

TEMPLE ALIYAH

MENTAL HEALTH RESOURCE GUIDE

When you or someone in your family is unwell, the world can seem off-kilter. Any diagnosis can be difficult but when the concerns are emotional in nature, you may find that you have more questions than answers and are not sure where to turn.

When faced with mental illness, social-emotional challenges, or other mental health needs either in yourself or a loved one, the whole family can be affected. Many people describe feeling fear, anger, grief, sadness, guilt and shame. Sometimes people isolate themselves from their friends and their community, not sure how to talk about the profound changes and challenges they are dealing with. It can be a scary and lonely time.

Throughout the course of learning to manage these challenges, you may need the support of your providers, friends, family, and community. As you start to find your way through this difficult time, Temple Aliyah wants to be here to help and offer what we can: a community of caring friends, a shoulder to lean on, a warm hug, and a hand ready to reach out to you. Whether it is spiritual support from our clergy, understanding and tips from other members who have “been there,” or a place of peace surrounded by your community, Temple Aliyah is here for you.

If you would like to be contacted by either Rabbi Carl Perkins, Rabbi Leslie Gordon, or Cantor Jamie Gloth, please call the Temple at 781-444-8522.

While no one guide can answer all your questions, we have put together a summary of information you may find helpful to discover resources and supports for you and your family.

DISCLAIMER

The information in this Resource Guide is offered to members of the Temple Aliyah community as a reference tool and is intended solely for informational purposes only. The information is of a general nature and is not intended to address the specific circumstances of any particular individual(s) or as a substitute for the advice, diagnosis or treatment by qualified mental health professionals or other health care providers. Should you have any health, medical or disability questions or concerns, please consult a physician or other health care professional. While this Resource Guide has been compiled with care from sources reasonably believed to be trustworthy, Temple Aliyah does not warrant or make any representations as to the accuracy, completeness or validity of the information contained herein; this Resource Guide is provided without warranties of any kind. Further, the inclusion of any facility, provider, organization or agency in this Resource Guide does not constitute an endorsement or recommendation by Temple Aliyah. The links to third party websites included in this Resource Guide are provided as a convenience only. Temple Aliyah is not responsible for the content or privacy and data collection policies of any linked sites, and it makes no representations and assumes no responsibility regarding the accuracy of materials on such linked sites.

PLEASE NOTE: FOR ANYONE BEHAVING IN A WAY THAT POSES A THREAT TO SELF OR OTHERS:

CALL 911, IMMEDIATELY

TEMPLE ALIYAH
MENTAL HEALTH RESOURCE GUIDE

TABLE OF CONTENTS

| <u>Sections</u> | <u>Page</u> |
|--|-------------|
| 1) Urgent care | 3 |
| 2) Ongoing help | 3 |
| 3) On-line resources | 4 |
| 4) Common diagnoses and other life stressors | 5 |
| 5) Types of Mental Health Professionals | 12 |
| 6) Levels of care | 13 |
| 7) Navigating insurance | 14 |

1) URGENT CARE

SOMETIMES SITUATIONS ARISE IN WHICH YOU DO NOT NEED TO CALL 911, BUT YOU NEED HELP MORE URGENTLY OR FEEL YOU MAY BE IN CRISIS.

- Newton-Wellesley Hospital Emergency Department: 617-243-6000
- Riverside Community Care Emergency Services: 781-769-8674
- MetroWest Medical Center 24-Hour Crises Assessment Team: 508-650-7380
- Massachusetts General Hospital Boston Acute Psychiatric Service (APS) is a Mental Health Emergency Service: 617-726-2994. (They always have a child psychiatrist on staff, unlike other hospitals that often only have an adult psychiatrist).
- If you are worried about someone and have not been able to reach that person, you can always call your local police department and ask them to do a “wellness check.” Most police departments have been trained in how to do this.

TEMPLE ALIYAH PASTORAL EMERGENCY NUMBER:

- If it is a pastoral emergency and it is after business hours, please listen to the Temple voicemail which will instruct you to press “3” in order to be connected to the answering service.
- If it is during business hours, please call the Temple: 781-444-8522

2) ONGOING HELP

SOMETIMES SITUATIONS DEVELOP IN WHICH YOU DO NOT NEED URGENT CARE.

Always remember to talk to your primary care provider or your child’s pediatrician.

You can also talk to a school guidance counselor or adjustment counselor.

Check to see if your place of employment offers an Employee Assistance Program (EAP).

You can also contact your town’s Youth Commission or Council on Aging.

In addition, listed below are some local agencies. Please note that some of these agencies serve people from any community and some serve people from designated communities.

- Riverside Community Care (RCC) www.riversidecc.org 617-969-4925 or 888-851-2451
A not-for-profit agency offering a wide range of behavioral health services for children and adults, including emergency response, urgent care, and outpatient services.
- The Human Relations Service, Inc. (HRS) www.hrshelps.org 781-235-4950
A community mental health agency serving Wellesley, Weston, and Wayland residents with a full range of mental health services regardless of ability to pay.
- Jewish Family and Children’s Services www.jfcsboston.org 781-647-JFCS (5327)
Among other services, includes a mental health clinic supporting families, offering geriatric mental health services and services for people with disabilities.
- Needham Youth Services: 781-455-7518, www.needhamma.gov

- Council on Aging: www.ncoa.org (this is in addition to your own town's Council in Aging)
- Caregiving Metrowest: www.caregivingmetrowest.org
Provides help and information for all aspects of family caregiving.

Here are some ways to find a mental health clinician:

- Your medical insurance website
- Psychology Today: <https://www.psychologytoday.com/>, search under Find a Therapist
- Social Work Therapy Referral Service: 617-720-2828, www.naswma.org and www.therapymatcher.org
- Massachusetts Psychological Association: <http://www.masspsych.org/public>
- Massachusetts Psychiatric Society <http://www.psychiatry-mps.org/contact-us> (It looks like MPS does not offer a referral service, but this may still be a helpful general resource)
- Jewish Family and Children's Services Mental Health Connect--free, confidential referrals and advice from trusted professionals who can connect you and your family to a variety of services: 781-693-5562, <https://www.jfcsboston.org/Our-Services/Mental-Health-Support>, mentalhealth@jfcsboston.org
- The Child and Adolescent Psychiatry Division of Newton-Wellesley Hospital – offers psychiatric evaluations and medication management for children who live in Needham, Newton, Natick, Wellesley, Weston, or Waltham. 617-243-6328
- Project Interface www.interface.williamjames.edu 617-332-3666 or 1-888-244-6843 x1411 (Helpline: Monday-Friday, 9:00am-5:00pm)
Interface Community Resource and Referral Helpline can assist in finding mental health services for children, families, and adults for residents of those municipalities that subscribe to this service: Dedham, Natick, Needham, Newton, and Waltham. The website contains over 30 on-line resource guide and references in three categories: Starting Places, General Guides, and Resource Lists, all available to the general public.

Note: The process of finding a mental health professional can be very frustrating. Sometimes providers will not call back, some may not take new patients, or you may not click with a provider. To find the right mental health provider for you, you might consider interviewing a few different providers in person or over the phone. People often worry that interviewing a few different providers might be awkward or offend a provider. Providers know that finding the right fit is an important goal, and they expect some people to meet with other providers before making a decision. You can always ask providers, even if you do not plan to work with them, for other names.

3) ON-LINE RESOURCES

- Needham and Wellesley Health Departments support a website focused on suicide prevention at www.Needhamacts.org and www.Wellesleyacts.org

- Newton, Wayland, and Wellesley offer on-line mental health screening at:
www.screening.mentalhealthscreening.org/newton (Newton)
www.screening.mentalhealthscreening.org/massprevents (Wayland)
www.screening.mentalhealthscreening.org/wellesleyacts (Wellesley)
- Newton Coalition for Suicide Prevention and Mental Health (NewtonCares) provides helpful information about suicide prevention and portals to several services at
http://www.newtonma.gov/gov/health/youth/suicide_prevention_n_mental_health.asp
- Needham Coalition for Suicide Prevention provides helpful information about suicide prevention and portals to several services at <http://www.needhamma.gov/index.aspx?NID=417>
- Here.Now/My Jewish Learning: Real Talk on Mental Health
 A teen-driven mental health conversation, in partnership with The Jewish Board
<https://www.jewishlearning.com/here-now/>
- Cole Resource Center at McLean Hospital is a mental health consumer resource center dedicated to helping mental health consumers by offering educational materials and media outreach programs and training the mental health community in order to reduce the stigma surrounding mental illness. Staffed by mental health consumers who have dealt with mental illness.
coleresourcecenter@yahoo.com

There are also some agencies that may not see people directly, but they can assist in finding appropriate mental health services for children, families, and adults:

- NAMI MASS Compass compass@namimass.org 617-704-NAMI (6264)
 NAMI MASS Compass is operated by peers and family members who have dealt with these issues firsthand. Navigators are available to answer a wide range of questions and refer to NAMI support and education programs as well as other community resources. Compass on-line resource guide provides information in more than 20 categories of services.

4) COMMON DIAGNOSES AND OTHER LIFE STRESSORS

Below are a list of common diagnoses and other life stressors (listed alphabetically) and some resources you can turn to in order to learn more about them and find helpful resources.

Alzheimer's and Dementia

The Alzheimer's Association MA/NH Chapter

On-line: www.alz.org/manh

Anxiety

Center for Anxiety and Traumatic Stress Disorders at Massachusetts General Hospital

Call: 1-800-44-WORRY

On-line: www.bostonsocialanxiety.com

Anxiety and Depression Association of America
On-line: www.adaa.org

Center for Anxiety and Related Disorders at Boston University
Call: Bonnie Brown, nurse administrator, 617-353-9610
Email: bonnieb@bu.edu

The Child Cognitive Behavioral Therapy (CBT) Program at Massachusetts General Hospital (MGH)
Call: 617-643-9898
Offers clinical care for youth ages 3 – 24 years. Services available only to patients that are already affiliated with a MGH primary care doctor.

Attention Deficit Disorder with or without Hyperactivity (ADD/ADHD)

The American Academy of Child and Adolescent Psychiatry
On-line: www.aacap.org
There is a section titled “Facts for Families Guide”

Autism

Autism Speaks
Call: 1-888-288-4762
On-line: www.autismspeaks.org

Autism Research Institute
Call: 1-866-366-3361
On-line: www.autism.com

National Autism Center
On-line: www.nationalautismcenter.org

Asperger/Autism Network (AANE)
Watertown, MA
Call: General inquiries: 617-393-3824
Call: Child & Teen services: 617-393-3824, x17
Email: childandteenservice@aane.org
On-line: www.aane.org

Jewish Family and Children’s Services (JF&CS), Waltham, MA
Autism Navigation Program
Call: 781-647-JFCS (5327)
On-line: www.jfcsboston.org

The Lurie Center for Autism
Lexington, MA
Call: 781-860-1700

Bereavement

Parmenter (Wayland)

Call: Andrea Heinlein, 508-358-3000 x249

On-line: www.parmenterfoundation.org

Bereavement Group at Stanley Tippett House in Needham

On-line: www.vnacare.org/community/bereavement-support

Mount Auburn Hospital Bereavement Support Groups, Cambridge

Call: Beth Loomis 617-575-8606

Email: eloomis@mah.harvard.edu

Wellness Room (Newtonville)

Call: 617-552-5116

www.thewellnessroomnewton.com

New Beginnings (Wellesley)

Call: 617-731-0152

On-line: www.newbeginningswellesley.org

The Compassionate Friends of Boston:

Supporting Family After a Child Dies

Call: 617-539-6424

On-line: tcfofboston@gmail.com

www.meetup.com

Lists many types of local support groups, including bereavement groups

Borderline Personality Disorder

National Alliance for the Mentally Ill (NAMI)

On-line: www.nami.org

“Learn More” and “Find Support”

Massachusetts General Hospital

On-line: www.massgeneral.org/conditions

Personality Disorders: Treatments/About this Condition/Clinical Trials

McLean Hospital

www.mcleanhospital.org

Clinical services for borderline personality disorder

Bipolar Disorder

Depression and Bipolar Support Alliance of Boston

Call: 617-855-2795

On-line: www.dbsaboston.org

Chronic and Persistent Mental Illness

The First Episode and Early Psychosis Program (FEPP) at MGH

Call: 617-724-7792

evaluates and treats people who: are experiencing psychosis for the first time, are between the ages of 14 and 40, and are residents of Greater Boston

Schizophrenia and Related Disorders Alliance of America (SARDA)

Call: 1-800-493-2094

On-line: www.sardaa.org

National Alliance on Mental Illness of MA (NAMI MA)

Call: 1-800-370-9085

Online: <http://namimass.org/>

Boston Children's Hospital

On-line: <http://www.childrenshospital.org/conditions-and-treatments/conditions/schizophrenia>

Depression

Families for Depression Awareness

Call: 781-890-0220

On-line: www.familyaware.org

Depression and Bipolar Support Alliance of Boston

Call: 617-855-2795

On-line: www.dbsaboston.org

Anxiety and Depression Association of America

On-line: www.adaa.org

Divorce

General resource: Divorcesupport.com/divorce/Massachusetts

New Beginnings (Wellesley)

Call: 617-731-0152

On-line: www.newbeginningswellesley.org

Domestic Violence

Journey to Safety (JF&CS)

Call: 781-647-JFCS (5327)

On-line: www.jfcsboston.org

Eating Disorders

Multi-Service Eating Disorder Association (MEDA)

Call: 617-558-1881

On-line: www.medainc.org

Cambridge Eating Disorder Center
Call: 617-547-2255
On-line: www.eatingdisordercenter.org

National Eating Disorders Association
1-800-931-2237
Text: text NEDA to 741741
Chat: www.nationaleatingdisorders.org

National Association of Anorexia Nervosa and Associated Disorders
Call: 617-855-8263
On-line: www.anad.org

The Eating Disorders Clinic at Massachusetts General Hospital
Call: Ani at 617-726-8470
Can provide one-time evaluations and make treatment recommendations, regardless of where the person's primary care physician is located

Hynes Recovery Services
Clearinghouse of information about resources for people with eating disorders
Call: 339-222-1947
On-line: dawn@hynesrecovery.com

Elderly Services

Council on Aging
(This is in addition to your own town's Council on Aging; please note that each town usually has its own Council on Aging)
On-line: www.ncoa.org

AgingCare.com (formerly known as Geriatric Care Managers Association)
On-line: www.agingcare.com

Food Addiction

Overeater's Anonymous (OA)
On-line: www.metrowestoa.org

Gambling Addiction

Massachusetts Council on Compulsive Gambling
Call: 800-426-1234
TTY: 617-426-1855
On-line: www.masscompulsivegambling.org

National Council on Problem Gambling (NCPG)
Call/text: 800-522-4700

LGBTQI

OUT Metrowest (Framingham, MA)

Call: 508-875-2122

Email: info@outmetrowest.org

On-line: www.outmetrowest.org

BAGLY (Boston Alliance for Gay, Lesbian, Bisexual, and Transgender Youth; Boston, MA)

Call: 617-227-4313

Email: info@bagly.org

On-line: www.bagly.org

WAGLY (West Suburban Alliance Of Gay And Lesbian Youth), Wellesley

For high school youth and straight allies providing weekly social and educational programs. Information:

On-line: www.wagly.org; info@wagly.org.

GeMS (Gender Management Service at Children's Hospital) (Boston, MA)

Call: 617-355-4367

On-line: www.childrenshospital.org

Fenway Health Center (Boston, MA)

Call: 617-927-6178

On-line: www.fenwayhealth.org

PFLAG (Parents, Families, and Friends of Lesbians, Gays, Bisexuals, and Transgender people)

National/Greater Boston Chapter

Call: 1-866-427-3524

Email: info2gbpflag.org

On-line: www.pflag.org

Learning Disabilities/Special Needs

Maternal and Child Health Bureau's Child and Youth with Special Health Care Needs (CYSHCN)'s

Community Support Line

Helps families navigate these systems by providing information and referral services.

On-line: <http://www.mass.gov/eohhs/gov/departments/dph/programs/family-health/community-support-line.html>

Independent Educational Consultants Association

Help with finding an educational consultant

On-line: www.iecaonline.com

Federation of Children with Special Needs

Help with finding an educational advocate

On-line: fcsn.org

Medical Conditions

There are many support groups for people with specific medical conditions as well as their caregivers. To find support groups near you, ask your medical providers and contact national associations focused on your specific medical conditions.

Obsessive-Compulsive Disorder (OCD)

OCD Massachusetts

Call: 617-855-8263

On-line: www.ocdmassachusetts.org

International OCS Foundation

Call: 617-973-5801

On-line: www.iocdf.org

Postpartum Depression

Postpartum Support International Massachusetts

Call: 1-866-472-1897

Massachusetts Child Psychiatry Access Program for Moms (MCPAP)

Call: 855-MOM-MCPAP

On-line: www.mcpapformoms.org

(Although generally meant for primary care physicians and other clinicians, on the far right on their website page there is a tab titled "For Mothers and Families" that offers resources)

Jewish Family and Children's Services (JF&CS) Waltham, MA

CERS – The Center for Early Relationship Support

Call: 781-647-JFCS (5327)

On-line: www.jfcsboston.org

Post-Traumatic Stress Disorder (PTSD)

The Trauma Center at Justice Resource Institute (JRI) (Brookline, MA)

Call: 617-232-1303

On-line: www.traumacenter.org

Trauma Abuse Treatment

Call: 1-866-612-7506

On-line: www.traumaabusetreatment.com

Sex Addictions/Sexaholism

S-Anon International Family Groups

On-line: www.sanon.org

Schizophrenia

See [Chronic and Persistent Mental Illness](#) (page 7)

Sexual Assault

Boston Area Rape Crisis Center (BARCC)

Call: 617-492-8306 (office)

Call: 1-800-841-8371 (24 hour hotline)

On-line: <https://barcc.org/>

Substance Abuse

Alcoholics Anonymous

AA Central Service Committee of Eastern MA (includes search engine for area meetings)

<http://www.aaboston.org/>

Massachusetts Al-Anon and Alateen

For those affected by a loved one's substance use

On-line: <http://ma-al-anon-alateen.org/> (includes search engine for area meetings)

Jewish Alcoholics, Chemically Dependent Persons, and Significant Others (JACS)

On-line: www.jacsweb.org

Learn To Cope (for opioid abuse and other drugs)

Call: 508-738-5148

On-line: www.learn2cope.org

Massachusetts Substance Use Helpline (including opioid abuse)

Call: 1-800-327-5050

TTY and ASCII: [800-720-3480](tel:800-720-3480)

On-line: <http://helpline-online.com/>

National Alcohol and Substance Abuse Information Center

Call: 1-800-784-6776

On-line: www.addictioncareoptions.com

Substance Abuse and Mental Health Service Administration (SAMHSA)

Call: 1-800-662-HELP (4357)

On-line: www.samhsa.gov

National Council on Alcoholism and Drug Dependence

Call: 1-800-622-2255 (24 hour Hope Line)

On-line: www.ncadd.org

National Institute on Alcohol Abuse and Alcoholism

On-line: www.niaaa.nih.gov

Grief Recovery After a Substance Passing (GRASP)

Support for families or individuals who have lost a loved one as a result of an addiction

On-line: www.grasphelp.org

Massachusetts Organization for Addiction Recovery (MOAR)

On-line: <http://www.moar-recovery.org/>

Bureau of Substance Abuse Services at Massachusetts Department of Public Health

On-line: <http://www.mass.gov/eohhs/gov/departments/dph/programs/substance-abuse/>

Suicide

National Suicide Prevention Line

Call: 1-800-273-TALK (8255)

On-line: <https://suicidepreventionlifeline.org/>

Samaritans

Call/text Hotline: 1-877-870-HOPE (4673)

On-line: www.samaritanshope.org

Crisis Text Hotline

Online: <https://www.crisistextline.org/>

Text 741741

National Alliance on Mental Illness of MA (NAMI MA)

Call: 1-800-370-9085

On-line: <http://namimass.org/>

Tourette Syndrome

Tourette Association of America – MA Chapter

Call: 1-888-4-TOURET

<https://www.tourette.org/chapter/MA/>

Trauma (see also PTSD and Sexual Assault)

Institute for Health and Recovery

Services based on an understanding of the impact of trauma for those affected by substance use, violence/trauma, mental health challenges, and other health issues

Call: 617-661-3991 or 1-866-705-2807

TTY: 617-661-9051

On-line: <http://www.healthrecovery.org/about-us/>

Vocational Guidance

Massachusetts One Stop Career Centers

On-line: <http://www.mass.gov/lwd/employment-services/career-services/career-center-services/>

Massachusetts Rehabilitation Commission

On-line: <https://Mass.gov/MRC>

Find a career center near you: <https://www.mass.gov/service-details/find-a-career-center-near-you>

JVS Career Solutions

Call: 617-399-3100

5) TYPES OF MENTAL HEALTH PROFESSIONALS

There are different types of mental health professionals: psychiatrists, psychologists, clinical social workers, psychiatric nurses, licensed mental health clinicians, certified alcohol and drug abuse counselors, and marital and family therapists.

It can be confusing to know what type of mental health professional to call. It is not simply that each discipline has its own training and licensing requirements (which they do), but even WITHIN disciplines, different providers may do different types of therapy (whether it be individual, couples, family, or child) with different approaches (psychodynamic, cognitive-behavioral, internal family systems, etc.).

Differences in training:

Psychiatrists have an MD. In addition to providing therapy, they can prescribe medications. Depending on their specific training, they can offer a range of psychotherapy modalities and approaches.

Psychologists have a doctorate (Ph.D., Psy.D., or Ed.D.). In addition to providing therapy, some psychologists conduct psychological testing. Depending on their specific training, they can offer a range of psychotherapy modalities and approaches.

Clinical social workers have a Masters in social work (MSW) and, in Massachusetts, are licensed as an LICSW (licensed independent clinical social worker). Depending on their specific training, they can offer a range of psychotherapy modalities and approaches.

Licensed mental health clinicians have a Masters in psychology or counseling (MA) and are licensed as an LMHC. Depending on their specific training, they can offer a range of psychotherapy modalities and approaches.

A **psychiatric clinical nurse specialist/nurse practitioner** is a Masters-prepared nurse who has a specialty in psychiatry. Depending on their specific training, they can offer a range of psychotherapy modalities and approaches, and may prescribe medication.

Licensed Alcohol and Drug Counselors (LADCs) in MA have specific training in substance abuse and often offer groups in addition to individual sessions.

Licensed Marital and Family Therapists (LMFTs) have specific training to work with families and couples.

6) LEVELS OF CARE

There are several different options when choosing the intensity of services needed. A mental health provider will help you choose which option is best suited given individual needs and the severity of symptoms.

Outpatient: The least intensive form of treatment, it can be offered in a wide variety of settings including offices, schools, hospitals, and community mental health centers. This can be used as the primary form of care, or as a follow up to more intensive care.

Intensive Outpatient (IOP): Often affiliated with hospitals, IOPs offer more intensive outpatient services, usually emphasizing group treatment. Many are offered in the evenings, to allow patients to continue work or school. Goals are often focused on building coping skills and support networks.

Partial Hospitalization Programs (PHP)/Day Programs: Outpatient programs typically running 6-8 hours/day, often 5 days a week. An alternative for individuals needing intensive care, but wishing to continue living at home. PHPs can also be used after inpatient hospitalizations. They are often affiliated with hospitals.

Residential/Inpatient Hospitalization: The most intensive form of care, typically used if someone is actively suicidal or experiencing psychotic symptoms. Hospitalization usually focuses on stabilization, both emotionally and medically, with the goal of transitioning as quickly as possible to some form of outpatient care.

7) NAVIGATING INSURANCE

Medical insurance can be very confusing. If you have medical insurance that you wish to use, to access appropriate care you should first call your insurance company and find out what your coverage provides for mental health care. Your insurance company can provide you with the names of clinicians who are approved providers for your specific plan and other information that you need to know. Most insurance companies also have a website where providers are listed by geographical location, type of provider, and specialty. You may find that a group practice is more likely to accept a wider range of health insurance.



Temple Aliyah · 1664 Central Avenue · Needham, MA 02492 · 781-444-8522

<https://www.templealiyah.com/our-community/mental-health-initiative>