Community Mental Health Partners – THERAPY

Partner	Description	Ages		Locations	Types of Therapy	Insurances				Sliding Scale	Contact Information Use .BHIPREFERRAL smartphrase in Epic to collect patient info, then copy info into email and send to referral partner with "UChicago referral #encrypt" in subject line
		Child	Adult			Medicare	Medicaid	Private	UCHP Aetna		
Self Theory LLC	- **Group treating many conditions accepting all Medicaid plans** - Spanish available - All conditions except active psychosis - Focus on trauma-related disorders and mood disorders - Many modalities (e.g., DBT) - Groups for grief, parental support and education, youth and adult trauma, and LGBTQ affirming care; workshops for caregivers and for community support	6+	18+	Loop, Telehealth	Individual Group Family	Medicare Advantage (Carelon Health, Molina, Meridian)	Medicaid, all Medicaid Managed Care plans	BCBS PPO, Cigna, Humana, Magellan, TriCare, United		Y	Talk@selftheoryllc.com
Open Roads by A Safe Haven	- **Group focused on adolescents and young adults with Medicaid** - Anxiety, depression, bipolar, SUD, eating d/o, phobias, oppositional defiant d/o, intermittent explosive d/o - Many modalities (e.g., ACT, DBT)	6+	18-24	Loop, Telehealth	Individual Group Family		All Medicaid plans				info@openroadsbh.com
Chinese American Service League	- **Group specializing in Asian mental health** - **Adaptive behavioral services (ABS) for young children with autism or intellectual disability** - Mandarin, Cantonese available - All conditions except SUD, OCD - Many modalities (e.g., ACT, DBT, CPT, PE) - Support for Alzheimer's or dementia; family advocacy for domestic violence survivors	6+ therapy 0-6 ABS	18+	Chinatown, Telehealth	Individual Couples	Part B, Medicare Advantage PPO (Aetna, BCBS, United)	Medicaid, Aetna BH, BC Comm, CountyCare, Meridian, Molina, Wellcare	Ambetter, Aetna, BCBS, Carelon, Cigna, Evernorth, United, Tricare, TriWest	Y		behavioralhealth@casl.org
Infinity Counseling	- **Indiana-based group focused on school-aged children, offers in-home care** - Spanish available - All conditions expect phobias, psychosis - Many modalities (e.g., ACT, DBT, play therapy) - School support and IEPs; court-ordered assessments and supervision	2+	18+	Crown Point, Telehealth	Individual Group Family Couples		Medicaid (Indiana)	Ambetter, BCBS, Cigna, Optum		Y	Referrals@icandwc.com
Life Path Therapy	- **Group focused on collaborative, strengths-based approach** - Spanish available - All conditions except phobias - Specializes in minorities, LGBTQIA+, trauma, relationships, parenting, life transitions - Many modalities (e.g., DBT, EMDR, PE, CPT)	12+	18+	Loop, Telehealth	Individual Family Couples	Medicare*, Medicare Advantage (Aetna) *Only if patient has non-Medicaid secondary/ supplemental policy		Aetna (PPO, POS, HMO), BCBS PPO, BCBS Choice PPO, Blue Choice, Humana PPO, Optum, United	Y		Hello@lifepaththerapy.org
KP Counseling	- **Group w/ addiction medicine therapy** - Spanish available - All conditions except eating d/o - Specializes in executive functioning, suicidal ideation, chronic illness, adoption, women's health, cognitive impairment, personality disorders - Many modalities (e.g., CPT, DBT, EMDR, ERP, PST)	14+	18+	Uptown, Evanston, Rockford, Huntley, Telehealth	Individual Family Couples	Part B, Medicare Advantage (many plans)		Aetna, BCBS IL, Beacon, Humana Multiplan, Optum, Tricare West, United, & more	Y		rmh_uptownpsychinfo@optum.com
Chicago Counseling Services	- **Group specializing in young adults and people from diverse backgrounds** - Spanish available - Anxiety, ADHD, depression, PTSD, SUD, DV, sexuality, self-harm, foster care - Many modalities (e.g., DBT)	7+	18+	Hyde Park, Albany Park, Telehealth	Individual Family Couples Group			Aetna, BCBS, Blue Choice, Cigna, United, USHIP	Y		amartinez@chicagocounselingservices.com info@chicagocounselingservices.com
Lackey Counseling Group	- **Group focused on counseling and coaching for under-resourced individuals** - Anxiety, ADHD, depression, PTSD, mild SUD, autism, mild dev disability, personality d/o - Specializes in minorities, sports performance, life and career coaching - Many modalities (e.g., ACT, DBT, EMDR)	5+	18+	Evanston, Telehealth	Individual Family Couples		Medicaid, Ambetter, BC Comm, CountyCare, Magellan, Meridian, Molina	Aetna, BCBS, Blue Choice, Cigna, Humana, Optum, United, Triwest	Y		cheryl@lackeycounselinggroup.com
Trilogy Mental Wellbeing	- **Group that accepts Medicaid and Medicare, able to treat a wide range of patients** - Spanish available - All conditions, incl SUD, schizophrenia, personality d/o - Chatham integrated clinic with adult primary care, therapy, and psychiatry - Many modalities (e.g., DBT, EMDR); neuropsychological testing, intensive community outreach	6+	18+	Chatham*, Albany Park, Rogers Park, South Edgebrook, Telehealth *2+ month wait	Individual Group* Family** Couples *Chatham **Albany Pk	Part B, Medicare Advantage (Aetna, BCBS, Wellcare)	Medicaid, Aetna BH, BC Comm, CountyCare, Humana, Meridian, Molina, YouthCare, MMAI, Medicare/ Medicaid	BCBS PPO		Y	intake@trilogyinc.org
CTS Health	- **Mission-driven Medicaid-only practice** - Polish, Spanish available - Specializes in minorities, trauma, spirituality - All conditions except eating d/o, psychosis - Many modalities (e.g., ACT, DBT, PE, CPT, TI-CBT); case management, transportation, psychosocial rehab	5+	18+	Grand Blvd, Elmwood Pk, Logan Sq, Telehealth	Individual Family		All Medicaid plans			Y	lmartinez@ctshealth.org
Rula (50 states + Washington D.C.)	- **Large national telemental health group** - Many languages - All conditions, except psychosis, active suicidality, severe active bipolar or schizophrenia - AUD and SUD (no medication-assisted therapy) - Many modalities (e.g., CPT, DBT, EMDR, PCIT)	5+	18+	Telehealth	Individual Family Couples	IL*: Medicare FFS, Medicare Adv plans incl Aetna, Health Alliance, WellCare, Optum *will differ by state	Aetna BH	IL*: Aetna, Ambetter, Anthem, BCBS, Carelon, Cigna, Evry Health, Optum, United & more *will differ by state	Y		ucmreferrals@rula.com Online scheduling available: https://www.rula.com/uofchicago/
A True Space	- **Health psychologist-led group focused on empowering care for Black women** - Anxiety, ADHD, depression, PTSD, stress - Specializes in women's and maternal mental health, identity development, relationship and family stress - Many modalities (e.g., CPT, PE)	--	21-64	Olympia Fields, Telehealth	Individual Group Family Couples			Aetna, BCBS, Cigna	Y		Admin@atruespace.com
Uniquely You	- **Group specializing in affirming care for people with neurodivergence** - All conditions, incl neurodivergence, MCI, developmental disability, autism, immunocompromised, chronic pain	15 month+	18+	New Lenox, Telehealth	Individual Group Family Couples			Aetna, BCBS, Cigna, United	Y		welcome@uniquelyyou.email

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		Child	Adult			Medicare	Medicaid	Private	UCHP Aetna		
	- Many modalities (e.g., ACT, DBT, CPT, PE); neurofeedback, occupational therapy										
Meridian	- **Large group caring for common problems, specializing in treating health professionals** - Spanish available - Anxiety, ADHD, depression, PTSD, mild SUD - Many modalities (e.g., DBT, EMDR)	3+	18+	Streeterville, Evanston, Lake Forest, Oak Park, Oak Brook, Telehealth	Individual Family Couples			Aetna, BCBS, Blue Choice, United PPO	Y		Intake@meridianproviders.com 312-640-7743 Online scheduling: Meridianpsychiatricpartners.com
Ashé Counseling & Coaching	- **Group focused on accessible, inclusive, culturally competent care** - Spanish available - Many conditions incl anxiety, depression, ODD, PTSD, grief, relationships, peripartum - Many modalities (e.g., CPT, DBT, EMDR)	12+	18+	South Loop, Logan Sq, Telehealth	Individual Family Couples		Medicaid, Aetna BH, BC Comm, Meridian	Aetna, BCBS PPO, Cigna, United	Y	Y	intake@ashecc.com Online scheduling: https://ashecc.janeapp.com
Kathy Sexton-Radek, PhD	- **Individual sleep psychologist at Advent** - Many modalities (e.g., CBT-I, DBT, EMDR) - Psychoeducational and neuropsychological assessments, psychopharmacology	3+	18+	Telehealth	Individual	Part B, Medicare Advantage (BCBS, Humana)		Aetna, BCBS HMO, Cigna, Humana & more	Y		ksrsleep@aol.com After initial introduction, can call 630-789-9785 to schedule
Mobile Wellness	- **Telehealth group serving Illinois and Indiana, takes many Medicaid insurances** - Spanish available - Anxiety, ADHD, depression, PSTD, bipolar, schizoaffective - Many modalities (e.g., CPT, EMDR) - IN Medicaid: Caresource, Anthem HIP, Hoosier Healthwise, MHS	5+	18+	Telehealth (IL and IN)	Individual	Part B	IL*: Medicaid, Aetna BH, BC Comm, CountyCare, Molina, Meridian, MMAI, Medicare/ Medicaid *IN Medicaid in description	Anthem, Aetna, BCBS, Cigna, United	Y	Y	Info@mobilementalwellness.org
Geode Health	- **Large group with many in-person options** - Polish, Spanish, Urdu available - All conditions - Many modalities (e.g., CPT, DBT, EMDR, ERP)	5+ 7+ Joliet	18+	Hyde Park, Evergreen Pk, West Loop, Lakeview, Joliet, N/W/SW Suburbs, Telehealth	Individual Group Family Couples	Part B		Aetna, BCBS, Carelon, Cigna, Humana, Magellan, Optum, Tricare, United	Y		referrals@geodehealth.com Online scheduling: https://book.geodehealth.com/welcome?booker=uchicago
Centers for Cognitive Wellness	- **Group specializing in neuropsych issues** - ADHD, anxiety, depression, PTSD, dementia, MCI, stroke, TBI, epilepsy, MS, Parkinsons, chemo-brain, long COVID, caregiver stress - Many modalities (e.g., CPT, DBT) - Neuropsychological testing	--	17+	Loop, Telehealth	Individual	Part B		Aetna, BCBS PPO, Cigna, United	Y		info@cogwellness.com
Chicago Center for Growth & Change	- **Woman-led group of PhDs/PsyDs** - All conditions except autism, dementia, OCD - Many modalities (e.g., EMDR)	4+	18+	Loop, Telehealth	Individual Family Couples Group			BCBS, Blue Choice			info@chicagocenterforgrowth.com Online scheduling: www.zocdoc.com/practice/chicago-center-for-growth-and-change-ccgc-52373
Cityscape Counseling	- **Large group treating wide range of concerns** - All conditions except dementia - Many modalities (e.g., ACT, DBT, EMDR, ERP, RPDBT, IFS); attachment work, dance movement therapy, somatic therapy	12+	18+	Loop, Hinsdale, Telehealth	Individual Family Couples Group			Aetna, BCBS PPO, Blue Choice, Cigna, Optum, United	Y		intake@cityscapecounseling.com
Healing, Empowering & Learning Professionals (H.E.L.P.) LLC	- **Small group specializing in trauma and culturally responsive care for minorities** - Many conditions incl depression, anxiety, PTSD, ADHD, anger, relationships - Case management; court-ordered evaluations	15+	18+	Telehealth	Individual Family Couples		Medicaid, BC Comm, CountyCare, Meridian, Molina	Aetna, BCBS, Cigna, Evernorth, Optum, United	Y		referral@help-llc.org
Pillars of Wellness	- **Large Indiana-based practice with telehealth options for Illinois and Michigan** - All conditions except eating d/o, psychosis - Specializes in trauma, LGBTQIA+, minorities, faith-based care, family conflict, OCD, chronic illness - Many modalities (e.g., manualized CBT, TF-CBT for minors) - First appt always telehealth, unless using Medicare - SUD Treatment programs 1hr/week: SUD 12 weeks; individual and group DBT program 12 weeks, Mindfulness 8 weeks - Chronic illness program	7+	18+	Hobart, Merrillville, Schereville, Valparaiso, Telehealth (IL, IN, MI telehealth only)	Individual Family Couples* Group *Cash only	Medicare (plans vary)	Medicaid (Indiana only)	Aetna, Ambetter, Anthem BCBS, Cigna, Optum, United & more	Y		info@pillarsinspires.com Patients can use self-registration link: New Client Registration
Midwest Asian Health Association	- **Specializes in 1st gen Asian mental health** - Mandarin, Cantonese available - ADHD, anxiety, depression, SUD, OCD, grief - Community based resources and support	5+	18+	Chinatown, Telehealth	Individual Family Couples Group		Medicaid, BC Comm, CountyCare, IlliniCare, Meridian, Molina	Ambetter, BCBS, Cigna, United		Y	Intake@maha-us.org
Latinx Talk Therapy	- **Specializes in Latinx mental health** - Spanish available - All conditions except OCD, psychosis, phobias - Many modalities (e.g., EMDR)	4+	18+	Loop, Telehealth	Individual Family Couples Group			Aetna, Anthem, BCBS, Cigna, Humana, United *Self-pay accepted	Y	Y	info@latinxtalktherapy.com Patient self-scheduling link: https://latinxtalktherapy.com/book-now/
Mirjam Quinn and Associates	- **Group w/ neuropsych testing** - Greek, German, Spanish, Japanese available - All conditions except psychosis - Specializes in minorities, LGBTQIA+, trauma - Many modalities (e.g., CPT, EMDR, PCIT, PST, SPACE); neuropsychological testing	4+	18+	West Beverly, Telehealth	Individual Group Family Couples			Aetna, BCBS, United, Headway	Y		heather@mqatherapy.com
Claret Center	- **Specializes in holistic health and spirituality** - Anxiety, depression, trauma, relationships, spirituality, autism - Many modalities (e.g., CPT, DBT, Internal Family Systems)	--	18+	Hyde Park, Telehealth	Individual	Medicare		Aetna, BCBS, Cigna, United, USHIP	Y	Y	office@claretcenter.org 773-643-6259
Brightland Health	- **Therapy and psychiatry practice** - ADHD, anxiety, depression, bipolar, insomnia, OCD, PTSD, sports performance - Many modalities (e.g., CPT, DBT, PE)	--	18-50	Lakeview, Lincoln Park, Telehealth	Individual			Aetna, BCBS, Blue Choice, United PPO only for all	Y		312-796-7121

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Roamers Therapy	- **Specializes in minorities, LGBTQIA+, trauma, acculturation** - Mandarin, Spanish, Polish, Macedonian available - Anxiety, depression, SUD, PTSD, interpersonal, and more - Many modalities (e.g., DBT, ERP, EMDR), Grottman Method for couples therapy	5+	18-85	South Loop, Lakeview, Telehealth	Individual Family Couples			Aetna, BCBS PPO, Blue Choice, Cigna, United	Y		contact@roamerstherapy.com Online scheduling: https://roamerstherapy.com/referral-form/ Insurance info to be submitted through: https://roamerstherapy.com/insurance-form/
Nurture Therapy	- **Specializes in women's mental health including peripartum and menopause** - Spanish available - Many modalities (e.g., EMDR, ERP, IPT, Couples Support)	--	18+	Ravenswood, Loop, Telehealth (IL, IN, TN, NY, NJ, and CT)	Individual Couples Group			Aetna, BCBS, Blue Choice, United, USHIP			hello@nurture-therapy.com AND Intake@nurture-therapy.com Online referral handoff: https://www.nurture-therapy.com/provider-warm-handoff
Solutions Counseling and Consulting Group	- **Specializes in holistic care for minorities** - All conditions except psychosis - Many modalities (e.g., CPT, EMDR, PST, Trauma Based Intervention); pastoral counseling - Domestic violence support groups	9+	18+	Beverly, Telehealth	Individual Group Family Couples		Aetna BH, BC Comm, CountyCare, Molina, Meridian, WellCare MMAI	BCBS, Cigna, Magellan, Optum, Oxford, United, Tricare & more			SolutionsCCGroup@gmail.com
Clearwater Counseling Chicago	- **Group focused on inclusivity** - Anxiety, depression, PTSD - Many modalities (e.g., manualized CBT)	7+	18+	Gold Coast, Telehealth	Individual Family Couples		Aetna BH, BC Comm, Molina	Aetna, BCBS PPO, Cigna, Humana, United & more	Y	Y	matthew@clearwatercounselingchicago.com Online scheduling: clearwatercounselingchicago.clientsecure.me/request/clinician
TMH Behavioral Services	- **Black-owned practice** - All conditions except ADHD, eating d/o, SUD, psychosis, phobia - Specializes in trauma, seniors, community, parenting, teens	12+	18+	Bronzeville, Telehealth	Individual Family Couples	Part B	Medicaid, Aetna BH, BC Comm, CountyCare, Illinicare, Meridian, Molina, MMAI, Medicare/ Medicaid	BCBS PPO, Cigna PPO		Y	info@tmhbehavioralservices.com

*.BHIPREFERRAL smartphrase includes name, DOB, phone, email, insurance ID, full address, appointment availability, referral reason, preference for virtual/in-person care, and preference for therapist gender/race/ ethnicity/language