
**Counseling and Therapy Resources
For children and adults
Updated August 2021**

The counseling and therapy resources in this guide were compiled by the Great Start Livingston Pediatric and Family Health Committee based on community feedback and response.

This is a guide to help you find resources you might need. This guide is not all inclusive and we are unable to endorse any particular resources.

If you have any questions, please contact:

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Counseling/Therapy

Organization Name	Arrowhead Behavioral Health
Program Name	Counseling/therapy
Contact	517-258-1429 (Brian Blatter) or arrowbehavioralhealth@gmail.com
Website	facebook.com/bryanblatter
Address	7124 W. Grand River Avenue, Suite 1, Fowlerville, MI 48836
Service Description	<ul style="list-style-type: none"> • Therapeutic interventions for children, adults and families. Specializes in childhood trauma. • Therapy includes (but not limited to): Cognitive Behavioral Therapy (CBT), Trauma-Focused Cognitive Behavioral Therapy and Eye Movement Desensitization Reprocessing Therapy. • Cost varies. Accepts insurance including Medicaid.
Virtual Services Available	

Organization Name	Brighton Center for Pediatric Neurodevelopment
Program Name	Therapy, Diagnostic Evaluation & Parent Coaching
Contact	810-360-1110
Website	bcpn.org
Address	2250 Genoa Business Park Drive, Suite 100, Brighton, MI 48114
Service Description	<ul style="list-style-type: none"> • From ages 14 months – 26 years. • Evaluation, testing, therapy, social skills groups (ages 8-11), educational advocacy • Diagnostic evaluations for Autism/ADOS (Autism Diagnostic Observation Schedule) • Also provides parent training/behavioral coaching for home challenges, educational advocacy/consulting and family counseling. • Cost varies. Does not accept insurance.
Virtual Services Available	

Organization Name	Cambrium Coaching – Jeri Lea Kroll, LMSW
Program Name	Parent/caregiver workshops, parent coaching, counseling
Contact	810-623-5737 or jerileak@gmail.com
Website	Jerileakroll.com
Address	128 W. Main Street, Brighton, MI 48116
Service Description	<ul style="list-style-type: none"> • Free workshops for parents and caregivers of young children. • Coaching for parents and parents-to-be. Approach is attachment focused, trauma informed and sensory sensitive. • Cost varies. Does not accept insurance, but will provide detailed invoice for reimbursement as an out of network provider. Small number of sliding scale fee spots available.
Virtual Services Available	Yes

Organization Name	Changes Counseling of Hartland
Program Name	Counseling/Therapy
Contact	810-475-2005 or info@changescounselingofhartland.com
Website	changescounselingofhartland.com
Address	12319 Hartland Road, Suite 401, Hartland, MI 48353
Service Description	<ul style="list-style-type: none"> • Counseling/therapy for children (ages 5+), adults and families. • Cost varies. Insurance accepted. Does not accept straight Medicaid. Limited number of sliding-scale-fees available.
Virtual Services Available	Yes

Organization Name	Community Mental Health (CMH) – Livingston County
Program Name	Child and Family Therapy
Contact	517-546-4126
Website	Home page: cmhliv.org How to receive services: bit.ly/38mV9Sx
Address	622 E. Grand River Avenue, Howell, MI 48843
Service Description	<ul style="list-style-type: none"> • Child/youth and family therapy focuses on helping the entire family. Therapists help children, youth, siblings and parents/caregivers address specific symptoms/problem areas and to build skills needed to improve coping and improve functioning. • Several evidence-based practices offered including Trauma-Focused Cognitive Behavior Therapy and Parent Management Training – Oregon model.
Virtual Services Available	

Organization Name	Counseling Services for Children and Families
Program Name	Counseling/Therapy
Contact	248-410-0182 Kristen Ora
Website	counselingservicesforchildrenandfamilies.com
Address	820 Byron Road, Howell, MI 48843
Service Description	<ul style="list-style-type: none"> • Outpatient behavior health assessments and counseling for children, adults and families. • Cost varies. Accepts Blue Cross Blue Shield, Blue Care Network, United Healthcare and All Medicaid Health Plans except Molina.
Virtual Services Available	Yes

Organization Name	Early Connections Institute
Program Name	Therapy/Mental Health Services
Contact	810-845-2133 or mlaming@earlyconnectionsinstitute.com
Website	earlyconnectionsinstitute.com
Address	711 E. Grand River Avenue, Suite A, Brighton, MI 48116
Service Description	<ul style="list-style-type: none"> • Specialized mental health services for women, children and young families including perinatal mental health services and early childhood mental health services. ECI aims to promote strong relationships for individuals and families from birth through adulthood. • Services include Infant Mental Health (ages Birth-3), Early Childhood Mental Health (ages 4-7), Maternal Mental Health and Maternal Support group. • Cost varies.
Virtual Services Available	Yes

Organization Name	Eastern Michigan University
Program Name	Community Behavioral Health Clinic
Contact	734-487-4987
Website	emich.edu/cbhc
Address	1075 North Huron, Ypsilanti, MI 48197
Service Description	<ul style="list-style-type: none"> • Child and family therapy, primarily offered to Livingston County residents through telehealth (“Zoom”) services. • Services are provided by Clinical Psychology doctoral students under the supervision of licensed faculty members. • All ages including parent-directed interventions with toddler and young children. • \$10/session.

Organization Name	Eastern Michigan University
Virtual Services Available	Yes

Organization Name	Evolve Behavioral Health
Program Name	Counseling/Therapy
Contact	810-599-9591
Website	evolvebehavioral.com
Address	710 E. Grand River Avenue, Brighton, MI 48116
Service Description	<ul style="list-style-type: none"> • Counseling/therapy for individuals, couples and families. • Cost varies. Accepts insurance. Does not accept Medicaid.
Virtual Services Available	Yes

Organization Name	Flourish Therapy & Consulting
Program Name	Mental Health Services
Contact	269-274-6530 or adillon@flourishtherapy.com
Website	flourishintherapy.com
Address	711 E. Grand River Ave., Brighton, MI 48116
Service Description	<ul style="list-style-type: none"> • Provides mental health services to children (ages 2+) and parents through an attachment-based framework while incorporating play, CBT concepts, and observation of parent child interaction. • Cost varies. Accepts insurance.
Virtual Services Available	

Organization Name	Judson Center
Program Name	Behavioral Health Services & Autism Connections
Contact	248-837-2047
Website	judsoncenter.org/autism/counseling-family-support judsoncenter.org/behavioral-health
Address	Headquarters: 4410 W. Thirteen Mile Road, Royal Oak, MI 48073 Note: In-home services offered in Livingston County
Service Description	<ul style="list-style-type: none"> • For ages 18 months to 21 years old. • Focus is on families, children, teens and young adults with autism. Individual and family counseling. • Provides Applied Behavior Analysis (ABA). Also provide counseling, social skills, toileting workshop. Services provided outpatient and in the client's home. • Cost varies. Accepts insurance including Medicaid/MiChild. Note: Medical Autism diagnosis is required for private insurance and Medicaid.
Virtual Services Available	

Organization Name	Karen Bergbower & Associates
Program Name	Counseling Services
Contact	810-225-9550 or info@kbamichigan.com
Website	kbamichigan.com
Address	10299 Grand River Avenue, Suite P, Brighton, MI 48116
Service Description	<ul style="list-style-type: none"> • Counseling services for children (ages 7+), adults and support for parents. • Cost varies. Accepts insurance including Medicaid.
Virtual Services Available	Yes

Organization Name	Livingston County Catholic Charities
Program Name	Outpatient Mental Health Counseling
Contact	517-545-5944
Website	Livingstoncc.org
Address	2020 E. Grand River Avenue #104, Howell, MI 48843
Service Description	<ul style="list-style-type: none"> • Outpatient mental health counseling for children, adolescents and adults. Counseling services includes development of and encouragement of social-emotional health for children and their parents. • Short-term problem focused therapy. Professional, licensed master’s level and credentialed therapists can provide Dialectical Behavior Therapy, Play Therapy, Cognitive Behavioral Therapy and Trauma Informed Therapy. • Most major insurances accepted. Sliding fee scale offered for the uninsured, underinsured or unemployed. Does not accept straight Medicaid.
Virtual Services Available	Yes

Organization Name	Michigan Medicine
Program Name	Child Psychologist, Social Work Consultation
Contact	Brighton: 810-227-9510 Howell: 517-548-1020
Website	Brighton: uofmhealth.org/our-locations/brighton-health Howell: uofmhealth.org/our-locations/howell-health-center
Address	Brighton: 8001 Challis Road, Brighton, MI 48116 Howell: 3399 E. Grand River Avenue, Suite 202, Howell, MI 48843
Service Description	<ul style="list-style-type: none"> • Must be a U-M Medicine patient. • Psychologist meets with children and family to address ADHD, anxiety, depression, etc. • Social worker on staff for brief, short term therapy; bridges the gap for further support and services in the community. • Cost varies. Accepts insurance.
Virtual Services Available	

Organization Name	Perspectives Therapy Services
Program Name	Counseling
Contact	810-494-7180
Website	perspectivestherapyservices.com
Address	2200 Genoa Business Park Drive, Suite 100, Brighton, MI 48114
Service Description	<ul style="list-style-type: none"> • Counseling services offered to individuals of all ages, couples, and family systems by highly skilled mental health professionals. Providers have specialty areas including infant mental health, play therapy, registered art therapist, cognitive-behavioral therapy, pre-natal and post-partum care, trauma-informed treatment, family therapy, and more. • Cost varies. Accepts insurance.
Virtual Services Available	Yes

Organization Name	Relationship Center of Michigan
Program Name	Counseling/Therapy
Contact	810-227-6218 or info@relationshipcentermi.com
Website	Relationship-center-mi.com
Address	5841 Whitmore Lake Road, Brighton, MI 48116
Service Description	<ul style="list-style-type: none"> • Counseling offered for children, teenagers, adults and families. • Social skills classes teach how to create and nurture peer relationships.

Organization Name	Relationship Center of Michigan
	<ul style="list-style-type: none"> • Cost varies. Accepts insurance.
Virtual Services Available	Yes

Organization Name	Thriving Minds
Program Name	Counseling/Therapy & Parent Coaching
Contact	810-225-3417 or admin@thrivingminds.info
Website	thrivingmindsbehavioralhealth.com
Address	10524 E. Grand River Avenue, Suite 100, Brighton, MI 48116
Service Description	<ul style="list-style-type: none"> • Children and families are taught through individual therapy sessions how to handle big emotions and age-appropriate coping strategies. Parents are coached how to best help their child with emotional regulation. • Cost varies. Accepts insurance. In-network only for Blue Cross Blue Shield (Traditional and PPO). All other insurances considered 'out-of-network'.
Virtual Services Available	Yes

Organization Name	Unwritten Endings
Program Name	Counseling/Therapy
Contact	810-892-3358 Andrea Lunn
Website	youthandfamilytherapy.com facebook.com/UnwrittenEndings
Address	10075 Bergin Road, Suite C, Howell, MI 48843
Service Description	<ul style="list-style-type: none"> • Counseling for children (ages 3 and up), adolescents and adults. Specializes in anxiety, stress and depression. • Cost varies. Accepts insurance.
Virtual Services Available	Yes