

List of Counseling Agencies

Alcoholics Anonymous/Narcotics Anonymous

AA (260) 471-6262 • NA (260) 460-4626

(800) 711-6375

(800) 234-0420

(Substance Abuse)

- Support Groups for those trying to overcome drug and/or alcohol addiction – call for location near you

Behavioral Health Care of Northern Indiana

(800) 795-6252

1800 N. Oak Rd., Plymouth, IN 46563

(Family Relations, Emotional Stability, Substance Abuse)

- Assessment and treatment recommendations for emotional problems relating to substance abuse, suicidal thoughts, depression, child and adolescent behavioral problems, psychotic episodes, anxiety and panic disorders, ADHD
- Acute inpatient care for children, adolescents, and adults (psychiatric care/substance abuse)
- Residential treatment care for children and adolescents
- Partial hospitalization for children, adolescents and adults (psychiatric care/substance abuse)
- Outpatient care for children, adolescents and adults
- Free initial evaluations on site or at a convenient location
- Help to persons in crisis 24/7
- Approved Medicaid provider for children and adolescents/accepts most major insurance programs

Bowen Center

(260) 471-3500

2100 Goshen Rd., Ft. Wayne, IN 46808

(800) 342-5653

www.bowencenter.org

(Family Relations, Emotional Stability, Substance Abuse)

- Hours: Monday-Thursday 8:00 a.m. – 8:00 p.m., Friday 8:00 a.m. – 5:00 p.m.
- Behavioral health care services for children, adolescents, adults and seniors
- Adult and adolescent chemical dependency programs
- Free chemical dependency assessment
- Full range of mental health services available on an outpatient basis
- Intensive in-home case management (home based services) for children
- Variety of programs for adults with mental illness
- Access number provides assistance 24/7
- Approved Medicaid provider/accepts some insurance programs
- Services offered on a sliding fee scale

Brightpoint

(260) 423-3546

227 E. Washington Blvd., PO BOX 10570, Fort Wayne, IN 46853

Fax: (260) 422-4041 or (260) 420-8067

mybrightpoint.org

(Family Relations)

- Voluntary, in-home program of support services guiding families in using their strengths to accomplish goals. The program operates in Allen, DeKalb, LaGrange, Noble, Steuben, and Whitley counties
- Support services to families with newborn children. 'Healthy Family' is only available in Allen County
- Child care assistance with voucher program helping families afford quality child care.

Parents must be working, going to school, or receiving job training to qualify

- CANI Head Start Program available to families below the federal poverty level. Children must be 3 years old and no more than 5 years old by June 1st to be eligible for preschool program (half day, full day and combination programs)
- Energy Assistance (EAP) helps pay a portion of a client's heating bills during winter months in the counties outlined above. To apply, proof of income and utility services are required
- Individual Development Accounts (IDAs), state and federally funded, are another way CANI helps economically disadvantaged families become more self-sufficient. This program helps individuals save money for a home, education (or a dependent's education), or even to start a business
- Housing Choice Voucher Program (HCVP) – CANI's HCVP allows low and moderate income households to have safe, affordable housing with rent based on a sliding scale
- Weatherization Program operates in the counties outlined above and offers ways to improve the energy efficiency of a home and help lower heating costs. Both renters and homeowners can be eligible, provided they meet the guidelines

Caring About People, Inc. (CAP)

1417 N. Anthony Blvd., Ft. Wayne, IN 46805

(Family Relations, Emotional Stability and Substance Abuse)

(260) 424-5814

(800) 932-4213

Fax (260) 424-6423

- Provides prevention, education, assessments, and counseling services for individuals and families
- Evaluations: Intervention, adult and adolescent alcohol/drug, and adolescent behavior
- Education: Puppets for Prevention, Alcohol & Drug Seminar, Family Alcohol & Drug Education, Theft Intervention Program, Stop Shoplifting, Adult and Adolescent Anger Management, Infant Parenting, 1,2,3,4 Parents, Active Parenting Today, Active Parenting of Teens, and Parents on Board
- Programs: Adult & Adolescent Outpatient Group, Personal Growth and Development, Adult Intensive Outpatient Group, Relapse Intervention Program, Individual & Family Therapy, Home Based Therapy, Adolescent & Adult Second Thoughts

Catholic Charities

315 E. Washington Blvd., Ft. Wayne, IN 46802

(Family Relations and Emotional Stability)

(260) 422-5625

Fax (260) 422-5657

- Licensed & accredited social services agency
- Seven major service divisions: Pregnancy, Adoption, and Foster Care; Children's Services; Counseling; Hispanic Outreach; Case Management & Community Services; Refugee Resettlement And Immigration Services; and Older Adult Services
- Services in the counseling division offered to individuals, couples, and families. Personal and interpersonal issues that can be addressed include marital and parent-child concerns, communication, grief and loss, anxiety management, recovery from traumatic events, life changes, and stress
- Services offered on a sliding fee scale

Center for Nonviolence

235 W. Creighton Ave., Ft. Wayne, IN 46807

(Emotional Stability)

(260) 456-4112

- Various programs offered for men, women, and children
- Programs include anger management, as well as support and education for victims of violence

- Thinking Errors program
- Programs available in English and Spanish
- Services offered on a sliding fee scale

Community Counseling Center**(260) 432-4346**

6319 Constitution Dr., Ft. Wayne, IN 46804

(Family Relations & Emotional Stability)

- Offers individual, group, family, and child counseling services
- Specialties include ADHD and learning disabilities, adolescents, blended families, eating issues, motivating children, parenting, stress and women's issues

Counseling Services & Consulting**(260) 432-9916**

4660 West Jefferson, Suite 2000, Ft. Wayne

Fax (260) 960-9349www.counselingservicesandconsulting.com

(Family Relations, Emotional Stability and Substance Abuse)

- Affiliated with Prevention Research Institute (PRI), which is a private, not-for-profit organization with a mission to reduce alcohol and drug related problems in the United States and abroad. PRI website is www.askpri.org
- One on one treatment, and referrals, for adolescents; specialties include anger management, impulse control, and ADHD.
- Treatment plans based on individual needs. Plans developed for individual needs are based on cognitive behavioral concepts and are developed with the client
- Prime for Life under 21 is a program for youth ages 13-20 who are already engaged in high-risk drinking or drug use or who are in a group that is likely to begin high-risk behaviors
- High percentage of youth throughout the country are taught the Prime for Life under 21 via a curriculum through juvenile justice systems, underage DUI programs, Court diversion, school student assistance and similar programs
- Offers group counseling for adults at various organizations: all therapists are state licensed and/or state certified as substance abuse counselors, trained to deal with complex issues related to alcohol and other drugs
- Acceptance of most insurance programs, credit cards, and a sliding fee scale is available for clients based upon their income

Dunn Associates**(260) 484-5599**

1910 St. Joe Center Rd., Ft. Wayne, IN

(Family Relations, Emotional Stability, and Substance Abuse)

- Behavior health care services for children, adolescents, adults and seniors
- Adult and adolescent drug/alcohol programs; Intensive Outpatient Group Services
- Adoptive evaluations
- Psychological counseling for anxiety, panic attacks, depression, ADHD, etc.
- Therapy by psychologists and certified addictive behavior counselors

East Wayne Street Center**(260) 422-6502**

801 E. Wayne St., Ft. Wayne, IN 46802

Fax (260) 422-2560www.ewscenter.org/

(Family Relations, Emotional Stability, and Substance Abuse)

- Not-for-profit organization focused on strengthening families and individuals to empower them to become self-sufficient
- Project Solve

- Community Home Repair
- Head Start
- Family Literacy Program
- Family Mentor Program
- Food Bank
- Case Management Initiative – This program provides services to clients of the Center and helps individuals and families with knowledge of and access to resources in the community
- ATOD Program
- Self-sufficiency

Erin's House for Grieving Children

(260) 423-2466

3811 Illinois Rd., Ft. Wayne, IN 46804
(Emotional Stability)

- Grief counseling for children

Family Care Center

(260) 493-0055

7407 Turkey Run, Ft. Wayne, IN 46815

Fax (260) 493-2051

(Family Relations, Emotional Stability and Substance Abuse)

- Wide range of Christian based counseling services (affiliated with Youth For Christ)
- Hours: Monday – Friday 9:00 a.m. to 4:30 p.m.
- Behavior health care services for children, adolescents, adults, and seniors
- Adult and adolescent chemical dependency programs
- Full range of mental health services available on outpatient basis
- Services offered on a sliding fee scale based on the number of people in the household and family income; Accepts insurance benefits, Medicaid not applicable
- Variety of programs for adult services

Gerard & Coslow Associates

(260) 422-9372

4656 W. Jefferson Blvd, Ste 285, Ft. Wayne, IN 46804

Fax (260) 422-0843

(Family Relations, Emotional Stability)

- Counseling services, including children, families and adults
- Management of mental health, relationship difficulties, legal problems, trauma recovery

Hand In Hand Comprehensive Therapy Specialists

(260) 497-0328

2837 E. Dupont Road, Ft. Wayne, IN 46825

Fax (260) 497-0904

www.handinhandtherapy.com

(Family Relations, Individual, Substance Abuse, Emotional Stability)

- Counseling services, including children, families and adults
- Management of mental health, relationship difficulties, legal problems, trauma recovery
- Addiction, Substance Abuse
- Anger Management
- Child Behavioral Management

Headwaters Counseling

(260) 744-4326

2712 S. Calhoun St., Ft. Wayne, IN 46808

Fax (260) 744-0188

(Family Relations, Emotional Stability and Substance Abuse)

- Private, not-for-profit agency. Clients are responsible for their fees, but may only have a co-pay based on family size, income, insurance or specialized funding. In some cases, fees may be waived, depending on the funding sources. A very large population of

unemployed, underemployed, and special needs individuals are served.

- High quality professional services at affordable rates due to United Way affiliation and grants from local foundations. Hours: M-TH, 8:00 a.m. – 5:00 p.m., F – 8:00 a.m. – Noon
- The service offers general counseling and counseling for sexual, marital and compulsive and/or addictive behaviors.
- Extensive psycho-social assessments are done by request, in addition to consulting services to Individuals, groups, organizations and businesses
- In many cases employers have contracts with the Alliance for Children and Families, and Family and Children's Services (dba "Headwaters Counseling) is the provider for in the Allen County area
- Group and Individual counseling is offered to people who suffer from alcohol or drug abuse/dependency. This is approached from an emotional, biological and spiritual intervention.

Hobson Psychiatric Services (Dr. Patel)**(260) 483-3287**

2021 Hobson Rd., Ft. Wayne, IN 46805

(Emotional Stability and Substance Abuse)

- Wide range of counseling services, including substance abuse and addictive behaviors
- Also offers a licensed and trained therapist on Thursdays for teenagers and adults, with an emphasis on eating disorders

IPFW Community Counseling**(260) 481-5479**

Dolnick Learning Center, 2101 E. Coliseum Blvd., Ft. Wayne, IN 46805

(Emotional Stability and Family Relations)

- Offers counseling for adults and children, couples, families with personal problems, adjustment reactions, or career counseling concerns
- Office hours Monday 10 a.m. – 5 p.m., Tuesday 10 a.m. – 11 a.m., Wednesday & Thursday 10 a.m. – 4 p.m., and Friday 10 a.m. – 12 p.m.

LifeLine Counseling and Diagnostic Services**(800) 509-6884**

1117 S. Clinton Street, Ft. Wayne, IN 46802

745-3322

Individual and family counseling

(Emotional Stability, Substance Abuse and Family Relations)

- LifeLine is a center promoting Responsible Thinking (CRT). CRT is there for challenging thinking patterns and giving hope to those who need it most. The program begins with Dr. Stanton Samenow's critical thinking errors and is expanded to provide appropriate applications. Through these efforts, Life Line has seen tremendous results.
- LifeLine also has home-based services providing comprehensive care in an effort to keep families together: crisis intervention, advocacy, reunification and education.
- In addition to providing a 2 phase program for independent living, LifeLine provides a Sex Offender Program in Byrer Manor, Intermediate Care Program (ages 8-21 and 8-18 for anger management, substance abuse, basic decision making and problem solving) at Riverwood
- Ranch, Blacklake South and Blacklake North. Blacklake also provides year round classes at an alternative school.
- LifeLine is also pleased to announce a new 90 day summer program the is perfect for youth in foster care or institutional settings who must quickly acquire the tools necessary to be independent.

3225 N. Wells St., Ft. Wayne, IN 46808

Fax (260) 432-4860

www.parkcenter.org/lifeplan

(Emotional Stability, Family Relations and Substance Abuse)

- Life Plan is a division of Park Center, Inc. and is a contractual employee assistance program (EAP). The EAP benefit is prepaid by the employer so there is absolutely no charge to the employee. Also, the services offered remain confidential (the employer never knows who utilizes the program).
- Life Plan covers a broad spectrum of counseling services including marital problems, family conflict, children with problems, stress, depression, anxiety, grief/loss, anger/violence, emotional turmoil, alcohol or drug abuse concerns, financial or legal problems, job-related difficulties and other concerns.
- Confidential counseling services available 24 hours per day, 7 days per week

Lutheran Social Services

(260) 426-3347

330 Madison St., Ft. Wayne, IN 46802

Fax (260) 424-2248

www.lssin.org

(Emotional Stability and Family Relations)

- Christian based counseling
- Provides adoption and family foster care services for placing homeless children into the families of the Lutheran community. Home assessments help families prepare for the adoption experience.
- Provides quality child care at subsidized rates for families with low income (ages 3-5)
- Licensed counselors are available to those looking for help with complex life issues
- Counseling services are provided on a sliding fee scale, taking into consideration a family's size and income
- Court mandated family preservation when substance abuse results in a child being removed from the home
- Emergency assistance providing individuals and families with direct assistance for utilities, rent or other life necessities (when public, tax supported help is inadequate or unavailable)
- Paint-A-Thon for seniors or persons with disabilities who have limited physical or financial means

M.A.P.P.S. (Midwest Addiction Psychiatric/Psychological Services)

(260) 471-0632

3010 E. State Blvd., Ft. Wayne, IN 46805

(Family, Emotional Stability and Substance Abuse)

- Drug/Alcohol assessments, Individual, Family and Substance Abuse Counseling
- Dr. Flores offers counseling in Spanish

Quality Counseling & Psychological Services

(260) 220-0407

10828 Coldwater Rd., Ft. Wayne, IN 46845

(Family, Emotional Stability and Substance Abuse)

- Individual, family and marital counseling
- Drug and Alcohol Assessments and treatment
- Adults, adolescents and children
- Saturday appointments available

Theresa Mihlbauer, PHD

(260) 969-0915

4656 W. Jefferson Blvd., Suite 200, Ft. Wayne, IN 46804

(Family, Emotional Stability and Substance Abuse)

- Specializing in children's behaviors, including the mentally challenged
- Individual and family counseling

Neuropsychiatric Associates PC

(260) 432-5181

2410 N. Glendale Dr., Ft. Wayne, IN 46804

(Family Relations and Emotional Stability)

- Child/adolescent/adult psychiatry specializing in anxiety, panic attacks, depression, ADHD, etc.

Pancner Psychiatric Associates

(260) 456-4880

2805 Fairfield Ave., Ft. Wayne, IN 46808

(Family Relations, Emotional Stability and Substance Abuse)

- Individual and family counseling
- Counseling also includes grief, ADD, Bipolar Disorder, codependency, anxiety, panic attacks, and drug and alcohol.

Park Center, Inc.

(260) 481-2700 or (866) 481-2700

909 E. State Blvd., Ft. Wayne, IN 46805

Fax (260) 481-2719 Administration

www.parkcenter.org

Fax (260) 481-2739 Medical Records

(Emotional Stability, Family Relations and Substance Abuse)

- **Child and Adolescent Services:** Offers assessment, and counseling (individual and group), and psychiatric services for youth, including home-based and diversion services, youth residential, and intensive day treatment programs for preschool through high school age groups, in both full day and half day formats.
- **Adult Services:** The primary services available are medical services, inpatient and sub-acute care, case management services, residential services, day treatment, employment services, addiction treatment, and outpatient counseling.
- Park Center holds accreditation through the Commission of Rehabilitation Facilities (CARF), which ensures the best standards and quality of care are met.
- Fees are based on the cost of providing services and are competitively priced in the three county service areas. Some individuals may be eligible for a fee adjustment in some programs and services if they meet certain income guidelines and/or qualify for State and Federal aid/entitlement programs. Third party insurance may be accepted, and payment plans can be designed if needed.

Parkview Behavioral Health

(260) 373-7500 or (800) 284-8439

1720 Beacon Street, Ft. Wayne, IN 46805

Fax (260) 373-7679

(Family, Emotional Stability and Substance Abuse)

- Behavioral healthcare services for children, adolescents, and adults
- Adolescent/Children's Inpatient Hospitalization Programs: adolescent will attend school two (2) hours a day with remainder of day spent in group sessions. Appointments can be scheduled by calling 373-7602.
- Children's age requirements: 5-12 years of age
- Adolescent's age requirements: 13-18 years of age
- Outpatient psychiatrists for medication management
- No Court ordered assessment

Phoenix Associates, Inc.

(260) 424-0411

2200 Lake Avenue, Suite 260, Ft. Wayne, IN 46805

Fax (260) 424-3530

(Family, Emotional Stability and Substance Abuse)

- Offers assessments and individual, family and substance abuse counseling, including perpetrators and victims of sexual abuse (ASOP).
- Office is open Monday through Friday
- The ASOP program consists of five (5) phases, with each phase lasting 3-6 months. The first phase following the offender's assessment is the most intense. Because of the group nature of the program, adolescents based on psychosexual assessment and admission criteria are admitted. The program criteria do not allow admission of severely violent, sadistic, or antisocial types of offenders, nor individuals characterized by major thought disorders and sexually obsessive/compulsive thought processes related to multiple paraphilia's.
- Age range of adolescents admitted to group programs is 12-14 for the younger group, and 15-18 for the older group. Children under the age of 12 who meet criteria will be considered for individualized program services.
- Phoenix and Park Center offer collaborative group home services for adolescent sex offenders who require more structure and supervision, require other Court services, or have other criminal history and are returning to the community from residential treatment facilities and require transitional structure.
- Phoenix ASOP began in 1990 as a collaboration project between Phoenix and the Allen County Juvenile Probation Department as a means to enhance alternatives for the Courts to meet the needs of this particular adolescent population. The focus was to keep adolescents in the community in order to strengthen family and parental involvement in the treatment and supervision of these young people.
- Boundaries group for children under 12 with problem sexual behaviors, inappropriate sexual contact issues/allegations, or difficulty understanding sexual boundaries.
- Insurance and Medicaid benefits are accepted

PK Kounseling Services

(260) 385-0713

2200 Lake Avenue, Suite 123, Ft. Wayne, IN 46805

(Family Relations, Emotional Stability and Substance Abuse)

- A team of social workers concerned about teenage anger and substance abuse in schools
- PK Kounseling has a goal to educate and redirect the behaviors and choices of young people before the problem escalates to the adult level
- Specializing in drug/alcohol assessments, individual counseling, anger management or defiant behavior, as well as substance abuse awareness classes
- Drug/alcohol assessment with 3-5 working days turn around
- Group counseling – per person 1.5 hours
- 6 weeks of educational substance abuse awareness held in group
- All groups will be open-end and conducted at the office location

Project Impact USA

(260) 426-0646

2200 Lake Avenue, Suite 105, Ft. Wayne, IN 46805

Fax (260) 969-0517

(Family Relations, Emotional Stability and Substance Abuse)

- Program and support services include drug/alcohol counseling, individual/family counseling, job training and placement, life-skills training, school drop-out prevention, advocacy, ongoing mentoring, parent education training, behavioral modification program and case coordination.
- There will be a charge for drug/alcohol assessments which are not referred by Department of Children's Services (DCS) and/or qualification through these services.
- Commencing January 1, 2008, a \$20.00 co-pay will be required to attend all groups.

- Office hours are by appointment. Weekend and evening appointments are available.

Right Relations**(260) 436-7578**

327 E. Wayne St., Ste. 200, Ft. Wayne, IN 46802

Fax (260) 407-7579inquire@rightrelations.org

(Family Relations and Emotional Stability)

- The Family Enrichment Series (FES) is designed to empower individuals to create healthy relationships in all areas of their lives. The classes present timeless, core principles, virtues, values and universal laws that hold relationships, families and communities together. This comprehensive 16-week is open to parents; divorced, separated or never married; teen or adult, non-parents, grandparents, anyone who would like a foundation on which to heal or improve their relationships. Classes meet for 1 ½ hour sessions. Call to register Monday through Friday from 9 a.m. to 4 p.m.

Stress Operations Group, Inc.**(260) 341-2287**

6404 S. Calhoun St., Ft. Wayne, IN 46807

Fax (260) 639-1081sogfnginc@aol.com

(Family Relations, Emotional Stability and Substance Abuse)

- General debriefing with emergency services and commercial incidents
- 25 years experience with disability issues and 16 years experience working with perpetrators and victims of interpersonal violence, death and loss issues
- Team members have varied backgrounds and expertise in emergency services, addictions, mortuary disaster work, crisis intervention work of many varieties
- Building of morale and assistance in prevention of post-traumatic stress syndrome
- Emotional Freedom Techniques (EFT) – often works where nothing else will; usually rapid, long lasting and gentle; no drugs or equipment involved; easily learned by anyone and can be self applied for trauma and abuse, panic and anxiety, fears and phobias, depression, addictive cravings, children's issues, and hundreds of physical symptoms including pain relief
- Eye Movement Desensitization and Reprocessing (EMDR) is a powerful and relatively new form of psychotherapy that is challenging everything that is believed or assumed about emotions and the nature of change. Therapists and clients are finding that problems that were resistant to years of psychotherapy are being resolved in a very short amount of time – sometimes in just a few sessions.
- Owner, Rick Ritter, has experience as a counselor at the VA (Outreach Program), primary therapist for combat and era veterans, co-founder and co-facilitator of batterers program at the Center for Nonviolence, and case manager on adolescent/adult chemical dependency units at Charter Beacon Hospital.

Take Charge Counseling and Consulting Services**(260) 415-5967**

9417 St. Joe Center Rd., Suite 200, Ft. Wayne, IN 46835

www.takechargethoughtcounseling.org

(Family Relations and Emotional Stability)

- Healthy Relationships/Families, Personal Management, Stress/Anxiety and Mood Management, Improving Morale and Self Confidence, Conflict Resolution and Leadership

We Care Counseling**(260) 415-5967**

509 W. Washington Blvd., Ft. Wayne, IN 46802

Fax (260) 422-3691dthomas@wecarecounseling.com

(Family Relations, Emotional Stability, and Substance Abuse)

- Adult and adolescent chemical dependency programs; counseling for depression, anxiety, panic disorders and addiction issues; counseling for the “Silver-Lining Circle”, a program for seniors and the physically challenged; counseling for the mentally retarded and their families; and counseling for survivors of physical and emotional abuse, as well as sexual abuse. Insurance coverage by many insurance companies, Medicare and/or Indiana Medicaid.
- Behavioral health care services for children, adolescents, adults and seniors
- Psychiatric referrals

