Mental Health Treatment

*Services Provided
*Framework of Practice
*Eligibility Criteria
*Accepted Forms of Payment
*Referral Process
*Locations & contact information
*Website & additional information

A New Way Counseling
809 N. Arthur, Pocatello, ID 233-4634

- Drug & alcohol services
- Recovery support
- Dual diagnosis groups
- 24-Hour crisis line
- Safe room for children & adults who are in crisis
- Case management
- CBRS services
  - No Eligibility Criteria
    - Idaho Medicaid
    - Sliding fee scale
      - Call, visit, or email for an appointment or more information
        - Services provided in Pocatello
          - http://anewwaycounseling.net/
          - Phone 233-4634
          - Fax (208) 233-4635
          - Crisis Phone (208) 223-0059

A to Z Family Services
151 3rd Street, Suite 404, Pocatello, ID 478-9822

- Assessments – Drug and Alcohol, Mental Health
- Individual counseling
- Marriage counseling
- Family counseling
- Group counseling
- Anger management
- Parenting
- DUI evaluations
- DUI education classes
- Drug and alcohol treatment
- Drug and alcohol case management
- Life skills
- Domestic violence treatment
- Community based rehabilitation
  - EMDR & IBIS Trauma Treatment
  - Provision of therapeutic interventions for adults and adolescents in the exploration of self understanding, skill building, with directions towards sobriety goals.
  - Therapeutic treatment with use of MRT-Domestic Violence model.
  - Individualized community interventions, designed to improve functioning in home & community.
    - No Eligibility Criteria
      - Private insurance
      - BPA
      - Medicaid
      - Private pay
Call, visit, or email for an appointment or more information
- American Falls – (208) 226-1751
- Blackfoot – (208) 785-1326
- Idaho Falls – (208) 881-5059
- Malad – (208) 766-2389
- Pocatello – (208) 478-9822
- Soda Springs – (208) 252-7816
- Preston – (208) 227-8099
  - http://atozfamilyservices.org/

**Access Point Family Services**
5565 Yellowstone Avenue, Pocatello 478-9344
- CBRS
- Building resiliency in children (for children diagnosed w/severe emotional disturbance)
- Psychotherapy sessions tailored to children
- Habilitative support therapy
- Habilitative intervention therapy
- Respite care
- Family training services
  - Specializes in Applied Behavior Analysis
    - Services are tailored to children
    - Family training services incorporates adults
      - Phone (208) 478-9344
      - Fax (208) 478-9368
      - Email apfsinfo@accesspointkids.com
        - http://accesspointkids.com/

**Adolescent & Child Development Center**
151 N. 3rd, Ste 110, Pocatello 232-5622
- Day services for individual adults
- Counseling at any age
  - The counselor, Nancy, can tell you the frameworks
    - No eligibility Criteria
      - Medicaid only
  - Call, visit or email for an appointment or more information
    - Services provided in Pocatello (208) 232-5622
      - www.adultandchilddevelopmentcenter.com

**Allies Family Solutions**
850 N. Lander, Pocatello 234-2094
- DDA Services
- CBRS
- Individual Counseling
- Family Counseling
- Psychological Assessment
  - No eligibility criteria
    - Medicaid
    - Blue Cross
    - Private Pay
  - Call or visit for an appointment or more information
    - Office is in Pocatello, but services can be provided in Fort Hall & Blackfoot
    - (208) 234-2094
Behavioral Treatment Center

- Case Management/Service Coordination
- Anger Management Group
- FREE! Parenting Group
- Community Based Rehabilitation Services (CBRS, once referred to as PSR)
- Marital Counseling
- Family Counseling
- Christian Counseling
- Psychiatric Services
  - No eligibility criteria
  - Cash, Check
  - Visa, Mastercard, American Express
  - Medicaid, Medicare
  - Most insurances
  - Sliding scale fee for those who qualify
    - Call or visit for an appointment or more information
      - Pocatello – (208) 234-2600
      - http://www.behavioraltreatmentcenter.com/

Candlewood Family Counseling

- Adult Partial Care
- Children and Adult Psychosocial Rehabilitation
- Individual Therapy
- Family & Couples Therapy
- Targeted Service Coordination
- Case Management Services
  - Play Therapy
    - Medicaid & Medicare persons must have a Mental Health Diagnosis
    - Private Insurance doesn’t need a Mental Health Diagnosis
    - All ages welcome
      - Medicaid
      - Medicare
      - Private Insurance
        - Referral Process isn't mandatory
        - Medicare or Medicaid persons need an intake appointment to determine services or diagnosis
          - Services can be provided as far as Lava Hot Springs
          - Case by case basis
          - Office located in Pocatello (208) 478-8340

Center Counseling

- Psychiatric Services
- Psychosocial Rehabilitation
- Case Management
- Developmental Disabilities
- Adult Day Care
- Developmental Disabilities
- Residential Therapy
- Residential Habilitation
- Abuse
- Addiction
- Anger
- Anxiety
- Depression
- Behavioral Disorders
- Domestic Violence
- Grief & Loss
- OCD
- Sexual Issues
- Trauma
  - Cognitive Behavior Therapy
  - Play Therapy
  - Hypnosis
  - Adlerian
  - Experimental
  - Eye Movement Desensitization & Reprocessing
    - No eligibility criteria
      - Medicaid
      - Private Insurance
      - Private Pay ($85/Session)
        - Referral isn’t needed, but it can be faxed by the agency to receive services
        - Call or visit for an appointment or more information
          - Services are provided in Pocatello (208) 237-1711
          - CBRS (208) 237-3880

**Children’s Supportive Services**  
224 E. Evan’s Lane, Suite A, Chubbuck  
237-4782

- CBRS
- Psychotherapy
- Counseling for children, adolescents, adults, & families
- Medication Management
- Service Coordination
  - Traditional Talk Therapy
  - Sand Tray Therapy
  - Art Therapy
  - Play Therapy
  - Music Therapy
  - Bibliotherapy (Books)
  - Cinema Therapy
    - Medicaid only
      - Call or visit for an appointment or more information
        - Chubbuck (208) 237-4782
        - Idaho Falls (208) 524-8996
        - Blackfoot (208) 785-8550
Community Mental Health Services  
720 E. Lander, Pocatello  
478-2172

- Medication Management
- Mental Health Services
- CBRS
- Counseling
- Case Management
- Medical Clinic
- Treatment plans
  - Play Therapy
  - DBT
    - Medicaid
    - Private Insurance
    - No sliding fee scale
- Call or visit for an appointment or more information
  - Services provided in Pocatello & Idaho Falls

Gateway Counseling  
224 S. Arthur, Suite 2, Pocatello  
242-3771

- Individual Counseling
- Drug & Alcohol Counseling
- Community Based Rehabilitation
- Case Management
- Specialized work with mood disorders
  - DBT
  - Play Therapy
  - MRT Groups for Substance Abuse
  - DBT Groups for Substance Abuse
    - No eligibility criteria
    - Medicaid
    - Private Pay
    - Blue Cross
    - Medicare
    - Pacificsource
    - Aetna
- Call or visit for an appointment or more information
  - Services provided in Pocatello
    - Email: Jaime.gateway@gmail.com

Healthy Place Counseling  
1023 Yellowstone, Suite J, Pocatello  
233-1276

- CBRS
- Medication Management & Supervision
- Individual Therapy
- Group Therapy
- Couples Counseling
- Family Counseling
- Peer Support Services
- See website for more in-depth list of services
  - CBT
  - Play Therapy
    - No eligibility criteria
Medicaid  
Most private insurance  
Will work with low income individuals  
o Call or visit for an appointment or more information  
  ▪ Pocatello  
  ▪ Idaho Falls  
  ▪ St. Anthony  
  ▪ www.healthyplacecounseling.org

**Hope Tree Family Services**  
109 N. Arthur St., #203  
234-4673

- CBRS  
- Individual Counseling  
- Part Project: At Risk Teen Group  
- Family Counseling  
- Couples Counseling  
  o CBT  
  o Play Therapy  
    ▪ No eligibility criteria  
    - Medicaid  
    - Private Insurance  
    - Private Pay  
  o Call or visit for an appointment or more information  
  ▪ Services provided in Pocatello

**Life Change Associates**  
1777 E. Clark St., Ste 330  
233-5433

- Diagnosis & treatment of adults 18 years or older include:  
- Mood disorders (Bipolar, Major Depression, & Dysthmia)  
- Anxiety disorders (GAD, Social Phobia, PTSD, Panic Disorder, OCD)  
- Psychosis (Schizophrenia, Schizoaffective Disorder)  
- Co-occurring mental health & substance abuse disorders (Alcohol, Cannabis, Amphetamines)  
- ADHD  
- Dementia (Alzheimer’s Vascular)  
- Personality Disorders (Avoidant, dependent, Borderline)  
- Somatoform Disorders (TMS & Mind-body related chronic pain)  
- For those 5 to 17 years of age diagnosis & treatment is limited to:  
- Mood Disorders  
- Anxiety Disorders  
- ADHD & Impulse Control Disorders  
- ODD  
- Psychotic Disorders  
- CBRS  
- Also provide Telepsychiatry or Psychiatric services via a secure internet connection  
  o Call or visit for an appointment or more information  
  ▪ Pocatello  
  ▪ Idaho Falls – 730 S. Woodruff Ave.  
  ▪ www.lifechangeassociates.net
Mental Health Specialists
210 W. Burnside, Ste. A, Chubbuck 238-9000

- Therapy for depression & anxiety
- Couples Counseling
- Family Counseling
- Parenting Support
- Grief Counseling
- Work & Career Issues
- Stress Management
- Addiction & Recovery
- Conflict Resolution
- Psychosocial Rehabilitation Services
- Group therapy
- Medication Management for children & adults
- CBRS
  - No eligibility criteria
    - Medicare
    - Medicaid
    - Private insurance
      - Call or visit for an appointment or more information
        - Services provided in Pocatello
          - http://www.mentalhealthspecialists.net/

Mental Wellness Center
1070 Hilene Rd., Ste 210, Pocatello 478-9081

- Individual Therapy
- Couples Therapy
- Family Therapy
- TMS Therapy
- Addiction Recovery
- Service Coordination
- CBRS
- Psychiatric & Medication Management
- Domestic Violence Treatment
- Comprehensive Assessments
  - Comprehensive Co-occurring Treatment
  - MRT
  - DBT
  - Diagnostic & Functional Assessments
    - No eligibility criteria
      - Medicare
      - Medicaid
      - Private insurance
        - Call or visit for an appointment or more information
          - Idaho Falls – (208) 542-1026
          - Pocatello – (208) 478-9081
            - http://mwcid.com/
- Individual Counseling
- Family Counseling
- Couples Counseling
- CBRS
- Medication Management
- Case Management
- Substance Abuse Treatment
- Anger Management
  - Cognitive Behavioral Therapy
  - Emotion Focused Therapy
  - Adlerian Family Therapy
  - Adlerian Psychotherapy
  - Dialectical Behavioral Therapy
  - Solution Focused Therapy
  - Trauma Focused CBT
  - Play Therapy
  - Structural Family Therapy
    - No eligibility criteria
- Aetna
- Ameriben
- Altius
- Blue Cross of Idaho
- BrightPath
- Business Psychology Associates (BPA)
- Camp VA
- Cigna
- ComPsych
- First Choice Health
- Health-Net
- Idaho Physician's Network
- Magellan
- Medicaid
- Medicare
- Multi-plan
- Optum Idaho
- Pacific Source
- Regience Blue Shield
- Select Health
- Tricare
- United Behavioral Health
- Value Options
- Workers Compensation
- Self pay: Sliding Fee Scale for Self Pay
- Contracting agent for Health & Welfare
- Contracting agent for L.D.S. Family Services
- Limited Pro-Bono appointments available
  - Call or visit for an appointment or more information
- **Pocatello Office**
  - 353 North 4th Avenue, Suite 110
  - Phone: (208) 233-7832
  - Fax: (208) 233-7835

- **Blackfoot Office**
  - 1495 Parkway Drive, Suite C
  - Phone: (208) 785-7832
  - Fax: (208) 785-7833

- **Soda Springs Office**
  - 15 West Center, Suite 2
  - Phone: (208) 547-4470
  - Fax: (208) 547-4640

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**Psychological Assessment Specialists**
- 1246 Yellowstone Ave, Ste 110
- Phone: 233-7832

**Sanctuary: Neuropsychology Treatment Consultants**
- 4737 Afton Pl., Ste A
- Phone: 417-0623

Chubbuck