

Referral Resource List

Southern Boone Guidance Department
Ashland, MO 65010

HOW TO MAKE A COUNSELING APPOINTMENT

Decide if you will be paying out-of-pocket or billing through your insurance company.

- If billing through insurance, first call your company to determine the following:
 - Is pre-authorization for mental health therapy sessions required; if so, how does that process work
 - Is a referral from your primary care physician required; if so, how does that process work
 - Does the client have to see an “in-network” provider; meaning one that has been approved by your specific insurance company to provide services for them
 - Is the client allowed to see an “out of network” provider; meaning does insurance cover any or part of payment if the client works with a counselor who has not been approved by your specific insurance company to provide services for them

Based on this information, compile a referral list getting recommendations of counselors from:

- Family and friends
- Your insurance company
- Your physician
- Other counselors
- The Yellow pages
- Anyone else you think might be helpful

What do all those initials mean?

LCSW=licensed clinical social worker

LPC=licensed professional counselor

PhD=professional with his/her doctorate degree; in the mental health field this is typically a psychologist

MD=professional with his/her medical degree; in the mental health field this is typically a psychiatrist

- If you see some initials not on this list, ask. It is your right to know your service providers' credentials.

Things to think about the professional that you may be working with:

- What are his/her areas of expertise?
- Does it make a difference for the client to work with a male or female? A practitioner of a certain age or race?
- Is the practitioner licensed?
- What type of clientele does the practitioner typically serve
- What are the office hours?
- How involved is the parent in the child's therapy?
- How will progress be assessed?

Information to have on hand when scheduling an appointment:

- Client's full name and correct spelling
- Client's date of birth, social security number, and current insurance information (have the card available to answer questions)
- Basic demographic information (address and phone numbers)
- Identify main areas of concerns – what is it you hope counseling can change?
- Your calendar
- Name, address, and phone number of the client's primary care physician
- Questions you have regarding services and the practitioner

Community Resources

Hotlines and Helplines

Alcohol and Drug Abuse Hotline	1-800-234-0420
Boone Hospital Center Healthline	1-800-872-9008
Child Abuse and Neglect Hotline	Missouri: 1-800-392-3738 National: 1-800-42-4453
Division of Family Services	1-800-392-1261
Domestic Violence Hotline	1-800-799-Safe(7233)
Love Basket (pregnancy counseling)	1-800-LOV-BSKT (568-2758)
Mental Health Crisis Line	1-573-449-2511
Mid-Missouri Crisis Line	1-573-449-2273
Missouri Dept. of Health	Environmental Health 1-800-392-1261
National Association for Mentally Ill	(NAMI) 1-800-374-2138
Parental Stress Helpline (Crisis)	1-800-367-2543
School Violence Hotline	1-866-748-7047
Sexually Transmitted Disease Hotline	1-800-227-8922
Youth Crisis Hotline	1-800-HIT-HOME (448-4663)

Self Help, Support, and Advocacy Groups

Al Anon-Support for friends and family of those with and alcohol problem	573-443-3059
Alateen-Support group for teens dealing With alcohol issues	573-443-3059
Depression/Manic Depression Support Group	573-874-1646
Narcotics Anonymous	573-634-5123 or 573-442-7026

Agencies

<i>Assistance League of Missouri</i>	573-448-3848
Assault Survival Kits; Literacy Book Bags; Hygiene kits; Links to Learning School Enrichment Program; “I wonder bags”;	Upscale Retail 573-445-4803

Operation School Bell; Parent Packs;
Upscale Resale Shop

Big Brothers Big Sisters 573-874-3677

Children from single-parent households are matched in a one-on-one relationship with an adult role model.

Birthright of Columbia, Inc. 573-442-8844

Free confidential pregnancy test and assistance; emergency pregnancy service, maternity and infant clothing; referrals for medical, financial, employment, and housing assistance; non-professional counseling; adoption referral.

Boone County Family Court Services 573-886-4200

Juvenile Division JJC 573-886-4450

Intake services regarding abuse/neglect, status offenses and law violations; supervision services for delinquent youth either informally or by order of the court; detention/evaluation services at the Boone County JJC as ordered by the court

Boone County Group Homes and 573-874-1995

Family Support

Offers supported living programs, life skills training, early intervention and family support services, and case management/service coordination; Trustline provides free background checks of potential caregivers of persons served by the agency.

C.A.R.E. 573-874-6300

Pre-employment and job skill training; living skills instruction; job development and placement; education enhancement

component; career orientation

Central Missouri Autism Project

573-874-3777

Assessment in home family support;
parent training; occupational and music
therapy; family connections support group;
crisis intervention; school consultation;
IEP support; public education

Columbia/Boone County Health

573-874-7345

Department

Healthcare and a number of other
services offered at free or reduced
rates based on income.

Comprehensive Health Systems

573-817-0336

Community Psychiatric Rehabilitation
Program; psychiatrist for assessment and
medication, group psychosocial rehabilitation,
individual community support.

Comprehensive Human Services

573-874-8686

Provides shelter, safety, education,
and empowerment to physically or
emotionally abused or neglected youth,
to physically or emotionally abused women
and their children and to survivor of sexual
abuse or violence; operates the Front Door
Shelter.

Mid-Missouri Mental Health Center

573-884-1173

Crisis Intervention for families with
one or more children at risk of out of
home placement due to child's behavior
or mental health issues.

Family Counseling Center

573-443-2204

Outpatient counseling

Focus on Learning Center

573-445-3496

Tutoring for pre-k through college.

<i>Love Basket, Inc.</i>	573-445-7516
Services to any pregnant woman, her partner, and her family	
<i>McCambridge Center</i>	573-449-3953
Residential alcohol and drug treatment for women; outpatient services for women and adolescents with drug/alcohol problems; daycare and therapy for children; priority given to pregnant women.	
<i>Mid-Missouri Mental Health Center</i>	573-884-1300
Psychiatric inpatient for children, adolescents, and adults; outpatient services for adolescents and children including screening and evaluation, case management, family preservation, and individual and group therapies.	Crisis line 1-800-395-2131
<i>Missouri Parents Act (IMPACT)</i>	1-800-743-7634
Offers workshop for parents and professionals involved with children with disabilities regarding educational issues; individual parent assistance; IEP training; Train the Trainers workshops; IEP support volunteer training.	
<i>Planned Parenthood of Mid-Missouri</i>	573-443-0427
Family planning services, birth control services; patient education; STD screening.	
<i>University of Missouri-Assessment and Consultation Clinic</i>	573-882-5092
Provides a number of assessments and psycho-educational information.	
<i>University of Missouri-Counseling Center</i>	573-882-6601
Personal counseling, academic effectiveness program; testing services;	

employee assistance program; consultations;
group counseling; stress management lab;
educational programs.

University of Missouri-Psychological

Services Clinic

573-882-4677

Individual psychotherapy for adults, children,
adolescents, marital and couples therapy;
family therapy; child and adult assessment.

University Behavioral Health

573-884-8008

Youth & Adult Services

573-884-0629

Referral List: Mental Health Providers

This list is not complete. Other providers are available in our area.

Be sure to check on hours and insurance to fit your needs

Child and Family Psychological Services	3407 Berrywood Dr. Suite 200	443-4112
University Behavioral Health	3215 S. Providence Suite 2	882-8008
Tiffany Borst		449-1577
Mary Ellen Degnan PhD	108 E. Greenmeadows, Suite 5	874-5188
Robert Kline PhD	3407 Berrywood Dr. Suite 200	443-4112
Mayer Flanagan Scott & Associates	3407 Berrywood Dr. Suite 200	443-1177
Joel Ray PhD	10 N. Garth	887-6662
Michael Scott PhD	3407 Berrywood Dr. Suite 200	443-4112
University of Missouri-Columbia Jeremy Skinner, PhD Meg Klein-Tull, PhD Nan R. Presser PhD	211 s. 8th	882-4677

Marianne Branham	Burton Dueker Midkiff & Branham	LCSW	601 Business Loop 70 W.	817-9611
Family counseling Center			117 N. Garth	449-2581
Karen Moore			3407 Berrywood Dr.	815-0101
Center for Family and Individual Counseling			2804 Forum Blvd	446-5034
Ruthie Moccia MED EdS			2804 Forum blvd	446-6290
Maria Gutierrez PhD			2804 Forum Blvd	446-6290
Deanna Pledge PhD			2804 Forum blvd	446-5034
Deborah Wright Teen Berevement MU Assessment & Consultation Clinic WrightDM@missouri.edu				884-0377
Chris Lawrence McCambridge Center			201 N. Garth	449-3953
Enrique Dos Santos MD			1605 E. Broadway Suite 270	442-8187

Dr. Connie Brooks

MU Center for
Assessment &
Counseling