

Social Services in the Dudley-Charlton Area

Agency	Information
<p>Auburn Family Services 21 Pheasant Court Auburn, MA 01501 Tel: (508)832-5707 Fax: (508)832-5708 Email: admin@ayfs.org</p>	<p>Provides individual and group counseling for personal, academic, family, and substance abuse issues. Issues include substance abuse, depression, divorce, academic failure, domestic violence, sexuality issues, dating relationships and other family related issues.</p>
<p>Children's Friend 21 Cedar Street Worcester, MA 01609 (508)753-5425 Website: www.childrensfriend.org</p>	<p>Provides a wide range of psychological services for children/teenagers including: adoption and attachment issues, Mood Disorders, Oppositional-Defiant Disorder, Asperger's and other Autism Spectrum Disorders, Adjustment Disorder, Anxiety Disorder, ADHD, grief, and self-injury among others; provides individual and group counseling and parent support groups; skilled in the use of Dialectical Behavior Therapy</p>
<p>Community Health Link 275 Belmont St. Worcester, MA 508-791-3261 Communityhealthlink.org School Based Director: Arden Bowser 508-421-4485 Intake: Gail Giles, 508-421-4528</p>	<p>Associated with UMass Memorial and provides services at various satellite sites including diagnostic evaluations and assessment; individual, couple, group and family counseling; psychiatry services and medication monitoring; collateral contact and consultation; crisis management; psychological testing. Services are provided by psychiatrists, social workers, psychologists, and mental health counselors. Also has school based therapy.</p> <p>They also run Highland Grace House, a 90-day program for girls between 13 and 17 years of age who seek long-term recovery from their addiction to drugs and/or alcohol.</p>
<p>East Point Services 13 Arlington Street Auburn, MA 01501 Tel: (508)798-6699</p>	<p>*Groups for tweens and teens who struggle with depression, anxiety, stress-related problems *Cognitive Behavioral Therapy</p>

<p>Fax: (508)798-7011 Eastpointservices.com</p> <p>Karen Feeney, LICSW</p>	<p>*Court approved divorce program *Consultation with parents around behavioral issues with children and adolescents</p>
Agency	Information
<p>Family Services of Central Massachusetts 31 Harvard St. Worcester, MA 01609 Tel: (508)756-4646 Fax: (508)791-4755 www.fscm.org</p> <p>Alicia A. McInnis, MA, LMHC Director of Counseling and EAP Services Email: amcinnis@fscm.org</p>	<p>Services include: individual, family, and couples therapy, divorce adjustment services, family mediation and consultation, parenting workshops, <u>Parents Apart</u> = a five hour, court approved education program designed to assist parents in helping children through divorce.</p>
<p>Harrington Hospital Mobile Crisis Intervention (MCI) Susan Butler, MSW – Program Director Tel: (508)765-3035 Fax: (508)764-2434 sbutler@harringtonhospital.org Mobile Crisis Team: 1-877-750-3127 (available 24 hours a day, 365 days a year)</p>	<p>Mobile Crisis Intervention Services are available to all children, adolescents and young adults who:</p> <ul style="list-style-type: none"> *Are under 21 years *Suffer from serious emotional disturbance (SED) *Are experiencing a behavioral health crisis *Are not in need of immediate medical intervention *Who are uninsured or covered by MassHealth only or MassHealth Managed-Care <p>Services the town of Brimfield, Brookfield, Charlton, Dudley, East Brookfield, Holland, North Brookfield, Oxford, Southbridge, Sturbridge, Wales, Warren, Webster, or West Brookfield</p>
<p><u>How Does MCI Work?</u> Any concerned person can make a call to the Mobile Crisis Intervention (MCI) team by dialing 1-877-750-3127. A mental health professional will take your call and will gather basic information that will help you and the MCI determine what type of intervention is needed and the best location for the</p>	

intervention to take place. The staff person who takes the call may not be a member of the MCI and may ask you for a phone number where you can be reached by the clinician. The assigned MCI clinician will call back within 15 minutes to discuss the nature of the crisis and the location of the Youth who needs the intervention. A person who is under the age of 18 years will need to have a parent or guardian present during the intervention. This does not apply to Youth who are emancipated and considered mature minors. Interventions can take place in any safe, appropriate location in the community, including the home, foster placement, group home, or other living situation. Youth can be seen at school or at one of our community based-locations including police stations and the court. The MCI team will arrive at the agreed upon location within 60 minutes of ending the call. The MCI team will make every effort to de-escalate the situation and stabilization activities will be provided to help keep that Youth at home. All options will be discussed with the youth and family and arrangements for admission and transportation will be made for youth who need a 24-hour, level of care. A crisis safety plan will be provided for youth who remain at home and will include MCI follow-up contact for the 72-hours following the initial event.

<p>Quiet Corner Counseling Services LLC 96 Front St. Putnam, CT Susan M. Frechette LCSW – Owner (860)315-9025x1</p>	<p>A group of 7 female independent psychotherapists who each have particular populations with whom they work, techniques they use and insurances they can accept. They provide services to children, adolescents, and families</p>
<p>Seven Hill Family Services Worcester – (508)796-1850 Sturbridge – (508)796-1950 www.sevenhills.org</p>	<p>Services available to all individuals with disabilities and their families who are seeking information and resources tailored to their specific needs. Services include information and referral, family trainings, parent networking, and family support specialists.</p>
<p>Sturbridge Human Services P.O. Box 740, 450 Main Street Sturbridge, MA 01566 (508)347-7755</p> <p>Rocco A. Marino, Ph.D. Licensed Psychologist</p> <p>Sheila A. Botti R.N., M.Ed., C.S.</p>	
<p>Wells Human Services Center 29 Pine Street Southbridge, MA 01550 (508)765-9167 Karin Peterson: School Based Clinician at SHRHS</p>	<p>Associated with Harrington Hospital and provides a wide range of psychological services including individual, group, and family counseling focusing on issues such as emotional problems, drugs/alcohol, anger management</p>

	etc.; residential programs, evaluations; has an office in Webster; has a DMH program called Intensive Family Services
<p>West Brookfield Counseling Center Norman P. Tonelli, LMHC – Director 62 Ware Street West Brookfield, MA 01585 (508)867-4451 Ext. 1 normantonelli.com</p>	<p>Services include individual counseling for children, adolescent, and adults; family or couples counseling, group counseling, consultations with school personnel; mental status exams; school and home behavioral consulting, observations and assessments; social skills training for ages 4-19</p>
<p>Worcester Center for Cognitive Behavior Therapy 6 Cedar St. Worcester, MA 01609 (508)210-0114 www.worcestercognitivebehaviortherapy.com</p> <p>Jennifer D. Lish, Ph.D. jenniferlish@charter.net</p>	<p>Specialties: obsessive-compulsive, anxiety, child or adolescent issues Issues: ADHD, Bipolar Disorder, Depression, Infertility, Parenting, Suicidal Ideation, Trauma and PTSD, behavioral issues, coping skills, emotional disturbance, oppositional defiance, sleep or insomnia, testing and evaluation.</p>
<p>Youth, Inc. (YOU Inc.) 52 Charlton Street Southbridge, MA 01550 (508)765-9101</p>	<p>Located in Worcester and Southbridge; provides a wide range of psychological services including individual, group, and family counseling focusing on issues such as emotional problems, drugs/alcohol, anger management etc; residential programs; evaluations; GED</p>
<p>Harrington Hospital: Charlton Office 10 Main St. Charlton, MA Central Intake: 508-765-2222 School Based Counseling: 508-765-9167 Kirsten Bright: Ext. 2665</p>	<p>Child and Family Services Family Therapy, Group Therapy, Medication Management, Parent Support Groups, Parent Training Groups, Psychiatric Evaluations, School-Based Therapy</p>
<p>DMH Children Services Anita Amonte: 774-420-3138</p>	
<p>Massachusetts MENTOR Therapeutic Mentoring and In-Home Therapy Joni Cartier and Brittney Jeffrey 48 Sword St. Units 101-104, 208 Tel:508-368-2700 Fax:508-363-143</p>	<p>They provide Therapeutic Mentoring and In-Home Therapy services.</p>

<p>MSPCC <u>Address:</u> 335 Chandler St, Worcester, MA 01602 <u>Phone:</u> (508) 753-2967</p>	<p>Wraparound Services: Therapeutic Mentoring, In-Home, Out-Patient, Psychiatry</p>
<p>Massachusetts Psychiatric Services 128 Main St, Suite 3 Sturbridge, Massachusetts 01566 Call Mrs. Maryann Mathieu Tel: (508) 444-8526</p>	
<p>The Whole Child Program Keri Ann Kimball 2 Maple Ave., PO Box 400 Upton MA 01568 508-603-1711 http://www.thewholechildiwc.com/</p>	<p>Ages 3-10 years old with Spectrum Disorder, ADHD, Behaviors issues, and other Mental Health issues incorporating OP Therapy, Expressive Arts Therapy, OT, PT, Group Therapy, Speech, and Family Therapy.</p> <p>Gillian Ross, M.S. Clinical Mental Health Counseling, LMHC Candidate <u>Specialties:</u> <i>Anxiety (social, school, separation, GAD), PTSD, OCD, ODD, Grief, behavior, social skills & positive social/emotional development</i> <u>Approach:</u> <i>Play Therapy & Cognitive Behavioral Therapy</i> <u>Services:</u> <i>private counseling, anxiety management groups for parents and children, Empowerment for Girls group, more to come</i> Gillian is a perfect fit for The Whole Child. We feel fortunate to have her. She has immediate openings at this time. Gillian is not yet on health insurance, but her rates are comparable to specialist co-pays. Services may be covered by Flex Pay.</p> <p>Meghan Troncale M.S., SLP - CCCC, Speech and Language Pathologist <u>Specialties:</u> <i>articulation, language & communication disabilities, social pragmatic disabilities, ASD, all ages.</i> <u>Services:</u> <i>private therapy, evaluations, social pragmatic groups</i> Meghan is a very skilled SLP and is comfortable with all ages, abilities and disabilities. Meghan also has immediate openings at this time. Meghan is not yet on health insurance, but her rates are comparable to specialist co-pays.</p>

	Services may be covered by Flex Pay.
Family Continuity Program 76 Church St. Whitinsville, MA 01588 Tel: 508-879-6252	
Pediatric Behavioral Health 148 Worcester St. West Boylston, MA 01583 Tel: 508-835-1735	Individual, Couples, and Family counseling; Psychiatry, Group Therapy, Parent management training; Educational Advocacy, Neuropsychological Evals, Diagnostic Testing (ADHD, Autism, Psychological Disorders), Educational Testing, and Developmental Evals.
South Bay Counseling 340 Main Street, Suite 818 Worcester, MA 01608 Tel: 508-791-4976	In Home Outpatient Referred to as "Outreach" Services, age 3+
BCI Locations Worcester ABA Center: 345A Greenwood St. Worcester, MA 01607 Phone: 508-363-0200	Services: Specialty Early Intervention Services, Home and Community Services, ABA Center, After-School Program, Saturday Social Skills
UMASS CANDO Program UMass Memorial Medical Center/UMass Medical School 55 Lake Avenue North, S7-714 Worcester, MA 01655 Tel: 774-442-2263	CANDO offers a variety of services for youth and young adults with emotional and behavioral challenges and complex presentations. Psychological Testing available.
Alexia Johnstone, MA, LMHC Auburn, MA Tel: 413-347-4453	Specialties: I provide individual and family therapy to children, adolescents, and adults with mood and anxiety disorders & post-traumatic stress disorder. I am experienced in providing family therapy to families struggling with parenting issues, school attendance and achievement issues, and difficulty communicating with their children. Insurances: BlueCross and BlueShield, Out of Network

<p>Karen A. Gemboski, MSW, LICSW New Beginnings Counseling Services of Southbridge 146 Ashland Avenue Suite B Southbridge, Massachusetts 01550 Tel: (774) 302-2259</p>	<p>Specialties: Depression, Anxiety, Trauma, and PTSD Insurances: BMC Health Net, Beacon, BlueCross and BlueShield, Fallon Health, Medicare, Network Health, Private pay, Tufts, Unable to take MBHP at this time.</p>
<p>Dr. Lisa Galasso, Licensed Clinical Psychologist Central Massachusetts Psychological Services, LLC 54 Main St Unit 6 Sturbridge, Massachusetts 01566 Tel: (774) 999-0122</p>	<p>Specialties: Anxiety, Depression Insurances: Beacon, BlueCross and BlueShield, Health New England (HNE), Out of Network, TRICARE, Tufts UnitedHealthcare</p>
<p>https://www.milfordregional.org/medical-services/adolescents/ https://www.waldeneatingdisorders.com/a-new-eating-disorder-treatment-clinic-for-milford-mass/ https://www.waldeneatingdisorders.com/locations/massachusetts-locations/worcester/</p>	<p>Agencies that specialize in Eating Disorders</p>
<p>McManus Counseling Michael McManus 191 City Depot Road Charlton, MA 01507 (508)450-2296 michael@mcmanuscounseling.net</p>	<p>Provides services for: adoption, foster care, self-esteem, domestic violence, family violence, gay-lesbian-bisexual-transgender issues, parenting, self-harm, divorce, coping skills, stress management, meditation, social skills</p>
<p>Arbor Counseling 411 Chandler St. Worcester, MA 508-799-0688</p>	<p>Outpatient Services Arbour Counseling Services Community Services Family Stabilization Team Services In-home Therapy Therapeutic Mentoring Individual Family and Flexible Support Services LGBTQ Individuals Program</p>
<p>Valley Psychiatric Services 340 Main St. #353 Worcester, MA 508-753-2900</p>	
<p>Enlightened Interventions 25 Union St. Third Floor Worcester, MA 508-317-2323</p>	<p>Mind, Body, Spirit Interventions: Mental Health Counseling, Yoga, Reiki, Massage and Body-Work</p>
<p>UMASS Memorial: Community Health-Link 26 Queen St. Worcester, MA</p>	<p>MYR is a 24-bed acute detoxification and stabilization program for adolescents 13-17 (18 year olds can be admitted on a case by case basis). While at MYR client's are medically</p>

<p>Admissions line is open 24/7—Call 508-860-1244 or 508-438-5642.</p>	<p>monitored 24 hours a day and receive a comprehensive assessment and diagnosis, treatment and aftercare planning from a multidisciplinary treatment team comprised of psychiatrists, master's level clinicians, registered nurses, case managers, and counselors.</p> <p><i>MYR's services include:</i></p> <ul style="list-style-type: none"> A milieu environment Assessments Medical monitoring Treatment planning Individual/Group/Family therapy Aftercare coordination <p>The MYR program is a family-centered, strengths-based model that will introduce and engage the adolescent and family members towards recovery. MYR, through its existing connections to community services for adolescents statewide, will develop comprehensive ongoing treatment planning that will provide continued support and treatment for the adolescent and family upon returning to their community. The program is licensed by The Massachusetts' Department of Public Health, Bureau of Substance Abuse Services.</p>
<p>Worcester Community Action Council, INC. 484 Main Street, 2nd Floor Worcester, MA, 01608 Camille Diaz: 508-909-0061</p>	<p>Provides parenting education for first time parents of any age.</p> <p>Promotes and develops self-sufficiency skills.</p> <p>Completes child development assessments and provides activities for a healthy child growth.</p> <p>Provides activities for parent and child interactions to enhance attachment and nurturing skills.</p> <p>Matches community providers with program participants needs.</p> <p>**Free Program</p> <p>**Pre-Natal to Age 3</p>

Lillian Bonin, MS 14 Blue Herron Rd. Dudley, MA 508-498-9907	Private Counselor, Only accepts Blue Cross/Blue Shield...Specializes in CBT
---	---

Child and Family Services

Our new Child and Family Services Center, located at [139 South Street](#) in Southbridge, offers an exceptional approach to behavioral health treatment for children and families. This location specializes in work with children ages 4 -24 and their families, with independently licensed therapists and psychiatric practitioners offering a range of specialties.

We don't just work with children – we work with your entire family and incorporate everyone as part of the treatment.

Contact: (508) 909-7260

Services Include:

Individual Therapy: This is an opportunity for the child or adolescent to meet one-on-one with a therapist to discuss their feelings and thoughts. Therapy sessions can be scheduled at one of our offices or at your child's school. (Subject to availability of school-based services in your area.)

School-Based Services: We offer flexible school-based services for children and their families. With school-based services we can see your child at school, eliminating the need for parents to miss time out of work or make after-hours appointments. School-based services are not available in all towns; check with your school to find out if a Harrington therapist in your child's school system is available.

Group Therapy: In group therapy sessions, your child will learn and grow with others who experience similar social and emotional issues. Groups are developed to address such areas as anger management, social skills and mindfulness.

Psychiatric Evaluations: The decision to start your child on medication to address emotional or behavioral problems can be difficult. Your child's therapist can help by making a referral to our child psychiatrists in order to assess whether medications may be helpful.

Medication Management: Once you have determined whether yourself or your loved can benefit from the use of medications, they will continue to meet with a licensed psychiatrist or nurse practitioner on a regular basis to monitor their medications.

Family Therapy: This is an opportunity to discuss issues and concerns that impact the whole family, in a safe and supported environment that fosters progress and communication.

Parents Groups: These groups are focused on parenting, including our [Parents Apart](#) group for families experiencing the challenges of divorce or separation.

Contact

Call us at **508-909-7260** to establish services for your family today.