for adults dealing with depression.

Bipolar Support Group

Central Michigan Community Hospital, Conference Room F

989-773-0530

1st Wednesday – 5:30 pm

For people coping with bipolar disorders and their family and friends.

For more information call Marsha Jack at 989-773-6300.

Chics HIV Support Group

Call for location.

989-789-8637

Thursday – 3:30-5 pm

For HIV positive women.

SUPPORT GROUPS

Children's Domestic Violence Support Group

Underground Railroad

Call for location.

989-755-0413

Wednesday – 6:30 pm

Children ages 6-12 who have witnessed domestic violence. The group discusses such topics as divorce, anger, feelings, families, violence, safety, self-esteem and peer pressure.

For more information contact Jenn.

Christians with Addictions

Old Town Christian Outreach Center

989-249-8696

Monday, Wednesday & Friday – 10 am-4 pm, Tuesday – 10 am-7 pm

Provides Christian outlook to the AA 12 Step Program.

Closed meetings.

Comfort Corners

St. Andrews Parish

989-583-5267

A four-week series for children who have lost a significant family member to illness. Contact Susan Gentle at 989-667-3440.

Depression and Bipolar Support Alliance: Saginaw

First Presbyterian Church

989-321-0873

Wednesday – 6 pm

Faith-based bipolar and depression support group. Entrance in the rear of the church. Contact John Greenough at 989-321-0873.

www.bipolarsupport.us

Domestic Violence Support Group

Call for location.

989-755-0413

Call for dates and times.

Contact person is Ivy.



SUPPORT GROUPS

DOT Caring Center

3190 Hallmark Court, Saginaw

989-790-3366

Call for dates and times.

To help individuals manage anger or violent behavior.

Family Alternatives to Violence Offender Recovery

DOT Caring Center

989-790-3366

Tuesday – 6-8 pm

An eight-week series of two hour classes.

Cost: \$200.00 for the series. No per class rates.

For more information contact Linda Gilliland at 989-790-3366.

Family Matters Support Group

Child and Family Service of Saginaw

989-790-7500

Call for dates, times and cost.

A support group for children ages 6-13 dealing with the effects of divorce.

For more information contact Theresa Walters at 989-790-7500, ext. 255.

Gamblers Anonymous

HealthSource Hospital Cafeteria

989-386-3534

Tuesday & Thursday – 7 pm

Support group for anyone experiencing gambling problems.

HIV Support Group

Call for location.

810-232-0888

Every other Wednesday – 6-7:30 pm

Open group for HIV positive people. Provides a safe and confidential forum where HIV infected persons can trade information and provide support for each other.

New Perspectives Support Group

Shinedling, Shinedling and Haller

2355 1/2 Delta, Bay City

989-667-5654

Tuesday – 7 pm

For family members of individuals with eating disorders.

SUPPORT GROUPS

Parent Support Group

Underground Railroad

989-755-0413

Call for times and locations.

For non-offending parents who are adult survivors of domestic and sexual violence.

Recovery, Inc.

First United Methodist Church

989-781-3872

Tuesday – 7 pm

This program offers self-help for nervous systems and fears. Anger management support group.

For more information contact Josie M. at 989-781-3872.

www.recovery-inc.com

Safe Harbor

Lincoln Center

989-894-5426

Monday – 7-8:30 pm

Closed meeting (only for those with eating disorders).

E-mail: asafeharbor4u@aol.com

Schizophrenics Anonymous

Bayside Lodge

2700 West Genesee, Saginaw

989-799-1266

Wednesday – 3 pm, Thursday – 3:30 pm

A six-step, self-help support group run by those with schizophrenic disorders.

Self Awareness for New Beginnings

Underground Railroad

Call for location.

989-755-0413

Thursday – 6:30 pm

For non-offending parents who have issues involving domestic violence and/or sexual assault and want family support.

Sexual Addicts Anonymous

Call for locations.

989-695-2994

Call for dates and times.

A 12-step program for men and women who have a desire to stop their compulsive sexual behavior.



NOTES

Sexual Assault Support Group

Underground Railroad
989-755-0413
Tuesday – 6:30-7:30 pm
For adult survivors of sexual assault.
Contact Sarah.

Supporting Partners in Grief

Covenant HealthCare Mackinaw, Saginaw
989-583-5267
Thursday – 10:30 am
Grief support group for persons who have lost spouses or life partners.
Contact Gerry Bishop at 989-583-5267.

Survivors of Suicide

Child and Family Service of Saginaw
989-781-5260
1st & 3rd Thursday – 7-9 pm
A support group for families and friends of loved ones who have died of suicide. Contact Barb Smith at 989-781-5260.

The Tri-County Alliance for the Mentally Ill

Good Shepherd Lutheran Church
5335 Brockway, Saginaw
989-799-1467
Every 3rd Wednesday – 7 pm
A support group for families and friends of those with schizophrenia, manic depression and disabling disorders. Contact Irene at 989-799-1467.

True Reflections

Saginaw Valley State University, Curtiss Hall, Room 143
989-667-5654
Monday – 7-8:30 pm
A support group for persons with eating disorders.

*For more community services information, contact SCCMHA
Customer Services at 989-797-3452, or toll free 1-800-258-8678.*

Prepared by:
Mark Leffler



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