



ALL SAINTS'

EPISCOPAL CHURCH & DAY SCHOOL

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Personal Counseling Resources Guide

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Finding Personal Counseling

There come times in our lives when personal, couples, or family counseling is a wise investment. The All Saints' Health Ministries Program has put this guide together to help you find the appropriate resources and we celebrate your interest in making a positive step toward greater wellness.

If You Have Non-Medicare Health Insurance

Most health insurance covers behavioral health care due to federal laws that require “mental health parity”, meaning mental health benefits are provided to the same degree that medical benefits are provided. If you have health insurance, your first step is to determine whether or not you have behavioral health coverage. If you do, you will have a co-pay, co-insurance, or both. This is much less expensive, however, than paying out of pocket for services, so you should check to see if you are covered.

You can do this by:

1. Looking at your benefits materials. The best document to review is your Summary Plan of Benefits. You are looking for “Mental Health” or “Behavioral Health” benefits information.
2. Call the number on the back of your insurance card and ask if you have coverage for counseling.

If you have coverage for counseling, you should find your provider directory, either on the internet or in the materials that were mailed to your home. The most accurate information will be on the internet as providers change frequently. To find your new counselor draw from your provider directory. These professionals will have a contract with your insurance and have signed an agreement to accept your insurance and charge pre-determined rates. Visits with these counselors will count toward your annual health insurance deductible and out of pocket maximum.

To find your directory you can:

1. Complete an internet search, i.e. “Cigna Arizona provider directory”. Be sure to mention the state as many insurers operate in multiple states.
2. Call your insurance company and asking for the web address of your directory.
3. Call your insurance company and ask them to mail you a copy.

If You Have Medicare

Medicare Part B helps cover counseling with the following types of mental health professionals.

- Psychiatrists or other physicians
- Clinical psychologists
- Clinical social workers
- Psychiatric nurse specialists or nurse practitioners
- Licensed alcohol and drug counselors

Providers must accept Medicare assignment and your usual deductibles and coinsurance may apply. Call Medicare to find contracted providers or try the Therapist Finder discussed in this handout. If you have a Medicare Advantage Plan, check your provider directory as noted above.

If You Are Uninsured

If you have no health insurance, or your health insurance does not include a mental health benefit, please see the list of community resources at the end of this handout. A number of local agencies provide counseling at a reduced fee, depending upon your ability to pay. Geographic locations, the wait until your first visit, and choice of therapists may vary.

Choosing a Therapist

Finding the right counselor is a process of finding someone who is a good fit; geographically, in personality and style, and in training orientation. Sometimes it takes a couple of tries to get it right, so please persist. Several tools are available to help you choose.

First, consider your needs and the training of the various people available to help you. Their credentials are a clue to their training and professional strengths. Common credentials include:

- **LPC, Licensed Professional Counselor**
An LPC has a Master's Degree in Counseling and completed training and internship hours in personal counseling. They are generally very well suited to meet personal counseling needs and will help you with relationships, anxiety and depression, personal coaching, life decision making, communication, etc.
- **LMFT, Licensed Marriage and Family Counselor**
An LMFT is focused on the marital and/or family unit, has training and internship hours in this area of concern, and is ideal if these relationships are your primary sources of stress. They function best when partners and/or children are willing to participate in visits. They tend to have Master's degrees in either counseling or marriage and family therapy.
- **LCSW, Licensed Clinical Social Worker**
An LCSW Has a Master's Degree in social work and extensive internship experience with a variety of special needs populations. They are often especially helpful when community resources are needed. Typical areas of expertise can include health and illness, aging, caregiving, special needs child rearing, and financial stress.
- **Ph.D.**
Most counseling professionals with a Ph.D. are psychologists. These professionals have a doctorate degree and tend to study brain function and structure during their training years. Internships may focus on personal counseling or other areas. They are especially well suited to assisting with smoking cessation, trauma recovery, weight management, and other problems that are addressed through therapies that impact brain functioning.
- **MD**
Most physicians working in mental health are psychiatrists. They tend to assess for and prescribe medications that improve emotional and cognitive functioning. Often a person seeing a psychiatrist for medication is also seeing a counseling professional.

Note: Psychiatric nurses provide counseling also. Advanced practice psychiatric nurses are trained at the Master's or Doctorate level, are certified by their national organization, and licensed by the state. They are either nurse practitioners or clinical nurse specialists and credentials vary.

In addition to understanding a therapist's background, use the internet to your advantage. You can often search for a specific name and find the counselor's website and client reviews. You can also search the database of the Arizona Board of Behavioral Health Examiners, or the Arizona Board of Medical Examiners, to screen for complaints. The Psychology Today Therapist Finder is an easy online tool to find counselors and can screen by insurance, zip code, issue, gender, language, and other criteria.

Arizona Board of Behavioral Health Examiners
<http://azbbhe.us/>
602-542-1882

Arizona Board of Medical Examiners
www.azmd.gov/
480-551-2700

Psychology Today Therapist Finder
<http://therapists.psychologytoday.com/rms/>

Reduced Cost Counseling Resources

Resource	Description
<p>Catholic Charities Community Services 602-285-1999 www.catholiccharitiesaz.com 4747 N. 7th Ave. Phoenix, AZ 85013</p>	<p>Offers a wide array of community services, including individual counseling on for a sliding scale fee, and free pregnancy counseling.</p>
<p>Centro de Amistad 480-839-2926</p>	<p>Provides low cost counseling (starting at \$35/hour; intake is \$60) in Mesa, Guadalupe, and Phoenix. No proof of citizenship required.</p>
<p>Centro de la Familia 623-247-0464</p>	<p>Outpatient behavioral health care including prescription of psychiatric medications. \$100/initial 2 hour visit, \$100/initial visit with prescribing NP; \$40/all subsequent visits. No proof of citizenship required.</p>
<p>Child Crisis Center Counseling Services 480-222-0194 www.childcrisis.org</p>	<p>Offers general mental health counseling to children ages birth to 18 years old for \$75/hour. Specializing in abuse, neglect, attachment, bonding, foster care, adoption, and birth to 5 years old.</p>
<p>Christian Counseling (Community Church of Joy) 623-561-0500 www.joyonline.org 21000 N. 75th Ave. Glendale, AZ 85308</p>	<p>Offers Christian based counseling for those presently experiencing challenges or crises in their lives. Also offers a variety of support groups.</p>
<p>Christy Center for Loss and Renewal 480-775-5200</p>	<p>Offers reduced fee counseling (donation suggested) based on ability to pay.</p>
<p>Deer Valley Counseling 602-750-8051 www.deerval.com</p>	<p>Individual counseling for \$40/session and group counseling for \$25/session. Locations in Phoenix, Mesa and Scottsdale.</p>
<p>Desert Vista Outpatient (at Maricopa Medical Center) 480-344-2000 www.mihs.org 2601 E. Roosevelt St. Phoenix, AZ 85008</p>	<p>Provides medication and counseling services for \$40/first visit, \$25/visit with medication, and \$10/visit without medication. Frequency of visits dependent on doctor recommendations. No insurance accepted. Provides up to 1 year of therapy.</p>
<p>Faith Counseling Center 480-951-5343 www.faithcounselingcenter.org</p>	<p>Provides spiritual counseling, guidance, and direction through individual pastoral counseling. Offers a reduced fee for services based on need. Also offers an anger management group.</p>
<p>Family Service Agency 602-264-9891 Phoenix www.fsaphoenix.org</p>	<p>Provides counseling and medication services for a sliding scale fee based on income. Also offers an array of family based services and groups. Locations in Mesa, Phoenix, and Metro areas.</p>
<p>Franciscan Renewal Center 480-948-7460 x133 www.thecasa.org</p>	<p>Personal counseling by licensed volunteer therapists. Free of charge with donation requested.</p>

<p>Give An Hour www.giveanhour.org</p>	<p>Offers free counseling for military personnel and their families affected by the current conflicts in Iraq and Afghanistan.</p>
<p>Goodworks Bible-based Counseling 480-821-1330 www.goodworkscounseling.com 2950 S. Alma School Rd. Mesa, AZ 85210</p>	<p>Offers Christian counseling at affordable rates.</p>
<p>John C. Lincoln Health Network Desert Mission 602-331-5792 http://www.jcl.com/content/desertmission/default.htm 9201 N. 5th St. Phoenix, AZ 85020</p>	<p>The Behavioral Health clinic offers limited sliding scale fee options. No proof of citizenship required for any of the programs.</p>
<p>La Fronterra/EMPACT - SPC 480-784-1500 (Crisis) www.empact-spc.com</p>	<p>Provides 24 hours a day/7 days a week crisis response for behavioral health crisis situations and a Sexual Assault hotline</p>
<p>New Horizons Counseling Service 623-939-6567 www.newhorizonscounselingservice.org 5062 W. 19th Ave., #102</p>	<p>Provides individual and family counseling and education services with sliding scale fee option. Services include general counseling, substance abuse treatment, domestic violence counseling, parenting education and skills training, anger management treatment, and sexual offender treatment.</p>
<p>Organization for Non-Violence Education 623-934-0696 www.oneincusa.org</p>	<p>Provides individual and group counseling for anger management and domestic violence for \$180/12 sessions, up to 52 weeks. Sessions are gender specific and court order approved. Men's groups are offered in the East Valley and Glendale, women's groups in Glendale.</p>
<p>Phoenix Christian Counseling Associates 602-548-8508 www.pcca-az.org 3101 W. Peoria Ave., #101 Phoenix, AZ 85029</p>	<p>Provides a full range of affordable, professional, Biblically-based counseling services. Offers reduced fee services based on income and has a "scholarship" assistance program. Also offers bilingual services.</p>
<p>Phoenix Interfaith Counseling 602-248-9247 Phoenix www.phx-interfaith.org</p>	<p>Individual counseling with possible sliding scale fee schedule (lowest amount is \$60/session). Locations in Phoenix, Mesa, and Scottsdale.</p>
<p>University of Phoenix Counseling Skills Center 480-557-2217 www.phoenix.edu 1625 W. Fountainhead Parkway Tempe, AZ</p>	<p>Offers free counseling services by Masters of Counseling students to the community.</p>
<p>Youth Evaluation and Treatment Valley Clinical Services 480-661-1075 http://www.youthetc.org/</p>	<p>Provides outpatient behavioral health services to include medication management with a sliding scale fee option. Multiple valley locations. No proof of citizenship required.</p>

Deciding to see a counselor is a big step and can be a little scary. But it means that you've gone from thinking about your problems to doing something about them, and that's a huge step in the direction of wellness. God is whispering to you that areas of your life need attention and change, and in wisdom you are listening to that voice. All Saints supports you as you take action that will bring you greater peace and fulfillment, and we encourage you to allow us to support you in this important time. Opportunities for prayer, learning, service, and connection are available to you, as is our clergy and pastoral care staff. Blessings on your journey.

