

MENTAL HEALTH

(Updated 1/2023)

Having psychological challenges is a part of daily life, heightened with the added isolation and losses caused by the recent pandemic. According to the National Alliance on Mental Illness (NAMI), one in five American adults experiences some form of mental illness in any given year. They report that one in every 25 adults is living with a serious mental health condition such as schizophrenia, bipolar disorder, or long-term recurring major depression.

Treatment is important at any age and may require adding one or two mental health professionals to your team of health providers. Your physician can advise about medication, prescribing or referring you to a specialist. If you have an insurance provider, they can indicate who accepts your plan. NAMI advises five steps for finding a mental health professional: <https://www.nami.org/Blogs/NAMI-Blog/February-2017/Finding-the-Right-Mental-Health-Professional-for-Y>

The **USC-VHH Community Resource Center for Aging** at **818.949.4033** is available to discuss your individual situation. While we cannot endorse the following providers, these are mental health organizations and private practitioners serving our Foothill communities.

Name of Service/Contact	Description	Notes
Choices Counseling and Skills Center choices.care/ 626-470-9834	<ul style="list-style-type: none"> • Counseling: therapy, motivational interviewing, self-improvement counseling, and Dialectical Behavior Therapy (DBT) on skills acquisition to improve emotional, behavioral, and cognitive stability. • Workshops 	<ul style="list-style-type: none"> • Fees apply • Will provide superbill for out-of-network PPO/Private Pay
Comprehensive Community Health Centers cchccenters.org/locations/sunland/ 818-273-8800	<ul style="list-style-type: none"> • Offers high quality, affordable and comprehensive healthcare services for all ages. • English, Spanish, Armenian, Farsi, Arabic, Mandarin, Cantonese, French, Japanese, Russian, Tagalog, and Vietnamese 	<ul style="list-style-type: none"> • Fees apply • Medicare, Medi-Cal, Aetna Blue Cross, Blue Shield, Care1st, Cigna Easy Choice, Health Net, Humana, LA Care, Molina, SCAN
Didi Hirsch Community Mental Health Center didihirsch.org/ 888-807-7250	<ul style="list-style-type: none"> • Outpatient therapy for children, teens, young adults, adults, older adults, and families, including psychiatric services, and medication support. 	<ul style="list-style-type: none"> • Fees apply • Medicare Medi-Cal No HMO plans No PPO plans \$176/Hour Assessment and Therapy \$350/Hour Psychiatry
Heal the Hurt Counseling healthehurt.com/ 818-570-0721	<ul style="list-style-type: none"> • Specializing in trauma, PTSD, resilience, grief and loss, Family Systems Therapy, life transitions, refugee issues 	<ul style="list-style-type: none"> • Fees apply • Cigna Insurance, Optum, United

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	<ul style="list-style-type: none"> • Armenian included 	Healthcare, United Behavioral Health
Heritage Clinic heritageclinic.org/ 626-577-8480	<ul style="list-style-type: none"> • Community based mental health services for adults 55+ and their families • Psychotherapy and counseling, both in-home and in-clinic • Wrap-around mental health services for persons with serious mental illness • Clinical case management and linkage to community resources • Psychiatric medication evaluation and prescription services • Psychological and neuropsychological assessments • Alcohol & substance abuse intervention • Crisis intervention • Grief & Bereavement 	<ul style="list-style-type: none"> • Fees apply • Medicare Medi-Cal • Many other insurances • Low-income seniors may be eligible for services free of charge • English, Spanish, Armenian, Farsi, and Portuguese
Pacific Clinics pacificclinics.org/ 818-547-9544	<ul style="list-style-type: none"> • Evidence-based practices and therapies, individual/group/family counseling, medication support, case management, health screening, peer support, skill building • Support Services: Substance use disorder treatment, temporary housing, permanent housing support services, employment training and placement, and more 	<ul style="list-style-type: none"> • Fees apply • Medi-Cal, No Private Pay • Armenian, Farsi
Pacific Clinics - Adult Services pacificclinics.org/ Helpline: 877-722-2737	<ul style="list-style-type: none"> • Psychotherapy and counseling, both in-home and in-clinic Online only • Psychiatric medication evaluation and prescription services • Services are offered in the clinic, client homes, or in other community settings 	<ul style="list-style-type: none"> • Fees apply • Medi-Cal • Spanish
Stepping Stones at USC Verdugo Hills Hospital uscvh.org/hospital-services/geriatrics 818-790-7100	<ul style="list-style-type: none"> • Stepping Stones Geropsychiatric program provides assessment, therapies, and a full continuum of care to meet the mental health needs of older adults and their families • Inpatient and outpatient services 	<ul style="list-style-type: none"> • Fees apply • Medi-Cal, Medicare, HMO, Most PPO's • Spanish, Armenian, Interpreter system
PRIVATE PRACTITIONERS		
Lorraine Cummings, LCSW, C-ASWCM Clinical Social Worker/Therapist https://www.caringwithpassion.com/about	<ul style="list-style-type: none"> • Geriatric psychotherapy • Specializing in aging well, facing losses, relationship issues, displacement trauma. • Elder care management. Providing oversight and advocacy in managing care for aging adults and caregivers 	<ul style="list-style-type: none"> • Fees apply • Medicare, Private Pay

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<p>Psychology Today - Therapists in California psychologytoday.com/us/therapists/california</p>	<ul style="list-style-type: none"> • Online listing of psychologists listing their expertise and contact information 	<ul style="list-style-type: none"> • No fees
<p>Greg Gearn, MA, LMFT Marriage & Family Therapist greggearn.com/ 213-926-3802</p>	<ul style="list-style-type: none"> • Types of therapy offered: Existential, Family/ Marital, Family Systems, Humanistic, Solution Focused Brief (SFBT) • Individual and couples therapy 	<ul style="list-style-type: none"> • Fees apply • Blue Cross, Cigna, Out of Network, Private Pay \$120-\$130/hour
<p>Emin Gharibian, PsyD Psychologist https://verdugopsych.com/about-verdugo-psychological-associates/ 818-253-1161</p>	<ul style="list-style-type: none"> • Specializing in Neuropsychology and Alzheimer's • Armenian speaking 	<ul style="list-style-type: none"> • Fees apply • Out-of-network provider • Rancho Cucamonga office bills Medicare
<p>Elizabeth J. Kostrey, MD Psychiatrist 818-957-2248</p>	<ul style="list-style-type: none"> • Elders (65+) • Specializing in Neurology and Alzheimer's disease • Zoom appts. offered during COVID-19 	<ul style="list-style-type: none"> • Fees apply • Medicare Medi-Ca
<p>Kitty McCormick, LCSW Clinical Social Worker & Therapist 626-765-6347</p>	<ul style="list-style-type: none"> • Elders (65+) • Online and phone sessions • Client-Centered Therapy Treatment approaches: Cognitive Behavioral (CBT), Compassion Focused, Culturally Sensitive, Eclectic 	<ul style="list-style-type: none"> • Fees apply • Private Pay \$125/hour, Sliding Scale
<p>Nazare Magaz, PsyD, PhD Psychologist 626-310-7047</p>	<ul style="list-style-type: none"> • Online and phone sessions • Types of therapy: Art Therapy, Attachment Based treatment, Cognitive Behavioral (CBT) • Specializing in Developmental Trauma 	<ul style="list-style-type: none"> • Fees apply • Aetna, Cigna, Private Pay \$100-\$290/hour • Spanish, French
<p>Gennady Mucher, MD, PhD Psychiatrist TMS Neuro Institute 323-433-6442</p>	<ul style="list-style-type: none"> • Elders • Specializing in neurology • UCLA Anxiety Disorders Program • Russian and Ukrainian 	<ul style="list-style-type: none"> • Fees apply • Medicare, Tri-Care, Aetna, Blue Cross, Cigna, Humana
<p>Rachel Postovoil, LCSW, MS, CMF Social Worker & Therapist 747-239-4734</p>	<ul style="list-style-type: none"> • Specialization consists of children, teens and their families, adults of diverse backgrounds, cultures, ages, and languages, deaf, deaf-blind, and hearing-impaired clients • Elderly Persons Disorders, Impulse Control Disorders, Mood Disorders, 	<ul style="list-style-type: none"> • Fees apply • Cigna, ComPsych, Coventry, MHN, Magellan, Medi-Cal, Medicare, Optum, Presbyterian, UMR, United Healthcare

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	<ul style="list-style-type: none"> Personality Disorders, Thinking Disorders Bilingual in ASL 	<ul style="list-style-type: none"> Bilingual and native ASL-user
<p>Talin Tanaci, LMFT Marriage & Family Therapist healingtimetherapy.com/ 818-573-7353</p>	<ul style="list-style-type: none"> Elders Specializing in trauma for children, teenagers, adults, individuals, and families Trained in Child-Parent Psychotherapy 	<ul style="list-style-type: none"> Fees apply Private Pay
<p>Gary Vidor, PhD Psychologist 818-465-5603</p>	<ul style="list-style-type: none"> Elder services Specializing in depression, anxiety, and relationship issues 	<ul style="list-style-type: none"> Fees apply APS Healthcare, Aetna, BlueCross, BlueShield, Cigna, Health Net, MHN, Magellan, Medicare, United Healthcare

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