

# COMMUNITY ADVOCATES MENTAL HEALTH & WELLNESS RESOURCE GUIDE

For adults, families, teens &  
children in Milwaukee County

[ppi.communityadvocates.net](https://ppi.communityadvocates.net)

**BREATHE**



**YOU  
ARE  
NEVER  
ALONE**



**YOU GOT  
THIS**



**PUBLIC POLICY INSTITUTE**  
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# Community Advocates

## Mental Health & Wellness Resource Guide

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Disclaimer: Inclusion in this guide does not imply endorsement of programs, services, or providers by Community Advocates. Please do your research to find resources that are best for you and your family. If you have questions or would like to be included in this guide, contact us at <https://ppi.communityadvocates.net/who-we-are/contact.html>.

## Crisis Lines/Helplines

### **COPE Line**

262-377-2673

The COPE Line is an anonymous and confidential 24-hour supportive listening and crisis intervention line. Through the guidance of trained listeners, the COPE Line can provide you with emotional support and local resources to address any of your immediate or ongoing concerns.

### **HOPELINE**

Text HOME to 741741

<https://www.crisistextline.org/> or <https://www.crisistextline.org/es/>

Text **HOME** to **741741** from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

*Envía un mensaje de texto con la palabra AYUDA al **741741** para comunicarte de manera gratuita con un Consejero de Crisis. Apoyo gratuito las 24 horas del día, los 7 días de la semana, al alcance de tu mano.*

Priority Populations: Individuals seeking help with a crisis; services in English and Spanish

### **IMPACT**

Dial 2-1-1 or text your ZIP Code to TXT-211 [898-211]

6737 W. Washington St. #2225, Milwaukee

<https://www.impactinc.org/impact-211/>

IMPACT 2-1-1 is a central access point for people in need. During times of personal crisis or community disaster, the free, confidential helpline and online resource directory make it easy for residents to get connected to information and assistance to emergency shelter, community programs, and drug and alcohol treatment services.

For nearly 60 years, IMPACT has been providing free and confidential alcohol and drug consultation and referral services to help people who are concerned about themselves or a loved one. Because IMPACT does not provide treatment services, and is not affiliated with any health care provider, referrals are based solely on the needs of the individual.

IMPACT's website includes a Milwaukee County Safety Net Directory, and a Resource Directory with more than 7,000 community programs in English and Spanish.

Priority Populations: Low-income, vulnerable Milwaukee County residents needing help with basic needs; those seeking help with substance use disorders

### **Milwaukee County Behavioral Health Division**

24-Hour Crisis Line: 414-257-7222

9455 W Watertown Plank Rd., Wauwatosa

<https://county.milwaukee.gov/EN/DHHS/BHD>

If you have a person aged 18 or older in need of behavioral health or substance abuse help provided by the Milwaukee County DHHS Behavioral Health Division, you have two options:

- Call BHD's Community Access to Recovery Services (CARS) program at (414) 257-8085
- Fill out the referral form at <https://county.milwaukee.gov/ImageLibrary/Groups/cntyHHS/BHD/CARS/CARSReferralPacket1.pdf> and fax it to (414) 454-4242

All children's services at the Milwaukee County DHHS Behavioral Health Division are centered on our Wraparound Milwaukee program. Referrals to Wraparound Milwaukee are simple, and only have a single point of contact. All you have to do is call (414) 257-7607 and we can get the process started.

Additional locations:

- BHD Psychiatric Crisis Services (24/7 Emergency Room), 9455 W. Watertown Plank Rd., Wauwatosa
- MCFI Behavioral Health Crisis Resource Center, South Side, 2057 S. 14<sup>th</sup> St., Milwaukee; 414-643-8778; open 24/7
- MCFI Crisis Resource Center, North Side, 5409 W. Villard Ave., Milwaukee; 414-539-4024; open 24/7
- Access Clinic South, 1635 W. National Ave., Milwaukee; located within Sixteenth Street's National Avenue Clinic; 414-257-7900
- Access Clinic East, 201 W. Capitol Drive, Milwaukee; in partnership with Outreach Community Health Centers; 414-257-7665

### **Milwaukee Fire Department**

414-286-8948; Emergency Number: 911; Smoke Alarm Hotline: 414-286-8980

711 W. Wells St., Milwaukee

<https://city.milwaukee.gov/MFD>

The MFD provides a number of services to the community beyond responding to emergencies. Check their website for community outreach activities and educational opportunities. City of Milwaukee residents who are in need of a smoke alarm can call the Smoke Alarm Hotline. Fire department personnel will come and install one, free of charge.

Priority Populations: City of Milwaukee residents.

### **Milwaukee Women's Center / A Division of Community Advocates**

24-Hour Domestic Violence Crisis Line: 414-671-6140; If you are in danger, dial 911

Multiple locations

<https://communityadvocates.net/what-we-do/milwaukee-womens-center/overview.html>

Our mission is to provide innovative, culturally competent holistic care that will empower men, women, and children to live safe, independent, and healthy lives.

Founded in 1980, the Milwaukee Women's Center provides comprehensive services and treatment for women, men, and children whose lives have been affected by domestic violence, addiction, mental health issues, homelessness, and poverty.

Priority Populations: Individuals and families who have survived abuse in their relationships seeking help in English or Spanish

### **NAMI HelpLine**

800-950-NAMI (6264)

If you are in a crisis, text “NAMI” to 741741

<https://www.nami.org/help>

The NAMI HelpLine is here for you. HelpLine volunteers are working to answer questions, offer support and provide practical next steps. The NAMI HelpLine can be reached Monday through Friday, 10 a.m. – 10 p.m., ET. At 1-800-950-NAMI (6264) or [info@nami.org](mailto:info@nami.org).

### **National Suicide Prevention Lifeline / Nacional de Prevención del Suicidio**

1-800-273-8255 (English) / 1-888-628-9454 (Español) / For TTY Users: Use your preferred relay service or dial 711 then 1-800-273-8255.

<https://suicidepreventionlifeline.org/>

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

### **The Parenting Network**

414-671-0566

7516 W. Burleigh St., Milwaukee

<https://www.theparentingnetwork.org/>

The Parenting Network works to empower anyone in a parenting role -- mothers, fathers, grandparents or other relatives raising children, whether stepparents, foster parents, adoptive parents, and the parents of tomorrow -- to provide a safe and nurturing home. Many of our services and programs are free, voluntary, confidential and easily accessible. The Helpline (414-671-0566) is answered by experienced parent coaches who respond weekdays, Monday-Thursday (8:30 a.m. to 5:30 p.m.) and Friday (8:30 a.m. to 3 p.m.). IMPACT 2-1-1 responds after hours.

Priority Populations: Parents and caregivers

### **Pathfinders**

414-964-2565; SafePath - sexual trauma hotline for youth: 414-271-9523 or Toll Free: 866-212-SAFE (7233); If in crisis: 414-271-1560.

4200 N. Holton St., Suite 400, Milwaukee

<https://www.pathfindersmke.org/>

Pathfinders provides a continuum of services to ensure that young people have access to all the resources that they need to find stability. There is no wrong door to enter Pathfinders. Services include supported housing, runaway and homeless youth services (drop-in center, street outreach, youth shelter, anti-sexual violence services, education, and clinical services. Pathfinders' team of care coordinators offers support to youth living with mental health and/or substance use diagnoses to reduce negative symptoms, develop life skills and transition into adulthood. Using a harm-reduction approach, Pathfinders encourages healthy relationships, self-identified goals, and self-empowerment. Priority Populations: LGBTQ+-identified youth, chronically homeless youth, youth with disabilities, youth with mental health challenges, and youth aging out of foster care.

### **Sojourner Family Peace Center**

24-hour Domestic Violence Hotline: 414-933-2722; Text: 414-877-8100; Advocacy Office: 414-276-1911

<https://www.familypeacecenter.org/>; [https://www.familypeacecenter.org/spanish](https://www.familypeacecenter.org/spanish;);  
<https://www.familypeacecenter.org/russian>

Sojourner has been designated the 24-hour Domestic Violence Hotline for the City of Milwaukee and outlying communities since 1986. Staff and volunteers speak directly with victims from the scene of domestic violence incidents investigated by the Milwaukee Police Department and 18 suburban police departments in situations that are subsequently reviewed for criminal charges by the Milwaukee County District Attorney's office.

Our 24-Hour Domestic Violence Hotline (414) 933-2722 also receives calls for information and support, and can help callers of all ages. All calls are confidential.

Sojourner also operates a 53-bed emergency shelter, provides support groups and case management, addresses animal abuse, assists with filing restraining orders, and provides other resources.

Priority Population: Individuals and families who have survived human trafficking, domestic violence or intimate partner violence. Provides services in English, Spanish, and Russian.

### **Vital Voices for Mental Health Telephone Reassurance Program**

414-530-4621

<https://vital-voices.org/telephone-reassurance-program/>

The Telephone Reassurance Program is supported by the volunteers and staff of Vital Voices in partnership with the Milwaukee County Department on Aging. Vital Voices is an advocacy organization for people in Milwaukee County. We are the voice of those being served – advocating for quality services to improve lives and support recovery.

Milwaukee County Telephone Reassurance Program: Call in daily to a designated call-in line and let us know how you're doing. Messages are checked daily ~or~ Receive a daily call from a trained volunteer or staff member whose purpose is to check on your safety and well-being. Qualifications include being at least 60 years of age, living alone and residing in Milwaukee County.

### **Walker's Point Youth and Family Center**

24-Hour Crisis Line and Main Number: 414-647-8200

732 S. 21<sup>st</sup> St., Milwaukee

<https://walkerspoint.org/>

The mission of Walker's Point Youth & Family Center is to meet the needs of runaway, homeless, and other troubled youth and their families from Milwaukee's diverse communities by providing services to empower youth, help them resolve personal and family problems, strengthen family relationships, and support safe and stable homes.

We are a private, non-profit corporation which has been providing help to Milwaukee area youth and families since 1976. We offer shelter, counseling, educational and other services to help young people resolve their problems and strengthen family relationships.

Teens who come to us for help are usually doing so because they are having serious problems at home. Many leave home because of reported physical or sexual abuse or neglect. Many of these teens also come from alcohol or drug addicted families.

Our Runaway & Teen Crisis Program provides temporary shelter and crisis to youth in crisis ages 11-17 who are experiencing family or other problems. Counseling is available by appointment or walk-in to youth just needing to talk. This program provides a safe and legal alternative to the streets for runaway and homeless youth, as well as offering a neutral space where problem-solving can take place for both the youth and the family. We help youth to decide upon a future course of action which is positive and in their best interest.

The INSIGHTS Transitional and Supportive Housing Program is for older homeless youth who require long-term transitional housing and an intensive range of supportive services aimed at preparing them for self-sufficiency and housing permanency.

Priority Populations: youth ages 11 and up, especially those who are experiencing homelessness, housing instability, or family problems

**Warmline Inc. for Milwaukee County**

414-777-4720

A non-crisis, peer-run, no-cost support line for people with mental illness. Volunteer staff are available from 6 to 10 p.m. every night except Tuesdays.

Priority Populations: English- and Spanish-speaking adults

## Behavioral Health Providers

### **Access Recovery Mental Health Services**

414-269-8356

2727 W. Cleveland Ave. #204, Milwaukee

<http://www.armhswi.com/>

Access Recovery Mental Health Services is a team of behavioral health specialists and substance abuse recovery professionals who have a collective goal to help people. We focus on the healing of our clients through therapy and counseling. We guide them towards making sound decisions to take control of their emotions, to deal with daily challenges and lead better lives in general. We work to build a behavioral health system that will give our clients the opportunity to receive effective treatments for mental, behavioral and/or substance abuse disorders. Services include individual psychotherapy, family counseling, children's therapy, couples counseling, parenting classes, medication management, anger management, and more.

### **Adkins Counseling Services LLC**

414-393-1099 or [acs@adkinscounseling.org](mailto:acs@adkinscounseling.org)

6001 W. Center St., Suite 105, Milwaukee

<https://www.adkinscounseling.org/>

Adkins Counseling Services LLC is an outpatient Mental Health clinic that is centrally located and accessible to the City of Milwaukee and the surrounding communities. Adkins Counseling offers services to children, adolescents, adults, families, and individuals who find themselves faced with difficult mental health issues.

### **Alternatives in Psychological Consultation, SC**

414-358-7144

10045 W. Lisbon Ave., Wauwatosa

<https://altlig.com/>

Alternatives in Psychological Consultation (APC) is a holistic social service agency established in 1995 to meet the needs of children, youth, adults, and families. Our mission is to empower individuals and families living with mental health and substance abuse concerns by providing counseling, care coordination, and supportive services. We focus on individual strengths to foster the achievement of personal goals and healthy decisions. We do this because we value diversity and choice, and we are dedicated to providing a welcoming environment where everyone learns, feels respected, and is genuinely understood. Services include care coordination for youth, Comprehensive Community Services (CCS), counseling services, family support services, psychiatric nursing, and targeted case management.

### **AMRI Counseling Services**

Milwaukee: 414-455-3879; Kenosha: 262-671-1625; [admin@amricounseling.com](mailto:admin@amricounseling.com)

4001 W. Capitol Drive, Milwaukee; 3536 W. Fond du Lac Ave, Milwaukee; 6321 23<sup>rd</sup> Ave., Kenosha

<http://amricounseling.com/>



AMRI Counseling Services is a Wisconsin State Licensed and Certified Clinic providing various assessments, quality mental health counseling, substance abuse treatment, alcohol and drug testing, medical and medication stabilization services, delivery pharmacy services, and an array of family supportive services for children, adolescents, adults, couples, and families. AMRI offers telehealth (phone and video counseling) services. Call 414-455-3879 or email [clinic@amricounseling.com](mailto:clinic@amricounseling.com) for information.

### **The Bridge Health Clinics and Research Centers**

414-831-4500

5401 N. 76<sup>th</sup> St. #100, Milwaukee

<https://www.thebridgehealthclinics.com/>

Providing individual, couples and family counseling. Treatment specialization includes: Therapy for Depression and Anxiety, Addiction & Recovery, Couples Counseling, Family Counseling, Parenting Support, Grief Counseling, Stress Management, Psychological Testing. We work with a wide range of emotional and behavioral issues providing services that span from therapy for depression and grief counseling to parenting support, couples counseling and beyond. In a comfortable and supportive atmosphere, we offer a highly personalized approach tailored to each of our clients individual needs to help attain the personal growth they're striving for.

### **Behrens Psychotherapy Services**

262-689-0688

2321 E. Capitol Dr., Milwaukee

<https://behrenspsychotherapyservices.com/>

Services include:

- Individual Adult Psychotherapy: Client meets individually with therapist on a regular basis, typically weekly, to discuss issues client desires to change.
- Child/Adolescent Psychotherapy: Child/Adolescent and therapist meet one-on-one on a regular basis, typically weekly, to discuss issues client or client's parent desires to change. Child/adolescent psychotherapy often involves the client's parents and other important people in the client's life.
- Family Psychotherapy: Family psychotherapy can include all members of the family or only certain members. Family and therapist meet on a regular basis to resolve issues that are affecting the family unit and environment.
- Psychological Assessment, Diagnosis, and Education: Therapist will assess client, diagnose client, and educate client about their mental disorder.
- In-home Psychotherapy: Psychotherapy in the client's home is available through some insurance companies and through private pay. In-home psychotherapy is useful for clients that are non-compliant, don't have transportation, disabled, or children and adolescents that need to be seen in their own environment. This is a unique service that most clinicians do not provide.
- Consultation Services: If you are interested in opening your own private practice and need guidance, advice, or help, Jenna Behrens is familiar in how to start a successful mental health practice from the ground up and has helped others through this process.
- Telehealth Services: Jenna can provide services to almost anyone (few restrictions do apply) in Wisconsin via video, telephone, email or texting.

**Catholic Charities Community Counseling**

414-771-2881

1919 N. 60<sup>th</sup> St., Milwaukee

<https://www.ccmke.org/CommunityCounseling>

Catholic Charities Behavioral Health/Counseling Services is a State certified outpatient behavioral health clinic providing accessible, culturally competent, high quality mental health services for individuals, families, children and couples of all faiths. All therapists are licensed to practice in the state of Wisconsin and bilingual therapists are available at all of our sites. We serve adults, children and families who suffer from emotional distress.

The agency recognizes the added challenges of people living in poverty and accepts patients who do not have any means to pay, as well as those with limited resources, on a sliding fee scale adjusted to an individual's or family's size and financial situation. Additionally, third party insurance payers, Medicare and Medicaid are accepted.

**Clement J. Zablocki Veterans Administration Medical Center**

Main phone: 414-384-2000; Mental Health Clinic: 414-384-2000 ext. 42098; Veterans Crisis Line: 1-800-273-8255 (select 1)

5000 W. National Ave., Milwaukee

<https://www.va.gov/milwaukee-health-care/health-services/#mental-health-care>

Services include addiction and substance abuse care, mental health care, military sexual trauma care, PTSD care, psychology, and suicide prevention.

Priority Populations: Military veterans

**Community Medical Services (CMS)**

South Milwaukee: 414-775-2500; West Allis: 414-885-3525

1333 College Ave., South Milwaukee; 2814 S. 108<sup>th</sup> St., West Allis

<https://communitymedicalservices.org/>

Community Medical Services provides medication-assisted treatment (MAT) for individuals with opioid use disorder. MAT uses a holistic approach to treat the “whole-patient” with the use of FDA-approved medications, counseling, and behavioral therapy. Medication helps to alleviate withdrawal and cravings, allowing the patient to focus on positive behavior changes. There are 3 FDA-approved medications to treat opioid use disorder, methadone, buprenorphine, and naltrexone. The goal of MAT is to find the lowest possible dose of a medication that will relieve withdrawal symptoms and cravings for a 24-hour period. The medications used in MAT, at a stable dose, do not have any adverse effects on an individual’s ability to work, drive, care for their children, or otherwise live a healthy life.

Priority Populations: Individuals with opioid use disorder

**DeBerry Consultant Services and Behavioral Health**

414-699-4930; [deberry@gmail.com](mailto:deberry@gmail.com)

111414 W. Park Place Suite 202, Milwaukee

<https://www.facebook.com/deberrycsbh/>

Clinician Barbara DeBerry provides outpatient clinical assessments, psychotherapy for individuals, families, and couples. The clinician will also provide individual and treatment groups addressing anger management, responsible thinking, and coping with mental illness. Treatment plans will be developed for individuals wishing to cope better with their mental illness. Crisis and Recovery plans will be developed for those dealing with a chronic mental illness.



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



# MENTAL HEALTH FIRST AID

## WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

On average,

**130**

people die by  
suicide every day.

*Source: American Foundation  
for Suicide Prevention*

From 1999 to 2019,

**841,000**

people died from  
drug overdoses.

*Source: Centers for Disease  
Control and Prevention*

Nearly

**1 IN 5**

in the U.S. lives  
with a mental illness.

*Source: National Institute  
of Mental Health*

## WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

## WHAT IT COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

## THREE WAYS TO LEARN

- **In-person** – Learners will receive their training as an 8-hour, Instructor-led, in-person course.
- **Blended** – Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, Instructor-led training. This Instructor-led Training can be:
  - » A video conference.
  - » An in-person class.

## Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

### Sources

American Foundation for Suicide Prevention. (n.d.). *Suicide statistics*.  
<https://afsp.org/suicide-statistics/>

Centers for Disease Control and Prevention. (n.d.) *Drug overdose deaths*. <https://www.cdc.gov/drugoverdose/deaths/index.html>

National Institute of Mental Health (NIMH). (n.d.). *Mental illness*.  
<https://www.nimh.nih.gov/health/statistics/mental-illness>

**Forward Choices LLC**

414-442-1751

6040 W. Lisbon Ave., Milwaukee

<https://forwardchoices.com/>

Our experienced treatment staff can help Children, Adolescents and Adults successfully address a wide variety of needs and concerns related to home and family as well as work and school. We begin with a *Strength-Based Initial Assessment* in order to develop *Individualized Treatment Planning* through clinical collaboration with primary care physicians, case managers, and psychiatrists. Areas of concern include: anxiety, family and relationship struggles, depression, attention and focus needs, trauma, adoption concerns, anger management, biological and organic disorders, effective coping and stress, obsessive compulsive behaviors, school and occupational difficulties, ADHD, chronic mental health concerns, dual diagnosis needs.

**Gerald L. Ignace Indian Health Center**

414-383-9526

1711 S. 11th St., Milwaukee

<https://gliihc.net/>

The Gerald L. Ignace Indian Health Center (GLIHC) is recognized by both the National Committee of Quality Assurance (NCQA) and accredited by the Accreditation Association of Ambulatory Health Care (AAAHC) as a Patient-Centered Medical Home (PCMH).

This means that GLIHC has met all the criteria that qualifies a health center to list itself as a fully-functioning, high-performing Patient-Centered Medical Home. The foundation of a PCMH is the trust relationship between the patient, his/her family, as appropriate, and the Medical Home. We provide you and your family with 24/7 access to patient-centered, coordinated, and comprehensive, quality care – all under one roof.

Your Medical Care Team will coordinate all your health care needs – including primary pediatric and adult medical care, Obstetrician/Gynecologist care, behavioral health care, alcohol & substance abuse treatment, dietary and diabetic health care, diagnostic lab, rehab, pharmacy and dental at the GLIHC clinic.

Located on the Gerald L. Ignace Indian Health Center, Inc.'s second floor, the All Nations Wellness Center provides a variety of services that support the whole person; from social, behavioral, cultural, spiritual, to fitness, nutrition, and diabetes education services.

Priority Populations: Urban American Indians

**Gro Family Services**

414-445-1400

2436 N. 50<sup>th</sup> St., Milwaukee

<https://www.facebook.com/grofamilyservices/>

Substance use treatment provider. Our Mission is to serve individuals by engaging them independently and mutually with positive interventions designed to provide them with the skills needed to stabilize and empower them to become increasingly resilient to social strains.

**Guest House of Milwaukee**

414-345-3240

1216 N. 13<sup>th</sup> St., Milwaukee

<https://www.guesthouseofmilwaukee.org/>

The Guest House Counseling Clinic is certified by the state of Wisconsin and is dedicated to providing quality outpatient mental health and substance abuse counseling services to clients at Guest House and the community in general. We focus on serving adult men and women with mental health, substance abuse, and co-occurring diagnoses. Our staff delivers client-centered, trauma-informed, and gender-responsive counseling. Through one-on-one and group work, our clinic uses an individualized, goal-oriented approach to help individuals work on their issues of drug and alcohol addiction, stabilize their mental health, and connect with community resources to maintain sobriety and mental health for long-term success.

Priority Populations: Adults who have experienced homelessness and community members.

**Horizon Healthcare Inc. / Matt Talbot Recovery Services**

414-376-5577

4650 S. Howell Ave., Milwaukee

<https://horizonhealthcareinc.com/>

At Horizon Healthcare, we firmly believe that each of us has an innate ability to change and to grow. We dedicate ourselves to helping you, our client, to imagine and achieve a new you through a process of self-discovery. To this end, we offer an array of programs and services for the treatment of mental illness and substance abuse. Some of these include: full continuum of alcohol and other drug abuse services; adolescent educational supportive counseling; Spanish programming; family programming; women's issues; anxiety; depression; children's counseling ages 4 through 17; faith-based counseling, targeted case management program, and more. TeleHealthcare is available. Matt Talbot Recovery Services is an affiliate.

**Jewish Family Services Counseling and Clinical Services**

414-390-5800

1300 N. Jackson St., Milwaukee

<https://www.jfsmilw.org/services/mental-health-and-counseling-services/>

We are committed to your mental health and wellness. For more than 30 years, JFS has offered quality mental health and counseling services to meet the unique needs of individuals, families and children by providing an array of services. Outpatient services include: counseling for adults, children and families; services for survivors of abuse; domestic violence survivor weekly virtual support group; counseling for trauma survivors; suicide prevention; school-based counseling; late life counseling for seniors; grief support group weekly meeting; student trainee program.

**La Causa Clinical Services**

414-902-1500

5235 N. Ironwood Rd., Glendale

<https://www.lacausa.org/programs/social-services-adult-programs/clinical-services>

Crisis Mobile Team: Our Crisis Mobile Team provides emergency crisis assessment to adults in Milwaukee County during the hours of 12 a.m. and 7 a.m. for adults placed on an emergency detention hold.

Treatment Services Clinic: La Causa's Treatment Services Clinic provides outpatient mental health and substance use services for families and individuals of all ages, both in individual and group sessions. Our clinicians have extensive experience providing mental health, substance use, and co-occurring services for children, adolescents and adults using evidence-based, person-centered assessment and treatment planning. Walk-ins are welcomed.

*Hablamos español.*

### **M & S Clinical Services Inc.**

(414) 263-6000

2821 N. 4<sup>th</sup> St. #516, Milwaukee

Provides comprehensive culturally competent outpatient mental health and substance abuse services to families, adults, couples, youth, and children. Provides family/group counseling and marriage and couple counseling. Determines eligibility for Milwaukee County-funded Alcohol and Other Drug Abuse (AODA) treatment through a comprehensive assessment. This is conducted through a central intake unit. Individuals must be at least 18 years old and a Milwaukee County resident seeking AODA treatment.

### **Marquette University Center for Psychological Studies**

414-288-3487

Cramer Hall, 307; 604 N. 16<sup>th</sup> St., Milwaukee

<https://www.marquette.edu/psychology/center-for-psychological-services.php>

The Center for Psychological Services (CPS) of Marquette University's Department of Psychology is dedicated to providing affordable and effective treatment to the general Marquette community, including its Milwaukee neighborhood. Like the university as a whole, CPS is dedicated to the principle of equal opportunity. CPS provides treatment regardless of race, sex, age, marital status, religion, veteran's status, sexual orientation, or national origin.

The professional staff at CPS are Psychology Department faculty, who are licensed clinical psychologists, and graduate students in our doctoral program in clinical psychology, who are closely supervised by faculty.

CPS conducts evaluations of psychological and educational problems and offers state-of-the-art treatment for many psychological problems, including depression, anxiety, ADHD, relationship problems, academic difficulties, Tourette's, the tic disorders, and OCD. CPS provides help to children, adolescents, adults, couples, and families.

The fee for services is established during this visit. Fees are determined by ability to pay.

### **MCFI Whole Health Clinical Group**

414-476-9675 or [info@mcfi.net](mailto:info@mcfi.net)

2020 W. Wells St., Milwaukee; Crisis Resource Center South: 2057 S. 14<sup>th</sup> St., Milwaukee; Crisis Resource Center North: 5409 W. Villard Ave., Milwaukee; Crisis Resource Center West: 5566 N. 69<sup>th</sup> St., Milwaukee

<https://www.mcfi.net/programs-services/behavioral-health/>

MCFI's Behavioral Health division provides comprehensive team-based care offers behavioral health care, rehabilitations, and support services. It also provides evidence-based peer support services and uses a trauma-informed approach, which understands, recognizes, and responds to the effect of all types of trauma. Our services are aimed at adults in need of behavioral health care assistance, including Assertive Community Treatment, Crisis Resource Centers, Community-Based Residential Facilities, case management, counseling and addiction treatment, medication management, and benefit advocacy.

### **Mental Health America of Wisconsin**

Main Number and Clinic: 414-276-3122; Toll Free: 866-948-6483

Tannery Building, 600 W. Virginia St., #502, Milwaukee

<https://www.mhawisconsin.org/>

MHA is dedicated to improving the mental health of all individuals and our community as a whole through advocacy, education and service. Innovative programs are the benchmark of MHA's success. In order to meet the ever-changing needs of the community, MHA continually evaluates its programs while remaining true to our mission.

Programs include Survivors Helping Survivors, Alternatives to Suicide Support Group, Suicide Prevention, Mental Health and Alcohol Use Online Screening, Counseling Clinic, Veteran Peer Services, PRISM Program-LGBTQ+ Youth Peer Support, Children's Autism Screening, Center for Leadership of Afrikan Women's Wellness, and Strong Families Healthy Homes.

The Counseling Clinic provides counseling and support services for adults, adolescents, and children. Areas of focus include, depression, anxiety, relationship issues, trauma, parenting, grief, stress, mood disorders, codependency, veterans issues, personality disorders, domestic violence, child loss, general mental health concerns, and substance use disorder treatment. To contact the clinic, email [referrals@mhawisconsin.org](mailto:referrals@mhawisconsin.org) or call 414-276-3122.

Priority Populations: Adults, adolescents, children, veterans, LGBTQ+ youth.

### **Milwaukee County Behavioral Health Division**

24-Hour Crisis Line: 414-257-7222

9455 W Watertown Plank Rd., Wauwatosa

<https://county.milwaukee.gov/EN/DHHS/BHD>



If you have a person aged 18 or older in need of behavioral health or substance abuse help provided by the Milwaukee County DHHS Behavioral Health Division, you have two options:

- Call BHD's Community Access to Recovery Services (CARS) program at (414) 257-8085
- Fill out the referral form at <https://county.milwaukee.gov/ImageLibrary/Groups/cntyHHS/BHD/CARS/CARSReferralPackett1.pdf> and fax it to (414) 454-4242

All children's services at the Milwaukee County DHHS Behavioral Health Division are centered on our Wraparound Milwaukee program. Referrals to Wraparound Milwaukee are simple, and only have a single point of contact. All you have to do is call (414) 257-7607 and we can get the process started.

Additional locations:

- BHD Psychiatric Crisis Services (24/7 Emergency Room), 9455 W. Watertown Plank Rd., Wauwatosa
- MCFI Behavioral Health Crisis Resource Center, South Side, 2057 S. 14<sup>th</sup> St., Milwaukee; 414-643-8778; open 24/7
- MCFI Crisis Resource Center, North Side, 5409 W. Villard Ave., Milwaukee; 414-539-4024; open 24/7
- Access Clinic South, 1635 W. National Ave., Milwaukee; located within Sixteenth Street's National Avenue Clinic; 414-257-7900
- Access Clinic East, 201 W. Capitol Drive, Milwaukee; in partnership with Outreach Community Health Centers; 414-257-7665

### **Milwaukee Health Services**

MLK Heritage Health Center, 414-372-8080; Isaac Coggs Heritage Health Center, 414-760-3900  
MLK Heritage Health Center, 2555 N. Dr. Martin Luther King Jr. Dr., Milwaukee; Isaac Coggs Heritage Health Center, 8200 W. Silver Spring Dr., Milwaukee

<https://mhsi.org/>

Mission Statement: To provide accessible, quality primary and related health care services to Milwaukee residents, with our continuing emphasis on medically-underserved families and individuals.

Vision Statement: To be the most accessible, effective and efficient community-based health care provider specifically serving medically-underserved families and individuals.

Milwaukee Health Services, Inc. is a private, non-profit Federally–Qualified Community Health Center, (FQHC). MHSI provides a comprehensive range of primary medical, dental, podiatry, and behavioral healthcare, in addition to a limited number of specialty services. With experience serving low-income populations since 1989. MHSI is committed to removing barriers and improving health outcomes to promote quality of life and reduce disparities among racial and ethnic communities.

MHSI is governed by a Board of Directors, a majority of who are actual users of services provided by the health centers. Our providers are highly qualified. MHSI is pleased to have recruited the most compassionate providers to serve in our community. We encourage patients and their families to be actively involved in their healthcare, working as a team with their medical provider will ensure the best health outcome.



MHSI supports programs that serve the needs of our communities holistically. Treating the disease is not enough. We must expand in a way that will enable us to teach, prevent, employ, build, influence and prosper in a way that helps to alter community dynamics. In essence become a true community health center of first choice for our patients, families and communities.

Our clinic has been providing quality and accessible outpatient behavioral health care to Milwaukee community and surrounding areas residents since 1994. We offer treatment services to persons ages 4 and up. Group therapy may also be available.

Our Services Include:

- Psychological Assessment
- Outpatient Psychiatric Medication Management/Medication Assisted Treatment (MAT)
- Trauma Informed Care
- Counseling/Therapy
- Individual
- Child and Adolescent
- Couples
- Family
- Substance Abuse
- Marital
- Group (may also be available)

**Milwaukee Women's Center – Positive Options for Women Entering Recovery Program (POWER)**

414-270-4600, [dcollins@communityadvocates.net](mailto:dcollins@communityadvocates.net)

4906 W. Fond du Lac Ave., Milwaukee

<https://communityadvocates.net/what-we-do/milwaukee-womens-center/what-we-do/substance-abuse-treatment.html>

Positive Options for Women Entering Recovery (POWER) is a mental health/dual diagnosis program serving women, including pregnant women, who are struggling with substance use disorder. This program helps women to achieve and maintain abstinence from alcohol and drugs, understand and recover from trauma, domestic violence, and mental health issues, and improve their social and economic well-being.

The POWER program does the following:

- Draws on the expertise of professionals from the fields of medicine, social services, child care, and substance use disorder treatment
- Centers around the client, so that each treatment plan is built to meet each woman's individual needs and circumstances
- Addresses crisis issues first, then long-term goals
- Encourages each woman to set her own goals and build upon her strengths
- Ensures that a woman's care continues across all areas of her life

This program is offered at no cost, and can include telehealth services on Zoom, free child care and transportation when available.

Priority Population: Women with a substance use disorder



MILWAUKEE WOMEN'S CENTER

*A Division of Community Advocates*

Where Abuse Ends and Hope Begins

# P.O.W.E.R.

## Positive Options for Women Entering Recovery Substance Abuse Treatment

The P.O.W.E.R. Program is a free supportive substance abuse program for women 18 years and older. Consumers receive intensive substance abuse services through individual and group sessions. Random urinalysis is monitored on a weekly basis.

Groups and services provided include:

- AODA Group Therapy/Individual Therapy/Relapse Prevention Education
- Domestic Violence Education/Women Empowerment Groups
- Parenting Education
- Health Education & Nutrition Education
- Trauma Groups
- Anger Management
- CBT-Cognitive Behavioral Therapy
- Life Skills Education
- Telehealth Services on Zoom

These services are provided by Substance Abuse Counselors with a Clinical Supervisor available. Consumers are exposed to community resources from Community Advocates, NA, and AA. Consumers also receive in-home services to assess basic needs and environmental concerns.

For more information or to make a referral, please contact  
Deavon Collins at [dcollins@communityadvocates.net](mailto:dcollins@communityadvocates.net).

**414-270-4600**

**4906 W Fond Du Lac Ave., Milwaukee, WI 53216**

**24-HOUR DOMESTIC VIOLENCE CRISIS LINE 414-671-6140**

**MKE Community Wellness Center / Nicole Pryor, MS, LPC**

414-240-8607

642 W. North Ave., Milwaukee

<https://www.psychologytoday.com/us/therapists/mke-community-wellness-center-milwaukee-wi/842167>

My focus is to provide Behavioral Health and Substance Use Recovery services to individuals struggling emotionally, physically, and socially in a Trauma Informed environment. Services provided come from a holistic approach. Sessions offered are individual therapy, re-entry support, and group therapy.

Priority Populations: Black and African American

**MKE LGBT Community Center**

262-409-8434

315 W. Court St., Milwaukee

<https://www.mkelgbt.org/>

The mission of the Milwaukee LGBT Community Center is to further develop our vibrant lesbian, gay, bisexual, and transgender community in the greater Milwaukee area, thus improving the quality of life for all of us. The mission is supported by the Center's leadership in community building, health promotion, advocacy, and communications. The Milwaukee LGBT Community Center delivers educational, health promotion, and community-building services that meet the needs of LGBT youth, adults, and their allies in the Greater Milwaukee area from its primary facility and other sites. The Center programs are developed with a consideration of community need, diversity, and inclusivity, community development, availability of resources, and the Center's mission and vision.

Among the many services provided are counseling services for mental health issues and substance use issues. A trained mental health professional is available by appointment to assist community members who have experienced trauma, addiction, gender dysphoria, and anything else related to mental health. We offer individual, couples, and family counseling in English and Spanish. Free counseling is offered, by appointment, during normal business hours Monday through Friday 11 am - 5 pm. Call the main number for more information.

Priority Populations: LGBT adults, youth, and their allies. Counseling services are provided in English and Spanish.

**Outreach Community Health Centers Behavioral Health Services**

Main Number: 414-727-6320; Access Clinic: 414-257-7665

210 W. Capitol Drive, Milwaukee

<https://www.ochc-milw.org/>

Outreach Community Health Centers is fortunate to provide behavioral treatment in an outpatient setting as well as comprehensive clinical case management to support the whole person. Our staff works as a team to provide culturally sensitive and person-centered care and includes psychiatrists, psychologists, nurse practitioners, and psychotherapists. Prior to the pandemic, the Behavioral Health Clinic added increased psychiatry services, which uniquely prepared us to serve patients during this difficult time. Because of these added services, quick access to psychiatric care is now available for those in need. Services include: youth, family and adult services; individual therapy; group therapy; multidimensional family therapy; substance use intensive outpatient program; psychiatric evaluation;

and medication management. Community-based services include community support program (CSP) and comprehensive community services (CCS).

The Milwaukee County Behavioral Health Division's (BHD) Access Clinic East, provided by Outreach Community Health Centers, allows BHD team members to quickly connect people with the culturally competent care they need within their own community. Services include mental health and substance use assessment, medication evaluation, peer support services, counseling and/or referrals to appropriate outpatient clinics, and access to additional community programs. Access Clinic East serves both insured and uninsured Milwaukee County residents. No patients will be denied services due to inability to pay. Those with insurance should consult their insurance provider and/or primary care physician, however BHD provides bridge services to Milwaukee County residents until they are able to get an appointment with their long-term provider. The clinic will be open from 8 a.m. to 4 p.m. Monday through Friday. New patients should arrive by 2 p.m. and will be seen in the order of their arrival. Learn more at [www.Milwaukee.gov/BHD](http://www.Milwaukee.gov/BHD).

Priority Populations: Outreach Community Health Centers, Inc. offers a full range of primary and behavioral health services to all persons in need of care, homeless and housed, insured and uninsured.

#### **Professional Services Group**

414-475-2788

MATC West Allis Campus, 1205 S. 70<sup>th</sup> St., Suite 301/401, West Allis

<https://www.psgcip.com/>

PSG/CIP is a multiservice community-based social services organization that fulfills its mission of helping individuals and families to achieve their greatest potential through dynamic, cost-effective, and innovative programming responsive to the needs of diverse communities. Services include: Children's Court Center AODA assessments to Milwaukee County youth who have been adjudicated delinquent, clinical services, Comprehensive Community Services (CCS) adult care coordination, independent Initial Assessments, kinship care assessment services, quality case reviews, school-based mental health services, supervised visitation, urinalysis program, Wraparound Milwaukee.

#### **Progressive Community Health Centers Integrated Behavioral Health**

414-935-8000

Lisbon Avenue Health Center, 3522 W. Lisbon Ave., Milwaukee; Hillside Family Health Center, 1452 N. 7<sup>th</sup> St., Second Floor, Milwaukee

<https://progressivechc.org/patient-services/>

Our behavioral health consultants work with your primary care provider and offer extra help when worry, stress, habits and other problems are getting in the way of your daily life and activities. The behavioral health consultants can help you manage emotional or behavioral issues such as anger, anxiety, depression, grief or stress. Ask to speak with a behavioral health consultant at any routine appointment.

#### **Project Ujima**

414-266-2557

<https://childrenswi.org/childrens-and-the-community/families-and-clients/family-support-services/violence-prevention-counseling>

Project Ujima works to stop the cycle of violent crimes through crisis intervention and case management, social and emotional support, youth development and mentoring, mental health, and medical services. We address the needs of youth victims of violence who come to Children's Wisconsin's emergency room by:

- Providing treatment to help the victim recover physically and emotionally
- Directing victims to community organizations that might help in their long-term recovery

Project Ujima also provides services to adult crime victims, including:

- Home visits with a crime victim specialist
- Assistance with crime victim compensation forms
- Victim and court advocacy
- Emergency assistance
- Enrichment activities for the family
- Project Ujima serves adult victims in Milwaukee County of any crime type, including:
  - Property crime
  - Physical assault
  - Rape/sexual assault
  - Domestic violence
  - Homicide

Project Ujima provides a support group for adult survivors of homicide. When a person loses a loved one to homicide, many questions arise. Project Ujima works with participants to understand the grieving process, identify resources, and provides support to family members on their road to recovery.

Priority Populations: Youth and adults who have survived violent crime.

### **Red Oak Counseling**

Elm Grove: 262-780-1020; Oak Creek: 414-215-7554

12970 W. Bluemound Rd., Elm Grove; 8825 S. Howell Ave., Oak Creek

<https://www.redoakcounseling.com/>

Red Oak Counseling is a mental health and substance abuse clinic. We specialize in addictions, eating disorders, relationships, family dynamics, trauma, work-related topics, and military concerns for individuals, couples, families, and groups. We are conveniently located in Elm Grove and Oak Creek, Wisconsin. Services offered include: ADD and ADHD, adjustment issues, eating disorders, gender identity, marriage counseling, parent-child problems, self-esteem, social skills, substance use, work concerns.

### **Rogers Memorial Behavioral Health**

Request a free screening 24/7: 800-767-4411

Multiple locations

<https://rogersbh.org/>

Rogers is a not-for-profit provider of mental health and addiction treatment. Our specialized care for children, adolescents, and adults has proven clinical outcomes. Common conditions treated include:

depression, OCD and anxiety, eating disorders, PTSD, addiction, autism, and emotional dysregulation. Services include inpatient, outpatient, and residential care.

### **Sebastian Family Psychology Practice LLC**

414-247-0801

1720 W. Florist Ave. #125, Milwaukee

<http://www.sebastianfpp.com/>

Sebastian Family Psychology Practice, LLC provides a variety of services. These services include psychiatric evaluations and medication management, psychological evaluations, mental health assessments, AODA assessments, mental health counseling (therapy), AODA counseling, professional consultations, refugee services, immigrant services, and parent assistance services. Services are paid for by the client's health insurance, funding, or private pay with sliding fee scale.

Sebastian Family Psychology Practice, LLC is proud to specialize in providing behavioral health care to not only the general public, but also to refugees and immigrants. We have a team of ethnically and culturally diverse professionals that speaks refugee and immigrant languages and understands your story. We know that newly arrived refugees and immigrants come with anticipation of new lives, however, adjusting to the resettlement experience can be very challenging.

Priority Populations: The general public, but also refugee clients including: Southeast Asians (Hmong, Burmese), Middle Eastern (Iraqis, Pakistani, Iranians, Palestinians), Africans (East Africans - Sudanese, Eritreans, Ethiopians; West Africans - Congolese, Liberians), Yugoslavians (Bosnians, Croatians, Serbians), and Caribbean.

### **Shorehaven Behavioral Health**

414-540-2170; Racine: 262-554-8165

3900 W. Brown Deer Rd., Brown Deer; 4370 S. 76<sup>th</sup> St., Greenfield; 6233 Durand Ave., Suite F, Racine

<https://www.shorehavenbhi.com/>

Shorehaven's vision is to be a leading regional recovery center for mental health, substance abuse, co-occurring disorders, child, and couple and family problems. We distinguish ourselves by offering a full range of state-of-the-art, evidence-based treatments by experienced professionals. Services include mental health counseling, marriage and family therapy, psychotherapy for child and adolescent emotional and behavioral problems, in-home therapy for children and adolescents, substance abuse and dual diagnosis services and medication-assisted treatment, abuse survivors and trauma, AD/HD, anxiety, behavior problems, AODA abuse, chemical dependency, couples therapy, depression, EMDR, family therapy, grief and loss, hypnosis, MFT, psychotherapy, Telehealth/Teletherapy.

Our Brown Deer outpatient location serves all clients regardless of ability to pay. Please speak to one of our referral specialists for information.

### **Shoreside Therapies**

414-332-7000

4530 N. Oakland Ave., Whitefish Bay

<https://shoresidetherapies.com/>

At Shoreside Therapies, we offer a boutique counseling experience. We understand that taking that first step to seek counseling can be difficult. When you reach out to us we will personally answer your call or email and schedule an appointment within a week that fits your schedule. We handle all of your insurance issues for you and inform you of all your options. Our goal is to provide you with the highest level of psychotherapy services to improve your overall health and well-being.

#### **Sirona Recovery**

[office@sirona-recovery.org](mailto:office@sirona-recovery.org)

<https://www.sirona-recovery.org/>

Serving individuals residing in Milwaukee, Dodge, Fond Du Lac, Ozaukee, Sheboygan, Washington, and Waukesha Counties seeking support and resources for their recovery, including access to treatment near their home, education and prevention, and assistance with finding a safe place to live.

#### **Sixteenth Street Community Health Center**

Milwaukee: 414-672-1353; Waukesha: 262-408-2530

Main site: 1032 S. Cesar E. Chavez Drive, Milwaukee

<https://sschc.org/>

We are at the heart of our healthy communities, Sixteenth Street Community Health Centers has proudly cared for the south side of Milwaukee and Waukesha for over 50 years. We provide the highest quality medical, behavioral health, and substance use care to every person who walks through our doors. But what separates our care is the deep understanding of social determinants of health and the years of development of programming to address these factors, both inside and beyond our clinic walls. It has been woven into the Sixteenth Street experience from day one.

We meet people where they live, work, learn, and play through proactive social services screening in our clinics, specialized diabetes and asthma programming, obesity intervention and prevention, and environmental programming to create resident-directed impact in the built and natural environment where our patients live, work, learn, and play.

Through full-service bilingual clinics, a behavioral health clinic, a satellite geriatric clinic, and six in-school clinics, Sixteenth Street cares for nearly 43,000 primarily low-income, Latino or diverse individuals each year. At Sixteenth Street, we value and respect all people, protecting the right to wellness, and never turning anyone away who needs our care.

Behavioral health services include outpatient behavioral health and psychiatry, child and adolescent day treatment, ADHD testing, and substance use services. They are available at the Chavez, Parkway, Layton, and National Avenue sites in Milwaukee (414-672-1353 to make an appointment) and at the Waukesha location (262-408-2530).

Substance use services include AOA services, medication assisted treatment (MAT) and safe needle exchange. They are available at the Layton site in Milwaukee (414-672-1353 to make an appointment) and at the Waukesha location (262-408-2530).

Priority Populations: low-income Latinos; Services available in English and Spanish

#### **United Community Center Substance Use Treatment Program**

414-643-8530 or [info@unitedcc.org](mailto:info@unitedcc.org)

1028 S. 9<sup>th</sup> St., Milwaukee



<https://www.unitedcc.org/community-services/substance-use-treatment-program/>

The Human Services Department at the United Community Center was founded in 1979 in response to increasing demands for bilingual and culturally competent programs for Hispanics and other minorities with alcohol and drug use problems. UCC is the only bilingual/bicultural substance use disorder (SUD) treatment program in Wisconsin that provides the entire continuum of care for SUD services for Spanish speakers. It's also the only public sector SUD treatment program in Milwaukee with a complete continuum of care and trauma-informed dual-diagnosis-capable mental health outpatient for both men and women. Residential treatment programs include those for men, women, and pregnant and post-partum women, as well as day treatment, outpatient treatment, and walk-in assessments.

UCC is also the only treatment site that serves as a Central Intake Unit (walk-in assessments) for Milwaukee County's public sector substance use delivery system.

We want to empower and educate our clients while supporting them so they have the ability to change their situations. We want to aid our clients in regaining the capability to take care of themselves and others to build up their confidence and happiness on a physical and emotional level.

All treatment programs are certified by the state of Wisconsin for substance use disorder (SUD) treatment. UCC is also a network service provider for the Milwaukee County AODA Bureau and various insurance HMO carriers.

Priority Populations: Adults who speak English or Spanish

### **Wisconsin Community Services (WCS) Recovery Services**

414-343-3569

3732 W. Wisconsin Ave., Suite 310, Milwaukee

[https://www.wiscs.org/programs/behavioral/recovery\\_services/](https://www.wiscs.org/programs/behavioral/recovery_services/)

WCS is a provider of Wisconsin Supports Everyone's Recovery Choice (Wiser Choice) services. Programming provides people seeking drug and alcohol treatment with vouchers to pay for a range of appropriate community-based services. WCS programs include the Central Intake Unit (CIU) and the Recovery Support Coordination Unit (RSC).

- **WCS Access Point:** WCS operates the central intake unit to screen and admit people into AODA treatment in Milwaukee County. The Central Intake Unit is mobile and can travel to correctional institutions and other sites to meet clients.
- **WCS Recovery Support Coordination Unit:** The program provides wraparound type services that help to address all issues a person is facing instead of trying to treat the alcohol or drug problem in isolation. A recovery support coordinator creates a plan that provides referrals to and coordination of services for people involved in AODA treatment.
- **Prisoner Reintegration Program (PRP):** The PRP provides pre- and post-release services for individuals returning to the City of Milwaukee after a period of confinement in the Milwaukee County House of Corrections. Before release, participants work with staff to identify their needs and develop an effective release plan. Upon release, participants meet with their assigned Mentor on a weekly basis to ensure that the participant's post-release needs are being addressed. Whenever possible, participants are connected with services that are available in the community and Wiser Choice Network.



Priority Populations: Anyone seeking help with drug and alcohol use, including justice-involved individuals

# Counseling, Coaching, Therapy, Peer Support, Wellness

## **Always a Better You: Counseling, Coaching, and Mediation Services**

(414) 881-7401

7223 W. Orchard St., West Allis

<https://www.alwaysabetteryou.com/>

A Strength Based Counseling, Coaching, and Mediation Services. From a small tune-up to a major life overhaul, we are here to help.

Scott Thomas is a Licensed Professional Counselor & Life Coach, specializing in individual, couples and family therapy, coaching, and mediation, and maintains a private practice in Milwaukee, Wisconsin. With over 20 years' experience working in helping individuals and families, and over 11 years as a marriage and family therapist, and as a graduate of the University of Wisconsin-Milwaukee specializing in Interactive, Solution & Positive Strength Counseling and Coaching. Scott is currently serving as private practitioner working with a broad spectrum of clients. Among his areas of expertise are Relationship concerns, Anger Issues, Depression, Stress-Management, Grief, Trauma, Child & Adolescent Issues, and Older Persons Concerns.

In addition to being a prominent relationship therapist, Scott has worked at Sojourner Family Peace Center as a Group Facilitator and has done presentations on a number of topics throughout the State of Wisconsin. Scott is currently finishing up on his Coaching Training and is offering this service in addition to Counseling & Therapy.

## **Balanced Mental Health and Wellness LLC**

414-376-8830

5050 W. Brown Deer Rd., 2nd Floor, Brown Deer

<https://mybalancedcare.org/>

Services are provided by Octavia Manuel-Wright, dual certified adult-gerontology primary care and psychiatric mental health nurse practitioner. Octavia has a broad knowledge of primary care and psychiatric care for ages 10 years through 65. She has a special interest in a wholistic approach to care which integrates behavioral modifications, dietary changes, and physical activity. She strives to build strong therapeutic relationships with her patients using a patient-centered collaborative care model. Holistic and wellness services include Yin and Restorative Yoga, Reiki, and herbal products.

## **Blue Willow Counseling & Consulting, LLC**

414-375-9807

11414 W. Park Place, Suite 202, Milwaukee

<https://sites.google.com/bluwillowcc.com/bluwillowcc/home>

Blue Willow Counseling and Consulting (BWCC) is a growing practice providing mental health services by telehealth. Our vision is to provide highly effective mental health treatment that helps people reach their full potential for health and well-being using evidence-based methods while establishing a trusting relationship with the population that is served.

Michaela serves individuals ages 17 and up. She aims to show people with similar backgrounds that focusing on mental health is important and how the barriers that are created by trauma can be shifted. Her passion is tackling the "-isms" and the effects it has on society and the people in it. Types of therapy used: CBT, EMDR Trained, CPT, DBT, Narrative Therapy, Person Centered, and use of Expressive Art  
Priority Populations: Under-served populations treated include Minorities, LGBTQ+, Social Justice Warriors and Allies

### **Comprehensive Wellness**

414-375-9013; [livewellmke@gmail.com](mailto:livewellmke@gmail.com)  
<https://www.comprehensivewellnessmke.com/>

At Comprehensive Wellness, we offer various therapeutic services that are tailored to fit your needs. Services include individual, family, group, and couples therapy, as well as enrichment.

"I'm Lauren Todd, a Licensed Professional Counselor and the Owner of Comprehensive Wellness. For those who need it, I received my Masters Degree from Mount Mary College (now University). My Bachelors was obtained initially at Xavier University of Louisiana and concluded at Mount Mary after Hurricane Katrina in 2005, but that's a story for another day. As a therapist, I have worked in diverse settings including Correctional Facilities (with both youth and adults), Vocational Counseling with individuals who have a disability needing employment, and in individuals with disabilities' homes. My approach to each person who chooses to work with me is one of collaboration. I am here to help YOU on YOUR journey! I will use practical solutions, appropriate humor and active listening during sessions.

"Comprehensive Wellness was birthed by my personal realization that wellness has many variables! If a part of us isn't well, it can transfer to other areas without us being aware! We then can know "something is off" but not be able to pinpoint it-or we wrongly diagnose ourselves! It is important that we address all aspects of our lives in order to be considered well."

### **CORE El Centro**

Phone: 414-384-2673; Text: 414-436-5361; At Sojourner: Phone/Text: 414-436-5986  
130 W. Bruce St., Third Floor, Milwaukee; At Sojourner: 619 W. Walnut St., Milwaukee  
<https://www.core-elcentro.org/>

We are a non-profit organization offering affordable natural healing and wellness services in Spanish and English.

Located in Walker's Point on Milwaukee's south side, CORE El Centro serves adults and children of all income levels. We offer integrative healing services such as acupuncture, massage therapy and body work; gardening and nutrition programs; children's wellness; social change through community health advocacy; and movement classes. Our goal is to inspire individuals, families and communities to achieve optimal health.

CORE El Centro provides another healthcare option by offering a holistic combination of health promotion, wellness, stress management and integrative healing resources such as acupuncture,

massage, energy work and holistic exercise classes to low-income communities. Our culturally competent services are family-oriented and are offered in both Spanish and English.

**Priority Populations:** The populations being served by CORE El Centro include persons who have limited access if any to health care because of factors such as income, language or cultural barriers. 74% identify as Latino. The age range is 3 - 84 with an average age of 43. 74% are women.

### **Different Shades of Healing, LLC**

262-320-7886

6830 W. Villard Ave., Suite 190, Milwaukee

<https://www.dsokmke.com/>

Here at Different Shades of Healing, we realize that there is no one way to heal. Each individual may heal and process life experiences differently from each other. Different Shades of Healing is focused on providing interventions that are specific to the individual(s) and their symptoms.

The mission of Different Shades of Healing is to use an urban and cultural perspective to provide mental health and mentoring services.

Our vision is to introduce individuals, couples, families or groups to the various ways of healing in a therapeutic setting. We are dedicated to serve the many shades of races, culture, backgrounds, and religions in our community. The stigma of mental health weighs deeply in minority families. For this reason, Different Shades of Healing, will also focus on providing mental health services that are culturally and socially responsive in the contexts of racial and ethnic minorities.

**Priority populations:** Racial and ethnic minorities

### **Diverse & Resilient**

414-390-0444

2439 N. Holton St., Milwaukee

<https://www.diverseandresilient.org/>

Diverse and Resilient is a statewide LGBTQ public health organization, with offices in Milwaukee and Appleton, prioritizing the health of our Black and Brown communities. Our mission is to achieve health equity and improve the safety and well-being of LGBTQ people and communities in Wisconsin. We work to envision a future for Black and Brown, Queer and Trans individuals filled with joy, the ability to exist fully, and where their health and safety are prioritized in a supportive community year round.

**Priority Populations:** Serving the Black, Indigenous, and POC LGBTQ community throughout Wisconsin.

### **Dryhootch**

Brady FOB: 414-763-5473; National Avenue FOB: 414-763-5738

Brady FOB: 1030 E. Brady St., Milwaukee; National Avenue FOB: 4801 National Ave., Milwaukee

<https://www.dryhootch.org/>

Dryhootch is a place where veterans can gather informally in a coffee hours, a safe, comfortable, drug- and alcohol-free environment. Programs include Dryhootch Quick Reaction Force smartphone-based veteran peer mentor system, plus peer mentoring and resources at coffee houses.

Priority Population: Military veterans

**FORGE**

414-559-2123

PO Box 1272, Milwaukee, WI 53201

<https://forge-forward.org/>

FORGE is focused on improving the lives of transgender individuals by building stronger connections, providing resources, and empowering growth through knowledge.

Priority populations: Transgender and nonbinary individuals, professionals who work with them, and their allies.

**Gerald L. Ignace Indian Health Center**

414-383-9526

1711 S. 11th St., Milwaukee

<https://gliihc.net/>

The Gerald L. Ignace Indian Health Center (GLIHC) is recognized by both the National Committee of Quality Assurance (NCQA) and accredited by the Accreditation Association of Ambulatory Health Care (AAAHC) as a Patient-Centered Medical Home (PCMH).

This means that GLIHC has met all the criteria that qualifies a health center to list itself as a fully-functioning, high-performing Patient-Centered Medical Home. The foundation of a PCMH is the trust relationship between the patient, his/her family, as appropriate, and the Medical Home. We provide you and your family with 24/7 access to patient-centered, coordinated, and comprehensive, quality care – all under one roof.

Your Medical Care Team will coordinate all your health care needs – including primary pediatric and adult medical care, Obstetrician/Gynecologist care, behavioral health care, alcohol & substance abuse treatment, dietary and diabetic health care, diagnostic lab, rehab, pharmacy and dental at the GLIHC clinic.

Located on the Gerald L. Ignace Indian Health Center, Inc.'s second floor, the All Nations Wellness Center provides a variety of services that support the whole person; from social, behavioral, cultural, and spiritual, to fitness, nutrition, and diabetes education services.

Priority Populations: Urban American Indians

**GLOW 414**

414-281-1001

2300 W. Hopkins, Milwaukee

<https://www.glow414.org/>

GLOW stands for Girls Learning to become Outstanding Women, and its mission is to assist with the advancement of at-risk disadvantaged youth by providing education, counseling, and mentoring services. Services include: 20+ drop-in hours per week with trained adult staff and volunteers to

# NEVERMORE

## Batterers' Prevention and Intervention Program

### Do you:

- Physically hit, abuse, or restrain your partner when you are angry?
- Intimidate your partner so that they are scared of you?
- Force your partner to have sex with you?
- Throw things or damage property when you fight?
- Control or monitor where your partner goes, who they talk to, and who they contact on social media?
- Feel you need to put your partner in their place?
- Have a hard time controlling your anger when someone calls you a name, shows you disrespect, or challenges you?
- Get into fights or arguments when you are drunk or high?
- Want to be a better dad to your kids?

### Did you:

- Grow up in a home that taught you to solve problems with violence?
- Get hit or bullied when you were young?
- Watch your dad or another relative hit your mom?
- Learn that it's OK to hit a woman or child?
- Survive traumatic events when you were a child?
- Get arrested because you were in a fight?

**"I came as a follower  
and left as a leader."  
--Nevermore graduate**

**Nevermore Batterers Prevention and Treatment Intervention Program  
can help you learn more about your actions, take responsibility for  
your past, and change your behavior so that you can create peaceful,  
respectful, loving relationships with your partner and children.**



MILWAUKEE WOMEN'S CENTER  
A Division of Community Advocates  
Where Abuse Ends and Hope Begins

**Nevermore Batterers' Prevention and Intervention Program**  
**414-828-5190 | FAX 414-316-9638**  
**[communityadvocates.net](http://communityadvocates.net)**

# NEVERMORE

## Batterers' Prevention and Intervention Program

Nevermore Batterers Prevention and Intervention Program, part of Community Advocates' Milwaukee Women's Center division, aims to end and prevent intimate partner violence by addressing the motivations and behaviors of men who are physically, sexually, and/or emotionally abusive with their partner or children. Through intensive group and individual sessions, counselors help clients to learn the core values of respect and personal responsibility with the goal of stopping their violent or abusive behavior in all forms.

The Nevermore Program includes:

- 23-33 group sessions for first-time participants, plus individual counseling and art therapy
- Programming at Community Advocates' Downtown Milwaukee and Fond du lac Avenue offices
- A zero-tolerance maintenance group for Nevermore graduates
- Alcohol and other drug (AODA) individual and group sessions
- Referrals to the Milwaukee Fatherhood FIRE program at Community Advocates
- Home and office visits with clients and probation and parole agents
- Intervention and prevention services for adult and young men in same-sex relationships
- Access to Community Advocates' support services, such as housing assistance, job training, energy assistance, and case management services
- Enrollment is accepted by appointment and referral.

**Nevermore:  
Nurturing men  
one man at a time.**



MILWAUKEE WOMEN'S CENTER  
*A Division of Community Advocates*  
Where Abuse Ends and Hope Begins

**Nevermore leaders are available to speak to community,  
school, and faith-based groups nationwide.**

**Nevermore Batterers' Prevention and Intervention Program**  
**414-828-5190 | FAX 414-316-9638**  
**[communityadvocates.net](http://communityadvocates.net)**

provide support for youth around issues of sexual orientation and gender identity, mental health counseling, career development, higher education support, healthy living, etiquette, conflict resolution, and financial planning. GLOW 414 also offers leadership training, community outreach and advocacy, and youth-led discussions and workshops.

Priority Population: Disadvantaged youth, especially African American young women

**GoalChasers2020 / Serita Valmond**

262-207-4067; [goalchasers2020@gmail.com](mailto:goalchasers2020@gmail.com)

<https://www.linkedin.com/in/serita-valmond-1a75641a8>

As a Certified Health and Life Coach, I support people who are at the end of their rope in the fight against chronic pain, and I help them take back their lives with holistic nutrition, gentle movement, and mindset coaching. And I don't say that lightly; I practice what I preach.

You're already a chronic pain warrior, but you need someone in your corner to help you get back to real living. You need a coach who will teach and support you not only in your physical health goals, but with mental and spiritual growth too. You need someone who has lived with chronic pain firsthand and committed to the lifelong journey of prioritizing her health.

I see your struggle, and I'm holding space for you.

If you're ready to invest in your healing journey and reclaim your mind, body, and soul from a life of chronic pain, schedule your free 60 minute consultation with me today.

Priority Population: People living with chronic pain

**Grand Avenue Club Inc.**

414-276-6474

210 E. Michigan St., Milwaukee

<https://grandavenueclub.org/>

The mission of Grand Avenue Club is to provide adults who have experienced mental illness with pre-vocational training, paid employment opportunities, supported education, and enriching evenings/weekend/holiday programming.

**HIR Wellness**

414-763-5815

<https://www.hirwellness.org/>

At Healing Intergenerational Roots (HIR) Wellness we have intergenerational, communal, and culturally rooted mental health services and wellness programming, and trainings. It is our belief that we heal in relationships, alongside culture, and within community.

At HIR Wellness we provide all our services and programming at no cost and bring an innovative approach to offering healing informed care to victims of crime (VOC), Historical Trauma, Missing & Murdered Indigenous Women/People (MMIP), their families and Human Trafficking (HT) victims/survivors. All our services are provided by our staff and graduate interns.

Priority Populations: victims of crime (VOC), Historical Trauma, Missing & Murdered Indigenous Women/People (MMIP), their families and Human Trafficking (HT) victims/survivors



### **Invisible Reality Ministries**

414-231-3363

2700 N. 54<sup>th</sup> St., Milwaukee

<https://www.invisiblerealityministries.org/>

At IRM, our doors are wide open to people from all backgrounds, regardless of where they are on their spiritual journey. We are a life-giving, multicultural church and our goal is to infuse life and God's love into people, and families through engaging, powerful worship services that offer biblical truth in relevant and practical ways.

Every Wednesday, the church hosts Stronghold Sessions from 5:30 to 7 p.m. The group discussions bring together those in the congregation who seek help with struggles, including addiction and depression, and connects them with the pastors and Jim Gerber, a psychotherapist.

### **Milwaukee Women's Center – Nevermore Batterers Treatment**

414-828-5190

Various locations

<https://communityadvocates.net/what-we-do/milwaukee-womens-center/what-we-do/batterers-treatment.html>

Nevermore Batterers Treatment is an educational, support group-based program aiming to help male batterers understand and take responsibility for their violent behavior. Nevermore provides tools and knowledge, to change abusive and controlling behaviors and to prevent domestic violence in intimate partner and/or family relationships.

Following intake, participants are assigned to a group which has rolling admission; is offered during the day, evening, and weekend hours; and has a capacity of ten people.

The program's curriculum is delivered by trained / certified facilitators over a mandatory minimum of 24 two-hour sessions focusing on four significant areas:

- 1) education and awareness regarding the dynamics of domestic violence;
- 2) healing and rehabilitation;
- 3) non-violent communication / conflict resolution skills; and
- 4) development of an abuse prevention plan.

Facilitators monitor each participant, and clients who do not display increased knowledge, acceptance that the abuse was their fault, and/or who lack positive changes in attitudes and behaviors are required to participate in additional sessions, typically between six to ten more. The program also provides a 24-Hour Crisis Line and individual sessions for participants.

Priority Population: Men with a history of violent and nonviolent abuse

### **Milwaukee Women's Center – Older Abused Women's Program**

414-671-6140; [PatriciaT@communityadvocates.net](mailto:PatriciaT@communityadvocates.net)

Various locations

<https://communityadvocates.net/what-we-do/milwaukee-womens-center/what-we-do/older-abused-womens-program.html>

The goal of the Milwaukee Women's Center's Older Abused Women's Program is to reduce and eliminate violence in the lives of women age 50 and older who have been victimized by their intimate partners or adult children.

Our free-of-charge program is unique in Milwaukee County because we reach out to women as young as 50 for care specifically tailored to the needs of older women, including women who have been victimized by an adult child. We are experienced in helping older women who have been emotionally, physically, financially, or intimately abused by a spouse, dating partner, or adult child.  
Priority Population: Women ages 50+ who have been victimized by an intimate partner or adult child

### **Mindful Gratitude**

414-248-6734; [christel@forwardcommunications.com](mailto:christel@forwardcommunications.com)  
<https://www.mindfulgratitude.com/>

Mindful Gratitude is the practice of looking up close at our sometimes messy, imperfect, busy, burdened, ordinary lives to see with fresh eyes the beauty, texture, depth, and color of our individual landscapes and the enormous contributions of humanity to our personal knowledge, progress, and well-being. It is the practice of finding, noticing, and, most importantly, deeply appreciating the unique meaning and magic that are intrinsic in our everyday experiences. Christel B. Wendelberger, author of *Mindful Gratitude: Practicing the Art of Appreciation*, offers a workshop and retreat designed for workplaces, community centers, and other groups.

### **National Suicide Prevention Lifeline / Nacional de Prevención del Suicidio**

1-800-273-8255 (English) / 1-888-628-9454 (Español) / For TTY Users: Use your preferred relay service or dial 711 then 1-800-273-8255.

<https://suicidepreventionlifeline.org/>

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

### **Project Ujima**

414-266-2557

<https://childrenswi.org/childrens-and-the-community/families-and-clients/family-support-services/violence-prevention-counseling>

Project Ujima works to stop the cycle of violent crimes through crisis intervention and case management, social and emotional support, youth development and mentoring, mental health, and medical services. We address the needs of youth victims of violence who come to Children's Wisconsin's emergency room by:

- Providing treatment to help the victim recover physically and emotionally
- Directing victims to community organizations that might help in their long-term recovery

Project Ujima also provides services to adult crime victims, including:

- Home visits with a crime victim specialist
- Assistance with crime victim compensation forms
- Victim and court advocacy
- Emergency assistance

**“Gratitude is the single strength  
that correlates most with happiness.”**

Martin Seligman, Director, Penn Positive Psychology Center, University of Pennsylvania

# Relax. Recharge. Reconnect.

## Attend a Mindful Gratitude Workshop Support Mental & Emotional Wellbeing

Challenges at work, home, in relationships, and in society can leave us feeling sad, hurt, disconnected, frustrated, or even angry. Research shows that mindfulness and gratitude can help us cope with difficulties and improve mental, emotional, and physical health.

But **how** do we put mindfulness and gratitude into practice? Show yourself some TLC, and attend a Mindful Gratitude workshop to find out! The Mindful Gratitude Workshop offers a safe and supportive environment for you to relax, recharge, and reconnect with your joy and purpose!

### Learn skills to help you:

- See the unique beauty in your life, even on the hard days.
- Stay calm, even in difficult situations.
- Stay centered, even in a fast changing world.

### Participants receive:

- Journal, pen, and sticker gift set.
- Online follow-up session to discuss barriers & breakthroughs!

### This workshop is for **you** if you:

- Want to find more **joy** and meaning in your everyday life.
- Want to improve your sense of wellbeing.
- Sometimes feel overwhelmed by work, family, relationships, and responsibilities.

**“Be present in all things,  
and be grateful for all things.”**

~ Maya Angelou

## Improve Wellness

During a relaxing Mindful Gratitude workshop you'll experience self-care in real time, and you'll learn research-based skills that are proven to help:



**Relieve Stress**



**Improve Sleep**



**Build emotional resilience**



**Strengthen relationships**  
with friends and family



MINDFUL  
GRATITUDE



COMMUNITY ADVOCATES  
Public Policy Institute

- Enrichment activities for the family

Project Ujima serves adult victims in Milwaukee County of any crime type, including:

- Property crime
- Physical assault
- Rape/sexual assault
- Domestic violence
- Homicide

Project Ujima provides a support group for adult survivors of homicide. When a person loses a loved one to homicide, many questions arise. Project Ujima works with participants to understand the grieving process, identify resources, and provides support to family members on their road to recovery.

Priority Populations: Youth and adults who have survived violent crime.

### **Renewed Purpose LLC**

414-369-2856

<https://www.renewedpurpose.org/>

We provide individual therapy, consultation/training for agencies and organizations, and clinical supervision for therapists. Provided virtually and in-person. Our mission is to assist individuals along their journey towards healing and purpose. Using a strength-based and trauma responsive approach, we provide a safe environment to facilitate the healing process.

Individuals receiving virtual or in-person therapy at Renewed Purpose, LLC experience an improvement in their communication with others, development of healthy relationships, behavior management, and an increase in self-esteem.

Some of the common concerns we address include:

- Mood Disorder
- Trauma/PTSD
- ADD/ADHD
- Parenting Issues
- Grief/Loss

### **Lakiesha Russell, LPC**

<https://www.lakiesharussell.com/contact>

<https://www.lakiesharussell.com/>

Lakiesha is trained in PCIT (Parent Child Interaction Therapy) and TF-CBT (Trauma Focused Cognitive Behavioral Therapy), which allows her to help parents, parent with purpose and intention. Lakiesha received her formal training from Mount Mary University, receiving a Bachelor of Arts in Psychology and a Master of Science in Community Counseling.

Lakiesha Russell is a Licensed Professional Counselor in the state of Wisconsin, BOSS Mompreneur of two and known affectionately as America's #1 Mental Wellness Ambassador™. Lakiesha has been seen on CBS, NBC, Huffington Post, Forbes and a host of other great media outlets. Lakiesha is the weekly guest expert on Spectrum Cable News 1 Wisconsin's Mental Health Mondays Series, where

she provides weekly tips and techniques to help individuals practice good mental wellness. She has been in the mental health field for over a decade and has primarily done work with women, children and families; working on issues of trauma, anxiety, depression, parenting and a host of others. Lakiesha believes that in order for individuals to evolve into their best self they need to be healthy physically, spiritually and mentally.

Lakiesha is an ambassador for individuals taking care of their mental health as she is passionate about individuals walking in their God given purpose.

**Ana Paula Soares LPC**

414-530-4620

128 E. Morgan Ave., Milwaukee

<http://www.anapaulaintegrativecounseling.com/>

In my work I combine modern science, psychology, experiential work and ancient knowledge to best support the healing and integration of your life experiences. I am a Licensed Professional Counselor, therapeutic breathworker and energy worker, and mental health and public health consultant.

My areas of expertise include: Life Events and Changes; Grief and Loss; Relationship Challenges; Self Discovery; Emotional Impact on the Body; PTSD/Trauma Recovery; Anxiety; Depression; Wellness & Personal Growth; Generational & Ancestral Healing; Immigration & Emotional Health.

My clinical approach: Transpersonal Psychology; Gestalt & Jungian Psychology; Neuroscience & Neuropsychology; Somatic Therapy; Systemic Family Constellation; Psychodrama; CBT and DBT.

In addition to my integrative counseling service, I also provide trainings, public speaking, retreats and support organizations to implement community programs regarding racial justice, emotional health, historical and generational trauma. The journey I embark on with my clients in the clinical or community setting, is warm and awakening. I truly believe that we all deserve to live a conscious and fulfilled life.

Priority Populations: Individuals who speak English, Spanish, or Portuguese

**TransformationServices Inc.**

414-933-7083

835 N. 23<sup>rd</sup> St., Milwaukee

<https://www.transformationsservices.info/index.html>

TransformationServices, Inc. uses a holistic approach to Substance Abuse and Mental Health Counseling, incorporating a healthier physical, emotional, and spiritual lifestyle. Since 1995, the Healing Garden component of our treatment program has had available an outdoor alternative, allowing clients to learn and practice effective stress management techniques. A walking track seen from our roof, and a naturalistic location for therapy offers a calm oasis in a busy urban locale. This provides a setting for the development of effective wellness strategies that until now for the client have been self-destructive choices (alcohol, drugs, cigarettes, food etc.). We now offer the Healing Garden for both staff and students.

Dr. Ingrid D. Hicks is a Licensed Clinical Psychologist as well as a Consultant, Grant Writer, and Author specializing in Minority Education and Curriculum Development. Her company

TransformationServices, Inc. (TSI) is a Milwaukee Certified Small Business Enterprise, as well as a Wisconsin Minority Business Enterprise.

## Hospital-Based Treatment

### **Ascension Columbia St. Mary's Hospital Milwaukee-Behavioral Health**

414-585-1620

2323 N. Lake Dr., Milwaukee

<https://healthcare.ascension.org/specialty-care/behavioral-mental-health>

We offer inpatient, outpatient and aftercare treatment programs personalized for your needs as an adult, senior, adolescent, or child. We also have 24/7 Stress Centers with highly experienced mental health specialists well-prepared for an emotional health need. Our outpatient Behavioral Health Centers offer counseling and day treatment programs. Our care team has solutions when you are experiencing overwhelming stress from complex medical problems that are affecting your emotional and physical health. We also have dedicated programs for (opioid) drug and alcohol dependency and abuse.

We treat all types of behavioral and mental health conditions in all age groups, including: Abuse (sexual, psychological, physical); Anxiety and depression; Attention deficit disorders (behavior, social skills); Eating disorders; Opioid dependency; Perinatal mood and anxiety disorders (baby blues); Post-traumatic stress disorder (PTSD); Schizophrenia; Self-harm; Substance abuse (alcohol, drugs, others). Our care team includes psychiatrists, psychologists, social workers, psychotherapists, counselors, nurses, nutritionists, occupational therapists, expressive therapists and other behavioral health specialists.

[Click here for Substance Abuse and Addiction Programs.](#)

[Click here for Adolescent Substance Abuse Programs.](#)

### **Aurora Health Care Behavioral Health and Addiction Programs**

Intake Services Department: 414-454-6600; check the website for additional details.

Multiple locations

<https://www.aurorahealthcare.org/services/behavioral-health-addiction/>

Adult behavioral health programs include inpatient care, partial hospitalization care, intensive outpatient care, and residential care. Behavioral health programs for children and teens ages 5-17 include inpatient care, partial hospitalization, day treatment programs, and intensive outpatient. Substance use treatment programs include inpatient, outpatient, partial hospitalization, and residential substance use treatment programs.

### **Children's Wisconsin Pediatric Mental and Behavioral Health**

414-266-3339

Locations: <https://childrenswi.org/medical-care/mental-and-behavioral-health/locations>

<https://childrenswi.org/medical-care/mental-and-behavioral-health>

Some children need help with everyday struggles like trouble with friends or school. Some children also have issues with trauma or abuse. You can trust our pediatric experts to help you and your child. We can help you and your child find a path to wellness. Our pediatric Mental and Behavioral Health

team is made up of experts in child and adolescent psychiatry, counseling, pediatric psychology, neuropsychology, and psychotherapy. We can diagnosis and treat a wide range of mental health, behavior and psychiatric problems. There is nothing too small or too big for our specialists.

Priority Population: Kids ages 6 months to 18 years old.

**Clement J. Zablocki Veterans Administration Medical Center**

Main phone: 414-384-2000; Mental Health Clinic: 414-384-2000 ext. 42098; Veterans Crisis Line: 1-800-273-8255 (select 1)

5000 W. National Ave., Milwaukee

<https://www.va.gov/milwaukee-health-care/health-services/#mental-health-care>

Services include addiction and substance abuse care, mental health care, military sexual trauma care, PTSD care, psychology, and suicide prevention.

Priority Populations: Military veterans

**Rogers Memorial Behavioral Health**

Request a free screening 24/7: 800-767-4411

Multiple locations

<https://rogersbh.org/>

Rogers is a not-for-profit provider of mental health and addiction treatment. Our specialized care for children, adolescents, and adults has proven clinical outcomes. Common conditions treated include: depression, OCD and anxiety, eating disorders, PTSD, addiction, autism, and emotional dysregulation.

Services include inpatient, outpatient, and residential care.



# Intake and Assessment

## **IMPACT**

Dial 2-1-1 or text your ZIP Code to TXT-211 [898-211]

6737 W. Washington St. #2225, Milwaukee

<https://www.impactinc.org/impact-211/>

IMPACT 2-1-1 is a central access point for people in need. During times of personal crisis or community disaster, the free, confidential helpline and online resource directory make it easy for residents to get connected to information and assistance to emergency shelter, community programs, and drug and alcohol treatment services.

For nearly 60 years, IMPACT has been providing free and confidential alcohol and drug consultation and referral services to help people who are concerned about themselves or a loved one. Because IMPACT does not provide treatment services, and is not affiliated with any health care provider, referrals are based solely on the needs of the individual.

IMPACT's website includes a Milwaukee County Safety Net Directory, and a Resource Directory with more than 7,000 community programs in English and Spanish.

Priority Populations: Low-income, vulnerable Milwaukee County residents needing help with basic needs; those seeking help with substance use disorders

## **M & S Clinical Services Inc.**

(414) 263-6000

2821 N. 4<sup>th</sup> St. #516, Milwaukee

Provides comprehensive culturally competent outpatient mental health and substance abuse services to families, adults, couples, youth, and children. Provides family/group counseling and marriage and couple counseling. Determines eligibility for Milwaukee County-funded Alcohol and Other Drug Abuse (AODA) treatment through a comprehensive assessment. This is conducted through a central intake unit. Individuals must be at least 18 years old and a Milwaukee County resident seeking AODA treatment.

## **Milwaukee County Behavioral Health Division**

24-Hour Crisis Line: 414-257-7222

9455 W Watertown Plank Rd., Wauwatosa

<https://county.milwaukee.gov/EN/DHHS/BHD>

If you have a person aged 18 or older in need of behavioral health or substance abuse help provided by the Milwaukee County DHHS Behavioral Health Division, you have two options:

- Call BHD's Community Access to Recovery Services (CARS) program at (414) 257-8085
- Fill out the referral form at <https://county.milwaukee.gov/ImageLibrary/Groups/cntyHHS/BHD/CARS/CARSReferralPackett1.pdf> and fax it to (414) 454-4242

All children's services at the Milwaukee County DHHS Behavioral Health Division are centered on our Wraparound Milwaukee program. Referrals to Wraparound Milwaukee are simple, and only have a single point of contact. All you have to do is call (414) 257-7607 and we can get the process started.

Additional locations:

- BHD Psychiatric Crisis Services (24/7 Emergency Room), 9455 W. Watertown Plank Rd., Wauwatosa
- MCFI Behavioral Health Crisis Resource Center, South Side, 2057 S. 14<sup>th</sup> St., Milwaukee; 414-643-8778; open 24/7
- MCFI Crisis Resource Center, North Side, 5409 W. Villard Ave., Milwaukee; 414-539-4024; open 24/7
- Access Clinic South, 1635 W. National Ave., Milwaukee; located within Sixteenth Street's National Avenue Clinic; 414-257-7900
- Access Clinic East, 201 W. Capitol Drive, Milwaukee; in partnership with Outreach Community Health Centers; 414-257-7665

### **Wisconsin Community Services (WCS) Recovery Services**

414-343-3569

3732 W. Wisconsin Ave., Suite 310, Milwaukee

[https://www.wiscs.org/programs/behavioral/recovery\\_services/](https://www.wiscs.org/programs/behavioral/recovery_services/)

WCS is a provider of Wisconsin Supports Everyone's Recovery Choice (Wiser Choice) services. Programming provides people seeking drug and alcohol treatment with vouchers to pay for a range of appropriate community-based services. WCS programs include the Central Intake Unit (CIU) and the Recovery Support Coordination Unit (RSC).

- **WCS Access Point:** WCS operates the central intake unit to screen and admit people into AODA treatment in Milwaukee County. The Central Intake Unit is mobile and can travel to correctional institutions and other sites to meet clients.
- **WCS Recovery Support Coordination Unit:** The program provides wraparound type services that help to address all issues a person is facing instead of trying to treat the alcohol or drug problem in isolation. A recovery support coordinator creates a plan that provides referrals to and coordination of services for people involved in AODA treatment.
- **Prisoner Reintegration Program (PRP):** The PRP provides pre- and post-release services for individuals returning to the City of Milwaukee after a period of confinement in the Milwaukee County House of Corrections. Before release, participants work with staff to identify their needs and develop an effective release plan. Upon release, participants meet with their assigned Mentor on a weekly basis to ensure that the participant's post-release needs are being addressed. Whenever possible, participants are connected with services that are available in the community and Wiser Choice Network.

Priority Populations: Anyone seeking help with drug and alcohol use, including justice-involved individuals

## Services by You & for You: African American/Black People

### **AMRI Counseling Services**

Milwaukee: 414-455-3879; Kenosha: 262-671-1625; [admin@amricounseling.com](mailto:admin@amricounseling.com)  
4001 W. Capitol Drive, Milwaukee; 3536 W. Fond du Lac Ave, Milwaukee; 6321 23<sup>rd</sup> Ave., Kenosha  
<http://amricounseling.com/>

AMRI Counseling Services is a Wisconsin State Licensed and Certified Clinic providing various assessments, quality mental health counseling, substance abuse treatment, alcohol and drug testing, medical and medication stabilization services, delivery pharmacy services, and an array of family supportive services for children, adolescents, adults, couples, and families. AMRI offers telehealth (phone and video counseling) services. Call 414-455-3879 or email [clinic@amricounseling.com](mailto:clinic@amricounseling.com) for information.

### **The Asha Project**

414-252-0075; [staff@ashafamilyservices.org](mailto:staff@ashafamilyservices.org)  
3719 W. Center St., Milwaukee  
<https://ashafamilyservices.org/>

The Asha Project is the first and only culturally specific African American domestic abuse provider in Wisconsin. Our mission is to help survivors empower themselves. We seek to provide culturally specific programming for the complex issues of domestic violence, sexual abuse, and sex trafficking. The complexity is often compounded by problems along racial lines, historical trauma, discrimination, a lack of access to services in the community, and providers' inadequate cultural knowledge of daily issue for victims of abuse residing in the community.

Priority Population: African American women who have survived domestic violence, sexual abuse, or sex trafficking

### **Blue Willow Counseling & Consulting, LLC**

414-375-9807  
11414 W. Park Place, Suite 202, Milwaukee  
<https://sites.google.com/bluewillowcc.com/bluewillowcc/home>

Blue Willow Counseling and Consulting (BWCC) is a growing practice providing mental health services by telehealth. Our vision is to provide highly effective mental health treatment that helps people reach their full potential for health and well-being using evidence-based methods while establishing a trusting relationship with the population that is served.

Michaela serves individuals ages 17 and up. She aims to show people with similar backgrounds that focusing on mental health is important and how the barriers that are created by trauma can be shifted. Her passion is tackling the "-isms" and the effects it has on society and the people in it. Types of therapy used: CBT, EMDR Trained, CPT, DBT, Narrative Therapy, Person Centered, and use of Expressive Art

Priority Populations: Under-served populations treated include Minorities, LGBTQ+, Social Justice Warriors and Allies

**Different Shades of Healing, LLC**

262-320-7886

6830 W. Villard Ave., Suite 190, Milwaukee

<https://www.dsohmke.com/>

Here at Different Shades of Healing, we realize that there is no one way to heal. Each individual may heal and process life experiences differently from each other. Different Shades of Healing is focused on providing interventions that are specific to the individual(s) and their symptoms.

The mission of Different Shades of Healing is to use an urban and cultural perspective to provide mental health and mentoring services.

Our vision is to introduce individuals, couples, families or groups to the various ways of healing in a therapeutic setting. We are dedicated to serve the many shades of races, culture, backgrounds, and religions in our community. The stigma of mental health weighs deeply in minority families. For this reason, Different Shades of Healing, will also focus on providing mental health services that are culturally and socially responsive in the contexts of racial and ethnic minorities.

Priority populations: Racial and ethnic minorities

**Family Healing and Wellness Center, LLC**

414-367-8793

3970 N. Oakland Ave., Shorewood

<http://www.fhwcllc.com/home.html>

Founded in 2015, Family Healing and Wellness Center is a comprehensive outpatient mental wellness practice that offers psychotherapy services to youth and families in Milwaukee, WI and surrounding communities. FHC provides accurate diagnosis of mental illness in children and adolescents and treats their illness with a holistic approach (mind, body, and spirit) by providing individual and family therapy so that their daily functioning is not impaired. FHC focuses on helping youth and families improve their quality of life, regain stability, and sustain mental and emotional wellness.

Priority populations: Youth and families

**GLOW 414**

414-281-1001

2300 W. Hopkins, Milwaukee

<https://www.glow414.org/>

GLOW stands for Girls Learning to become Outstanding Women, and its mission is to assist with the advancement of at-risk disadvantaged youth by providing education, counseling, and mentoring services. Services include: 20+ drop-in hours per week with trained adult staff and volunteers to provide support for youth around issues of sexual orientation and gender identity, mental health counseling, career development, higher education support, healthy living, etiquette, conflict resolution, and financial planning. GLOW 414 also offers leadership training, community outreach and advocacy, and youth-led discussions and workshops.

Priority Population: Disadvantaged youth, especially African American young women

**GoalChasers2020 / Serita Valmond**

262-207-4067; [goalchasers2020@gmail.com](mailto:goalchasers2020@gmail.com)

<https://www.linkedin.com/in/serita-valmond-1a75641a8>

As a Certified Health and Life Coach, I support people who are at the end of their rope in the fight against chronic pain, and I help them take back their lives with holistic nutrition, gentle movement, and mindset coaching. And I don't say that lightly; I practice what I preach.

You're already a chronic pain warrior, but you need someone in your corner to help you get back to real living. You need a coach who will teach and support you not only in your physical health goals, but with mental and spiritual growth too. You need someone who has lived with chronic pain firsthand and committed to the lifelong journey of prioritizing her health.

I see your struggle, and I'm holding space for you.

If you're ready to invest in your healing journey and reclaim your mind, body, and soul from a life of chronic pain, schedule your free 60 minute consultation with me today.

**Invisible Reality Ministries**

414-231-3363

2700 N. 54<sup>th</sup> St., Milwaukee

<https://www.invisiblerealityministries.org/>

At IRM, our doors are wide open to people from all backgrounds, regardless of where they are on their spiritual journey. We are a life-giving, multicultural church and our goal is to infuse life and God's love into people, and families through engaging, powerful worship services that offer biblical truth in relevant and practical ways.

Every Wednesday, the church hosts Stronghold Sessions from 5:30 to 7 p.m. The group discussions bring together those in the congregation who seek help with struggles, including addiction and depression, and connects them with the pastors and Jim Gerber, a psychotherapist.

**Manna Behavioral Health Services Corp.**

Cell: 414-334-7022

2821 N. Fourth St., Suite 202, Milwaukee

<http://www.mannabs.com/>

We offer honest and reliable services for our clients and the community. Our primary objective is advising people who suffer from alcoholism, drug addiction, anger management, or other behavioral problems. We provide workshops, speaking engagements, and interventions to help our clients recover from addiction or modify destructive behaviors.

We Also Specialize in the following:

- Manhood Training
- AODA education
- Gang Prevention

- Educate to Navigate

Clem. L. Richardson is a Clinical Substance Abuse Counselor through the Wisconsin Department of Safety and Professional Services (DSPS) Mr. Richardson completed his Master's Degree in Professional Counseling at Concordia University Mequon Campus in 2009, he is a graduate of the Minority Training Project trained in various types of skills such as "Breaking the Cycle of Addiction" and "Intense level 5 AODA.

Clem is also Gang Prevention Facilitator for youth and young adults. His course work is pending in order to become an Independent Clinical Supervisor - In Training (ICS). He is currently a "Group Work Skills" Instructor for MATC Milwaukee Downtown Campus. Mr. Richardson began working with the Department of Corrections population in 1999 with the Smart Recovery, Cognitive Behavioral Therapy 1 & 2 that include Criminal Thinking held at Marshall Sheerer Correctional Center and Felmers Chaney Correctional Center and AODA Education in Milwaukee.  
Priority Population: Under-served youth, teens, and men

#### **MERA Response Team**

414-678-9553

<https://www.housecallwi.com/>

MERA Response Team provides preventative care and crisis intervention with its CIT unarmed response team uniquely designed to assist in fulfilling this commitment. MERA utilizes assistive technology along with an array of services focused on trauma informed care and first response to crises experienced by individuals with mental illness.

Additionally, MERA integrates Wisconsin state-licensed and certified mental health counselors for substance abuse treatments, elderly care, and family support services to children, adolescents, and adults. MERA Response Team will help reduce mental health crisis, lower substance abuse, and lessen the burden on Milwaukee Police resources. The ultimate goal is to improve efficiencies and community relations while leveraging a community-based organization. Beyond the initial crisis interaction, MERA will focus on ongoing support including evidence-based treatments such as music therapy, peer support, cognitive therapy, ongoing counseling, and continued family involvement to name a few.

Priority Population: Individuals living with mental health challenges

#### **MKE Community Wellness Center / Nicole Pryor, MS, LPC**

414-240-8607

642 W. North Ave., Milwaukee

<https://www.psychologytoday.com/us/therapists/mke-community-wellness-center-milwaukee-wi/842167>

My focus is to provide Behavioral Health and Substance Use Recovery services to individuals struggling emotionally, physically, and socially in a Trauma Informed environment. Services provided come from a holistic approach. Sessions offered are individual therapy, re-entry support, and group therapy.

Priority Populations: Black and African American

### **Renewed Purpose LLC**

414-369-2856

<https://www.renewedpurpose.org/>

We provide individual therapy, consultation/training for agencies and organizations, and clinical supervision for therapists. Provided virtually and in-person. Our mission is to assist individuals along their journey towards healing and purpose. Using a strength-based and trauma responsive approach, we provide a safe environment to facilitate the healing process.

Individuals receiving virtual or in-person therapy at Renewed Purpose, LLC experience an improvement in their communication with others, development of healthy relationships, behavior management, and an increase in self-esteem.

Some of the common concerns we address include:

- Mood Disorder
- Trauma/PTSD
- ADD/ADHD
- Parenting Issues
- Grief/Loss

### **Lakiesha Russell, LPC**

<https://www.lakiesharussell.com/contact>

<https://www.lakiesharussell.com/>

Lakiesha is trained in PCIT (Parent Child Interaction Therapy) and TF-CBT (Trauma Focused Cognitive Behavioral Therapy), which allows her to help parents, parent with purpose and intention. Lakiesha received her formal training from Mount Mary University, receiving a Bachelor of Arts in Psychology and a Master of Science in Community Counseling.

Lakiesha Russell is a Licensed Professional Counselor in the state of Wisconsin, BOSS Mompreneur of two and known affectionately as America's #1 Mental Wellness Ambassador™. Lakiesha has been seen on CBS, NBC, Huffington Post, Forbes and a host of other great media outlets. Lakiesha is the weekly guest expert on Spectrum Cable News 1 Wisconsin's Mental Health Mondays Series, where she provides weekly tips and techniques to help individuals practice good mental wellness. She has been in the mental health field for over a decade and has primarily done work with women, children and families; working on issues of trauma, anxiety, depression, parenting and a host of others. Lakiesha believes that in order for individuals to evolve into their best self they need to be healthy physically, spiritually and mentally.

Lakiesha is an ambassador for individuals taking care of their mental health as she is passionate about individuals walking in their God given purpose.

### **Shannon L. Smith, MS, LPC, CSAC, SAP, ICS / SLS Counseling Group**

414-376-9024

11414 W. Park Place, Suite 202, Milwaukee

<https://www.psychologytoday.com/us/therapists/shannon-l-smith-milwaukee-wi/119664>

Are you depressed, easily angered, or stressed out? My name is Shannon Smith with SLS Counseling Group, LLC, specializing in providing high quality behavioral and mental health services. I am a



licensed Psychotherapist, Clinical Substance Abuse Counselor and Substance Abuse Professional (SAP), and I am committed to building self-esteem, improving decision making, and developing appropriate coping skills to youth and adults in the community. I focus on individual and group therapy, which ranges from academic underachievement to substance abuse. Each individual has a trait to be resilient and the inherent capability of achieving goals.

I am a former High School state basketball champion, nationally ranked basketball recruit that went on to play Major D1 basketball and on to play in the NBA. I am currently a Clinicians Network member for the Anti-Drug/Player Assistance Program for the NBPA, as well as the Mental Health and Wellness Program for the NBA Players Association.

Having a unique opportunity to combine these experiences with mental health counseling, I am able to provide a perspective and balance that includes sports and life coaching, as well as mental health therapy. \*EMAIL CORRESPONDENCE IS PREFERRED at the above link.\*  
Priority Populations: Black and African American youth and adults

**TransformationServices Inc.**

414-933-7083

835 N. 23<sup>rd</sup> St., Milwaukee

<https://www.transformationsservices.info/index.html>

TransformationServices, Inc. uses a holistic approach to Substance Abuse and Mental Health Counseling, incorporating a healthier physical, emotional, and spiritual lifestyle. Since 1995, the Healing Garden component of our treatment program has had available an outdoor alternative, allowing clients to learn and practice effective stress management techniques. A walking track seen from our roof, and a naturalistic location for therapy offers a calm oasis in a busy urban locale. This provides a setting for the development of effective wellness strategies that until now for the client have been self-destructive choices (alcohol, drugs, cigarettes, food etc.). We now offer the Healing Garden for both staff and students.

Dr. Ingrid D. Hicks is a Licensed Clinical Psychologist as well as a Consultant, Grant Writer, and Author specializing in Minority Education and Curriculum Development. Her company TransformationServices, Inc. (TSI) is a Milwaukee Certified Small Business Enterprise, as well as a Wisconsin Minority Business Enterprise.

## Services by You & for You:

### Domestic Abuse & Intimate Partner Violence Survivors

#### **The Asha Project**

414-252-0075; [staff@ashafamilyservices.org](mailto:staff@ashafamilyservices.org)

3719 W. Center St., Milwaukee

<https://ashafamilyservices.org/>

The Asha Project is the first and only culturally specific African American domestic abuse provider in Wisconsin. Our mission is to help survivors empower themselves. We seek to provide culturally specific programming for the complex issues of domestic violence, sexual abuse, and sex trafficking. The complexity is often compounded by problems along racial lines, historical trauma, discrimination, a lack of access to services in the community, and providers' inadequate cultural knowledge of daily issue for victims of abuse residing in the community.

Priority Population: African American women who have survived domestic violence, sexual abuse, or sex trafficking

#### **Diverse & Resilient**

414-390-0444

2439 N. Holton St., Milwaukee

<https://www.diverseandresilient.org/>

At Diverse & Resilient, we see a future where lesbian, gay, bisexual, transgender, and queer people in Wisconsin thrive, living healthy, satisfying lives in safe, supportive communities.

Our long-term objective is to eliminate health disparities between LGBTQ people and the general population, as measured by commonly accepted indicators of physical and mental health. These health disparities occur in four areas:

- Mental Health
- Sexual Health
- Partner & Community Violence
- Substance Use

The key social determinant of these health disparities is anti-LGBTQ discrimination. To that end, our work also includes efforts to increase acceptance, end discrimination, and build leadership skills and confidence among LGBTQ people.

Priority Populations: Lesbian, gay, bisexual, transgender, and queer people.

#### **The Healing Center**

Main Office: 414-671-4325; 24-hour Hotline: 414-219-5555; Text: 414-219-1551; Online Support at

<https://www.aurorahealthcare.org/healing-advocacy-services/>

130 W. Bruce St., Milwaukee

<https://www.aurorahealthcare.org/healing-advocacy-services/>

As one of only a few treatment programs in the country that's part of a health system, Aurora Health Care helps survivors of sexual assault and domestic violence get more of the services they need from a single source. We offer emergency care, counseling, emotional support and forensic nursing. Our providers work together to help survivors receive the individualized care and services they need to feel whole again. Our services are making a positive and lasting impact: Many survivors reclaim joy and peace of mind.

Priority Populations: Survivors of sexual assault or domestic violence who speak English or Spanish

### **Jewish Family Services Counseling and Clinical Services**

414-390-5800

1300 N. Jackson St., Milwaukee

<https://www.jfsmilw.org/services/mental-health-and-counseling-services/>

We are committed to your mental health and wellness. For more than 30 years, JFS has offered quality mental health and counseling services to meet the unique needs of individuals, families and children by providing an array of services. Outpatient services include: counseling for adults, children and families; services for survivors of abuse; domestic violence survivor weekly virtual support group; counseling for trauma survivors; suicide prevention; school-based counseling; late life counseling for seniors; grief support group weekly meeting; student trainee program.

### **Milwaukee Women's Center / A Division of Community Advocates**

24-Hour Domestic Violence Crisis Line: 414-671-6140

Multiple locations

<https://communityadvocates.net/what-we-do/milwaukee-womens-center/overview.html>

Our mission is to provide innovative, culturally competent holistic care that will empower men, women, and children to live safe, independent, and healthy lives.

Founded in 1980, the Milwaukee Women's Center provides comprehensive services and treatment for women, men, and children whose lives have been affected by domestic violence, addiction, mental health issues, homelessness, and poverty. In June 2007, to ensure the continuation of critical domestic violence resources in Milwaukee County, the Milwaukee Women's Center became a Division of Community Advocates.

In 2020, 1,133 individuals received services and support through the Milwaukee Women's Center Division.

- Our Domestic Violence Emergency Shelter provided comprehensive domestic violence services to 137 adults and 106 children.
- 119 low-income, homeless adults and 179 children received shelter and assistance through our Family Support Center Emergency Shelter.
- Our Older Abused Women's Program helped 106 women ages 50 and older who were victimized by their intimate partners or adult children. More than 90% of program participants prepared a safety plan and many participated in weekly support groups.
- The Nevermore Batterers Treatment Program educated 182 men, 143 (79%) of whom completed the six-month program.

- 51 men learned how to become better dads and role models through their participation in the New Pathways for Fathers and Families Program. Forty (78%) successfully completed the program.
- Our intensive alcohol- or drug-abuse treatment program, the POWER Program, helped 35 women.
- Our bilingual Family Intervention Program served 39 African American and Latino/a men and women and their families.
- The Bottomless Closet provided free clothing and job readiness assistance to 127 women and 52 men who were seeking employment

Priority Populations: Individuals and families who have survived abuse in their relationships and are seeking help in English or Spanish

### **Milwaukee Women's Center – Older Abused Women's Program**

414-671-6140; [PatriciaT@communityadvocates.net](mailto:PatriciaT@communityadvocates.net)

Various locations

<https://communityadvocates.net/what-we-do/milwaukee-womens-center/what-we-do/older-abused-womens-program.html>

The goal of the Milwaukee Women's Center's Older Abused Women's Program is to reduce and eliminate violence in the lives of women age 50 and older who have been victimized by their intimate partners or adult children.

Our free-of-charge program is unique in Milwaukee County because we reach out to women as young as 50 for care specifically tailored to the needs of older women, including women who have been victimized by an adult child. We are experienced in helping older women who have been emotionally, physically, financially, or intimately abused by a spouse, dating partner, or adult child.

Priority Population: Women ages 50+ who have been victimized by an intimate partner or adult child

### **Milwaukee Women's Center – Nevermore Batterers Treatment**

414-828-5190

Various locations

<https://communityadvocates.net/what-we-do/milwaukee-womens-center/what-we-do/batterers-treatment.html>

Nevermore Batterers Treatment is an educational, support group-based program aiming to help male batterers understand and take responsibility for their violent behavior. Nevermore provides tools and knowledge, to change abusive and controlling behaviors and to prevent domestic violence in intimate partner and/or family relationships.

Following intake, participants are assigned to a group which has rolling admission; is offered during the day, evening, and weekend hours; and has a capacity of ten people.

The program's curriculum is delivered by trained / certified facilitators over a mandatory minimum of 24 two-hour sessions focusing on four significant areas:

- 1) education and awareness regarding the dynamics of domestic violence;
- 2) healing and rehabilitation;

- 3) non-violent communication / conflict resolution skills; and
- 4) development of an abuse prevention plan.

Facilitators monitor each participant, and clients who do not display increased knowledge, acceptance that the abuse was their fault, and/or who lack positive changes in attitudes and behaviors are required to participate in additional sessions, typically between six to ten more. The program also provides a 24-Hour Crisis Line and individual sessions for participants.

Priority Population: Men with a history of violent and nonviolent abuse

### **Project Ujima**

414-266-2557

<https://childrenswi.org/childrens-and-the-community/families-and-clients/family-support-services/violence-prevention-counseling>

Project Ujima works to stop the cycle of violent crimes through crisis intervention and case management, social and emotional support, youth development and mentoring, mental health, and medical services. We address the needs of youth victims of violence who come to Children's Wisconsin's emergency room by:

- Providing treatment to help the victim recover physically and emotionally
- Directing victims to community organizations that might help in their long-term recovery

Project Ujima also provides services to adult crime victims, including:

- Home visits with a crime victim specialist
- Assistance with crime victim compensation forms
- Victim and court advocacy
- Emergency assistance
- Enrichment activities for the family
- Project Ujima serves adult victims in Milwaukee County of any crime type, including:
  - Property crime
  - Physical assault
  - Rape/sexual assault
  - Domestic violence
  - Homicide

Project Ujima provides a support group for adult survivors of homicide. When a person loses a loved one to homicide, many questions arise. Project Ujima works with participants to understand the grieving process, identify resources, and provides support to family members on their road to recovery.

Priority Populations: Youth and adults who have survived violent crime.

### **Sojourner Family Peace Center**

24-hour Domestic Violence Hotline: 414-933-2722; Text: 414-877-8100; Advocacy Office: 414-276-1911

<https://www.familypeacecenter.org/>; <https://www.familypeacecenter.org/spanish>;  
<https://www.familypeacecenter.org/russian>

Sojourner has been designated the 24-hour Domestic Violence Hotline for the City of Milwaukee and outlying communities since 1986. Staff and volunteers speak directly with victims from the scene of

domestic violence incidents investigated by the Milwaukee Police Department and 18 suburban police departments in situations that are subsequently reviewed for criminal charges by the Milwaukee County District Attorney's office.

Our 24-Hour Domestic Violence Hotline (414) 933-2722 also receives calls for information and support, and can help callers of all ages. All calls are confidential.

Sojourner also operates a 53-bed emergency shelter, provides support groups and case management, addresses animal abuse, assists with filing restraining orders, and provides other resources.

Priority Population: Individuals and families who have survived human trafficking, domestic violence or intimate partner violence. Provides services in English, Spanish, and Russian.



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



# YOUTH MENTAL HEALTH FIRST AID

## WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 6-18.

**10.2%**

of youth will be diagnosed with a substance use disorder in their lifetime.

Source: Youth Mental Health First Aid\*\*

**1 IN 5**

teens and young adults lives with a mental health condition.

Source: National Alliance for Mental Illness\*

**50%**

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry\*\*\*

## WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.

## WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

## THREE WAYS TO LEARN

- **In-person** – Learners will receive their training as an 8-hour, Instructor-led, in-person course.
- **Blended** – Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, Instructor-led training. This Instructor-led Training can be:
  - » A video conference.
  - » An in-person class.

## Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

### Sources

\* National Alliance on Mental Illness. (n.d.). Kids. <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids>

\*\* Mental Health First Aid. (2020). *Mental Health First Aid USA* for adults assisting children and youth. National Council for Mental Wellbeing.

\*\*\* Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2005, June). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*. 62(6); 593-602. doi: 10.1001/archpsyc.62.6.593

To find a Mental Health First Aid class in the Milwaukee area, visit [ppi.communityadvocates.net](http://ppi.communityadvocates.net).

## Services by You & for You: Families, Teens, and Kids

### **Children's Wisconsin Child and Family Counseling**

414-292-4242

620 S. 76<sup>th</sup> St., Milwaukee

<https://childrenswi.org/childrens-and-the-community/families-and-clients/counseling/child-and-family-counseling>

Children and families sometimes need help addressing social and emotional difficulties. Counseling services can reduce stress and conflict, improve parenting skills, and strengthen family ties. Our counselors understand a strong family bond helps children grow into strong, healthy adults.

### **Children's Wisconsin Pediatric Mental and Behavioral Health**

414-266-3339

Locations: <https://childrenswi.org/medical-care/mental-and-behavioral-health/locations>  
<https://childrenswi.org/medical-care/mental-and-behavioral-health>

Some children need help with everyday struggles like trouble with friends or school. Some children also have issues with trauma or abuse. You can trust our pediatric experts to help you and your child. We can help you and your child find a path to wellness. Our pediatric Mental and Behavioral Health team is made up of experts in child and adolescent psychiatry, counseling, pediatric psychology, neuropsychology, and psychotherapy. We can diagnosis and treat a wide range of mental health, behavior and psychiatric problems. There is nothing too small or too big for our specialists.

Priority Population: Kids ages 6 months to 18 years old.

### **Community Advocates – Milwaukee Fatherhood FIRE Program**

414-737-6510

4900 W. Fond du Lac Ave., Milwaukee

<https://communityadvocates.net/what-we-do/milwaukee-fatherhood-fire.html>

Community Advocates recognizes that kids need strong, independent, and caring moms *and* dads. That's why we've partnered with Milwaukee County in their Milwaukee Fatherhood FIRE program, which promotes fathers as *Family-focused, Interconnected, Resilient, and Essential* in the lives of their children, families, community and society. This program connects fathers with other fathers with similar goals working to improve their lives. Over a period of several weeks, these fathers will work together learning as a team how to develop positive, healthy habits that align with the FIRE qualities. Core topics include healthy relationships, responsible parenting, and economic stability.



Fatherhood FIRE serves biological fathers, expectant and adoptive fathers, stepfathers, or a person who is serving as a father figure for a dependent child or young adult up to 24 years old who lives in Milwaukee County.

Upon completion of the Fatherhood FIRE program, Milwaukee County Child Support Services will generously offer you a 50% reduction in state interest OR, if there is no state interest, a 50% reduction in state owed birth expenses.

Milwaukee Fatherhood-FIRE is a project of Milwaukee County Child Support Services. Funding for this project is provided by the Administration for Children and Families (ACF) of the United States Department of Health and Human Services (HHS), Grant #90ZJ0010. The content is solely the responsibility of the Milwaukee County Fatherhood-FIRE program and does not necessary represent the official views of ACF. This program is offered to eligible persons regardless of race, gender, disability, age, or religious affiliation.

Priority Populations: Fathers, expectant fathers, and father figures for a dependent child or young adult up to 24 years old who lives in Milwaukee County

**Family Healing and Wellness Center, LLC**

414-367-8793

3970 N. Oakland Ave., Shorewood

<http://www.fhwcllc.com/home.html>

Founded in 2015, Family Healing and Wellness Center is a comprehensive outpatient mental wellness practice that offers psychotherapy services to youth and families in Milwaukee, WI and surrounding communities. FHWC provides accurate diagnosis of mental illness in children and adolescents and treats their illness with a holistic approach (mind, body, and spirit) by providing individual and family therapy so that their daily functioning is not impaired. FHWC focuses on helping youth and families improve their quality of life, regain stability, and sustain mental and emotional wellness.

Priority populations: Youth and families

**Focus Family Services**

414-264-4217

2821 Vel R. Phillips Ave., Milwaukee

Provides traditional treatment services such as alcohol and other drug abuse (AODA) assessment, group counseling, anger management. Assists and supports clients in achieving and maintaining stable, healthy and productive lives, and helps families and children thrive and become self-sufficient citizens of this community. Licensed as both as an outpatient mental health clinic and a certified AODA clinic with staff qualified to work with clients in the AODA, mental health and correctional systems.

**Forward Choices LLC**

414-442-1751

6040 W. Lisbon Ave., Milwaukee

<https://forwardchoices.com/>

Our experienced treatment staff can help Children, Adolescents and Adults successfully address a wide variety of needs and concerns related to home and family as well as work and school. We begin with a *Strength-Based Initial Assessment* in order to develop *Individualized Treatment Planning* through clinical collaboration with primary care physicians, case managers, and psychiatrists. Areas of concern include: anxiety, family and relationship struggles, depression, attention and focus needs, trauma, adoption concerns, anger management, biological and organic disorders, effective coping and stress, obsessive compulsive behaviors, school and occupational difficulties, ADHD, chronic mental health concerns, dual diagnosis needs.

**GLOW 414**

414-281-1001

2300 W. Hopkins, Milwaukee

<https://www.glow414.org/>

GLOW stands for Girls Learning to become Outstanding Women, and its mission is to assist with the advancement of at-risk disadvantaged youth by providing education, counseling, and mentoring services. Services include: 20+ drop-in hours per week with trained adult staff and volunteers to provide support for youth around issues of sexual orientation and gender identity, mental health counseling, career development, higher education support, healthy living, etiquette, conflict resolution, and financial planning. GLOW 414 also offers leadership training, community outreach and advocacy, and youth-led discussions and workshops.

Priority Population: Disadvantaged youth, especially African American young women

**Manna Behavioral Health Services Corp.**

Cell: 414-334-7022

2821 N. Fourth St., Suite 202, Milwaukee

<http://www.mannabs.com/>

We offer honest and reliable services for our clients and the community. Our primary objective is advising people who suffer from alcoholism, drug addiction, anger management, or other behavioral problems. We provide workshops, speaking engagements, and interventions to help our clients recover from addiction or modify destructive behaviors.

We Also Specialize in the following:

- Manhood Training
- AODA education
- Gang Prevention
- Educate to Navigate

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Clem is also Gang Prevention Facilitator for youth and young adults. His course work is pending in order to become an Independent Clinical Supervisor - In Training (ICS). He is currently a "Group Work Skills" Instructor for MATC Milwaukee Downtown Campus. Mr. Richardson began working with the Department of Corrections population in 1999 with the Smart Recovery, Cognitive Behavioral Therapy 1 & 2 that include Criminal Thinking held at Marshall Sheerer Correctional Center and Felmers Chaney Correctional Center and AODA Education in Milwaukee.  
Priority Population: Under-served youth, teens, and men

### **Marquette University Center for Psychological Studies**

414-288-3487

Cramer Hall, 307; 604 N. 16<sup>th</sup> St., Milwaukee

<https://www.marquette.edu/psychology/center-for-psychological-services.php>

The Center for Psychological Services (CPS) of Marquette University's Department of Psychology is dedicated to providing affordable and effective treatment to the general Marquette community, including its Milwaukee neighborhood. Like the university as a whole, CPS is dedicated to the principle of equal opportunity. CPS provides treatment regardless of race, sex, age, marital status, religion, veteran's status, sexual orientation, or national origin.

The professional staff at CPS are Psychology Department faculty, who are licensed clinical psychologists, and graduate students in our doctoral program in clinical psychology, who are closely supervised by faculty.

CPS conducts evaluations of psychological and educational problems and offers state-of-the-art treatment for many psychological problems, including depression, anxiety, ADHD, relationship problems, academic difficulties, Tourette's, the tic disorders, and OCD. CPS provides help to children, adolescents, adults, couples, and families.

The fee for services is established during this visit. Fees are determined by ability to pay.

### **Mental Health America of Wisconsin**

Main Number and Clinic: 414-276-3122; Toll Free: 866-948-6483

Tannery Building, 600 W. Virginia St., #502, Milwaukee

<https://www.mhawisconsin.org/>

MHA is dedicated to improving the mental health of all individuals and our community as a whole through advocacy, education and service. Innovative programs are the benchmark of MHA's success. In order to meet the ever-changing needs of the community, MHA continually evaluates its programs while remaining true to our mission.

Programs include Survivors Helping Survivors, Alternatives to Suicide Support Group, Suicide Prevention, Mental Health and Alcohol Use Online Screening, Counseling Clinic, Veteran Peer Services, PRISM Program-LGBTQ+ Youth Peer Support, Children's Autism Screening, Center for Leadership of Afrikan Women's Wellness, and Strong Families Healthy Homes.

The Counseling Clinic provides counseling and support services for adults, adolescents, and children. Areas of focus include, depression, anxiety, relationship issues, trauma, parenting, grief, stress, mood disorders, codependency, veterans issues, personality disorders, domestic violence, child loss, general mental health concerns, and substance use disorder treatment. To contact the clinic, email [referrals@mhawisconsin.org](mailto:referrals@mhawisconsin.org) or all 414-276-3122.

Priority Populations: Adults, adolescents, children, veterans, LGBTQ+ youth.

### **Milwaukee County Behavioral Health Division**

24-Hour Crisis Line: 414-257-7222

9455 W Watertown Plank Rd., Wauwatosa

<https://county.milwaukee.gov/EN/DHHS/BHD>

If you have a person aged 18 or older in need of behavioral health or substance abuse help provided by the Milwaukee County DHHS Behavioral Health Division, you have two options:

- Call BHD's Community Access to Recovery Services (CARS) program at (414) 257-8085
- Fill out the referral form at <https://county.milwaukee.gov/ImageLibrary/Groups/cntyHHS/BHD/CARS/CARSReferralPacket1.pdf> and fax it to (414) 454-4242

All children's services at the Milwaukee County DHHS Behavioral Health Division are centered on our Wraparound Milwaukee program. Referrals to Wraparound Milwaukee are simple, and only have a single point of contact. All you have to do is call (414) 257-7607 and we can get the process started.

Additional locations:

- BHD Psychiatric Crisis Services (24/7 Emergency Room), 9455 W. Watertown Plank Rd., Wauwatosa
- MCFI Behavioral Health Crisis Resource Center, South Side, 2057 S. 14<sup>th</sup> St., Milwaukee; 414-643-8778; open 24/7
- MCFI Crisis Resource Center, North Side, 5409 W. Villard Ave., Milwaukee; 414-539-4024; open 24/7
- Access Clinic South, 1635 W. National Ave., Milwaukee; located within Sixteenth Street's National Avenue Clinic; 414-257-7900
- Access Clinic East, 201 W. Capitol Drive, Milwaukee; in partnership with Outreach Community Health Centers; 414-257-7665

### **Milwaukee Health Services**

MLK Heritage Health Center, 414-372-8080; Isaac Coggs Heritage Health Center, 414-760-3900

MLK Heritage Health Center, 2555 N. Dr. Martin Luther King Jr. Dr., Milwaukee; Isaac Coggs Heritage Health Center, 8200 W. Silver Spring Dr., Milwaukee

<https://mhsi.org/>

**Mission Statement:** To provide accessible, quality primary and related health care services to Milwaukee residents, with our continuing emphasis on medically-underserved families and individuals.

**Vision Statement:** To be the most accessible, effective and efficient community-based health care provider specifically serving medically-underserved families and individuals.

Milwaukee Health Services, Inc. is a private, non-profit Federally–Qualified Community Health Center, (FQHC). MHSI provides a comprehensive range of primary medical, dental, podiatry, and behavioral healthcare, in addition to a limited number of specialty services. With experience serving low-income populations since 1989. MHSI is committed to removing barriers and improving health outcomes to promote quality of life and reduce disparities among racial and ethnic communities.

MHSI is governed by a Board of Directors, a majority of who are actual users of services provided by the health centers. Our providers are highly qualified. MHSI is pleased to have recruited the most compassionate providers to serve in our community. We encourage patients and their families to be actively involved in their healthcare, working as a team with their medical provider will ensure the best health outcome.

MHSI supports programs that serve the needs of our communities holistically. Treating the disease is not enough. We must expand in a way that will enable us to teach, prevent, employ, build, influence and prosper in a way that helps to alter community dynamics. In essence become a true community health center of first choice for our patients, families and communities.

Our clinic has been providing quality and accessible outpatient behavioral health care to Milwaukee community and surrounding areas residents since 1994. We offer treatment services to persons ages 4 and up. Group therapy may also be available.

**Our Services Include:**

- Psychological Assessment
- Outpatient Psychiatric Medication Management/Medication Assisted Treatment (MAT)
- Trauma Informed Care
- Counseling/Therapy
- Individual
- Child and Adolescent
- Couples
- Family
- Substance Abuse
- Marital
- Group (may also be available)

**MKE LGBT Community Center**

262-409-8434

315 W. Court St., Milwaukee

<https://www.mkelgbt.org/>



COMMUNITY ADVOCATES

# Fatherhood FIRE MKE

Do you need help with:

- Educational support on having your driver's license restored (non DUI/DWI suspensions)
- A job or job training
- Support in having birthing fees and interest owed to Milwaukee County reduced (up to 50%)
- Child support modifications
- Healthy relationship classes
- Responsible parenting
- Support with energy assistance
- Support with rent assistance
- Individual counseling
- Domestic violence behavior modification services
- Financial literacy classes



**The Fatherhood FIRE MKE program at Community Advocates  
can assist you with all of these needs.**

**You must be a participant in the Fatherhood FIRE MKE program  
to receive these services.**

**Call Martha Brock at 414-737-6510 to enroll.**

Milwaukee Fatherhood-FIRE is a project of Milwaukee County Child Support Services. Funding for this project is provided by the Administration for Children and Families (ACF) of the United States Department of Health and Human Services (HHS), Grant #90ZJ0010. The content is solely the responsibility of the Milwaukee County Fatherhood-FIRE program and does not necessarily represent the official views of ACF. This program is offered to eligible persons regardless of race, gender, disability, age, or religious affiliation.

The mission of the Milwaukee LGBT Community Center is to further develop our vibrant lesbian, gay, bisexual, and transgender community in the greater Milwaukee area, thus improving the quality of life for all of us. The mission is supported by the Center's leadership in community building, health promotion, advocacy, and communications. The Milwaukee LGBT Community Center delivers educational, health promotion, and community-building services that meet the needs of LGBT youth, adults, and their allies in the Greater Milwaukee area from its primary facility and other sites. The Center programs are developed with a consideration of community need, diversity, and inclusivity, community development, availability of resources, and the Center's mission and vision.

Among the many services provided are counseling services for mental health issues and substance use issues. A trained mental health professional is available by appointment to assist community members who have experienced trauma, addiction, gender dysphoria, and anything else related to mental health. We offer individual, couples, and family counseling in English and Spanish. Free counseling is offered, by appointment, during normal business hours Monday through Friday 11 am - 5 pm. Call the main number for more information.

Priority Populations: LGBT adults, youth, and their allies. Counseling services are provided in English and Spanish.

#### **Milwaukee Women's Center – Family Intervention Program (FIP) / Programa de intervención familiar**

414-270-4600

4906 W. Fond du Lac Ave., Milwaukee

<https://communityadvocates.net/what-we-do/milwaukee-womens-center/what-we-do/substance-abuse-treatment.html>

The Family Intervention Program's goal is to remove significant barriers preventing Latino and African American individuals and families from seeking traditional counseling services. This intensive, home-based, family-focused case management program provides supportive services to families struggling with the impact of substance use disorder and domestic violence.

Services provided by the Family Intervention Program include the following:

- Intensive, home-based case management emphasizing a continuum of care
- Home-based substance use disorder counseling, emphasizing relapse prevention
- A multi-disciplinary approach that incorporates parents, peers, school personnel, outpatient substance use disorder treatment programs, mental health providers, support groups, and advocacy services

Services are provided at no cost to the family.

For more information about the Family Intervention Program, please call 414-270-4600.

#### ***Programa de intervención familiar (FIP)***

*Objetivo del programa de intervención familiar es eliminar importantes barreras que impiden latinos y afroamericanos individuos y familias de buscar servicios de asesoría tradicional.*

*Este programa de manejo de caso intensivo, basado en el hogar, enfoque familiar ofrece servicios de apoyo a las familias que luchan con el impacto de la adicción a la sustancia y la violencia doméstica.*

*Servicios prestados por el programa de intervención familiar son los siguientes:*

- *Manejo de caso intensivo, basado en el hogar haciendo hincapié en la continuidad de la atención*

- *En casa alcohol y otras adicciones a las drogas (AODA) asesoramiento haciendo hincapié en prevención de la recaída*
  - *Un enfoque multidisciplinario que incorpora a los padres, compañeros, personal de la escuela, la adicción de sustancias para pacientes ambulatorios y proveedores de salud mental, grupos de apoyo y servicios de defensa*
- Servicios son proporcionados sin costo a la familia.*  
*Para obtener más información sobre el programa de intervención familiar, por favor llame a 414-270-4600.*

Priority Populations: African American and Latino/Hispanic individuals and families seeking help with substance use disorder in English and/or Spanish

### **NAMI Southeast Wisconsin**

414-344-0447

1915 N. Dr. Martin Luther King Jr. Dr., Milwaukee

<https://namisoutheastwi.org/>

NAMI Southeast Wisconsin is a local affiliate of NAMI. This means that NAMI Southeast Wisconsin is able to offer NAMI's evidence based, signature programs for individuals and families impacted by mental health conditions at no cost. NAMI Southeast Wisconsin is an independent nonprofit organization from NAMI that does not receive any monetary support from NAMI. NAMI's Mental Health Education Programs include NAMI Basics, NAMI Family-to-Family, NAMI Family and Friends, NAMI Peer to Peer, and NAMI Homefront. NAMI also offers peer support and support for family and loved ones of someone with a mental health condition. It also offers community education programming, mental health resources, local resources, and information about recovery.

### **The Parenting Network**

414-671-0566

7516 W. Burleigh St., Milwaukee

<https://www.theparentingnetwork.org/>

The Parenting Network works to empower anyone in a parenting role -- mothers, fathers, grandparents or other relatives raising children, whether stepparents, foster parents, adoptive parents, and the parents of tomorrow -- to provide a safe and nurturing home. Many of our services and programs are free, voluntary, confidential and easily accessible. The Helpline (414-671-0566) is answered by experienced parent coaches who respond weekdays, Monday-Thursday (8:30 a.m. to 5:30 p.m.) and Friday (8:30 a.m. to 3 p.m.). IMPACT 2-1-1 responds after hours.

Priority Populations: Parents and caregivers

### **Pathfinders**

414-964-2565; SafePath - sexual trauma hotline for youth: 414-271-9523 or Toll Free: 866-212-SAFE (7233); If in crisis: 414-271-1560.

4200 N. Holton St., Suite 400, Milwaukee

<https://www.pathfindersmke.org/>

Pathfinders provides a continuum of services to ensure that young people have access to all the resources that they need to find stability. There is no wrong door to enter Pathfinders. Services include supported housing, runaway and homeless youth services (drop-in center, street outreach, youth shelter, anti-sexual violence services, education, and clinical services. Pathfinders' team of care



coordinators offers support to youth living with mental health and/or substance use diagnoses to reduce negative symptoms, develop life skills and transition into adulthood. Using a harm-reduction approach, Pathfinders encourages healthy relationships, self-identified goals, and self-empowerment. Priority Populations: LGBTQ+-identified youth, chronically homeless youth, youth with disabilities, youth with mental health challenges, and youth aging out of foster care.

### **Penfield Children's Center Behavior Clinic**

414-344-7676; Free phone consultation: 414-345-6351

833 N. 26<sup>th</sup> St., Milwaukee

<https://penfieldchildren.org/>

The Behavior Clinic at Penfield Children's Center provides treatment services to children 5 years of age and younger who have behavior and emotional challenges. A partnership between Penfield and Marquette University, the Behavior Clinic is the only program of its kind in Milwaukee offering family-centered, in-home treatment sessions that address issues very early in a child's development to help prevent serious mental health issues from developing in the future. For many young children under the age of six, behavior issues are overlooked or parents are told their children will "grow out of it." While some challenging behaviors are typical during the toddler and preschool years, others can indicate a more serious condition. Intakes and home visits are scheduled Monday – Friday between the hours of 8 AM and 4 PM, based on the family's schedule. Call for a FREE phone consultation: 414-345-6351.

The Behavior Clinic works with children who have:

- Persistent temper tantrums that last for several hours.
- Aggression issues that result in self-harm or harm to others.
- Sleeping and eating problems.
- Problems at school or daycare.
- Sadness, nightmares, or difficulties with relationships after experiencing or witnessing a traumatic event (domestic violence, child abuse or neglect, removal from parent).

Priority Population: Children 5 years and younger

### **Professional Services Group**

414-475-2788

MATC West Allis Campus, 1205 S. 70<sup>th</sup> St., Suite 301/401, West Allis

<https://www.psgcip.com/>

PSG/CIP is a multiservice community-based social services organization that fulfills its mission of helping individuals and families to achieve their greatest potential through dynamic, cost-effective, and innovative programming responsive to the needs of diverse communities. Services include: Children's Court Center AODA assessments to Milwaukee County youth who have been adjudicated delinquent, clinical services, Comprehensive Community Services (CCS) adult care coordination, independent Initial Assessments, kinship care assessment services, quality case reviews, school-based mental health services, supervised visitation, urinalysis program, Wraparound Milwaukee.

### **Project Ujima**

414-266-2557

<https://childrenswi.org/childrens-and-the-community/families-and-clients/family-support-services/violence-prevention-counseling>

Project Ujima works to stop the cycle of violent crimes through crisis intervention and case management, social and emotional support, youth development and mentoring, mental health, and medical services. We address the needs of youth victims of violence who come to Children's Wisconsin's emergency room by:

- Providing treatment to help the victim recover physically and emotionally
- Directing victims to community organizations that might help in their long-term recovery

Project Ujima also provides services to adult crime victims, including:

- Home visits with a crime victim specialist
- Assistance with crime victim compensation forms
- Victim and court advocacy
- Emergency assistance
- Enrichment activities for the family

Project Ujima serves adult victims in Milwaukee County of any crime type, including:

- Property crime
- Physical assault
- Rape/sexual assault
- Domestic violence
- Homicide

Project Ujima provides a support group for adult survivors of homicide. When a person loses a loved one to homicide, many questions arise. Project Ujima works with participants to understand the grieving process, identify resources, and provides support to family members on their road to recovery.

Priority Populations: Youth and adults who have survived violent crime.

### **Rogers Memorial Behavioral Health**

Request a free screening 24/7: 800-767-4411

Multiple locations

<https://rogersbh.org/>

Rogers is a not-for-profit provider of mental health and addiction treatment. Our specialized care for children, adolescents, and adults has proven clinical outcomes. Common conditions treated include: depression, OCD and anxiety, eating disorders, PTSD, addiction, autism, and emotional dysregulation. Services include inpatient, outpatient, and residential care.

### **Shannon L. Smith, MS, LPC, CSAC, SAP, ICS / SLS Counseling Group**

414-376-9024

11414 W. Park Place, Suite 202, Milwaukee

<https://www.psychologytoday.com/us/therapists/shannon-l-smith-milwaukee-wi/119664>

Are you depressed, easily angered, or stressed out? My name is Shannon Smith with SLS Counseling Group, LLC, specializing in providing high quality behavioral and mental health services. I am a licensed Psychotherapist, Clinical Substance Abuse Counselor and Substance Abuse Professional

(SAP), and I am committed to building self-esteem, improving decision making, and developing appropriate coping skills to youth and adults in the community. I focus on individual and group therapy, which ranges from academic underachievement to substance abuse. Each individual has a trait to be resilient and the inherent capability of achieving goals.

I am a former High School state basketball champion, nationally ranked basketball recruit that went on to play Major D1 basketball and on to play in the NBA. I am currently a Clinicians Network member for the Anti-Drug/Player Assistance Program for the NBPA, as well as the Mental Health and Wellness Program for the NBA Players Association.

Having a unique opportunity to combine these experiences with mental health counseling, I am able to provide a perspective and balance that includes sports and life coaching, as well as mental health therapy. \*EMAIL CORRESPONDENCE IS PREFERRED at the above link.\*

Priority Populations: Black and African American youth and adults

### **Shorehaven Behavioral Health**

414-540-2170; Racine: 262-554-8165

3900 W. Brown Deer Rd., Brown Deer; 4370 S. 76<sup>th</sup> St., Greenfield; 6233 Durand Ave., Suite F, Racine  
<https://www.shorehavenbhi.com/>

Shorehaven's vision is to be a leading regional recovery center for mental health, substance abuse, co-occurring disorders, child, and couple and family problems. We distinguish ourselves by offering a full range of state-of-the-art, evidence-based treatments by experienced professionals. Services include mental health counseling, marriage and family therapy, psychotherapy for child and adolescent emotional and behavioral problems, in-home therapy for children and adolescents, substance abuse and dual diagnosis services and medication-assisted treatment, abuse survivors and trauma, AD/HD, anxiety, behavior problems, AODA abuse, chemical dependency, couples therapy, depression, EMDR, family therapy, grief and loss, hypnosis, MFT, psychotherapy, Telehealth/Teletherapy.

Our Brown Deer outpatient location serves all clients regardless of ability to pay. Please speak to one of our referral specialists for information.

### **Sixteenth Street Community Health Center**

Milwaukee: 414-672-1353; Waukesha: 262-408-2530

Main site: 1032 S. Cesar E. Chavez Drive, Milwaukee

<https://sschc.org/>

We are at the heart of our healthy communities, Sixteenth Street Community Health Centers has proudly cared for the south side of Milwaukee and Waukesha for over 50 years. We provide the highest quality medical, behavioral health, and substance use care to every person who walks through our doors. But what separates our care is the deep understanding of social determinants of health and the years of development of programming to address these factors, both inside and beyond our clinic walls. It has been woven into the Sixteenth Street experience from day one.

We meet people where they live, work, learn, and play through proactive social services screening in our clinics, specialized diabetes and asthma programming, obesity intervention and prevention, and

environmental programming to create resident-directed impact in the built and natural environment where our patients live, work, learn, and play.

Through full-service bilingual clinics, a behavioral health clinic, a satellite geriatric clinic, and six in-school clinics, Sixteenth Street cares for nearly 43,000 primarily low-income, Latino or diverse individuals each year. At Sixteenth Street, we value and respect all people, protecting the right to wellness, and never turning anyone away who needs our care.

Behavioral health services include outpatient behavioral health and psychiatry, child and adolescent day treatment, ADHD testing, and substance use services. They are available at the Chavez, Parkway, Layton, and National Avenue sites in Milwaukee (414-672-1353 to make an appointment) and at the Waukesha location (262-408-2530).

Substance use services include AOA services, medication assisted treatment (MAT) and safe needle exchange. They are available at the Layton site in Milwaukee (414-672-1353 to make an appointment) and at the Waukesha location (262-408-2530).

Priority Populations: low-income Latinos; Services available in English and Spanish

#### **Social Development Commission Counseling and Wellness Clinic**

414.906.2793 or 414.906.2794

<https://www.cr-sdc.org/services/wellness>

SDC operates a state certified outpatient treatment program for both Substance Use Disorder and Mental Health concerns. Counseling services are offered to Milwaukee County youth ages 8-19. Services offered include: comprehensive screening and clinical assessments, education/awareness presentations, drug-urine-screen testing, outpatient treatment for substance use disorder and/or other mental health concerns, alternative therapies, anger management counseling.

Priority Population: Milwaukee County youth ages 8-19

#### **Walker's Point Youth and Family Center**

24-Hour Crisis Line and Main Number: 414-647-8200

732 S. 21<sup>st</sup> St., Milwaukee

<https://walkerspoint.org/>

The mission of Walker's Point Youth & Family Center is to meet the needs of runaway, homeless, and other troubled youth and their families from Milwaukee's diverse communities by providing services to empower youth, help them resolve personal and family problems, strengthen family relationships, and support safe and stable homes.

We are a private, non-profit corporation which has been providing help to Milwaukee area youth and families since 1976. We offer shelter, counseling, educational and other services to help young people resolve their problems and strengthen family relationships.

Teens who come to us for help are usually doing so because they are having serious problems at home. Many leave home because of reported physical or sexual abuse or neglect. Many of these teens also come from alcohol or drug addicted families.

Our Runaway & Teen Crisis Program provides temporary shelter and crisis to youth in crisis ages 11-17 who are experiencing family or other problems. Counseling is available by appointment or walk-in to youth just needing to talk. This program provides a safe and legal alternative to the streets for runaway and homeless youth, as well as offering a neutral space where problem-solving can take place for both the youth and the family. We help youth to decide upon a future course of action which is positive and in their best interest.

The INSIGHTS Transitional and Supportive Housing Program is for older homeless youth who require long-term transitional housing and an intensive range of supportive services aimed at preparing them for self-sufficiency and housing permanency.

Priority Populations: youth ages 11 and up, especially those who are experiencing homelessness, housing instability, or family problems

**Wellpoint Care Network (formerly SaintA)**

414-463-1880 / 800-840-1880

Main Campus: 8901 W. Capitol Drive, Milwaukee; Summit Place: 6737 W. Washington St., West Allis  
<https://sainta.org/>

At Wellpoint Care Network, we believe that everyone should have the opportunity to realize their full potential. Our mission is to facilitate equity, learning, healing, and wellness by restoring the connections that help children and families thrive. We serve about 5,000 children, families, and young adults every day through programs that support child and family well-being, promote mental health, and foster connections to community resources.

Priority Populations: Children, youth and families seeking trauma-informed care



Diverse & Resilient LGBTQ anti-violence programs serves survivors of all violence: intimate partner, sexual, and hate- or community-based violence.

**Our Wisconsin LGBTQ Anti-Violence Warm Line:**  
**(414) 856-LGBT (5428).**

We offer capacity building trainings in:

- Youth sexual health - Healthy Youth
- Trans/LGBT 101 & 201
- Ally-ship trainings
- Support programming for Trans people in Wisconsin.



We build leadership, capacity and community!



We provide program participants with knowledge and tools to remove barriers to accessing care and assist in navigating relationships between people and their care team(s).

HIV counseling, testing, & referral (CTR) program offers individual risk assessment, counseling, HIV testing, prevention education, and referrals to services for HIV-positive people and high-risk HIV-negative people in Milwaukee.



***We provide STI testing and PreP clinic too!***

TO LEARN MORE ABOUT OUR PROGRAMS,  
VISIT OUR WEBSITE AT:  
[HTTPS://WWW.DIVERSEANDRESILIENT.ORG/](https://www.diverseandresilient.org/)



## Services by You & for You:

### LGBTQ+ Individuals

#### **Blue Willow Counseling & Consulting, LLC**

414-375-9807

11414 W. Park Place, Suite 202, Milwaukee

<https://sites.google.com/bluewillowcc.com/bluewillowcc/home>

Blue Willow Counseling and Consulting (BWCC) is a growing practice providing mental health services by telehealth. Our vision is to provide highly effective mental health treatment that helps people reach their full potential for health and well-being using evidence-based methods while establishing a trusting relationship with the population that is served.

Michaela serves individuals ages 17 and up. She aims to show people with similar backgrounds that focusing on mental health is important and how the barriers that are created by trauma can be shifted. Her passion is tackling the "-isms" and the effects it has on society and the people in it. Types of therapy used: CBT, EMDR Trained, CPT, DBT, Narrative Therapy, Person Centered, and use of Expressive Art

Priority Populations: Under-served populations treated include Minorities, LGBTQ+, Social Justice Warriors and Allies

#### **Diverse & Resilient**

414-390-0444

2439 N. Holton St., Milwaukee

<https://www.diverseandresilient.org/>

Diverse and Resilient is a statewide LGBTQ public health organization, with offices in Milwaukee and Appleton, prioritizing the health of our Black and Brown communities. Our mission is to achieve health equity and improve the safety and well-being of LGBTQ people and communities in Wisconsin. We work to envision a future for Black and Brown, Queer and Trans individuals filled with joy, the ability to exist fully, and where their health and safety are prioritized in a supportive community year round.

Priority Populations: Serving the Black, Indigenous, and POC LGBTQ community throughout Wisconsin.

#### **FORGE**

414-559-2123

PO Box 1272, Milwaukee, WI 53201

<https://forge-forward.org/>

FORGE is focused on improving the lives of transgender individuals by building stronger connections, providing resources, and empowering growth through knowledge.

Priority populations: Transgender and nonbinary individuals, professionals who work with them, and their allies.

### **Mental Health America of Wisconsin**

Main Number and Clinic: 414-276-3122; Toll Free: 866-948-6483

Tannery Building, 600 W. Virginia St., #502, Milwaukee

<https://www.mhawisconsin.org/>

MHA is dedicated to improving the mental health of all individuals and our community as a whole through advocacy, education and service. Innovative programs are the benchmark of MHA's success. In order to meet the ever-changing needs of the community, MHA continually evaluates its programs while remaining true to our mission.

Programs include Survivors Helping Survivors, Alternatives to Suicide Support Group, Suicide Prevention, Mental Health and Alcohol Use Online Screening, Counseling Clinic, Veteran Peer Services, PRISM Program-LGBTQ+ Youth Peer Support, Children's Autism Screening, Center for Leadership of Afrikan Women's Wellness, and Strong Families Healthy Homes.

The Counseling Clinic provides counseling and support services for adults, adolescents, and children. Areas of focus include, depression, anxiety, relationship issues, trauma, parenting, grief, stress, mood disorders, codependency, veterans issues, personality disorders, domestic violence, child loss, general mental health concerns, and substance use disorder treatment. To contact the clinic, email [referrals@mhawisconsin.org](mailto:referrals@mhawisconsin.org) or all 414-276-3122.

Priority Populations: Adults, adolescents, children, veterans, LGBTQ+ youth.

### **MKE LGBT Community Center**

262-409-8434

315 W. Court St., Milwaukee

<https://www.mkelgbt.org/>

The mission of the Milwaukee LGBT Community Center is to further develop our vibrant lesbian, gay, bisexual, and transgender community in the greater Milwaukee area, thus improving the quality of life for all of us. The mission is supported by the Center's leadership in community building, health promotion, advocacy, and communications. The Milwaukee LGBT Community Center delivers educational, health promotion, and community-building services that meet the needs of LGBT youth, adults, and their allies in the Greater Milwaukee area from its primary facility and other sites. The Center programs are developed with a consideration of community need, diversity, and inclusivity, community development, availability of resources, and the Center's mission and vision.

Among the many services provided are counseling services for mental health issues and substance use issues. A trained mental health professional is available by appointment to assist community members who have experienced trauma, addiction, gender dysphoria, and anything else related to mental health. We offer individual, couples, and family counseling in English and Spanish. Free counseling is offered, by appointment, during normal business hours Monday through Friday 11 am - 5 pm. Call the main number for more information.

Priority Populations: LGBT adults, youth, and their allies. Counseling services are provided in English and Spanish.

### **Pathfinders**



414-964-2565; SafePath - sexual trauma hotline for youth: 414-271-9523 or Toll Free: 866-212-SAFE (7233); If in crisis: 414-271-1560.

4200 N. Holton St., Suite 400, Milwaukee

<https://www.pathfindersmke.org/>

Pathfinders provides a continuum of services to ensure that young people have access to all the resources that they need to find stability. There is no wrong door to enter Pathfinders. Services include supported housing, runaway and homeless youth services (drop-in center, street outreach, youth shelter, anti-sexual violence services, education, and clinical services. Pathfinders' team of care coordinators offers support to youth living with mental health and/or substance use diagnoses to reduce negative symptoms, develop life skills and transition into adulthood. Using a harm-reduction approach, Pathfinders encourages healthy relationships, self-identified goals, and self-empowerment. Priority Populations: LGBTQ+-identified youth, chronically homeless youth, youth with disabilities, youth with mental health challenges, and youth aging out of foster care.

### **Red Oak Counseling**

Elm Grove: 262-780-1020; Oak Creek: 414-215-7554

12970 W. Bluemound Rd., Elm Grove; 8825 S. Howell Ave., Oak Creek

<https://www.redoakcounseling.com/>

Red Oak Counseling is a mental health and substance abuse clinic. We specialize in addictions, eating disorders, relationships, family dynamics, trauma, work-related topics, and military concerns for individuals, couples, families, and groups. We are conveniently located in Elm Grove and Oak Creek, Wisconsin. Services offered include: ADD and ADHD, adjustment issues, eating disorders, gender identity, marriage counseling, parent-child problems, self-esteem, social skills, substance use, work concerns.

## **Services by You & for You:**

### **Native Americans/Indigenous People**

#### **Gerald L. Ignace Indian Health Center**

414-383-9526

1711 S. 11th St., Milwaukee

<https://gliihc.net/>

The Gerald L. Ignace Indian Health Center (GLIIHC) is recognized by both the National Committee of Quality Assurance (NCQA) and accredited by the Accreditation Association of Ambulatory Health Care (AAAHC) as a Patient-Centered Medical Home (PCMH).

This means that GLIIHC has met all the criteria that qualifies a health center to list itself as a fully-functioning, high-performing Patient-Centered Medical Home. The foundation of a PCMH is the trust relationship between the patient, his/her family, as appropriate, and the Medical Home. We provide you and your family with 24/7 access to patient-centered, coordinated, and comprehensive, quality care – all under one roof.

Your Medical Care Team will coordinate all your health care needs – including primary pediatric and adult medical care, Obstetrician/Gynecologist care, behavioral health care, alcohol & substance abuse treatment, dietary and diabetic health care, diagnostic lab, rehab, pharmacy and dental at the GLIIHC clinic.

Located on the Gerald L. Ignace Indian Health Center, Inc.'s second floor, the All Nations Wellness Center provides a variety of services that support the whole person; from social, behavioral, cultural, and spiritual, to fitness, nutrition, and diabetes education services.

Priority Populations: Urban American Indians

#### **HIR Wellness**

414-763-5815

<https://www.hirwellness.org/>

At Healing Intergenerational Roots (HIR) Wellness we have intergenerational, communal, and culturally rooted mental health services and wellness programming, and trainings. It is our belief that we heal in relationships, alongside culture, and within community.

At HIR Wellness we provide all our services and programming at no cost and bring an innovative approach to offering healing informed care to victims of crime (VOC), Historical Trauma, Missing & Murdered Indigenous Women/People (MMIP), their families and Human Trafficking (HT) victims/survivors. All our services are provided by our staff and graduate interns.

Priority Populations: victims of crime (VOC), Historical Trauma, Missing & Murdered Indigenous Women/People (MMIP), their families and Human Trafficking (HT) victims/survivors

## Services by You & for You:

### Spanish Speakers

#### **CORE El Centro**

Phone: 414-384-2673; Text: 414-436-5361; At Sojourner: Phone/Text: 414-436-5986  
130 W. Bruce St., Third Floor, Milwaukee; At Sojourner: 619 W. Walnut St., Milwaukee  
<https://www.core-elcentro.org/>

We are a non-profit organization offering affordable natural healing and wellness services in Spanish and English.

Located in Walker's Point on Milwaukee's south side, CORE El Centro serves adults and children of all income levels. We offer integrative healing services such as acupuncture, massage therapy and body work; gardening and nutrition programs; children's wellness; social change through community health advocacy; and movement classes. Our goal is to inspire individuals, families and communities to achieve optimal health.

CORE El Centro provides another healthcare option by offering a holistic combination of health promotion, wellness, stress management and integrative healing resources such as acupuncture, massage, energy work and holistic exercise classes to low-income communities. Our culturally competent services are family-oriented and are offered in both Spanish and English.

Priority Populations: The populations being served by CORE El Centro include persons who have limited access if any to health care because of factors such as income, language or cultural barriers. 74% identify as Latino. The age range is 3 - 84 with an average age of 43. 74% are women.

#### **HOPELINE**

Text HOME to 741741

<https://www.crisistextline.org/> or <https://www.crisistextline.org/es/>

Text **HOME** to **741741** from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

*Envía un mensaje de texto con la palabra AYUDA al 741741 para comunicarte de manera gratuita con un Consejero de Crisis. Apoyo gratuito las 24 horas del día, los 7 días de la semana, al alcance de tu mano.*

Priority Populations: Individuals seeking help with a crisis; services in English and Spanish

#### **La Causa Clinical Services**

414-902-1500

5235 N. Ironwood Rd., Glendale

<https://www.lacausa.org/programs/social-services-adult-programs/clinical-services>

**Crisis Mobile Team:** Our Crisis Mobile Team provides emergency crisis assessment to adults in Milwaukee County during the hours of 12 a.m. and 7 a.m. for adults placed on an emergency detention hold.

**Treatment Services Clinic:** La Causa's Treatment Services Clinic provides outpatient mental health and substance use services for families and individuals of all ages, both in individual and group sessions. Our clinicians have extensive experience providing mental health, substance use, and co-occurring services for children, adolescents and adults using evidence-based, person-centered assessment and treatment planning. Walk-ins are welcomed.

*Hablamos español.*

### **MKE LGBT Community Center**

262-409-8434

315 W. Court St., Milwaukee

<https://www.mkelgbt.org/>

The mission of the Milwaukee LGBT Community Center is to further develop our vibrant lesbian, gay, bisexual, and transgender community in the greater Milwaukee area, thus improving the quality of life for all of us. The mission is supported by the Center's leadership in community building, health promotion, advocacy, and communications. The Milwaukee LGBT Community Center delivers educational, health promotion, and community-building services that meet the needs of LGBT youth, adults, and their allies in the Greater Milwaukee area from its primary facility and other sites. The Center programs are developed with a consideration of community need, diversity, and inclusivity, community development, availability of resources, and the Center's mission and vision.

Among the many services provided are counseling services for mental health issues and substance use issues. A trained mental health professional is available by appointment to assist community members who have experienced trauma, addiction, gender dysphoria, and anything else related to mental health. We offer individual, couples, and family counseling in English and Spanish. Free counseling is offered, by appointment, during normal business hours Monday through Friday 11 am - 5 pm. Call the main number for more information.

**Priority Populations:** LGBT adults, youth, and their allies. Counseling services are provided in English and Spanish.

### **Milwaukee Women's Center – Family Intervention Program (FIP) / Programa de intervención familiar**

414-270-4600

4906 W. Fond du Lac Ave., Milwaukee

<https://communityadvocates.net/what-we-do/milwaukee-womens-center/what-we-do/substance-abuse-treatment.html>

The Family Intervention Program's goal is to remove significant barriers preventing Latino and African American individuals and families from seeking traditional counseling services. This intensive, home-based, family-focused case management program provides supportive services to families struggling with the impact of substance use disorder and domestic violence.

Services provided by the Family Intervention Program include the following:

- Intensive, home-based case management emphasizing a continuum of care
- Home-based substance use disorder counseling, emphasizing relapse prevention

- A multi-disciplinary approach that incorporates parents, peers, school personnel, outpatient substance use disorder treatment programs, mental health providers, support groups, and advocacy services

Services are provided at no cost to the family.

For more information about the Family Intervention Program, please call 414-270-4600.

### **Programa de intervención familiar (FIP)**

*Objetivo del programa de intervención familiar es eliminar importantes barreras que impiden latinos y afroamericanos individuos y familias de buscar servicios de asesoría tradicional.*

*Este programa de manejo de caso intensivo, basado en el hogar, enfoque familiar ofrece servicios de apoyo a las familias que luchan con el impacto de la adicción a la sustancia y la violencia doméstica.*

*Servicios prestados por el programa de intervención familiar son los siguientes:*

- Manejo de caso intensivo, basado en el hogar haciendo hincapié en la continuidad de la atención
- En casa alcohol y otras adicciones a las drogas (AODA) asesoramiento haciendo hincapié en prevención de la recaída
- Un enfoque multidisciplinario que incorpora a los padres, compañeros, personal de la escuela, la adicción de sustancias para pacientes ambulatorios y proveedores de salud mental, grupos de apoyo y servicios de defensa

*Servicios son proporcionados sin costo a la familia.*

*Para obtener más información sobre el programa de intervención familiar, por favor llame a 414-270-4600.*

Priority Populations: African American and Latino/Hispanic individuals and families seeking help with substance use disorder in English and/or Spanish

### **National Suicide Prevention Lifeline / Nacional de Prevención del Suicidio**

1-800-273-8255 (English) / 1-888-628-9454 (Español) / For TTY Users: Use your preferred relay service or dial 711 then 1-800-273-8255.

<https://suicidepreventionlifeline.org/>

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

### **Sixteenth Street Community Health Center**

Milwaukee: 414-672-1353; Waukesha: 262-408-2530

Main site: 1032 S. Cesar E. Chavez Drive, Milwaukee

<https://sschc.org/>

We are at the heart of our healthy communities, Sixteenth Street Community Health Centers has proudly cared for the south side of Milwaukee and Waukesha for over 50 years. We provide the highest quality medical, behavioral health, and substance use care to every person who walks through our doors. But what separates our care is the deep understanding of social determinants of health and the years of development of programming to address these factors, both inside and beyond our clinic walls. It has been woven into the Sixteenth Street experience from day one.

We meet people where they live, work, learn, and play through proactive social services screening in our clinics, specialized diabetes and asthma programming, obesity intervention and prevention, and

environmental programming to create resident-directed impact in the built and natural environment where our patients live, work, learn, and play.

Through full-service bilingual clinics, a behavioral health clinic, a satellite geriatric clinic, and six in-school clinics, Sixteenth Street cares for nearly 43,000 primarily low-income, Latino or diverse individuals each year. At Sixteenth Street, we value and respect all people, protecting the right to wellness, and never turning anyone away who needs our care.

Behavioral health services include outpatient behavioral health and psychiatry, child and adolescent day treatment, ADHD testing, and substance use services. They are available at the Chavez, Parkway, Layton, and National Avenue sites in Milwaukee (414-672-1353 to make an appointment) and at the Waukesha location (262-408-2530).

Substance use services include AOA services, medication assisted treatment (MAT) and safe needle exchange. They are available at the Layton site in Milwaukee (414-672-1353 to make an appointment) and at the Waukesha location (262-408-2530).

Priority Populations: low-income Latinos; Services available in English and Spanish

#### **Ana Paula Soares LPC**

414-530-4620

128 E. Morgan Ave., Milwaukee

<http://www.anapaulaintegrativecounseling.com/>

In my work I combine modern science, psychology, experiential work and ancient knowledge to best support the healing and integration of your life experiences. I am a Licensed Professional Counselor, therapeutic breathworker and energy worker, and mental health and public health consultant.

My areas of expertise include: Life Events and Changes; Grief and Loss; Relationship Challenges; Self Discovery; Emotional Impact on the Body; PTSD/Trauma Recovery; Anxiety; Depression; Wellness & Personal Growth; Generational & Ancestral Healing; Immigration & Emotional Health.

My clinical approach: Transpersonal Psychology; Gestalt & Jungian Psychology; Neuroscience & Neuropsychology; Somatic Therapy; Systemic Family Constellation; Psychodrama; CBT and DBT.

In addition to my integrative counseling service, I also provide trainings, public speaking, retreats and support organizations to implement community programs regarding racial justice, emotional health, historical and generational trauma. The journey I embark on with my clients in the clinical or community setting, is warm and awakening. I truly believe that we all deserve to live a conscious and fulfilled life.

Priority Populations: Individuals who speak English, Spanish, or Portuguese

#### **United Community Center Substance Use Treatment Program**

414-643-8530 or [info@unitedcc.org](mailto:info@unitedcc.org)

1028 S. 9<sup>th</sup> St., Milwaukee

<https://www.unitedcc.org/community-services/substance-use-treatment-program/>

The Human Services Department at the United Community Center was founded in 1979 in response to increasing demands for bilingual and culturally competent programs for Hispanics and other

minorities with alcohol and drug use problems. UCC is the only bilingual/bicultural substance use disorder (SUD) treatment program in Wisconsin that provides the entire continuum of care for SUD services for Spanish speakers. It's also the only public sector SUD treatment program in Milwaukee with a complete continuum of care and trauma-informed dual-diagnosis-capable mental health outpatient for both men and women. Residential treatment programs include those for men, women, and pregnant and post-partum women, as well as day treatment, outpatient treatment, and walk-in assessments.

UCC is also the only treatment site that serves as a Central Intake Unit (walk-in assessments) for Milwaukee County's public sector substance use delivery system.

We want to empower and educate our clients while supporting them so they have the ability to change their situations. We want to aid our clients in regaining the capability to take care of themselves and others to build up their confidence and happiness on a physical and emotional level.

All treatment programs are certified by the state of Wisconsin for substance use disorder (SUD) treatment. UCC is also a network service provider for the Milwaukee County AODA Bureau and various insurance HMO carriers.

Priority Populations: Adults who speak English or Spanish

**Warmline Inc. for Milwaukee County**

414-777-4720

A non-crisis, peer-run, no-cost support line for people with mental illness. Volunteer staff are available from 6 to 10 p.m. every night except Tuesdays.

Priority Populations: English- and Spanish-speaking adults

## Services by You & for You:

### Women

#### **The Asha Project**

414-252-0075; [staff@ashafamilyservices.org](mailto:staff@ashafamilyservices.org)

3719 W. Center St., Milwaukee

<https://ashafamilyservices.org/>

The Asha Project is the first and only culturally specific African American domestic abuse provider in Wisconsin. Our mission is to help survivors empower themselves. We seek to provide culturally specific programming for the complex issues of domestic violence, sexual abuse, and sex trafficking. The complexity is often compounded by problems along racial lines, historical trauma, discrimination, a lack of access to services in the community, and providers' inadequate cultural knowledge of daily issue for victims of abuse residing in the community.

Priority Population: African American women who have survived domestic violence, sexual abuse, or sex trafficking

#### **Meta House**

414-962-1200; Residential program: 414-977-5884; Outpatient program: 414-962-1200; Recovery Community (housing): 414-977-5880

2625 N. Weil St. #3060, Milwaukee

<https://www.metahouse.org/>

Meta House ends the generational cycle of addiction by healing women and strengthening families. Treatment options include residential, outpatient, and recovery community (housing). Programming in person and via Telehealth.

Priority Population: Women

#### **Milwaukee Women's Center – Positive Options for Women Entering Recovery Program (POWER)**

414-270-4600; [dcollins@communityadvocates.net](mailto:dcollins@communityadvocates.net)

4906 W. Fond du Lac Ave., Milwaukee

<https://communityadvocates.net/what-we-do/milwaukee-womens-center/what-we-do/substance-abuse-treatment.html>

Positive Options for Women Entering Recovery (POWER) is a mental health/dual diagnosis program serving women, including pregnant women, who are struggling with substance use disorder. This program helps women to achieve and maintain abstinence from alcohol and drugs, understand and recover from trauma, domestic violence, and mental health issues, and improve their social and economic well-being.

The POWER program does the following:

- Draws on the expertise of professionals from the fields of medicine, social services, child care, and substance use disorder treatment
- Centers around the client, so that each treatment plan is built to meet each woman's individual needs and circumstances



- Addresses crisis issues first, then long-term goals
- Encourages each woman to set her own goals and build upon her strengths
- Ensures that a woman's care continues across all areas of her life

This program is offered at no cost, and can include free child care and transportation when available.

Priority Population: Women with a substance use disorder

### **United Community Center Substance Use Treatment Program**

414-643-8530 or [info@unitedcc.org](mailto:info@unitedcc.org)

1028 S. 9<sup>th</sup> St., Milwaukee

<https://www.unitedcc.org/community-services/substance-use-treatment-program/>

The Human Services Department at the United Community Center was founded in 1979 in response to increasing demands for bilingual and culturally competent programs for Hispanics and other minorities with alcohol and drug use problems. UCC is the only bilingual/bicultural substance use disorder (SUD) treatment program in Wisconsin that provides the entire continuum of care for SUD services for Spanish speakers. It's also the only public sector SUD treatment program in Milwaukee with a complete continuum of care and trauma-informed dual-diagnosis-capable mental health outpatient for both men and women. Residential treatment programs include those for men, women, and pregnant and post-partum women, as well as day treatment, outpatient treatment, and walk-in assessments.

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We want to empower and educate our clients while supporting them so they have the ability to change their situations. We want to aid our clients in regaining the capability to take care of themselves and others to build up their confidence and happiness on a physical and emotional level.

All treatment programs are certified by the state of Wisconsin for substance use disorder (SUD) treatment. UCC is also a network service provider for the Milwaukee County AODA Bureau and various insurance HMO carriers.

Priority Populations: Adults who speak English or Spanish

## Support Groups

### **Al-Anon Family Groups of Southeastern Wisconsin**

414-257-2415 or [alanon@alanon-wi.org](mailto:alanon@alanon-wi.org)

Summit Place, 6737 W. Washington St. #2125, West Allis

<https://alanon-wi.org/>

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery. Meetings can be found on the website.

### **Alcoholics Anonymous**

24-Hour Phone: 414-771-9119 or [gmco@aamilwaukee.com](mailto:gmco@aamilwaukee.com)

7429 W. Greenfield Ave., West Allis

<https://www.aamilwaukee.com/>

Website includes a meeting directory, resources, and calendar of events for those interested in joining the Alcoholics Anonymous community.

### **Jewish Family Services Counseling and Clinical Services**

414-390-5800

1300 N. Jackson St., Milwaukee

<https://www.jfsmilw.org/services/mental-health-and-counseling-services/>

We are committed to your mental health and wellness. For more than 30 years, JFS has offered quality mental health and counseling services to meet the unique needs of individuals, families and children by providing an array of services. Outpatient services include: counseling for adults, children and families; services for survivors of abuse; domestic violence survivor weekly virtual support group; counseling for trauma survivors; suicide prevention; school-based counseling; late life counseling for seniors; grief support group weekly meeting; student trainee program.

### **Mental Health America of Wisconsin**

Main Number and Clinic: 414-276-3122; Toll Free: 866-948-6483

Tannery Building, 600 W. Virginia St., #502, Milwaukee

<https://www.mhawisconsin.org/>

MHA is dedicated to improving the mental health of all individuals and our community as a whole through advocacy, education and service. Innovative programs are the benchmark of MHA's success. In order to meet the ever-changing needs of the community, MHA continually evaluates its programs while remaining true to our mission.

Programs include Survivors Helping Survivors, Alternatives to Suicide Support Group, Suicide Prevention, Mental Health and Alcohol Use Online Screening, Counseling Clinic, Veteran Peer Services, PRISM Program-LGBTQ+ Youth Peer Support, Children's Autism Screening, Center for Leadership of Afrikan Women's Wellness, and Strong Families Healthy Homes.

The Counseling Clinic provides counseling and support services for adults, adolescents, and children. Areas of focus include, depression, anxiety, relationship issues, trauma, parenting, grief, stress, mood disorders, codependency, veterans issues, personality disorders, domestic violence, child loss, general mental health concerns, and substance use disorder treatment. To contact the clinic, email [referrals@mhawisconsin.org](mailto:referrals@mhawisconsin.org) or call 414-276-3122.

Priority Populations: Adults, adolescents, children, veterans, LGBTQ+ youth.