

Dane County Comprehensive Community Services
Provider Directory
Revised 10/30/2019

Please remember to verify your provider is in-network at the facility and date of your appointment

Quick Reference Guide to the Service Array

Service Facilitation	Diagnostic Evaluations	Medication Management	Physical Health Monitoring	Peer Support	Individual Skill Development/Enhancement	Employment Skill Development	Individual/ Family Psycho-education	Wellness Management	Psycho-therapy	Substance Abuse Treatment
ADE	ADE	ADE	ADE	-	ADE	ADE	ADE	ADE	-	-
Anesis	-	Anesis	Anesis	Anesis	Anesis	Anesis	Anesis	Anesis	Anesis	Anesis
-	-	-	-	-	Anu	-	Anu	-	-	-
-	ARC*	ARC*	ARC*	-	ARC*	ARC*	ARC*	ARC*	ARC*	ARC*
-	-	ASPIRES247	ASPIRES247	-	ASPIRES247	ASPIRES247	ASPIRES247	ASPIRES247	-	-
-	-	-	-	-	Attain Work	Attain Work	-	-	-	-
-	-	Capital Minds	Capital Minds	-	Capital Minds	-	Capital Minds	Capital Minds	Capital Minds	-
-	CSSW	CSSW	-	-	-	-	CSSW	-	CSSW	-
-	-	-	-	-	CTN	-	CTN	-	CTN	-
Chrysalis*	-	-	-	Chrysalis*	-	Chrysalis*	-	-	-	-
CTFRC	CTFRC	-	-	-	CTFRC	CTFRC	CTFRC	-	CTFRC	-
-	CCP	-	-	-	CCP	CCP	CCP	CCP	CCP	-
CCC	CCC	-	CCC	-	CCC	CCC	CCC	CCC	CCC	CCC
CLA*	-	CLA*	CLA*	-	CLA*	-	CLA*	CLA*	CLA*	-
-	Connections	Connections	-	-	-	-	-	-	Connections	Connections
-	-	-	Cornucopia*	Cornucopia*	Cornucopia*	Cornucopia*	-	Cornucopia*	-	-
-	-	-	-	-	CS	-	CS	-	CS	-
-	-	CCLS	CCLS	-	CCLS	CCLS	-	CCLS	-	-
-	-	-	-	-	Creative Forces	-	Creative Forces	-	Creative Forces	-
-	-	-	-	-	Dyer	-	Dyer	Dyer	-	-
-	Ease-of-Mind	Ease-of-Mind	-	-	-	-	-	-	-	-
-	Edelweiss	-	-	-	-	-	Edelweiss	-	Edelweiss	-
-	-	Elite	Elite	-	Elite	Elite	Elite	Elite	Elite	-
-	-	-	-	-	ERI	ERI	-	-	-	-
-	-	Essence	Essence	-	Essence	Essence	Essence	Essence	-	-
-	FSM	-	-	-	FSM	FSM	FSM	FSM	FSM	-

*Indicates that this agency only serves either Children or Adults

Service Facilitation	Diagnostic Evaluations	Medication Management	Physical Health Monitoring	Peer Support	Individual Skill Development/Enhancement	Employment Skill Development	Individual/ Family Psycho-education	Wellness Management	Psycho-therapy	Substance Abuse Treatment
Focus	-	Focus	-	Focus	Focus	Focus	Focus	Focus	Focus	Focus
-	Forward*	-	-	-	Forward*	-	Forward*	Forward*	Forward*	Forward*
FLYY	-	FLYY	FLYY	-	FLYY	FLYY	FLYY	FLYY	FLYY	-
-	-	-	-	-	FCC	-	FCC	FCC	FCC	-
-	-	-	-	-	Geraldine	-	Geraldine	-	Geraldine	-
-	-	-	-	-	-	-	-	-	Ginko	-
-	Greater Pot.	-	-	-	-	-	-	-	-	-
-	-	-	-	-	Greenroot	-	Greenroot	Greenroot	-	-
-	-	-	-	-	Hancock	-	Hancock	-	Hancock	-
HM	HM	HM	HM	-	HM	HM	HM	HM	HM	HM
HHO*	-	HHO*	HHO*	-	HHO*	HHO*	HHO*	HHO*	HHO*	HHO*
-	-	HHS	HHS	-	HHS	HHS	HHS	HHS	-	-
-	-	HII	HII	-	HII	HII	HII	HII	-	-
-	ICC	-	-	-	ICC	ICC	ICC	ICC	ICC	-
Insight	Insight	-	Insight	-	Insight	-	Insight	Insight	Insight	Insight
-	-	-	-	-	Jason Smith	-	Jason Smith	-	Jason Smith	-
JMHC	JMHC	JMHC	JMHC	JMHC	JMHC	JMHC	JMHC	JMHC	JMHC	JMHC
-	-	X	-	-	Justin W.	-	Justin W.	-	Justin W.	-
-	JATC	-	-	-	-	-	JATC	-	JATC	-
KFT	-	KFT	KFT	-	KFT	KFT	KFT	KFT	KFT	KFT
-	-	-	-	-	Kelly T.	-	Kelly T.	-	Kelly T.	-
-	-	-	-	-	-	-	Kind Therapy	-	Kind Therapy	Kind Therapy
LSS	-	-	-	LSS	LSS	-	LSS	LSS	LSS	LSS
-	MPA	-	-	-	MPA	-	MPA	MPA	MPA	-
MTT	-	-	MTT	MTT	MTT	-	MTT	-	MTT	-

Service Facilitation	Diagnostic Evaluations	Medication Management	Physical Health Monitoring	Peer Support	Individual Skill Development/Enhancement	Employment Skill Development	Individual/ Family Psycho-education	Wellness Management	Psycho-therapy	Substance Abuse Treatment
-	Maleck	-	-	-	-	-	Maleck	-	Maleck	-
-	-	-	-	-	-	-	Mandala*	-	Mandala*	-
-	-	-	-	-	Mary W.	-	Mary W.	Mary W.	Mary W.	-
-	Mercyland	Mercyland	Mercyland	-	-	-	Mercyland	-	-	Mercyland
-	-	-	-	-	-	-	Moontree	Moontree	Moontree	Moontree
-	-	-	-	-	Mosaic Consulting	-	Mosaic Consulting	-	Mosaic Consulting	-
Natures Ark	Natures Ark	Natures Ark	Natures Ark	-	Natures Ark	Natures Ark	Natures Ark	Natures Ark	Natures Ark	Natures Ark
-	-	-	New Growth	-	New Growth	New Growth	New Growth	New Growth	New Growth	New Growth
-	-	Nicole H.	Nicole H.	-	-	-	-	-	-	-
-	-	-	-	-	OBs*	-	-	OBs*	-	-
-	-	-	-	OTSC	OTSC	-	OTSC	OTSC	-	-
-	ODCC	-	-	-	ODCC	-	ODCC	-	ODCC	ODCC
Orchestra X	-	-	-	-	Orchestra X	Orchestra X	Orchestra X	Orchestra X	Orchestra X	Orchestra X
Orion*	-	-	-	-	Orion	-	Orion	-	Orion	-
-	-	Partners	Partners	-	Partners	Partners	Partners	-	-	-
-	Rainbow	-	-	-	-	-	Rainbow	Rainbow	Rainbow	Rainbow
RISE WI	RISE WI	RISE WI	RISE WI	-	RISE WI	RISE WI	RISE WI	RISE WI	RISE WI	-
-	-	-	-	-	RISE Y&FS	RISE Y&FS	RISE Y&FS	-	RISE Y&FS	-
-	Roots Work	-	-	-	Roots Work	-	Roots Work	Roots Work	Roots Work	-
-	-	-	R U Fit	-	R U Fit	-	R U Fit	R U Fit	-	-
-	Samaritan	-	-	-	Samaritan	Samaritan	Samaritan	-	Samaritan	Samaritan
Sankofa	Sankofa	Sankofa	Sankofa	-	Sankofa	Sankofa	Sankofa	Sankofa	Sankofa	Sankofa
-	Schefft	-	-	-	Schefft	-	Schefft	Schefft	Schefft	-
					Shariety G.		Shariety G.		Shariety G.	
SOAR*	SOAR*	SOAR*	SOAR*	SOAR*	SOAR*	SOAR*	SOAR*	SOAR*	SOAR*	SOAR*
-	-	Soul	Soul	-	Soul	Soul	Soul	Soul	-	-
-	-	Stay Focused	-	-	Stay Focused	Stay Focused	Stay Focused	Stay Focused	Stay Focused	-
Tellurian*	Tellurian*	Tellurian*	Tellurian*	Tellurian*	Tellurian*	-	Tellurian*	Tellurian*	Tellurian*	Tellurian*
THI	THI	THI	THI	-	THI	THI	THI	THI	THI	THI
TPC	TPC	-	-	-	TPC	-	TPC	TPC	TPC	TPC
-	TRP	-	-	-	TRP	-	TRP	TRP	TRP	-
TAS	TAS	-	-	-	TAS	TAS	TAS	TAS	TAS	TAS
-	-	Trinity	Trinity	Trinity	Trinity	Trinity	Trinity	Trinity	Trinity	Trinity
Triquestrian	Triquestrian	-	-	-	Triquestrian	-	Triquestrian	Triquestrian	Triquestrian	Triquestrian
TRUE	TRUE	TRUE	TRUE	-	TRUE	TRUE	TRUE	TRUE	TRUE	TRUE

ADE Supports, Inc.

**1955 W. Broadway, Suite 102
Monona, WI 53713**

Telephone: 608-209-8272

Fax: N/A

Website: N/A

Services Provided:

- SERVICE FACILITATION (assessment/planning)
- Diagnostic Evaluations
- Medication Management
- Physical Health Monitoring
- Individual Skill Development and Enhancement
- Employment Related Skill Development
- Individual and/or Family Psychoeducation
- Wellness Management and Recovery/Recovery Support Services

Ages Served: 4-74

Service Location: In office or community-based setting

Service Limitations: None listed

Service Description:

ADE provides work around services to individuals with mental health concerns. ADE encourages individuals to work towards their optimal and wellness.

Anesis Center for Marriage & Family Therapy, LLC

**6409 Odana Road, Suite 14
Madison, WI 53719**

Telephone: 608-268-6530

Fax: 608-709-1774

Website: www.anesistherapycenter.com

Services Provided:

- SERVICE FACILITATION (assessment/planning)
- Medication Management
- Physical Health Monitoring
- Peer Support
- Individual Skill Development & Enhancement
- Employment Related Skill Development
- Individual and/or Family Psychoeducation
- Wellness Management and Recovery/Recovery Support Services
- Psychotherapy
- Substance Abuse Treatment

Ages Served: Birth-64

Service Location: In office or community-based setting

Service Limitations: We do not specialize in treatment for autism or developmental disabilities

Bilingual Services Available in: Spanish and Hmong

Service Description:

Anesis Therapy is an absolutely special and unique center. We are a family oriented agency and we are setting out to make an impact within our community. We have a diverse staff that specializes in many different areas. Our philosophy is rooted in systems therapy and uses Narrative Therapy, TF-CBT-Trauma Focused Cognitive Therapy for children, Motivational Interviewing and Cultural Interventions. We believe in helping our client's identify their values and skills so they can effectively confront whatever problems they face. We believe that the person is not the problem, the problem is the problem.

Anu Family Services, Inc.

258 Corporate Drive, Suite 205 Madison, WI 53714	Telephone: 877-287-2441 Fax: 855-329-2681 Website: www.anufs.org
Services Provided: <ul style="list-style-type: none">• Individual Skill Development and Enhancement• Individual and/or Family Psychoeducation	Ages Served: Birth-74 Service Location: Community-based setting Service Limitations: None identified
Service Description: <p>Parent Coaching: Parent coaching is a customized-to-your-family opportunity to understand your intense child's behavior and learn what to do to help it improve dramatically. You'll learn Present Moment Parenting with the support of a coach who will not pass judgement on you, but will stand by you as you gain new skills. There's no diagnosis from your coach, just solids, usable tools for bringing out the best in your intense child. How do we define "intense"? If you have a child with whom typical parenting methods don't help, and even make the situation worse, you've come to the right spot.</p> <p>Intensive Trauma Services (ITS) for Adults: Intensive Trauma Services (ITS) with Adults is a program that assists adults to heal from their grief, loss, and trauma that they experienced throughout their lifespan. The goal of ITS is to assist the client to work through what has happened to them to help them understand how this has impacted who they are today. The focus is to not shame or blame, but instead to clarify these life events to work on moving forward into a more positive, healthy future, full of healthy supports and connections. ITS is not therapy, but the healing work is therapeutic for the client.</p> <p>Intensive Trauma Services (ITS) for Youth: Intensive Trauma Services (ITS) with Youth is a program that assists youth to heal from their grief, loss, and trauma that they've experienced in their childhood. The goal of ITS is to assist the client to work through what has happened to them, clarify their life events, and help them understand that what has happened to them does not need to define who they will become in their future. The focus is to not shame or blame, but instead to clarify these life events to work on moving forward into a more positive, healthy future, full of healthy supports and connections. ITS is not therapy, but the healing work is therapeutic for the client.</p>	

ARC Community Services, Inc.

**2001 W. Beltline Hwy. #102
Madison, WI 53713**

Telephone: 608-278-2300

Fax: 608-278-2313

Website: www.arccommserv.com

Services Provided:

- Diagnostic Evaluations
- Medication Management (non-prescriber)
- Physical Health Monitoring
- Individual Skill Development & Enhancement
- Employment Related Skill Development
- Individual and/or Family Psychoeducation
- Wellness Management and Recovery/Recovery Support Services
- Psychotherapy
- Substance Abuse Treatment

Ages Served: 18-85+

Service Location: Office and Community-based setting
Outpatient Service Location: 1409 Emil Street, Madison

Service Limitations: ARC offers services to adult women who have a substance use disorder and satisfy requirements for admission to an outpatient level of care under DHS 75.12, 75.13 or DHS 35. We offer specialized programming for pregnant and post-partum women.

Service Description:

Individual and group interventions addressing substance use and co-occurring disorders utilizing cognitive behavioral techniques to address family and relationships, trauma, emotional regulation, anger management, and parenting.

<p>3566 Sargent Street Madison, WI 53714</p>	<p>Telephone: 608-445-6757 Fax: 608-299-3748 Website: N/A</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> • Medication Management (non-prescriber) • Physical Health Monitoring • Individual Skill Development & Enhancement • Employment Related Skill Development • Individual and/or Family Psychoeducation • Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 13-49</p> <p>Service Location: Community-based setting</p> <p>Service Limitations: I have worked with individuals with visual limitations in a vocational capacity but would not be qualified to do mobility training with this population and I do not read Braille.</p>
<p>Service Description:</p> <p>Anne Spires gained her passion and experience assisting people overcome barriers while respecting their personal values as Monona Grove’s Transition Coordinator/special education teacher for 5 years in school and community based settings. She helped students with multiple areas of difficulty access adulthood and learning. The outcome based tools and strategies Anne uses are chosen according to the personal preference of her clients, their individual struggles and what they wish to achieve. Becoming the Transition Coordinator for Dane County and providing case management and guidance for young adults leaving school supports and entering long term services was a natural next step that broadened her perspective and skills. Both as teacher and case manager Anne assisted clients and their teams to develop skills and structures so that they could attain the life that they wanted. She looks forward to continuing this work with you.</p> <p>The following are some, but not all, services available with Anne: Setting up or formalizing schedules & routines to support work and life goals; Social skills/soft skills; Interest inventory and exploration; Job shadows; Utilizing checklists, calendars and alarms; Maintaining composure at work and in the community; Job coaching & systematic instruction at job sites; Daily living skills; Accessing public transportation; Time management, Organizational skills, Medication management and monitoring - non prescriber, anxiety and depression management and recovery as well as a solid understanding of the impact of trauma and strategies to overcome it.</p> <p>Special areas of interest and expertise are working with individuals with ADD/ADHD, co-occurring diagnosis and learning disabilities.</p>	

Attain Work Services

501 Burdette Court Madison, WI 53713	Telephone: 608-234-8705 Fax: N/A Website: N/A
Services Provided: <ul style="list-style-type: none">• Individual Skill Development & Enhancement• Employment Related Skill Development	Ages Served: 13-69 Service Location: In office or community-based setting Service Limitations: None identified
Service Description: <p>We are an agency that promotes quality of life and vocational services to help you accomplish your goals. Whether you are just entering the world of work, currently working, or have been out in the workforce for some time, we can help you with the supports you need to learn about yourself and to learn about having a job. If you aren't sure you want to work, we can help you figure that out.</p> <p>We can teach you helpful life skills. We can help you figure out what kind of work you want to do and what you would be good at.</p> <p>Attain Work Services has a license professional counselor on staff with many years experience. Sometimes it's helpful to talk things over with someone. We will pay attention to you and what you want to accomplish.</p> <p>If you've thought about going to DVR (Division of Vocational Services), we have a lot of experience helping people through that process. We can also advocate for you to get the services you need.</p> <p>Please contact Constance Tenhawks at 608-234-8705 for more information.</p>	

Capital Minds, LLC

2809 Fish Hatchery Road, Suite D Madison, WI 53713	Telephone: 608-609-1849 Fax: N/A Website: www.capitalminds.org
Services Provided: <ul style="list-style-type: none">• Medication Management (non-prescriber)• Physical Health Monitoring• Individual Skill Development and Enhancement• Individual and/or Family Psychoeducation• Wellness Management and Recovery/Recovery Support Services• Psychotherapy	Ages Served: Birth-85+ Service Location: In office or community-based setting Service Limitations: None identified
Service Description:	

Children's Service Society of Wisconsin (CSSW)

**1716 Fordem Avenue
Madison, WI 53704**

Telephone: 608-221-3511

Fax: 608-221-3514

Website: www.chw.org

Services Provided:

- Diagnostic Evaluations
- Medication Management (non-prescriber)
- Individual and/or Family Psychoeducation
- Psychotherapy

Ages Served: Birth-21

Service Location: In office

Service Limitations: None identified

Service Description:

Children's Hospital of WI Community Services Child and Family Counseling is an outpatient mental health clinic offering psychotherapy services to children ages 0-18 and parents who are impacted by mental health concerns. Children's Hospital of WI Community Services Child and Family Counseling currently has three psychotherapists on staff. At times, there is a short wait list for psychotherapy. All of our therapists have extensive experience working with trauma, depression, anxiety, ADHD, gender dysphoria, emotional behavioral disturbance in children and adolescents and other various issues. Our staff has evidence based training in TF-CBT and CBT. Our therapists have additional education and certifications in play therapy, grief and loss, motivational interviewing and solution focused therapy.

Children's Therapy Network (CTN)

**639 Struck Street
Madison, WI 53719**

Telephone: 608-234-5990
Fax: 608-819-6825
Website: www.ctn-madison.com

Services Provided:

- Individual Skill Development and Enhancement
- Individual and/or Family Psychoeducation
- Psychotherapy

Ages Served: Birth-17

Service Location: In office or community-based setting

Service Limitations: Our specialty is sensory related and regulation issues that often co-exist amongst mental health concerns through family focused treatment. Parents must be able to attend and participate in sessions.

Service Description:

Children's Therapy Network is a pediatric therapy clinic specializing in the treatment of children with Sensory Processing Disorders, Autism Spectrum Disorders, Behavioral and Social Difficulties, Developmental Delay, and Feeding and Eating concerns. In addition to serving children with identified needs, we also help families and community providers support children who may just be struggling to successfully get through their day. We believe that children are best supported in the context of their family and community. This belief is reflected in our therapeutic and training sessions. When children come to us, more often than not we invite the parents and/or siblings into the therapy sessions with us. We work to balance therapeutic intervention aimed at the child with training and support for the families. We feel that by developing close, trusting relationships, not only with the children that we serve, but also with the parents and caregivers, we are able to effect more change in our therapeutic intervention. Our goal is that the family is able to leave our relationship with a greater understanding of their child and the tools and advocacy skills needed to support their child.

<p>1342 Dewey Court Madison, WI 53703</p>	<p>Telephone: 608-256-3102 Fax: 608-256-3103 Website: www.workwithchrysalis.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> • SERVICE FACILITATION (assessment/planning) • Peer Support • Individual Skill Development and Enhancement • Employment Related Skill Development 	<p>Ages Served: 15-85+</p> <p>Service Location: In office or community-based setting</p> <p>Service Limitations: Chrysalis services are ideal for someone who has a vocational goal, or who would be interested in exploring vocational goals.</p>
<p>Service Description:</p> <p>Chrysalis believes that every person with a mental health or substance use challenge is capable of working competitively in the community with the right job and work environment. Chrysalis services follow Dartmouth’s model of evidence-based Individual Placement and Supported (IPS) Supported Employment. The goal is to help consumers find and maintain competitive, community-based employment that matches their individual skills, interests, and abilities.</p> <p>The peer specialist movement embodies Chrysalis’ strengths-based perspective. Chrysalis vocational peer specialists use their lived experience with mental health and/or substance use challenges to help other achieve their personal and work-related goals. Chrysalis Vocational Peer Specialists perform a wide range of tasks to assist consumers in regaining control over their lives, and their own recovery process.</p> <p>Chrysalis provides Service Facilitation from a lens of work as recovery. Individuals connected to Chrysalis Services Facilitation will have access to an Employment Specialist and Vocational Peer Specialist who are embedded within the team. Services Facilitators provide holistic supports with an emphasis on consumer involvement.</p>	

Common Threads Family Resource Center (CTFRC)

**5979 Sigglekow Road
McFarland, WI 53558**

Telephone: 608-838-8999

Fax: 608-838-8988

Website: www.commonthreadsmadison.org

Services Provided:

- SERVICE FACILITATION (assessment/planning)
- Diagnostic Evaluations
- Individual Skill Development and Enhancement
- Employment Related Skill Development
- Individual and/or Family Psychoeducation
- Psychotherapy

Ages Served: 4-26

Service Location: In office or community-based setting

Other Location:
4800 Ivywood Trail, McFarland

Service Limitations: We specialize in sensory, regulation and interoception issues that often co-occur with mental health concerns. However, we serve individuals with a wide-variety of mental health challenges and behavioral disorders beyond this. We cannot serve clients with serious sexual offenses or violent felonies.

Service Description:

Common Threads Family Resource Center, located minutes from Madison, WI, is both a state licensed mental health clinic with occupational and speech therapy, and a non-traditional school program. Both programs are geared towards individuals affected by mental health challenges, behavioral disorders, sensory processing challenges and autism. Our experienced and talented team of professionals creates a daily environment of acceptance and growth where students and clients flourish. The multidisciplinary team includes top professionals from multiple treatment, development, and educational areas to ensure we provide the most appropriate and forward-thinking services for every individual client. We believe in every individual that walks through our door and embrace all families who seek out our center. Working collaboratively, we are far stronger. It is our privilege to be of service.

Our Core Values:

- Believing in the potential of each client we serve
- Being devoted to success
- Honoring our client's strengths
- Valuing relationship
- Meeting our clients where they are at

Community Care Programs, Inc. (CCP)

6716 Stone Glen Drive Middleton, WI 53562	Telephone: 608-827-7100 Fax: 608-827-7101 Website: www.communitycareresources.com
Services Provided: <ul style="list-style-type: none">• Diagnostic Evaluations• Individual Skill Development and Enhancement• Employment Related Skill Development• Individual and/or Family Psychoeducation• Wellness Management and Recovery/Recovery Support Services• Psychotherapy	Ages Served: Birth-21 Service Location: In office Service Limitations: Child and adolescent specialty clinic. Age limit that we serve is 21.
Service Description: <p>Community Care Programs is a child and adolescent specialty clinic providing these unique services: Adolescent Sexual Offender work (STOP) and Psychosexual Assessments, Family Reunification, Dialectical Behavior Therapy (DBT), Trauma Focused Cognitive Behavior Therapy (TF-CBT), Trauma Informed Child Parent Psychotherapy (TI-CPP), Parenting and Psychological Evaluations, Occupational Therapy Assessments and Ongoing Services.</p>	

Community Counseling Center of Madison, WI, Inc. (CCC)

**6629 University Avenue, Suite 209
Middleton, WI 53562**

Telephone: 608-833-5880

Fax: 608-829-3787

Website: www.communitycounselingmadison.org

Services Provided:

- SERVICE FACILITATION (assessment/planning)
- Diagnostic Evaluations
- Physical Health Monitoring
- Individual Skill Development and Enhancement
- Employment Related Skill Development
- Individual and/or Family Psychoeducation
- Wellness Management and Recovery/Recovery Support Services
- Psychotherapy
- Substance Abuse Treatment

Ages Served: 13-74

Service Location: In office or community-based setting

Service Limitations: Our office is located on the 2nd floor and there is no elevator, so clients must be able to navigate stairs.

Service Description:

The Community Counseling Center of Madison, Wisconsin, Inc. provides professional counseling by trained and skilled social workers, counselors, and licensed psychologists. The clinic is licensed by the State of Wisconsin (as an outpatient mental health clinic) and has been serving the community since 1975.

Our therapeutic services include: individual therapy, group therapy, family therapy, couples therapy, marriage therapy, sex therapy, and play therapy. We specialize in treating eating disorders, AODA, learning disabilities, and trauma.

Community Living Alliance, Inc. (CLA)

1414 MacArthur Road Madison, WI 53704	Telephone: 608-242-8335 Fax: 608-240-7060 Website: www.clanet.org
Services Provided: <ul style="list-style-type: none">• SERVICE FACILITATION (assessment/planning)• Medication Management• Physical Health Monitoring• Individual Skill Development and Enhancement• Employment Related Skill Development• Individual and/or Family Psychoeducation• Wellness Management and Recovery/Recovery Support Services• Psychotherapy	Ages Served: 18-85+ Service Location: In office or community-based setting Service Limitations: We do not serve individuals with a primary diagnosis of Substance Abuse.
Service Description: <p>CLA is a local, non-profit, trauma-informed, community based organization. For over thirty (30) years CLA has been a trusted provider in Dane County and has designed and provided innovative programs and services that support the independent living needs of all people with disabilities and older adults.</p> <p>CLA has rich history in supporting individuals with all disabilities and those who have chronic health and pain conditions. These conditions often produce anxiety or depression and other symptoms which may challenge interpersonal relationships and limit one's ability to live a meaningful life. We partner with individuals to gain insight through education to effectively manage their symptoms and uncover barriers to achieve their recovery goals.</p> <p>The core values of our organization embraces the central tenets of the independent living philosophy. We believe that people should have a choice in the services that they receive and must be at the center of all treatment planning and goal identification.</p> <p>CLA as a trauma informed care organization embraces the principles of trauma based care and has a rich understanding and respect for an individual's journey towards health and wellbeing. We recognize the impact of social isolation and see great value in promoting opportunities for community connections and healthy interpersonal relationships.</p> <p>CLA is unique in understanding the impact of mobility and chronic pain and other issues which may limit an individual's ability to participate in therapy outside of the home. Therefore, CLA provides in-home as well as traditional office services. Our expertise also extends to supporting individuals as they work through their own personal grief and loss process and move toward adapting to and coping with change.</p>	

Connections Counseling LLC

5005 University Avenue, Suite 100 Madison, WI 53705	Telephone: 608-233-2100 Fax: 608-233-2101 Website: www.connectionsounseling.com
Services Provided: <ul style="list-style-type: none">• Diagnostic Evaluations• Medication Management (non-prescriber)• Peer Support• Psychotherapy• Substance Abuse Treatment	Ages Served: 13-74 Service Location: In office Service Limitations: Prefer to avoid patients younger than 13 years old.
Service Description: AODA and mental health outpatient counseling AODA and mental health group counseling (25 groups/week) Psychiatry and addiction medicine Family Counseling Adult Intensive Outpatient Program (IOP) both AM and PM sections (3 hours/day x 3 days/week) Dialectical Behavioral Training (DBT) for both adolescents and adult programs	

Cornucopia, Inc.

2 S. Ingersoll Street #B Madison, WI 53703	Telephone: 608-249-7477 Fax: N/A Website: http://www.copiarts.org
Services Provided: <ul style="list-style-type: none">• Physical Health Monitoring• Peer Support• Individual Skill Development and Enhancement• Employment Related Skill Development• Wellness Management and Recovery/Recovery Support Services	Ages Served: 18+ Service Location: In office or community-based setting Service Limitations: Cornucopia does not provide personal assistance/attendants for participants. A person with personal support needs must be accompanied by someone who can provide this. Bilingual Services Available in: Spanish, Hindi, Punjabi
Service Description: <p>Cornucopia Peer Support means that while we don't try to do things for you, a Peer Support Specialist will spend time with you, perhaps take a walk, just listening. A Peer Specialist can help you express yourself, or remember and keep track of things. A peer does not treat anything. They can get close, and care. They learn about you and your strengths, help you find strength in yourself and your own direction. They will not tell you what to do. They are role models by their own recovery. They have experienced similar challenges. They have reason to share hope for recovery. They can help you to increase community participation.</p> <p>Developing personal skills for daily life and employment/career are also key to a better life. These are also our focus. For these areas of support, five Peer Support Specialists and a Rehabilitation Psychologist are available directly through Cornucopia.</p> <p>Our administrative staff have been committed to Cornucopia for twenty years. As peers in recovery, they appreciate the priorities of everyone who seeks mutual support. Our practitioners share our philosophy of working with each person's talents and dignity.</p>	

Counseling Solutions (CS), LLC

313 Price Place, Suite 104 Madison, WI 53705	Telephone: 608-843-3428 Fax: N/A Website: N/A
Services Provided: <ul style="list-style-type: none">• Individual Skill Development and Enhancement• Individual and/or Family Psychoeducation• Psychotherapy	Ages Served: 4-69 Service Location: In office or community-based setting Other Location: 100 Hilltop Drive, Mount Horeb Service Limitations: Our building is not wheelchair accessible, but arrangements can be made to meet in a location that is.
Service Description: <p>I utilize a client-centered, solution-focused and supportive approach. My expertise includes adolescents, adults and families. I make HeartMath a part of the healing process if helpful. I have been in private practice for 22 years in Madison. When necessary, I am happy to provide in-home treatment.</p>	

Creative Community Living Services, Inc.

**2001 W. Broadway Ave.
Madison, WI 53713**

Telephone: 608-222-2071 x 23

Fax: 608-222-2438

Website: www.cclswi.com

Services Provided:

- Medication Management (non-prescriber)
- Physical Health Monitoring
- Individual Skills Development and Enhancement
- Wellness Management and Recovery/Recovery Support Services

Ages Served: 18-85+

Service Location: In office or community-based setting

Service Limitations: None listed

Service Description:

The Mission of CCLS is to establish and provide individualized supports. These supports will preserve and enhance the dignity and rights of those who must rely on others as they seek their own level of independence.

Our Philosophy: We believe that every person is a valuable human being, and therefore will be treated with respect and dignity. We believe that there is dignity in risk, and that risks must be taken to grow beyond the safety of preconceived limitations. We believe that all people deserve to live in and be a part of the community. We believe that the physical environment of a community program reflects the dignity and worth of the individuals who live and work there, and therefore must be well maintained. We believe that all people deserve the right to choose, guide, and/or direct the way they live.

Creative Forces Therapy

**700 Rayovac Drive, Suite 320
Madison, WI 53711**

Telephone: 608-721-7100

Fax: N/A

Website: www.creativeforcestherapy.com

Services Provided:

- Individual Skill Development and Enhancement
- Individual and/or Family Psychoeducation
- Psychotherapy

Ages Served: Birth-49

Service Location: In office

Service Limitations: Primary area of focus is children and adolescents 1-18 with cognitive delays, disabilities and mental health or behavioral need. Service may include their parents, caregivers, and family members. Secondary would be work with grieving children 1-18.

Service Description:

Creative Forces Therapy provides art therapy, psychotherapy and counseling services. Services are available for children, adolescents and other individuals that have cognitive delays, disabilities, or other mental health needs. Art therapy utilizes artistic directives as a means of expression. By utilizing the art process, clients have the opportunity to explore areas such as (not limited to) challenging topics, develop new creative coping skills and emotional regulation.

Dyer Multisensory Approach, LLC

3602 Atwood Avenue #4 Madison, WI 53714	Telephone: 608-213-2814 Fax: NA Website: N/A
Services Provided: <ul style="list-style-type: none">• Individual Skill Development and Enhancement• Individual and/or Family Psychoeducation• Wellness Management and Recovery/Recovery Support Services	Ages Served: 4-21 Service Location: In office or community-based setting Service Limitations: None listed
Service Description: <p>HeartMath biofeedback training delivered via the emWave Pro desktop and laptop computer software programs, the emWave2 handheld personal stress reliever device and the inner Balance smartphone system.</p> <p>Music therapy utilizing The Listening Program from Advanced Brain Technologies.</p> <p>An array of relaxation techniques.</p>	

Ease-of-Mind, LLC

**2827 Berkan Street
Madison, WI 53711**

Telephone: 608-358-9748
Fax: 608-630-9077
Website: N/A

Services Provided:

- Diagnostic Evaluations
- Medication Management

Ages Served: 18+

Service Location: In office

Service Limitations: None listed

Service Description:

Medication evaluatoin and management for adulton on (18 years plus).

Edelweiss Behavioral Health, LLC

6402 Odana Road, Suite 301 Madison, WI 53719	Telephone: 608-695-0674 Fax: 608-237-2275 Website: www.edelweissbehavioralhealth.com
Services Provided: <ul style="list-style-type: none">• Diagnostic Evaluations• Individual and/or Family Psychoeducation• Psychotherapy	Ages Served: 18-64 Service Location: In office Service Limitations: Our Intensive Outpatient Program is specific to individuals suffering from eating disorders. Our outpatient dietitian and therapist(s) specialize in working with individuals with eating disorders, but also see individuals with other primary diagnoses.
Service Description: <p>Our goal at Edelweiss Behavioral Health is provide specialized treatment to individuals struggling with Eating Disorders. Our experienced staff works collaboratively with each client to provide patient centered, individualized support to encourage recovery goals.</p> <p>We offer the following services:</p> <ul style="list-style-type: none">• Intensive Outpatient Treatment for Individuals with Eating Disorders*• Outpatient Dietary Counseling• Outpatient Individual Psychotherapy <p>*Intensive Outpatient Program Description</p> <p>IOP meets three days a week, three hours per day, on Mondays, Wednesdays and Thursdays. The program hours are from 5:00 pm-8:00 pm and includes:</p> <ul style="list-style-type: none">• Supported meal groups• Specialized therapeutic and skill-based groups• Nutritional evaluation and counseling with a Registered Dietitian• Psychological evaluation and counseling with a Licensed Professional Counselor• Psychiatric services with a Board Certified Child, Adolescent, and Adult Psychiatrist <p>What is IOP? An intensive Outpatient Program is a unique treatment program that offers more structure and support than individual outpatient therapy, while still offering the freedom and flexibility to engage in school and/or work activities. IOP offers the opportunity to develop sustainable coping skills, experience and problem solve through real-life situations in a supported group, and make connections that will support the recovery process.</p>	

Elite Cognition, LLC

**5900 Monona Drive, Suite 200
Monona, WI 53716**

Telephone: 608-286-1132

Fax: 608-440-2954

Website: www.elitecognitionllc.com

Services Provided:

- Medication Management (non-prescriber)
- Physical Health Monitoring
- Individual Skill Development and Enhancement
- Employment Related Skill Development
- Individual and/or Family Psychoeducation
- Wellness Management and Recovery/Recovery Support Services
- Psychotherapy

Ages Served: 4-85+

Service Location: In office or community-based setting

Service Limitations: None listed

Service Description:

Elite Cognition specializes in working with children, adults and community members to provide a safe environment that fosters mental, emotional, and social rehabilitation.

Employment Resources, Inc. (ERI)

<p>2701 International Lane, Suite 210 Madison, WI 53704</p>	<p>Telephone: 608-246-3444 Fax: 608-246-3445 Website: www.eri-wi.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> • Individual Skill Development and Enhancement • Employment Related Skill Development 	<p>Ages Served: 13-69</p> <p>Service Location: In office or community-based setting</p> <p>Service Limitations: None listed</p>
<p>Service Description:</p> <p>Disability Application Assistance - ERI offers help in applying for disability benefits (Social Security's SSDI & SSI and Medicaid programs). This service assists with completing application forms, provides education about the steps and agencies involved, and supports clients throughout the application process until a determination is made.</p> <p>Work & Benefits Counseling - Through benefits counseling, ERI provides education about various public benefits (e.g. SSDI, SSI, Medicaid, and Medicare Savings Programs), and the effects of work. We can work together to build a better understanding of work incentives, program rules, and how earnings may affect disability payments and other benefits. Benefits counseling enables clients to make informed decisions about starting work, and over time, when employment or goals change. ERI can also assist with problem-solving and reporting wages or changes to benefit agencies.</p> <p>Financial Skills - To strengthen money management skills, ERI provides assistance with creating a budget and tracking income and expenses. We offer support in moving forward with financial goals, such as improving credit, identifying spending habits, reducing debt, saving money, and cutting costs. We also assist with applying for school financial aid and seeking out grants and scholarship opportunities.</p> <p>Pre-Driving Assessment - ERI's state-of-the-art hands-on driving simulator enables clients to test and practice driving skills. Our Driving Services Specialist provides feedback about abilities such as decision-making, reaction time, memory, and problem-solving. Having this information can help clients determine their potential in moving forward with driving training and getting a driver's license.</p> <p>Employment Counseling - ERI employment services help clients identify strengths, define job goals, and build key skills needed to get and keep a job. ERI actively assists clients reach their employment goals by guiding the job search, exploring job opportunities, and providing various supports along the way.</p> <p>Additionally, ERI can partner with CCS Service Facilitator agencies to provide Individual Placement & Support (IPS) services. IPS supported employment services involve partnership between the CCS Service Facilitation agency, the ERI Employment Specialist, and DVR.</p>	

Essence Realized, LLC

2800 Royal Avenue, Suite 210 Monona, WI 53713	Telephone: 608-628-3312 Fax: N/A Website: N/A
Services Provided: <ul style="list-style-type: none">• Medication Management• Physical Health Monitoring• Individual Skill Development and Enhancement• Employment Related Skill Development• Individual and/or Family Psychoeducation• Wellness Management and Recovery/Recovery Support Services	Ages Served: 4-49 Service Location: In office or community-based setting Office Locations: 135 Hancock Street, Suite 107, Madison Service Limitations: None listed
Service Description: <p>Essence Realized provides mental health support for families and children dealing with social, emotional, behavioral and mental health challenges. Our Rehabilitation Coaches work with children, families, schools and community members to effectively teach and build skills to help gain or restore independence.</p> <p>Sessions are individually tailored using a strength-based, client-centered approach drawing from evidence-based practices and experiential modalities to intentionally target the client's goals. We value collaboration with internal and external team members.</p> <p>Our team of providers work with clients in their natural environment, providing in-the-moment coaching to improve relationships, emotional regulation, communication, problem solving and tolerance. Positive interventions are utilized to support clients in managing the feelings, behaviors and emotions they may experience. Providers identify and build on areas of success to promote growth, and will work with the client system to transfer skills across environments.</p> <p>Our agency provides a multitude of services to assist clients in reaching their recovery goals. Our program offers mental health services including, but not limited to; teaching and developing skills, providing education and information to members of the client's support systems, helping find and secure healthy community connections, and empower clients to manage their mental health.</p>	

Family Service Madison, Inc. (FSM)

128 E. Olin Avenue Madison, WI 53713	Telephone: 608-252-1325 Fax: 608-252-1333 Website: www.fsmad.org
Services Provided: <ul style="list-style-type: none">• Diagnostic Evaluations• Individual Skill Development and Enhancement• Employment Related Skill Development• Individual and/or Family Psychoeducation• Wellness Management and Recovery/ Recovery Support Services• Psychotherapy	Ages Served: Birth-85+ Service Location: In office or community-based setting Service Limitations: Rule out severe Alzheimer's disease or related dementia. Rule out primary alcohol or other drug primary treatment.
Service Description: Counseling and psychotherapy services to help people create change by providing mental health assessment and treatment services in a culturally sensitive manner.	

Focus Counseling Inc.

1920 Fordem Avenue Madison, WI 53704	Telephone: 608-405-2055 Fax: 608-467-2994 Website: N/A
Services Provided: <ul style="list-style-type: none">• SERVICE FACILITATION (assessment/planning)• Medication Management (non-prescriber)• Peer Support• Individual Skill Development and Enhancement• Employment Related Skill Development• Individual and/or Family Psychoeducation• Wellness Management and Recovery/Recovery Support Services• Psychotherapy• Substance Abuse Treatment	Ages Served: 4-85+ Service Location: In office or community-based setting Other Location: 1721 Blossom Lane, Madison Service Limitations: We do not provide prescriber services
Service Description: <p>One-to-one and group counseling and case management services for treatment of mental health and substance abuse disorders with emphasis on culturally competent service delivery.</p> <p>Employment training and support staff works one-to-one with clients to develop and enhance employment skills in preparation for on-the-job training opportunities designed to result in direct employment.</p> <p>Counseling staff, with support from peer specialists and case management staff, work with clients toward enhancement of individual life skills including (but not limited to) improved hygiene and personal care, increased opportunities for stable housing, and increased social skills.</p>	

Forward Counseling and Consultation, LLC

**6320 Monona Drive, Suite 415
Monona, WI 53716**

Telephone: 608-455-6070
Fax: 608-455-0883
Website: www.forward-counseling.com

Services Provided:

- Diagnostic Evaluations
- Individual Skill Development and Enhancement
- Individual and/or Family Psychoeducation
- Wellness Management and Recovery/Recovery Support Services
- Psychotherapy
- Substance Abuse Treatment

Ages Served: 18+

Service Location: In office

Service Limitations: None listed

Service Description:

Using over 15 years of experience, Forward Counseling and Consultation believes in treating the whole person which includes addressing your spiritual, physical, and social needs in individual and group therapy. Staff will work hard to find a healthy balance between challenge and support necessary in making changes that will assist in your overall recovery. Forward Counseling works with a wide range of diagnosis and concerns including; anxiety and mood disorders, psychosis, attachment and complex trauma in combination with substance use disorders, grief, interpersonal conflicts, homelessness, domestic violence, loss of independence and adjustment difficulties. Staff has extensive experience in treating complex trauma and dissociative disorders and is Eye Movement Desensitization and Reprocessing (EMDR) trained. Staff will tailor individual treatment based on need and preference which may include Cognitive Behavioral Therapy, Behavioral Activation, Mindfulness-Based Treatment, Solution-Focused and Strengths-Based Motivational Interviewing. Staff has a unique style, able to nurture a safe and trusting environment while empowering clients to realize their full potential and reach their personal goals.

Forward Learning Youth and Young Adults (FLYY)

<p>2940 Chapel Valley Road Fitchburg, WI 53711</p>	<p>Telephone: 608-819-6390 Fax: 608-807-5167 Website: www.flyy.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> • SERVICE FACILITATION (assessment/planning) • Medication Management • Physical Health Monitoring • Individual Skill Development and Enhancement • Employment Related Skill Development • Individual and/or Family Psychoeducation • Wellness Management and Recovery/Recovery Support Services • Psychotherapy 	<p>Ages Served: 7-35</p> <p>Service Location: In office or community-based setting</p> <p>Service Limitations: We are not able to serve clients with serious violent sexual charges, actively psychotic, or in need of detox services.</p> <p>Bilingual Services Available in: Spanish</p>
<p>Service Description:</p> <p>At FLYY we work with teens and young adults by teaching them the skills they need to be able to plan for their future or to become a healthy, productive community member. From cooking, cleaning, organizing and budgeting skills, to increasing their exposure to the Madison community by becoming more familiar with its parks, libraries, public transportation--FLYY does it all. Our services give young people the skills and supports they need to master mental health challenges and reduce the negative impact these challenges can have on daily lives.</p> <p>FLYY's skill development and therapy services are geared towards providing young people experiential learning within their communities to improve their likelihood of success as they develop. FLYY also works with youth that are having troubles managing their emotions and behaviors by teaching them to understand and identify their triggers, manage their anger, stress, anxiety or sadness and by modeling healthy and appropriate behaviors. Additionally, FLYY staff also work with youth on developing and implementing new coping skills, emotional regulation, problem solving, social skills and distress tolerance. We specialize in working with youth and young adults who may not respond well to traditional therapeutic services.</p> <p>In addition to supporting youth and young adults of our community, FLYY also works with parents by offering various programs to support and teach as well as family therapy services and mediation.</p> <p>FLYY also provides service facilitation for youth and young adults who require specialized services within a strengths-based recovery model designed to support long-term success.</p>	

Foundations Counseling Center, Inc. (FCC)

**619 River Street
Belleville, WI 53508**

Telephone: 608-424-9100
Fax: 608-424-9099
Website: www.foundationscc.com

Services Provided:

- Individual Skill Development and Enhancement
- Individual and/or Family Psychoeducation
- Wellness Management and Recovery/Recovery Support Services
- Psychotherapy

Ages Served: 4-85+

Service Location: In office or community-based setting

Service Limitations: None listed

Service Description:

Foundations Counseling Center provides intensive in-home mental health therapy services and therapeutic mentoring for children and adults. We are a trauma informed agency with therapists trained in Trauma Focused-Cognitive Behavioral Therapy (TF-CBT), Child Parent Psychotherapy (CPP), and EMDR. We specialize in serving youth and their families as well as older or disabled adults in their home environment. We also provide traditional outpatient therapy in our Belleville office.

Geraldine Veneman, LLC

**313 Price Place #9
Madison, WI 53705**

Telephone: 608-219-2949

Fax: N/A

Website: www.venemancounseling.com

Services Provided:

- Individual Skill Development and Enhancement
- Individual and/or Family Psychoeducation
- Psychotherapy

Ages Served: 4-85+

Service Location: In office or community-based setting

Service Limitations: None listed

Bilingual Services Available in: Dutch and German

Service Description:

Geraldine Veneman is a Licensed Clinical Social Worker and has extensive experience working in the Mental Health field with a variety of Mental Health Disorders, including gender confusion, depression and anxiety, grief, Play-therapy and works with children, teens, couples and families. Geraldine promotes self-care and mindfulness and uses a variety of therapeutic strategies to help a client reach their goal(s). She is an expert on recognizing and helping change communication patterns. In addition to providing individual and group therapy, she also runs a Postpartum Depression Group for women. Same week appointments available.

Ginko Counseling Services, LLC

2453 Atwood Avenue, Suite 105 Madison, WI 53704	Telephone: 608-658-3872 Fax: 608-256-5116 Website: N/A
Services Provided: <ul style="list-style-type: none">• Psychotherapy	Ages Served: 4-74 Service Location: In office or community-base setting Other Location: 401 Wisconsin Avenue, Madison Service Limitations: None listed
Service Description: <p>I provide effective counseling for individuals (adults, youth & children) and families (in-home is available), ages 5-75 with any mental health challenges. I enjoy working with people of diverse backgrounds and stories and see every client as a mosaic (not just a diagnosis). We work together to put the pieces together to understand the unique work of art that is you and your life and find a way forward. I'm certified in DBT, and practice CBT, expressive, play, narrative and other modalities to suit people's needs. Call to set up a consultation to see if we are a match to help you and/ or your loved ones on a healing path.</p>	

Greater Potential LLC

999 Fourier Drive #301 Madison, WI 53717	Telephone: 608-799-2573 Fax: N/A Website: www.greaterpotentialtesting.com
Services Provided: <ul style="list-style-type: none">• Diagnostic Evaluations	Ages Served: 4-49 Service Location: In office Service Limitations: No substance use evaluations
Service Description: <p>Diagnostic assessments, evaluating cognitive and academic strengths & weaknesses to ensure client is receiving the most appropriate supports and services. I offer the following: ability/cognitive tests, achievement/academic tests, executive function tests, memory tests, speech/language tests, other neuropsych tests, behavioral/emotional questionnaires, and personality functioning test. More tests to be added over time, as needed. Clients and their families can be seen for comprehensive evaluations to clarify diagnoses, as well as strengths and weaknesses measured by the tests listed above.</p>	

Greenroot Yoga, LLC

PO Box 14011 Madison, WI 53708	Telephone: 608-335-7163 Fax: N/A Website: www.clarenorelle.com
Services Provided: <ul style="list-style-type: none">• Individual Skill Development and Enhancement• Individual and/or Family Psychoeducation• Wellness Management and Recovery/Recovery Support Services	Ages Served: 4-85+ Service Location: In office or community-based setting Office Location: 1 Judy Circle, Madison Service Limitations: May prefer not to work with sex offenders at this time. Bilingual Services Available in: Spanish
Service Description: <p>—Gentle, trauma-informed varieties of hatha, flow, yin yoga, and chair yoga, designed to nourish mental and emotional well-being in people of all ages. Individual and small group yoga sessions provide support and symptom relief for people who experience anxiety, depression, grief, insomnia, or other kinds of emotional distress.</p> <p>—Presentations and psychoeducation about complex trauma and body-centered healing, for groups, families, and individuals of various ages.</p> <p>—Trauma Center Trauma Sensitive Yoga (TCTSY), a gentle adjunct treatment for complex or relational trauma caused by chronic or overwhelming neglect, maltreatment, abuse, sexual assault, systems of oppression, or other human violence. TCTSY is based on an accessible form of hatha yoga which has been specifically developed at the Trauma Center of BrooklineMA to focus on alleviating and healing symptoms of complex trauma through practices of invitation, choice, creating rhythms, and mindful body awareness (interoception). TCTSY invites people who are living with trauma to work at their own pace as they explore releasing tension, strengthening a sense of efficacy, expanding their window of tolerance for physical and emotional sensations, befriending their own bodies, and learning to live more often in the present moment rather than in the traumatizing past.</p>	

Hancock Center for Dance/Movement Therapy, Inc.

16 North Hancock Street Madison, WI 53703	Telephone: 608-251-0908 Fax: 608-251-0939 Website: www.hancockcenter.net
Services Provided: <ul style="list-style-type: none">• Individual Skill Development and Enhancement• Individual and/or Family Psychoeducation• Psychotherapy	Ages Served: Birth-85+ Service Location: In office or community-based setting Service Limitations: No bi-lingual staff available. No 24-hour phone or crisis services available.
Service Description: <p>Dance/Movement Therapy (DMT) is psychotherapy grounded in the mind-body connection and the power of movement as communication. Dance/Movement Therapy (DMT) works with the whole person integrating movement, creative process, and verbal communication. It has potential to access emotions and issues that may be inaccessible in verbal therapy. It is an effective treatment for people with psychological, social, development, neurological, and physical challenges.</p>	

HealthyMinds, LLC (HM)

6510 Grand Teton Plaza, Suite 402 Madison, WI 53719	Telephone: 608-239-8807 Fax: 608-841-1200 Website: www.healthymindsllc.com
Services Provided: <ul style="list-style-type: none">• SERVICE FACILITATION (assessment/planning)• Diagnostic Evaluations• Medication Management (non-prescriber)• Physical Health Monitoring• Individual Skill Development and Enhancement• Employment Related Skill Development• Individual and/or Family Psychoeducation• Wellness Management and Recovery/Recovery Support Services• Psychotherapy• Substance Abuse Treatment	Ages Served: 4-85+ Service Location: In office or community-based setting Service Limitations: None listed Bilingual Services Available in: Hmong
Service Description: <p>HealthyMinds is a culturally affirming outpatient mental health clinic who base our success on our client's long-term good health. We have extensive experience with the LGBTQ population and specific experience working with gender transitioning individuals. We believe in personalized care based on client's mental health concerns and offer a wide array of psychosocial rehabilitation services to clients across the lifespan who have needs for ongoing, high or low-intensity services resulting from mental health or substance use disorders. The services and supportive activities we provide to CCS clients with mental health and/or substance use conditions allow them to achieve their highest possible level of independent functioning, stability, independence, and to facilitate recovery.</p> <p>Specializations: Behavioral Health, Individual Psychotherapy, Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Interpersonal Therapy (ITP), Acceptance and Commitment Therapy (ACT), Group Psychotherapy, Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Acceptance and Commitment Therapy (ACT), Addiction (Substance Use Disorder), Supporting parents and children through the facilitation of Nurtured Heart Approach® groups and home visits, Marriage and Family Therapy, Trauma Informed Therapy, Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Acute Trauma Intervention Protocols (ATIP), Eye Movement Desensitization and Reprocessing (EMDR), Child and Adolescent mental Health, Mental Health Counseling, Psychological First Aid, Critical Incident Stress Management, Eye Movement Desensitization and Reprocessing (EMDR).</p> <p>Conditions Treated: Trauma, Crisis, Suicide Prevention, Substance Abuse, Victim Assistance, Sexual Abuse, Anxiety, Depression, Grief and Loss, Sports Psychology, Eating Disorders, Financial Discords, Life Transitions, Gender Transitioning.</p>	

Heartland Health Outreach (HHO)

**4750 N. Sheridan Road, Suite 500
Chicago, IL 60640**

Telephone: 608-224-9838
Fax: 608-205-5606
Website: www.heartlandhealthoutreach.org

Services Provided:

- SERVICE FACILITATION (assessment/planning)
- Medication Management (non-prescriber)
- Physical Health Monitoring
- Individual Skill Development and Enhancement
- Employment Related Skill Development
- Individual and/or Family Psychoeducation
- Wellness Management and Recovery/Recovery Support Services
- Psychotherapy
- Substance Abuse Treatment

Ages Served: 18-85+

Service Location: In office or community-based setting

Office Location:
715 Rethke Ave. Madison, WI

Service Limitations: None listed

Service Description:

Rethke Terrace is a 60-unit residential supportive permanent housing program that serves single adults (veterans and chronically homeless). Supportive services are provided by Heartland Health Outreach and are designed for current residents of the building. Program staff will be available on-site six days a week (Monday – Saturday). Rethke Terrace offers residents an independent, safe environment with on-site supportive services designed to assist residents in achieving long-term housing stability and to promote personal growth and well-being. Individual and group services that will be provided are: Linkage to psychiatric care, Linkage to primary care , On-site representative ,payee services,, Substance use services, Life skills groups , Financial literacy , Counseling/Therapy, Linkage and assistance with completing benefits applications, Linkage and assistance with employment and vocational services, Advocacy, Linkage to other services as needed.

Horizon High School of Madison, Inc. (HHS)

<p>5003 University Avenue, Suite 185 Madison, WI 53705</p>	<p>Telephone: 608-442-0935 Fax: 608-442-0935 Website: www.horizonhs.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> • Medication Management (non-prescriber) • Physical Health Monitoring • Individual Skill Development and Enhancement • Employment Related Skill Development • Individual and/or Family Psychoeducation • Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 13-21</p> <p>Service Location: In office or community-based setting Other Location: Princeton Club 8080 Watts Road, Madison</p> <p>Service Limitations: We do not have wheel chair access</p>
<p>Service Description:</p> <p>Horizon High School is a recovery high school. This means our environment and curriculum are structured to provide a safe and sober learning atmosphere for students in recovery from drug or alcohol abuse. The classroom setting is small, in order to promote an individualized curriculum and to allow for students' needs. Horizon High School's guideline for enrollment is to maintain a staff to student ratio of five to one. Our student population varies and is usually between 6-14 students. Although the program is targeted at teens in recovery, anyone that needs an alternative to a traditional high school setting is welcome. Horizon does NOT limit enrollment only to students in recovery. To maintain an engaging and educational atmosphere, Horizon High School incorporates guest speakers, life skills education, physical education and field trips. Generally, an outing is planned every week to engage students in their community. Students are encouraged to participate in a variety of activities, both at school and after school, in order to help them maintain recovery and develop into well-rounded community members. Since Horizon's creation, over 80 young people have attended. Today many of these former students are enrolled in colleges and universities, in the military, or working as contributing member of our community. The mission of Horizon High School is to provide a school that fosters emotional, social and academic growth for students who want to learn in an alcohol-free, drug-free environment. Students will actively assume responsibility.</p>	

Housing Initiatives, Inc. (HII)

**1110 Ruskin Street
Madison, WI 53704**

Telephone: 608-277-8330
Fax: 608-277-1726
Website: www.housinginitiatives.org

Services Provided:

- Medication Management
- Physical Health Monitoring
- Individual Skill Development and Enhancement
- Employment Related Skill Development
- Individual and/or Family Psychoeducation
- Wellness Management and Recovery/Recovery Support Services

Ages Served: Birth-85+

Service Location: In office or community-based setting

Other Location:
2502 Calypso Street #2, Madison

Service Limitations: HHI serves clients who have been identified as chronically homeless and prioritized at the top of the Dane County Service Prioritizations list. In addition, HII serves only clients with a diagnosed severe mental illness. The CCS provider would offer services only to clients of HII.

Bilingual Services Available in: Spanish

Service Description:

The mental health provider will offer an array of recovery-based services to Housing Initiatives clients, including wellness management and recovery, physical health and med monitoring, individual and family psychoeducation, and individual skill development and enhancement as needed.

Imagine A Child's Capacity, LLC (ICC)

**128 E. Olin Avenue, Suite 201
Madison, WI 53713**

Telephone: 608-316-1149

Fax: 608-252-1333

Website: www.icc-wi.org

Services Provided:

- Diagnostic Evaluations
- Individual Skill Development and Enhancement
- Employment Related Skill Development
- Individual and/or Family Psychoeducation
- Wellness Management and Recovery/Recovery Support Services
- Psychotherapy

Ages Served: 4-64

Service Location: In office and community-based setting

Service Limitations: None listed

Service Description:

We provide family-focused, solutions-based, multi-disciplinary approaches to each individual client. Our goal is to help individuals who struggle with social, emotional, cognitive, or physical development that inhibits their ability to meet their full potential. Our services address: learning communication, anger-management, building relationships, daily living skills, movement, and regulation. We have expertise in treating ADHD, CP, Autism, Anxiety, Sensory Disorders, and Trauma.

Insight Counseling & Wellness, LLC

**2021 Atwood Avenue
Madison, WI 53704**

Telephone: 608-244-4859

Fax: 608-244-6809

Website: www.insightmadison.com

Services Provided:

- SERVICE FACILITATION (assessment/planning)
- Diagnostic Evaluations
- Physical Health Monitoring
- Individual Skill Development and Enhancement
- Individual and/or Family Psychoeducation
- Wellness Management and Recovery/Recovery Support Services
- Psychotherapy
- Substance Abuse Treatment

Ages Served: 4-84

Service Location: In office and community-based setting

Service Limitations: None listed

Service Description:

At Insight, we offer holistic interventions, which means that we consider wellness of each person's mind, body and spirit. We offer individualized attention and cater our services to the unique need of each person. We are skilled in employing body-centered therapies when appropriate, such as dance/movement therapy, somatic-expressive therapy and yoga therapy. We are also versed in mindfulness meditation and EMDR (eye movement desensitization and reprocessing). Our therapists are master's and doctoral-level professionals in either counseling or marriage and family therapy.

Our office is wheelchair accessible.

Jason C. Smith MA LMFT LLC

**111 South 1st Street #160
Madison, WI 53704**

Telephone: 608-977-1864
Fax: 608-255-2752
Website: N/A

Services Provided:

- Individual Skill Development and Enhancement
- Individual and/or Family Psychoeducation
- Psychotherapy

Ages Served: 4-79

Service Location: In office and community-based setting

Service Limitations: Female ages served: 4-17 years old

Service Description:

My vision is to provide culturally inclusive, client-centered, and wellness-focused services that promote an individual's social-emotional wellbeing, life balance and prevent or decrease mental health symptoms. I do this by deeply understanding and utilizing evidence-based strategies, acknowledging that you are the expert of your own life and that healing looks and feels differently for everyone. I have extensive experience working with children, adolescents, families and adults struggling with a variety of concerns including Anxiety, Depression, Disruptive behaviors, Trauma, Grief/Loss, Anger and adjusting to life changes. The treatment methods I use is tailored to the individual's wants and needs and can consist of a variety of approaches such as CBT, Solution-focused, Narrative, Motivational Interviewing, Mindfulness or Existentialist practices. I hold traditional office hours and also am available to work in the community if transportation is a barrier.

Journey Mental Health Center (JMHC)

<p>49 Kessel Court Madison, WI 53711</p>	<p>Telephone: 608-280-2700 Fax: 608-280-2707 Website: www.journeymhc.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> • SERVICE FACILITATION (assessment/planning) • Diagnostic Evaluations • Medication Management (prescriber and non-prescriber) • Physical Health Monitoring • Peer Support • Individual Skill Development and Enhancement • Employment Related Skill Development • Individual and/or Family Psychoeducation • Wellness Management and Recovery/Recovery Support Services • Psychotherapy • Substance Abuse Treatment 	<p>Ages Served: Birth-85+</p> <p>Service Location: In office or community-based setting We have 3 office locations throughout Madison:</p> <ul style="list-style-type: none"> • JMHC East- 1320 Mendota Street • JMHC Woods End- 25 Kessel Court • Yahara House- 802 E. Gorham Street <p>Service Limitations: We do not service individuals with advanced dementia. We work with many consumers who are registered on the Wisconsin Sexual Offender Registry but we do not provide sexual offender treatment.</p> <p>Bilingual Services Available in: Spanish and Hmong</p>
<p>Service Description:</p> <p>Journey's mission statement is: Improving people's lives by pioneering and sustaining effective mental health and substance use disorder services. We "share the path from hope to recovery" with you. We start with a shared hope and work with you toward your recovery goals.</p> <p>Journey to Health and Wellness (JHW) recognizes that there is an increased risk of health conditions with ongoing mental health and/or substance use symptoms. This happens for a host of reasons. JHW's goal is to support you in being healthy and choosing healthy behaviors so you are able to live and a long and healthy life. JHW provides group services that focus on a number of things including smoking reduction, healthy eating, exercise and management of diabetes. JHW also offers individual skill development and physical health monitoring that can be tailored to your needs.</p> <p>Journey's Outpatient Services offers an array of treatment modalities for psychotherapy in both group and individual settings, including: Cognitive Behavioral Therapy, Eye Movement Desensitization and Reprocessing, Seeking Safety, Dialectical Behavior Therapy Groups, Adults and Children Together, Child Parent Psychotherapy, Trauma Focused CBT, substance use treatment, and specialized treatment for trauma. This program also offers psychiatry/medication management. Psychotherapy and psychiatry are only available for consumers also receiving service facilitation at Journey.</p>	

Justin Woodward Counseling, LLC

618 S. Park Street, Suite C Madison, WI 53715	Telephone: 608-213-0673 Fax: 608-283-9336 Website: www.justinwoodwardcounseling.com
Services Provided: <ul style="list-style-type: none">• Individual Skill Development and Enhancement• Individual and/or Family Psychoeducation• Psychotherapy	Ages Served: 13-59 Service Location: In office Service Limitations: I typically do not serve young children (under 8) or individuals over the age of 60. This is generally due to goodness of fit. Individuals who have significant movement needs will likely not be able to manage in my current space, but I am adaptable and can take walks with individuals such as this as long as there is no flight risk. I typically do work with fairly complex cases, and so restrictions are mostly demographic. Behavioral concerns generally can be managed in office.
Service Description: <p>Justin Woodward provides family, individual and couples therapy in the Madison area. He has significant experience with individuals on the autism spectrum , adolescents, individuals and families who are experiencing challenges with transition into adulthood. He is a DBT informed therapist who provides services that support, structure and heal individuals, families, and couples with an intuitive creative process that is customized to the needs of each client who seeks his help, balanced with long terms vision and sustainability.</p>	

Juvenile Assessment and Treatment Center, LLC (JATC)

**2453 Atwood Avenue, Suite 102
Madison, WI 53704**

Telephone: 608-242-8780
Fax: 608-242-8780
Website: N/A

Services Provided:

- Diagnostic Evaluations
- Individual and/or Family Psychoeducation
- Psychotherapy

Ages Served: 4-21

Service Location: In office

Service Limitations: None listed

Service Description:

Juvenile Assessment and Treatment Center provides outpatient psychosexual assessments and individual family psychotherapy for juveniles and young adults with sexual acting out issues and their families.

Keeping Families Together, LLC

**5555 Odana Road, Suite 101
Madison, WI 53719**

Telephone: 608-515-2527

Fax: 608-709-1350

Website: N/A

Services Provided:

- SERVICE FACILITATION (assessment/planning)
- Medication Management
- Physical Health Monitoring
- Individual Skill Development and Enhancement
- Employment Related Skill Development
- Individual and/or Family Psychoeducation
- Wellness Management and Recovery/Recovery Support Services
- Psychotherapy
- Substance Abuse Treatment

Ages Served: 4-64

Service Location: In office or community-based setting

Service Limitations: None listed

Service Description:

Keeping Families Together, LLC provides a approach to dealing with individuals and/or families who suffer, from mental illness and/or dually diagnosed disorders. We believe in a holistic approach that addresses the consumers immediate needs and underlying problems. We welcome all individuals regardless of their race, gender, sexual orientation, and/or religious beliefs. Our mission is to provide comprehensive continuity of care to individuals seeking our services. Our staff consist of license substance professionals and mental health providers with over 20 years of experience working with vulnerable populations. We specialize with reducing the rates of recidivism amongst individuals who has been involved with the criminal justice system.

Kelly Toltzien LLC

**700 Rayovac Drive, Suite 320
Madison, WI 53711**

Telephone: 608-520-0846

Fax: N/A

Website: www.madisonarttherapy.com

Services Provided:

- Individual Skill Development and Enhancement
- Individual and/or Family Psychoeducation
- Psychotherapy

Ages Served: 4-79

Service Location: In office

Service Limitations: None listed

Service Description:

My main goal as a therapist is to support my clients on their journey to healing and wellness and empower them to make meaningful changes in their lives. I tailor sessions to each unique person and their individual needs while practicing from an Integrative approach. I strive to improve, enhance, and maintain the well-being of my clients through creative self-expression, mindfulness, and supportive counseling.

I specialize in Art Therapy, Medical Art Therapy, and Wellness Counseling; treating concerns such as: behavioral problems, adjustment disorders, anxiety, depression, acute and chronic stress, pain management, self-exploration, and other issues that may arise around illness, health concerns, and other life changes.

Kind Therapy, LLC

**700 Rayovac Drive, Suite 320
Madison, WI 53711**

Telephone: 608-886-9595
Fax: N/A
Website: www.kindtherapyllc.com

Services Provided:

- Diagnostic Evaluation
- Individual and/or Family Psychoeducation
- Psychotherapy
- Substance Abuse Treatment

Ages Served: Birth-17

Service Location: In office

Service Limitations: None listed

Service Description:

Kind Therapy specializes in providing individual and family counseling for children, adolescents, parents, and families using a strength-based approach that is grounded in family systems theory. Sara Kind, therapist, believes clients are the experts on themselves and have the inherent ability to change and grow. She will listen carefully to understand each client's unique situation and empower them to meet their goals.

Sara has experience supporting children and families to heal from trauma, strengthen parent-child attachment, resolve behavioral challenges, and work through periods of crisis. Therapeutic approaches may include: Trauma Focused Cognitive Behavioral Therapy (TFCBT), Cognitive Behavioral Therapy (CBT), Mindfulness based approaches, social skill training, parenting support, and Motivational Interviewing. Sara has national certificates in TFCBT and ACT Parenting.

Kind Therapy is LGBTQ affirmative, committed to providing trauma-informed care, and strives to approach all interactions with cultural humility.

Lutheran Social Services (LSS)

6314 Odana Road Madison, WI 53719	Telephone: 608-277-0610 Fax: 608-270-6651 Website: www.lsswis.org
Services Provided: <ul style="list-style-type: none">• SERVICE FACILITATION (assessment/planning)• Peer Support• Individual Skill Development and Enhancement• Individual and/or Family Psychoeducation• Wellness Management and Recovery/Recovery Support Services• Psychotherapy• Substance Abuse Treatment	Ages Served: 4-85+ Service Location: In office or community-based setting Service Limitations: None listed
Service Description: <p>LSS Mental Health and AODA services:</p> <ul style="list-style-type: none">• Serving children, adolescents, adults, couples, families, and individuals• Experienced with Mental Health issues including Depression, Anxiety, and Trauma• Integrated MH and AODA treatment <p>CCS Service Facilitation for children and adults:</p> <ul style="list-style-type: none">• Screening and Assessment• Service Planning• Service Facilitation	

Madison Psychiatric Associates, LTD (MPA)

**5534 Medical Circle
Madison, WI 53719**

Telephone: 608-274-0355
Fax: 608-274-1989
Website: www.madisonpsychiatricassociates.com

Services Provided:

- Diagnostic Evaluations
- Individual Skill Development and Enhancement
- Individual and/or Family Psychoeducation
- Wellness Management and Recovery/Recovery Support Services
- Psychotherapy

Ages Served: 4-64

Service Location: In office
There are 2 office locations:
5534 Medical Circle, Madison
2702 International Lane, Suite 207, Madison

Service Limitations: None listed

Service Description:

MPA is an outpatient mental health clinic with a fifty-year tradition of service to Madison and surrounding communities.

Chloe Perlis- Chloe is a Licensed Clinical Social Worker who assists children, adolescents, adults, couples, divorced/separated parents, and families with a variety of clinical issues. As a certified mediator, she has experience helping individuals and families effectively resolve conflicts. Her areas of specialty include, conflict resolution, custody and placement issues, parenting and co-parenting issues, blended family issues, adjustment issues, life transitions, depression/anxiety, stress management, and personal growth challenges. She also has experience assisting children and adults with emotional regulation, behavioral problems, attachment issues, and social skills. Her methodology varies, depending on the needs of the client. She utilizes cognitive behavioral therapy, narrative therapy, solution-focused therapy, insight-oriented therapy, family therapy and interpersonal therapy. Interdisciplinary collaboration with mental health professionals, medical providers, school personnel, and other collateral sources are an important part of her therapeutic process. She believes in providing clients with an informed, integrative, and holistic approach to optimize the therapeutic experience.

Madison Trauma Therapy, LLC (MTT)

**4785 Hayes Road, Suite 201
Madison, WI 53704**

Telephone: 608-509-9287
Fax: 608-630-8089
Website: www.madisontrauma.com

Services Provided:

- SERVICE FACILITATION (assessment/planning)
- Physical Health Monitoring
- Peer Support
- Individual Skill Development and Enhancement
- Individual and/or Family Psychoeducation
- Psychotherapy

Ages Served: 6-79

Service Location: In office or community-based setting

Service Limitations: None listed

Service Description:

At Madison Trauma Therapy (MTT) we empower people to develop their own recovery goals and choose the members of their recovery team. We are here to support and guide people on their journey toward recovery through:

- Spirituality – an important component to recovery for many people. We are competent in this area and comfortable engaging people of any faith background.
- Creativity
- “Color Group” – an art group using creativity as an avenue for healing and self-expression.
- Art Studio – use of many mediums, colors and materials to creatively reframe challenges.
- “Writer’s Guild” – a writing group focused on both healing and building on strengths.
- “Breaking Bread” – a nutritional group focused on eating healthy on a budget.
- Close collaboration – we keep communication open between clients and all members of their recovery team.
- Relaxation Room – use of Biomat for pain and stress management.
- Patience – Not our pace, your pace. This is your recovery.

One thing unique about MTT is that our staff is characterized by Christian beliefs that inform who we are as people and as helpers in our community. We come from a variety of faith backgrounds and denominations, and we desire to work together to make a positive impact on those around us. We welcome people of all beliefs and backgrounds and are highly respectful of each person’s individual story and what each person brings to the recovery process.

Maleck Therapy, LLC

**700 Rayovac Drive, Suite 320
Madison, WI 53719**

Telephone: 262-224-8799

Fax: N/A

Website: N/A

Services Provided:

- Diagnostic Evaluations
- Individual and/or Family Psychoeducation
- Psychotherapy

Ages Served: 4-85+

Service Location: In office

Service Limitations: None listed

Service Description:

Provides psychotherapy services to clients to identify problematic symptoms and interactional patterns and gain tools to better cope.

Mandala Therapy LLC

406 N. Pinckney Street Madison, WI 53703	Telephone: 608-255-8838 x 1 Fax: 608-255-8837 Website: N/A
Services Provided: <ul style="list-style-type: none">• Individual and/or Family Psychoeducation• Psychotherapy	Ages Served: 18-79 Service Location: In office Service Limitations: I do not see children or families, but will work with adults, couples, and adolescents.
Service Description: <p>Located in downtown Madison, Mandala Therapy LLC is an outpatient practice providing individual and couples therapy. Mandala Therapy specializes in trauma, grief, depression, anxiety, relationship issues, creative blocks, career challenges, life transitions, and personal growth. Treatment includes trauma-informed care, relationship-focused healing, crisis management, talk therapy, sand tray and work with the imagination (e.g., drawing, painting, journaling). Mandala Therapy promotes healing, resilience and the potential for growth.</p>	

Mary Williams LLC

700 Rayovac Drive, Suite 103 Madison, WI 53711	Telephone: 608-305-4325 Fax: N/A Website: www.madisonarttherapy.com
Services Provided: <ul style="list-style-type: none">• Individual Skill Development and Enhancement• Individual and/or Family Psychoeducation• Wellness Management and Recovery/Recovery Support Services• Psychotherapy	Ages Served: Birth-85+ Service Location: In office or community-based setting Service Limitations: None listed
Service Description: <p>My name is Mary Williams and I am both a registered art therapist and licensed professional counselor. In my therapy practice I aim to create a safe space that is free of judgment where you are able to express yourself and feel empowered. I treat individuals, couples, and families of all ages. I have experience with and truly enjoy working with people of different backgrounds and cultures.</p> <p>I am eclectic with my approach and I tailor it to each clients needs. I often use the creative arts and other experiential techniques, integrating mindfulness/grounding into the sessions as well. These techniques help to access the unconscious, challenge beliefs, express emotions, balance, transform and heal. My work is trauma informed, strength based, and collaborative. I am committed to meeting you where you are at and empowering you on your healing journey.</p> <p>I treat many conditions and issues including but not limited to: Chronic mental and/or physical illness, trauma, stress, anxiety, sexuality, identity, major life changes.</p>	

Mercyland Psychiatry, Inc.

**530 W. Main Street, Suite 5
Sun Prairie, WI 53590**

Telephone: 608-318-2233

Fax: 608-318-2234

Website: www.mercylandpsychiatry.com

Services Provided:

- Diagnostic Evaluations
- Medication Management
- Physical Health Monitoring
- Individual and/or Family Psychoeducation
- Substance Abuse Treatment

Ages Served: Birth-64

Service Location: In office

Service Limitations: None listed

Service Description:

Mercyland Psychiatry will provide a wide range of Mental/Behavioral Health Services, from evaluation to assessment, medication treatment and psychosocial intervention.

Moontree Psychotherapy Center

401 Wisconsin Avenue Madison, WI 53703	Telephone: 608-256-5115 Fax: 608-256-5116 Website: www.moontreecenter.com
Services Provided: <ul style="list-style-type: none">• Individual and/or Family Psychoeducation• Wellness Management and Recovery/Recovery Support Services• Psychotherapy• Substance Abuse Treatment	Ages Served: 4-84 Service Location: In office Service Limitations: Building is not wheelchair accessible
Service Description: <p>Moontree provides holistic services that are carefully individualized. Expanding strengths as well as eliminating problems is our goal.</p>	

Mosaic Consulting, LLC

6709 Raymond Road, Suite 203 Madison, WI 53719	Telephone: 608-960-8411 Fax: N/A Website: N/A
Services Provided: <ul style="list-style-type: none">• Individual Skill Development and Enhancement• Individual and/or Family Psychoeducation• Psychotherapy	Ages Served: Birth-85+ Service Location: In office Service Limitations: None listed
Service Description: <p>Veronica Ibarra is a Marriage and Family Therapist licensed by the Wisconsin Department of Safety and Professional Services. She earned a Master of Science Degree in Psychology, Marriage and Family and a Bachelor of Science in Psychology. Veronica provides psychotherapy to diverse clientele that include people from different racial, ethnic and economic backgrounds, LGBTQ, and immigrant communities. She specializes in providing psychotherapy for Latino Spanish language speakers in a culturally and linguistically appropriate manner.</p>	

Natures Ark Behavioral Health Services LLC

**2976 Triverton Pike Drive, Suite 110
Fitchburg, WI 53711**

Telephone: 608-405-5558

Fax: N/A

Website: N/A

Services Provided:

- SERVICE FACILITATION (assessment/planning)
- Medication Management
- Physical Health Monitoring
- Individual Skill Development and Enhancement
- Employment Related Skill Development
- Individual and/or Family Psychoeducation
- Wellness Management and Recovery/Recovery Support Services
- Psychotherapy
- Substance Abuse Treatment

Ages Served: 4-84

Service Location: In office or community-based setting

Service Limitations: Not capable to service those with sensitivity to essential oils and fragrances due to the agency being an essential oil-based office.

Service Description:

Natures Ark specializes in showing men, women, children, and adolescents how to experience total health by connecting mind, body and spirit. Natures Ark supports people in their desire to bridge the gap between where they are right now and where they want to be in the future, with support of therapy by interacting with nature. Natures Ark will implement several techniques to cultivate and inspire resilience in oneself. Nondiscrimination all are welcome.

New Growth Mental Health Counseling, LLC

**5900 Monona Drive, Suite 312
Monona, WI 53716**

Telephone: 800-571-8211

Fax: 608-299-3888

Website: www.newgrowthmentalhealthcounseling.com

Services Provided:

- Physical Health Monitoring
- Individual Skill Development and Enhancement
- Employment Related Skill Development
- Individual and/or Family Psychoeducation
- Wellness Management and Recovery/Recovery Support Services
- Psychotherapy
- Substance Abuse Treatment

Ages Served: 6-84

Service Location: In office and community-based setting

Service Limitations: None listed

Service Description:

New Growth Mental Health Counseling offers individuals, couples, adolescent and child and family counseling in an outpatient setting in Monona, WI. Areas of specialty include; substance use, dual diagnosis, coping skills, depression, domestic abuse, anxiety, self-harm, post-partum mood disorders, anger management, trauma/PTSD, life transitions (new job, loss of loved one, relocation, unemployment, engagement, unemployment, pregnancy, finances, etc.), relationships (divorce, couples, parent-child, family dynamics, parenting), mindfulness, communication, personality disorder, obsessive compulsive disorders, boundaries, bipolar, brainspotting.

Nicole Hemkes MD, LLC

3205 Glacier Ridge Road Middleton, WI 53562	Telephone: 407-353-8646 Fax: N/A Website: N/A
Services Provided: <ul style="list-style-type: none">• Medication Management (prescriber services)• Physical Health Monitoring	Ages Served: Birth-85+ Service Location: In office Service Limitations: None listed
Service Description: Medication Management in association with patients under some sort of therapeutic care. Also manage medications for patients and monitors symptoms or side effects.	

OBs Housing and Wellness LLC

1612 Loftsgordon Ave. Madison, WI 53704	Telephone: 608-381-0097 Fax: N/A Website: N/A
Services Provided: <ul style="list-style-type: none">• Individual Skill Development and Enhancement• Wellness Management and Recovery/Recovery Support Services	Ages Served: 18-74 Service Location: In office and community-based setting Service Limitations: Adults only
Service Description: <p>The primary services will be helping assist clients with mental illness, substance abuse or co-occurring disorders. Services will include nutritional-health education and individual skill building.</p>	

Off the Square Club (a division of LSS) (OTSC)

<p>4 N. Hancock Street Madison, WI 53703</p>	<p>Telephone: 608-251-6901 Fax: N/A Website: www.lsswis.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> • Peer Support • Individual Skill Development and Enhancement • Individual and/or Family Psychoeducation • Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 18-85+</p> <p>Service Location: 4 N. Hancock Street (in the basement of St. John's Lutheran Church)</p> <p>Service Limitations: You must be 18 years or older; must be a Dane County resident; and must have a primary diagnoses of a mental illness (Due to the structure and nature of our programing, individuals with diagnoses of autism, developmental disability, dementia or brain trauma will generally not be eligible for services)</p>
<p>Service Description:</p> <p>Off the Square Club (OTSC), founded in 1978, is a daytime drop-in resource for adults with mental illness. OTSC is a membership club, open to people with a mental health diagnosis. OTSC provides a safe haven for members during daytime hours and offers: a safe, respectful and welcoming environment; nutritious hot meals (twice a day); community resources counseling; crisis stabilization activities; emotional support; recovery support; and recreational, social and vocational opportunities.</p> <p>OTSC provides trauma informed, recovery-oriented, person-centered services and supports for adults living with mental illness. The goal of these services is to empower its members to take charge of their recovery; provide a safe place for members to develop social skills and become active members of the Madison community and facilitate access to community resources which support members in their recovery journey.</p> <p>Many of our staff are state-certified Peer Specialists with lived experience in recovery from mental illness, and are committed to helping each person in their recovery journey. They will listen, provide support, and help empower members to find their own solutions and next steps. They know about resources and can help connect them with services provided in Dane County.</p> <p>Peer Support services can be provided in the community, outside of the club setting, if preferred. And one does not need to become a club member in order to receive these services.</p> <p>Other benefits include: free breakfast and lunch; access to telephones, computers, free clothing, and laundry facilities; social interaction, activities and connection; activities such as informal group discussions, art, crafts, pool, card playing, and mutual support groups.</p>	

Open Door Center for Change, LLC (ODCC)

**6502 Grand Teton Plaza, Suite 102
Madison, WI 53719**

Telephone: 608-827-7220
Fax: 608-827-7223
Website: www.opendoorcfc.com

Services Provided:

- Diagnostic Evaluations
- Individual Skill Development and Enhancement
- Individual and/or Family Psychoeducation
- Psychotherapy
- Substance Abuse Treatment

Ages Served: 4-84

Service Location: In office:

Other Location:

3324 Milwaukee Street, Suite 2C, Madison

Service Limitations: None listed

Bilingual Services Available in: Spanish

Service Description:

We provide a full service dialectical behavior therapy program to individuals as young as 13 years of age. The program includes: weekly skills training group (core mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance skills), weekly individual therapy, daily diary cards, 24/7 phone coaching and parent/caregiver involvement. This evidence based treatment serves clients who have demonstrated difficulty managing emotions, impulsive behaviors and suicidal thoughts. In addition to a comprehensive DBT program, we provide individual psychotherapy and substance abuse treatment in a way that values you, your experiences and makes you feel welcome. Bilingual (Spanish/English) psychotherapy is available.

Orchestra X

313 Price Place, Suite 111 Madison, WI 53705	Telephone: 608-333-2369 Fax: 608-440-2846 Website: N/A
Services Provided: <ul style="list-style-type: none">• SERVICE FACILITATION (assessment/planning)• Individual Skill Development and Enhancement• Employment Related Skill Development• Individual and/or Family Psychoeducation• Wellness Management and Recovery/Recovery Support Services• Psychotherapy• Substance Abuse Treatment	Ages Served: 4-85+ Service Location: In office or community-based setting Service Limitations: None listed
Service Description: <p>Orchestra X Mental Wellness provides a client-centered, solution-focused and supportive approach. With over 20 years of experience working with youth, adults and families; therapeutic goals focus on understanding, empowerment and recovery. Utilizing a person's innate creativity and discovering the inner-artist is foundational to healing. Community, In-home and on-site services.</p> <p>Techniques for recovery include:</p> <ul style="list-style-type: none">• Goal-oriented skill development to awaken inherent strength and talent.• HeartSound; listening and music activities to explore feelings and emotions.• Re-storying; conversation and writing activities to develop a loving empowering inner-voice.• Re-parenting; interrupting negative thought patterns to overcome developmental trauma.• Mentorship focus on respect, care and joining through listening, humor and talent discovery/development.	

Orion Family Services

<p>6333 Odana Road, Suite 20 Madison, WI 53719</p>	<p>Telephone: 608-270-2511 Fax: 608-270-0467 Website: www.orionfamilyservices.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> • SERVICE FACILITATION (assessment/planning) • Individual and/or Family Psychoeducation • Individual Skill Development and Enhancement • Psychotherapy 	<p>Ages Served: Birth-21</p> <p>Service Location: In office or community-based setting</p> <p>Service Limitations: We would be unwilling to serve consumers who present a safety threat to Orion Staff</p> <p>Bilingual Services Available in: Spanish</p>
<p>Service Description:</p> <p>Orion Family Services is a private, nonprofit organization which serves children, adolescents and families throughout Wisconsin. Orion's programs are dedicated to providing compassionate treatment services to troubled children and their families. Services include outpatient and in-home individual and family therapy to children, adolescents and families as well as a range of other critical outreach services.</p> <p>The Orion Intensive In-Home Family Therapy Program is designed for treatment of children and adolescents experiencing severe emotional, behavioral, and social difficulties within their home, school or community. Including families in treatment when working with children and adolescents is an approach that improves individual and family functioning. Although the identified client is the child or adolescent, the program's focus includes treatment that supports the family in resolving their difficulties. The philosophy of the program is that everyone in the family is responsible, but no one is to blame. Treatment emphasis is placed up on enhancing family strengths and supporting positive changes in the family system, in order to improve the overall functioning of the child. Therapists work with families to increase family cohesion and effective communication, and to create a supportive family environment where negative behaviors are reduced and positive behaviors increased. Parenting skills education is incorporated in treatment in either a formal curriculum-based approach (through out Parent Skill-Builder Program) or informally as needed. For families impacted by trauma, we help healing occur through the use of trauma-informed treatment approaches such as Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT). Orion has clinicians that have obtained advanced training in the utilization of this evidence-based and highly effective model for resolving trauma and reducing resultant emotional, behavioral, and interpersonal issues.</p>	

Partners In Care: S&N Helping Hands, LLC

345 W. Washington Avenue, Suite 301 Madison, WI 53703	Telephone: 608-467-9024 Fax: 608-467-9021 Website: www.partnersincaresnhelpinghands.com
Services Provided: <ul style="list-style-type: none">• Medication Management (non-prescriber)• Physical Health Monitoring• Individual Skill Development and Enhancement• Employment Related Skill Development• Individual and/or Family Psychoeducation	Ages Served: 4-69 Service Location: In office or community-based setting Service Limitations: None listed
Service Description: Partners In Care: S&N Helping Hands LLC serve clients of all ages. We serve a variety of clients such as those who have physical disabilities, developmental disabilities, mental illness and traumatic brain injuries. We meet the needs of clients through a fundamental approach. We offer exceptional therapeutic exercises that allow our clients to reconnect in their own extraordinary gift. As clients gain independence navigating through life; life changes occur that unseals a new life journey. Lastly, we provide a range of different services which include: therapy, coaching and application, mindfulness, and positive reinforcement.	

Rainbow Marifrog, LLC

2453 Atwood Avenue, Suite 104 Madison, WI 53704	Telephone: 608-520-6207 Fax: 608-646-7531 Website: www.rainbowmarifrog.com
Services Provided: <ul style="list-style-type: none">• Diagnostic Evaluations• Individual and/or Family Psychoeducation• Wellness Management and Recovery/Recovery Support Services• Psychotherapy• Substance Abuse Treatment	Ages Served: 4-54 Service Location: In office Service Limitations: None listed
Service Description: <p>Clients of all ages come to my work seeking healing from trauma or for support in navigating major life crises; for growth and guidance in facing addictions, relationship issues, depression/anxiety, or low self-esteem; and yet others are in the midst of a life transition and want support to build a foundation for the new life they are creating. I meet clients from a strength-based perspective and seek to provide an exceptional therapy experience that helps clients reconnect with their own extraordinary nature. As clients gain access to freedom and awareness, new possibilities emerge for themselves and how they approach life. I provide effective therapy and coaching that stems from a holistic lens integrating the physical, intellectual, emotional and spiritual life of my clients. My integral approach is rooted in various theories: humanistic, psychodynamic, object relations, attachment, and Solution-Focused. I use somatic therapy techniques, mindfulness, exposure therapy, sand tray therapy and other expressive therapies. I also share ideas based in transformative learning that can offer permanent shifts in perspective. With children and caregivers, I also use Developmental and Attachment Play Therapy (DAPT) and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), when appropriate.</p>	

<p>1334 Dewey Court Madison, WI 53703</p>	<p>Telephone: 608-250-6634 Fax: 608-250-6637 Website: www.risewisconsin.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> • SERVICE FACILITATION (assessment/planning) • Diagnostic Evaluations • Medication Management (non-prescriber) • Physical Health Monitoring • Peer Support • Individual Skill Development and Enhancement • Employment Related Skill Development • Individual and/or Family Psychoeducation • Wellness Management and Recovery/Recovery Support Services • Psychotherapy 	<p>Ages Served: 6-35</p> <p>Service Location: In office or community-based setting Other Location: 2120 Fordem Avenue, Madison</p> <p>Service Limitations: We do not currently have a psychiatrist on site, but we are well connected to psychiatrists in the community and are prepared to help link you with this service.</p>
<p>Service Description:</p> <p>At RISE, we specialize in transitions of all kinds, because change can be hard. We know that feeling overwhelmed and stressed can get in the way of living the life you want. We are here to support you in identifying and learning new skills. Youth, young adults and families are served with care and compassion.</p> <p>We walk with you in building your hopes and dreams, grounded in mental health and substance use recovery. You decide what services will help you reach your goals, and we will get you connected. You have many kinds of support to choose from. We are flexible and will meet you where it works best for you, and we provide a variety of services tailored to your wellness goals.</p> <p>With our service facilitation at RISE, you can access Individual Skills Development (ISD), individual and family psychoeducation, peer and parent support and vocational training. Through our team’s partnership with Chrysalis and the Department of Vocational Rehabilitation (DVR), we offer state-of-the-art employment support to help you reach your goals. Finding a therapist, securing stable housing, getting connected to a doctor, finding the right support at school, and figuring out benefits (SSDI, Section-8, food assistance) can all happen while you are with us.</p> <p>RISE values lived experience; our certified peer and parent peer specialists have experienced mental health/ substance use challenges or have parented children who have struggled. Because we have been in your shoes, we value your individual voice and choice in your own recovery journey and are able to walk along-side you.</p> <p>We look forward to meeting you!</p>	

RISE Youth & Family Services

8500 W. North Avenue Wauwatosa, WI 53226	Telephone: 414-252-5166 Fax: 414-755-1352 Website: www.riseyouthandfamily.com
Services Provided: <ul style="list-style-type: none">• Individual Skill Development and Enhancement• Employment Related Skill Development• Individual and/or Family Psychoeducation• Psychotherapy	Ages Served: 4-85+ Service Location: Community-based setting Service Limitations: None listed
Service Description: <p>Additional services provided at RISE Youth & Family Services include a group called ME First which focuses on assisting teens with developing and maintaining health relationships.</p>	

Roots Work, LLC

313 Price Place #212 Madison, WI 53705	Telephone: 608-886-7686 Fax: 860-201-8355 Website: www.rootsworktherapy.com
Services Provided: <ul style="list-style-type: none">• Diagnostic Evaluations• Individual Skill Development and Enhancement• Individual and/or Family Psychoeducation• Wellness Management and Recovery/Recovery Support Services• Psychotherapy	Ages Served: Birth-85+ Service Location: In office or community-based setting Service Limitations: www.rootsworktherapy.com
Service Description: <p>Roots Work Therapy's infant, early childhood and family mental health specialist works with infants, toddlers, young children and their families who have experienced trauma, are struggling with difficult behaviors or are in need of parenting and relationship support.</p> <p>Roots Work Therapy's individual adult therapists works with individuals struggling with depression, anxiety, eating disorders, and substance use disorders.</p> <p>Treatment approaches include: Cognitive Behavioral Therapy (CBT), Child Parent Psychotherapy (CPP), Dialectical Behavior Therapy (DBT), Motivational Interviewing, Solution-Focused Therapy, Mindfulness and trauma-focused interventions.</p>	

<p>2526 S. Stoughton Road Madison, WI 53713</p>	<p>Telephone: 608-514-1911 Fax: N.A Website: www.venuswashington.com</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> • Physical Health Monitoring • Individual Skill Development and Enhancement • Individual and/or Family Psychoeducation • Wellness Management and Recovery/Recovery Support Services 	<p>Ages Served: 4-85+</p> <p>Service Location: In office or community-based setting There are 4 other locations:</p> <ul style="list-style-type: none"> • Meridian- 2984 Triverton Pike, Madison • Badger Rock Neighborhood Center- 501 E. Badger Road, Madison • UW Partnership Office- 2312 S. Villager Mall, Madison • The Fit- 1709 Monroe Street, Madison <p>Service Limitations: None listed</p>
<p>Service Description: Help, assist and coach groups and individuals to taking action towards feeling empowered in their bodies, through physical movement, meditation practices and mindset discipline training, mindful eating, and behavior habit changes.</p>	

Samaritan Counseling Center of Southern Wisconsin

5900 Monona Drive, Suite 100 Monona, WI 53716	Telephone: 608-663-0763 Fax: 608-663-0765 Website: www.samaritancounselingcenterwi.org
Services Provided: <ul style="list-style-type: none">• Diagnostic Evaluations• Individual Skill Development and Enhancement• Employment Related Skill Development• Individual and/or Family Psychoeducation• Psychotherapy• Substance Abuse Treatment	Ages Served: 4-85+ Service Location: In office Service Limitations: None listed
Service Description: <p>At the Samaritan Counseling Center of Southern Wisconsin we welcome all clients with varying life circumstances and backgrounds. We believe in treating each individual with compassion and encouragement.</p> <p>Our therapists located at the Monona office strive to provide uplifting counseling to best fit the client's mental health and well-being needs. We also provide to clients, if they desire, a unique holistic approach that incorporates individual client's own spiritual beliefs into the therapy process.</p> <p>We have therapists that specialize in trauma work (including EMDR and Brainspotting therapy) as well as a wide range of experience in the following areas: Depression, Bipolar Disorder, OCD, ADD/ADHD, Grief, Anxiety, Dissociative Disorders, Post-Traumatic Stress Disorder (PTSD), Trauma Related Issues, Separation & Divorce Adjustment, Career Issues, Faith Issues, Divorce/Blended Family Issues, Chemical Dependency.</p>	

Sankofa Behavioral & Community Health

**1955 W. Boadway, Suite 105
Monona, WI 53713**

Telephone: 608-239-9589 or 608-285-9101

Fax: 608-819-4903

Website: www.sankofabch.org

Services Provided:

- SERVICE FACILITATION (assessment/planning)
- Diagnostic Evaluations
- Medication Management (non-prescriber)
- Physical Health Monitoring
- Individual Skill Development and Enhancement
- Employment Related Skill Development
- Individual and/or Family Psychoeducation
- Wellness Management and Recovery/Recovery Support Services
- Psychotherapy
- Substance Abuse Treatment

Ages Served: 4-69

Service Location: In office or community-based setting

Service Limitations: We do not provide detox services

Bilingual Services Available in: Hmong

Service Description:

Sankofa provides culturally-specific services focusing on historically underserved populations and low-income folks.

Schefft Behavioral Services, LLC

916 Edgewater Court Watertown, WI 53098	Telephone: 920-285-1045 Fax: N/A Website: N/A
Services Provided: <ul style="list-style-type: none">• Diagnostic Evaluations• Individual Skill Development and Enhancement• Individual and/or Family Psychoeducation• Wellness Management and Recovery/Recovery Support Services• Psychotherapy	Ages Served: 13-85+ Service Location: In office or community-based setting Service Limitations: None listed
Service Description: <p>Behavioral consultant specializing in promoting positive behavior supports to people for over 28 years. I serve children, adolescents and adults with various cognitive needs including Intellectual and Developmental Disabilities, Traumatic Brain Injury, Prader-Willi Syndrome and Dementia. I assess individuals and develop effective bio-psychosocial behavior support plans, ongoing monitoring of effectiveness, and provide training to staff. I also develop, implement, and monitor Plans of Correction to deficiencies in group homes following State Surveys.</p>	

Shariety Gibbs, LLC

440 N. Parker Drive Janesville, WI 53545	Telephone: 608-751-2700 Fax: 608-233-5893 Website: N/A
Services Provided: <ul style="list-style-type: none">• Individual Skill Development and Enhancement• Individual and/or Family Psychoeducation• Psychotherapy	Ages Served: 13-74 Service Location: In office or community-based setting Other Location: 702 N. Blackhawk Avenue #205, Madison Service Limitations: None listed
Service Description: Psychotherapy and psychosocial rehabilitation.	

SOAR Case Management Services, Inc.

<p>2132 Fordem Avenue Madison, WI 53704</p>	<p>Telephone: 608-287-0839 Fax: 608-287-0840 Website: www.soarcms.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> • SERVICE FACILITATION (assessment/planning) • Diagnostic Evaluations • Medication Management (prescriber) • Physical Health Monitoring • Peer Support • Individual Skill Development and Enhancement • Employment Related Skill Development • Individual and/or Family Psychoeducation • Wellness Management and Recovery/Recovery Support Services • Psychotherapy • Substance Abuse Treatment 	<p>Ages Served: 18-85+</p> <p>Service Location: In office or community-based setting</p> <p>Service Limitations: SOAR only provides substance abuse treatment to clients who are dually diagnosed with a mental health disorder.</p>
<p>Service Description:</p> <p>SOAR Case Management Services, Inc. is a consumer operated, non-profit, recovery-based provider of community mental health services. SOAR was founded in 1998 on the belief that mental health consumers can and will recover if they are given the tools to become self-sufficient and follow their hopes and dreams. SOAR's Mission is to assist consumers in developing their capabilities, talents and aspirations in a culturally competent, trauma-informed and recovery-oriented manner. The SOAR model of case management has always employed peer-support as a primary component of the service delivery continuum. Currently over 60% of SOAR staff identify as mental health consumers.</p> <p>SOAR Programs:</p> <p>Case Management- The goal of case management is to support consumers who have mental health and/or substance use concerns, who may also be connected with the criminal justice system, in working towards their recovery goals in the community. Case management support seeks to help divert consumers from utilizing hospitals or further involvement in the criminal justice system by providing sufficient, clinically appropriate support in areas including but not limited to crisis management, housing coordination/support, Social Security/Medicaid/Medicare benefit management, service coordination/referral, community advocacy, and physical and dental health care coordination/monitoring. SOAR offers both long and short term, as well as high and low intensity, case management support tailored to the specific, individual needs of each consumer.</p> <p>Psychiatry Clinic - SOAR offers psychiatric prescriber services to individuals in Madison and the surrounding Dane County area. Within the outpatient psychiatry clinic SOAR offers medication management, diagnostic evaluations, and psychotherapy. Additionally, clients have access to further RN services including lab monitoring and basic physical health monitoring.</p> <p>Recovery Dane- provides informatin and referral in the areas of psychiatric care, psychotherapy, and other mental health services. Additional Recovery Dane works to connect individuals to information about services/supports like medical care, dental care, Social Security benefits, legal services, food, clothing, and shelter services, child and family support/services, AODA treatment option, and a myriad of other services and support. Beyond information and referral Recovery Dane offers Peer Support Specialist services in both the one-on-one and group settings. Peer Support Specialists: offer one on one support to individuals managing mental health and substance use concerns and have the ability to lend unique insight and support while working with consumers on their recovery.</p>	

Soul Motivation, LLC

128 E. Olin Avenue, Suite 110 Madison, WI 53713	Telephone: 608-209-5512 or 608-209-5353 Fax: 608-268-0898 Website: www.soulmotivation.net
Services Provided: <ul style="list-style-type: none">• Medication Management (non-prescriber)• Physical Health Monitoring• Individual Skill Development and Enhancement• Employment Related Skill Development• Individual and/or Family Psychoeducation• Wellness Management and Recovery/Recovery Support Services	Ages Served: 4-85+ Service Location: In office or community-based setting Service Limitations: None listed
Service Description: <p>Soul Motivation's priority is to help you achieve the goals that meet your definitions of success. Our staff uses a strengths-based, trauma-informed approach with your values and aspirations as our guide. We believe everyone deserves to choose how they live. We will provide support to you on this journey as you learn positive and healthy ways to advocate for yourself and make positive life changes. Soul Motivation encourages involvement from family, friends, and other support systems you have in place and will connect you with beneficial resources and community supports. Soul Motivation provides in home meal preparation to ensure well-being and healthy eating habits to minimize health and weight concerns, directions for storing food for future consumption, and assistance with grocery lists to ensure adequate items are purchased for food preparations. Teaching and educating consumers the importance of healthy nutrition can optimize their living skills and minimize the mental health symptoms associated with unhealthy eating. Soul Motivation will provide items for storage (i.e. containers, freezer tape, non-smudge markers, etc.).</p>	

Stay Focused Counseling, LLC

**313 W. Beltline Hwy, Suite 185
Madison, WI 53713**

Telephone: 608-960-4726 or 608-444-8704

Fax: 608-729-3774

Website: www.stayfocusedcounseling.com

Services Provided:

- Medication Management (non-prescriber)
- Individual Skill Development and Enhancement
- Employment Related Skill Development
- Individual and/or Family Psychoeducation
- Wellness Management and Recovery/Recovery Support Services
- Psychotherapy

Ages Served: 13-85+

Service Location: In office or community-based setting

Service Limitations: None listed

Service Description:

Stay Focused Counseling LLC is designed to tap into various aspects of your life. We will focus on the areas that are causing you difficulty and have room for improvement.

Stay Focused on Healthy Relationships: This is geared toward domestic violence education. We will explore how you may be hurting others as well as how you may be abused and the steps you can take to make positive changes in your intimate relationships.

Stay Focused on Healthy Living: There are a variety of factors that contribute to your health and wellness. This includes nutrition, physical fitness, stress management, and building a winning self-image. We will find ways to address any anxiety or depression you may be experiencing so you can be more comfortable with your existence.

Stay Focused on Freedom: It takes just a moment of weakness to behave in a way that can result in a consequence which results in a period of confinement, such as jail or prison. We will analyze your thoughts, which, in turn, influence your feelings, that govern your behavior for which you need to take responsibility.

Stay Focused on Career Development: It is never too late to make positive strides in your life to become a better person and make positive contributions to society. We will build a winning resume and practice interviewing skills to help prepare you for the work arena. The goal is to find work that is meaningful and for which you are passionate.

Tellurian UCAN, Inc.

<p>5900 Monona Drive, Suite 300 Monona, WI 53716</p>	<p>Telephone: 608-663-2120 Fax: 608-222-6694 Website: www.tellurian.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> • SERVICE FACILITATION (assessment/planning) • Diagnostic Evaluations • Medication Management (prescriber and non-prescriber) • Physical Health Monitoring • Peer Support • Individual Skill Development and Enhancement • Employment Related Skill Development • Individual and/or Family Psychoeducation • Wellness Management and Recovery/Recovery Support Services • Psychotherapy • Substance Abuse Treatment 	<p>Ages Served: 18-85+</p> <p>Service Location: In office or community-based setting We have 3 Madison office locations:</p> <ul style="list-style-type: none"> • Outpatient Clinic & Housing Resources - 300 Femrite Dr. • Day Treatment- 2914 Industrial Dr. • Community Team- 1053 Williamson St. <p>Service Limitations: None listed</p>
<p>Service Description:</p> <p>Tellurian Community Intervention Team (CIT)- CIT service facilitators provide a multi-disciplinary approach to work with individuals on their identified goals at their pace. Services offered include: medication management, housing support and coordination, support with activities of daily living, budgeting support, and psychiatric care (if seen in our clinic).</p> <p>Tellurian Outpatient Clinic- Tellurian Outpatient Clinic provides a wide array of counseling and assessment services for individuals experiencing substance abuse, dependency, and mental health issue with a compassionate treatment approach. Individual, group, and/or family counseling are available.</p> <p>Tellurian Day Treatment Program- Tellurian Day Treatment Program is specifically designed for patients who have a supportive living environment but require more intensive treatment than traditional outpatient treatment programs offer. The program provides patients with an opportunity to practice recovery skills within the community and utilize peer and staff support to maintain sobriety. Daily group sessions are available to accommodate your schedule. All groups are conducted four hours per day, four days per week (Tue-Fri) along with one hour per week of one-on-one individual therapy (family counseling is available and recommended). The program is also an approved provider for the Dane County intoxicated driver program</p> <p>Tellurian Housing Resource Coordinator- The Tellurian Housing Resource Coordinator provides skill development, problem solving and resource education in the areas of securing and maintaining safe and affordable community housing. Services may include, but are not limited to: Education about housing resources that meet the member's needs-including Subsidized, Public Housing, Section 8 and Market Rate units; assist with placing calls to rental companies and rental agents to obtain information; assist members with completing housing applications; mentor and supervise writing appeal letters for denial of Subsidized/Public Housing; assist with skill acquisition for informal reviews for denial of Subsidized/Public Housing; and provide education about Energy Assistance, Eviction Prevention/Security Deposit monies as appropriate.</p>	

The Hmong Institute, Inc. (THI)

<p>5310 Arapahoe Lane Madison, WI 53704</p>	<p>Telephone: 608-628-3901 Fax: N/A Website: www.thehmonginstitute.org</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> • SERVICE FACILITATION (assessment/planning) • Diagnostic Evaluations • Medication Management • Physical Health Monitoring • Individual Skill Development and Enhancement • Employment Related Skill Development • Individual and/or Family Psychoeducation • Wellness Management and Recovery/Recovery Support Services • Psychotherapy • Substance Abuse Treatment 	<p>Ages Served: 4-85+</p> <p>Service Location: In office or community-based setting Service Location: 4402 Femrite Drive, Madison</p> <p>Service Limitations: None listed</p>
<p>Service Description: Provide culturally and linguistically responsive services to Southeast Asian clients. We provide nontraditional psychosocial rehabilitative services such as use of a shaman to perform spiritual ceremony to unite the body and soul to restore client's functional capabilities and increase community living ability as well as the ability to carry out activities associated with daily living. Service Facilitation activities that ensure the member receives: assessment services, service planning, service delivery, and supportive activities. Individual skill development and enhancement services for problem solving, decision-making, self-regulation, daily living skills related to personal care, household tasks, financial management, and connecting to community resources and services. Provide psychotherapy.</p>	

The Psychology Clinic, Inc. (TPC)

<p>310 N. Midvale Blvd., Suite 202 Madison, WI 53705</p>	<p>Telephone: 608-852-8585 Fax: 608-238-1929 Website: www.thepsychologyclinicinc.com</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> • SERVICE FACILITATION (assessment/planning) • Diagnostic Evaluations • Individual Skill Development and Enhancement • Individual and/or Family Psychoeducation • Wellness Management and Recovery/Recovery Support Services • Psychotherapy • Substance Abuse Treatment 	<p>Ages Served: 4-85+</p> <p>Service Location: In office or community-based setting Other Location: 5555 Odana Road, Suite 202, Madison</p> <p>Service Limitations: None listed</p>
<p>Service Description:</p> <p>The Psychology Clinic, Inc., is a multifaceted outpatient mental health clinic serving children, adolescents and adults. Our staff have extensive experience in crisis intervention services and we specialize in working with clients with complex mental health and situational needs. We have assembled a multidisciplinary team to provide a broad range of traditional and innovative professional services. We have developed an approach that is designed to be responsive to people's needs in a wide variety of circumstances.</p> <p>Trauma-Informed Personal Training and Wellness Services:</p> <p>Jessica Warpula Schultz, LMFT, CFT, SNS and Level 1 Sensorimotor Psychotherapist, treats mental health issues with exercise, nutritional guidance, and psychotherapy interventions. As a part of the The Psychology Clinic, Inc., Jessica Warpula Schultz designs custom wellness programs so that everyday people - people just like you- can experience happier and healthier lives. Jessica's approach to trauma-informed personal training is systemic; meaning she believes it's all connected. Your mental health state, physical health, home environment, social life, work, and current life stage influence on another. Services include a free fitness club membership, an individualized wellness program, safe and effective exercise programming, supportive and motivating exercise instruction, nutritional guidance, and more. She can formulate a program for you that will help you achieve your recovery plan goals.</p> <p>Services:</p> <ul style="list-style-type: none"> • Culturally-sensitive psychotherapy for individuals, couples, families and groups. We work with clients wherever it is most effective do so – in our office or in their homes. We encourage clients to take an active role in shaping their counseling treatment plans. • Service facilitation for children, adolescents and adults. We pride ourselves in providing responsive, compassionate and individualized case management services. • Diagnostic Evaluations performed in a thorough and timely manner. • Psychoeducation and individual skill development and enhancement services for children, adolescents and adults provided in setting designed to maximize effective learning for clients. • Substance abuse treatment for adolescents and adults. • Wellness management and recovery support services for clients of all ages. 	

The Rainbow Project, Inc. (TRP)

831 E. Washington Avenue Madison, WI 53703	Telephone: 608-255-7356 ext. 321 Fax: 608-255-0457 Website: www.therainbowproject.net
Services Provided: <ul style="list-style-type: none">• Diagnostic Evaluations• Individual Skill Development and Enhancement• Individual and/or Family Psychoeducation• Wellness Management and Recovery/Recovery Support Services• Psychotherapy	Ages Served: Birth-12 Service Location: In office or community-based setting Service Limitations: None listed
Service Description: <p>The Rainbow Project, Inc. is a private, non-profit organization, providing services to children (birth-12) and families experiencing stress related, but not limited to, the effects of:</p> <ul style="list-style-type: none">• Trauma (resulting from physical, sexual & emotional maltreatment, & other sources)• Neglect• Attachment Issues (parent/caregiver & child relationship)• Witness to Domestic Violence• And other biological & environmental stressors	

Thomas & Associates Services, LLC (TAS)

2976 Triverton Pike Drive, Suite 200 Fitchburg, WI 53711	Telephone: 608-283-9989 Fax: N/A Website: www.drgetmadison.com
Services Provided: <ul style="list-style-type: none">• SERVICE FACILITATION (assessment/planning)• Diagnostic Evaluations• Individual Skill Development and Enhancement• Employment Related Skill Development• Individual and/or Family Psychoeducation• Wellness Management and Recovery/Recovery Support Services• Psychotherapy• Substance Abuse Treatment	Ages Served: 13-79 Service Location: In office or community-based setting Other Location: 6501 Watts Road, Madison Service Limitations: None listed
Service Description: <p>Thomas and Associates Services LLC is committed to helping families and individuals build healthy and constructive lives. We believe support that is non-judgmental, sincere, and honest helps build a trusting relationship with clients. We believe that most clients have the capacity to re-direct their lives when helped to do so. We say to our clients that it is more important where they are going than where they have been.</p> <p>Individual Services: Psychotherapy, stress management, trauma treatment, domestic violence, behavior intervention, substance abuse treatment and education, relationship counseling, psychological evaluation, mental health assessments, problem solving decision making, employment readiness, and vocational counseling.</p> <p>Group Services: Prosocial/skills training, stress management, anger management, trauma treatment/evaluation, counsel with authority figures, moral development support and enhancement, problem/solving/decision making training.</p>	

Trinity Health and Behavioral Services, LLC

2984 Triverton Pike Drive, Suite 103 Fitchburg, WI 53711	Telephone: 414-975-7869 Fax: 608-467-2435 Website: N/A
Services Provided: <ul style="list-style-type: none">• Medication Management (non-prescriber)• Physical Health Monitoring• Peer Support• Individual Skill Development and Enhancement• Employment Related Skill Development• Individual and/or Family Psychoeducation• Wellness Management and Recovery/Recovery Support Services• Psychotherapy• Substance Abuse Treatment	Ages Served: Prenatal-64 Service Location: In office or community-based setting Other Location: 8383 Greenway Boulevard, Suite 600, Madison Service Limitations: None listed
Service Description: <p>Trinity Health and Behavioral Services LLC warmly welcomes all and provides services for children, adolescents, and adults. It is important to us to develop trusting and therapeutic relationships with clients. Our goal is to promote quality of life and teach skills to individuals impacted by mental health concerns to help them achieve their recovery goals.</p>	

Triquestrian, LLC

6514 Odana Road, Suite 10 Madison, WI 53719	Telephone: 608-400-3672 Fax: 608-422-4006 Website: www.triquestrian.com
Services Provided: <ul style="list-style-type: none">• SERVICE FACILITATION (assessment/planning)• Diagnostic Evaluations• Individual Skill Development and Enhancement• Individual and/or Family Psychoeducation• Wellness Management and Recovery/Recovery Support Services• Psychotherapy• Substance Abuse Treatment	Ages Served: 4-85+ Service Location: In office or community-based setting Farm Location: 996 Storytown Road, Brooklyn Service Limitations: None listed
Service Description: <p>Office Based Services: Triquestrian provides traditional office-based psychotherapy for adolescents and adults. Our skilled therapists work with a variety of mental health and substance use issues including but not limited to Anxiety, Depression, BiPolar Disorder, Eating Disorders, Substance Use Disorders, Borderline Personality Disorder, Gender Identity, and Trauma. We tailor our services to meet the needs of each person we are working with utilizing CBT, DBT, Motivational Interviewing, Somatic Experiences, and a variety of other approaches.</p> <p>Triquestrian also provides Service Facilitation services helping connect individuals with resources in the community. Our Service Facilitators will work directly with the individual to identify goals and develop plans that fit their needs to reach them.</p> <p>Equine Assisted Psychotherapy and Equine Assisted Learning Services:</p> <p>Triquestrian also provides Equine Assisted Psychotherapy and Equine Assisted Learning. Our mission is to provide the community with opportunities for growth and learning through the power of horses. We believe horses have the ability to help us experience and explore life from a unique perspective creating opportunities for growing, learning and healing.</p> <p>We provide services utilizing the EAGALA (Equine Assisted Growth and Learning Association) Model. No riding is involved and no horse experience is needed. Equine Assisted Psychotherapy provides and experiential learning opportunity for participants. Because of its experiential nature, it allows a different level of exploration and integration of mind, body, and spirit that is sometimes difficult to reach within traditional treatment settings. Equine Assisted Learning Services provide participants opportunities for problem solving, communication skill building, leadership training, and self-esteem building. All services can be uniquely tailored to meet the participants' goals.</p> <p>We will also be offering Trauma Focused - Equine Assisted Psychotherapy (TF-EAP) utilizing Natural Lifemanship planning in 2019. TF-EAP is based on the neuroscience of human and horse brain development, the impact of trauma, and the role of relationships in recovery and healing. It is principle based with a focus on assisting participants to create new neural pathways while learning regulation strategies in a trauma focused approach.</p>	

True Believers, LLC

8383 Greenway Cross, Suite 600 Middleton, WI 53562	Telephone: 608-826-7448 Fax: 608-467-2435 Website: N/A
Services Provided: <ul style="list-style-type: none">• SERVICE FACILITATION (assessment/planning)• Diagnostic Evaluations• Medication Management (non-prescriber)• Physical Health Monitoring• Peer Support• Individual Skill Development and Enhancement• Employment Related Skill Development• Individual and/or Family Psychoeducation• Wellness Management and Recovery/Recovery Support Services• Psychotherapy• Substance Abuse Treatment	Ages Served: 4-69 Service Location: In office or community-based setting Other Location: 2984 Triverton Pike Drive, Suite 103, Madison Service Limitations: None listed
Service Description: <p>True Believers, LLC is an agency that provides intensive case management and service facilitation to adults of all ages in Dane County. Our staff consists of licensed substance abuse and mental health providers with over 20 years experience providing case management and advocacy to consumers. We believe that our consumers have the right to be treated with the upmost dignity and respect in all aspects of their lives. Our belief system is to meet people where they are and help them improve optimum living and well-being. Our agency strives to meet our consumer hierarchy of needs by addressing issues that they face, such as housing, lack of employment, no insurance, lack of support, legal problems, unresolved health concerns, and many more.</p>	