

Mental Health Resource Guide

Chattanooga, TN

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## **Introduction**

### **Community and Practice Plans**

The following Mental Health Resource Guide is for the city of Chattanooga, TN and its surrounding area. I plan to work as a hospice social worker and expect to encounter situations where this guide will be needed in my practice. It will serve as a valuable resource for mental health services for individuals and families. Included in this resource guide are mental health providers from both public and private practices, both inpatient and outpatient, and from large hospitals to individual practitioners.

### **Gaps in Services**

I recently heard a local therapist speak at a conference, and she mentioned that there is an abundance of counselors and therapists in the Chattanooga area but a shortage of psychologists and psychiatrists. In researching the collective resources for this guide, I found this to be the case, as there are numerous licensed professional counselors; but of the limited number of psychiatrists that I found, the majority were not accepting any new patients as their caseloads were already full.

Tele-health for mental health services is currently limited for those on Medicare to a mental health provider location and is not reimbursed by Medicare for those who receive tele-health services from their home. This can limit mental health services for those older adults who have transportation issues or are confined to their homes and can create a gap in available services.

Another gap in mental health resources in Chattanooga is services for those who do not speak English. I have encountered this obstacle before while working with refugees. Most mental health organizations do not have a staff member who is bilingual,

and if someone is, it is usually limited to Spanish. This creates a deterrent in our increasingly diverse world for those seeking mental health services in Chattanooga.

## RESOURCES THAT INCLUDE INPATIENT SERVICES

### CADAS

207 Spears Ave., Chattanooga, TN 37405  
(423) 756-7644; [www.cadas.org](http://www.cadas.org)

**Services:** Serving Hamilton County and the surrounding area, the non-profit CADAS provides counseling and therapy, temporary housing, drug and alcohol services, elder services, emergency support and crisis advice, and family advocate services. Separate programs are offered for adults and adolescents, and the primary focus is alcohol and drug addiction. A 56-bed unit provides residential treatment for adults, and a 40-bed unit serves youth age 13 –18. In addition to inpatient treatment, CADAS offers transitional living services, day treatment, and intensive outpatient treatment for drug and alcohol abuse and accompanying mental health disorders.

**Eligibility:** Adults are eligible for up to 28 days of inpatient treatment and youth are eligible for up to 45 days. Both males and females are eligible for services.

**Costs:** Accepts most private insurance but not Medicare or Medicaid.

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### Erlanger Behavioral Health Hospital

804 Holtzclaw Ave., Chattanooga, TN 37404  
(423) 380-1005; [www.erlangerbh.com](http://www.erlangerbh.com)

Opening in 2018, this facility has a total of 88 beds: 24 for geriatric adults, 24 for adults with mental health needs, 22 for adult substance abuse patients, and 18 upcoming beds for adolescents.

**Services:** Each program, whether it is geriatric, adult, or adolescent, offers a personalized treatment plan, which may include medication management, individual therapy, group therapy, and family therapy. They generally accept patients who have Alzheimer's disease, anxiety disorders, bipolar disorder, depression, psychosis, schizophrenia, schizoaffective disorder, and suicidal ideation. In addition to inpatient treatment, partial-hospitalization is offered for those who have completed the inpatient program and can return to their own residence in the evenings and on weekends. Or after completing the inpatient program, patients may step down to an intensive outpatient program.

**Eligibility:** Admission assessments are conducted 24 hours a day, seven days a week. To be considered for placement, potential patients must have a primary diagnosis of a mental health disorder, be capable of participating and benefitting from services, must not require acute medical care, isolation due to infection, or be on hospice services, and not have a history of violence towards staff members.

**Costs:** They accept private pay and all insurance.

**Focus Treatment Centers**

**7429 Shallowford Rd., Chattanooga, TN 37421**  
**(423) 308-2560; [www.focustreatmentcenters.com](http://www.focustreatmentcenters.com)**

**Services:** Services are offered for substance abuse and eating disorders or a dual diagnosis of both. For substance abuse, detoxification and medication management are provided for up to 28 days, along with individual, group, and family therapy using the 12-step approach. Morning and evening outpatient services are provided 3 times per week for 3 hours each. Residential services are offered for adult females suffering from eating disorders such as anorexia, bulimia, and binge eating. Specialized therapies for them include Acceptance and Commitment Therapy (ACT), shame-resiliency and self-compassion work, art therapy, EMDR trauma therapy, Dialectic Behavior Therapy (DBT), and Family Based Therapy (FBT). Intensive outpatient therapy is provided for both substance abuse and eating disorders.

**Eligibility:** Substance abuse treatment is for both male and female adults. Treatment for eating disorders is limited to adult females only.

**Costs:** Focus accepts most insurance and has payment plans and financing options for private pay.

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**Moccasin Bend Mental Health Institute**

**100 Moccasin Bend Rd., Chattanooga, TN 37405**  
**(423) 265-2271; <https://state.tn.us/mental/mhs/mbmhi/moc>**

Moccasin Bend is a regional mental health hospital that began in 1961, serving people in 52 Tennessee counties who have severe and persistent mental illness. Their inpatient care comprises 150 total beds in 4 acute psychiatric care units and 2 long-term care units.

**Services:** An interdisciplinary team provides medical, laboratory, pharmaceutical, psychological, forensic evaluation, pastoral, dietary, patients' rights, and barber/beauty services. They also have patient and family education, therapeutic recreation, and industrial therapy for improving work skills.

**Eligibility:** Admission to Moccasin Bend is usually for people who cannot be served by the private sector and have no other inpatient resources available. Most are hospitalized involuntarily. Some patients are referred by the court system for pre-trial evaluations.

**Costs:** Moccasin Bend is an authorized provider under TennCare (Medicaid).

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**Parkridge Valley Hospital**<https://parkridgehealth.com/locations/parkridge-valley/>**Operates and manages the RESPOND Psychiatric Help Line (423) 499-2300 or  
(800) 542-9600****Adult & Senior: 7351 Courage Way, Chattanooga, TN 37421  
(423) 894-4220****Child & Adolescent: 2200 Morris Hill Rd., Chattanooga, TN 37421  
(423) 894-4220****West location: 1000 Tennessee 28, Jasper, TN 37347  
(423) 837-3350****Cleveland Outpatient: 1855 Executive Park Dr. NW, Cleveland, TN 37312  
(423) 472-1999**

**Services:** The Parkridge Valley Adult and Senior campus addresses the mental health needs of men and women older than 18, providing treatments for anxiety, depression, and substance abuse. Programs include adult psychiatric continuum of care using individual and group therapy, inpatient stabilization, partial hospitalization, and intensive outpatient services for mental health and chemical dependency. Providers use a wide variety of activities, such as yoga and gardening, to enrich patients' courses of treatment. The Parkridge Valley Child and Adolescent campus serves the psychiatric needs of children under the age of 18. The pastoral campus spans 80 acres, and providers incorporate outdoor activities, such as hiking, disc golf, swimming, and a ropes course into therapeutic regimens. Valley Academy, located on the Child & Adolescent campus, offers a safe environment in which children who need a more structured, supervised scholastic environment attend class. Parkridge Valley West, a behavioral health hospital located on the scenic campus of Parkridge West Hospital in Jasper, Tennessee offers similar adult inpatient and outpatient behavioral health services to residents of Marion and its surrounding counties. At Parkridge Valley Cleveland, men and women with substance abuse issues receive outpatient treatment to help them break cycles of addiction, misuse, or abuse. They offer individual and group counseling, as well as psycho-education classes.

**Eligibility:** Children age 5- 12 with mental health issues are eligible for the children's acute program. Qualifying adolescents age 13- 17 are eligible for the adolescent acute program. Intensive outpatient programs for adolescents with substance abuse issues are available for those between 12 and 18. The inpatient hospitalization program for adults, as well as the outpatient program is limited for those between 18- 64 years of age.

**Costs:** In addition to private pay, Parkridge Valley accepts most insurance plans, including TennCare, the Veterans Administration, and PsychCare.

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**Volunteer Behavioral Health**  
**Johnson Mental Health Center**  
**420 Bell Ave., Chattanooga, TN 37405**  
**(423) 634-0813; [www.vbhcs.org](http://www.vbhcs.org)**

Johnson Mental Health Center is a division of Volunteer Behavioral Health Care System, which has several locations throughout East and Middle Tennessee.

**Services:** For inpatient services, Johnson Mental Health Center has a Crisis Unit at 413 Spring St., which is a medically supervised facility offering short term (4-5 days) intensive mental health treatment to adults age 18 and older who are experiencing serious psychiatric or behavioral problems and who do not meet the criteria for other treatment resources or involuntary commitment to a psychiatric hospital. For outpatient services, they have an addiction recovery program, mental health case management for both adults and children, criminal justice case management and liaison program, a walk-in crisis center, forensic services, individual, group, and family therapy, psychological evaluations, psychiatric medication management, specialty contracts for VA and military evaluations, supportive housing for homeless adults, and tele-health.

**Eligibility:** Children, adolescents, and adults with mental health and substance abuse issues are eligible.

**Costs:** In addition to private pay, Johnson Mental Health Center accepts TennCare, Medicare, Safety Net, and most other health insurance.

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## OUTPATIENT-ONLY SERVICE PROVIDERS

### **Agape Youth Behavioral Health**

**7446 Shallowford Rd., Chattanooga, TN 37421  
(423) 443-3356; No website**

Agape Youth Behavioral Health provides psychiatry for children and adolescents.

**Services:** Agape Youth Behavioral Health offers mental health services for ADHD, autism, anxiety, and behavioral issues. Their services include a psychiatric evaluation, medication management, psychotherapy for individuals and families, and psychophysiological therapy.

**Eligibility:** Children and adolescents

**Costs:** They are authorized to accept TennCare in addition to private insurance. There is no sliding scale for private pay, and the rate varies by the therapist.

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### **AIM Center**

**472 W. Martin Luther King Blvd., Chattanooga, TN 37402  
(423) 624-4800; [www.aimcenterinc.org](http://www.aimcenterinc.org)**

**Services:** The AIM Center offers employment, education, housing, socialization, and wellness opportunities for adults living with serious mental illness. They are non-medical and non-clinical but work with other mental health professionals to provide comprehensive mental health services.

**Eligibility:** Adults 18 and older who are living with a serious mental illness and have seen a mental health provider in the previous 12 months.

**Costs:** They are an approved TennCare provider and accept UHC Community Plan and BlueCare of BCBS.

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### **Alternatives Counseling Associates**

**2002 Oak St., Chattanooga, TN 37404  
(423) 624-8535; [www.alternativescounselingassociates/](http://www.alternativescounselingassociates/)**

**Services:** Their services include abuse recovery, anger management, anxiety reduction, compulsive behaviors, depression, gender dysphoria/identity, meditation training, sex addiction treatment, transgender issues, trauma recovery, and wellness therapy. Their focus is on individual, family, and group counseling. They are open 9am-10pm on Tuesday- Friday.

**Eligibility:** It includes those with mental health issues and the ability to pay.

**Costs:** Private pay, and they accept some insurance.



**Camelot Care Center****391 Broad St NW, Cleveland, TN 37311****(423) 476-3799; [www.thecamelotdifference.com](http://www.thecamelotdifference.com)**

**Services:** In addition to their primary focus in foster care, Camelot offers outpatient therapy to individuals, parents, and families. They also have a substance abuse program for adolescents and young adults. They provide intensive counseling through their Continuous Child and Family Treatment (CCFT) program.

**Eligibility:** Children, adolescents, and adults with mental health and behavioral issues.

**Costs:** Insurance and private pay. They do accept TennCare.

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**Centerstone Chattanooga****6110 Shallowford Rd., Chattanooga, TN 37421****(423) 499-1031; [www.centerstone.org](http://www.centerstone.org)**

Centerstone is a large provider of community-based behavioral health services for children, adolescents, and adults. They are in 5 states, with 37 locations in Tennessee—including Chattanooga and Cleveland.

**Services:** They provide outpatient counseling for individuals, couples, families, and groups to help with ADHD, addiction, anger management, anxiety, depression, PTSD, schizophrenia, stress, and trauma. Crisis services include telephone, walk-in, outpatient, and psychiatric medical services.

**Eligibility:** Referrals can be made online or by calling 1-888-291-4357.

**Costs:** Private pay and insurance.

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**Cherokee Health Systems****5600 Brainerd Rd., Chattanooga, TN 37411****(423) 266-4588; [www.cherokeehealth.com](http://www.cherokeehealth.com)**

Cherokee Health Systems operates 24 urban and rural clinics in 13 different Tennessee counties. The only one in Southeast TN is in Chattanooga.

**Services:** Their services include adult and children behavioral care for ADHD, addiction, anxiety, depression, and trauma. They also provide behavioral health screenings for new refugees to East Tennessee.

**Eligibility:** Children and adults covered by private insurance, TennCare, or those without insurance

**Costs:** Private pay, insurance, TennCare, and a sliding scale is offered.

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**Health Connect America**

**2115 Chapman Rd. #115, Chattanooga, TN 37421**  
**(423) 702-5508; [www.healthconnectamerica.com](http://www.healthconnectamerica.com)**

Health Connect America operates in 5 southern states, with 7 locations in Tennessee.

**Services:** They offer intensive outpatient treatment for children, adolescents, and adults suffering from ADHD, anger management, anxiety, attachment disorder, bipolar disorder, depression, grief, opposition-defiant disorder, substance abuse, and trauma. Their psychiatric clinic services include psychiatric assessment with medication management.

**Eligibility:** Children, adolescents, and adults with mental health issues. Referrals can be made online.

**Costs:** Private pay and insurance.

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**Helen Ross McNabb Center (formerly Fortwood Center)**

**601 Cumberland St., Chattanooga, TN 37404**  
**(423) 763-0101; [www.mcnabbcenter.org](http://www.mcnabbcenter.org)**

The Helen Ross McNabb Center has been serving the behavioral health needs of East Tennesseans since 1948. It is a non-profit organization. In Chattanooga they have a separate child & adolescent facility in addition to the adult facility, and they are outpatient-only here. There are inpatient services for mental illness and substance abuse in the Knoxville area.

**Services:** Their services locally include mental health services for children, adolescents, adults, and families, as well as substance abuse and co-occurring issues. They have an early childhood prevention and intervention program for children that focuses on trauma and abuse therapy. They also have a Continuous Treatment Team (CTT) for both children and adults that have been diagnosed as seriously and persistently mentally ill. Program components of the CTT include crisis intervention and stabilization; individual, group, and family therapy, medication management; and skills building.

**Eligibility:** Children, adolescents, and adults in East Tennessee with mental health and substance abuse issues.

**Costs:** In addition to private pay, they accept insurance and TennCare. They also have a Safety Net that allows clients to use limited services.

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**Henegar Counseling Center**  
1815 McCallie Ave., Chattanooga, TN 37404  
(423) 756-2894; [www.henegarcc.com](http://www.henegarcc.com)

Henegar Counseling Center is a Christian-based counseling center that was started by the Chattanooga Bible Institute in 1982.

**Services:** Using a biblical foundation, they offer counseling and psychological services to children, adolescents, and adults. They are equipped to deal with ADHD, abuse and trauma, autism spectrum disorders, addiction, eating disorder, anxiety and depression, grief and loss, and sexual issues and addiction. Services include brain spotting, EMDR, PCIT, and trauma-focused CBT.

**Eligibility:** Children, adolescents, and adults with mental health and addiction issues.

**Costs:** In addition to private pay they accept most insurance. One therapist on staff can accept TennCare. Henegar is affiliated with Richmond Graduate Institute, and students interning at Henegar can accommodate financial costs by offering counseling for \$10 per session.

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**Mental Health Cooperative (MHC of Chattanooga)**  
801 N. Holtzclaw Ave. #101, Chattanooga, TN 37404  
(423) 697-5953; [www.mhc-tn.org](http://www.mhc-tn.org)

MHC began offering full-service behavioral health care for adults, children, and adolescents in Chattanooga in 2013. They have had several other locations throughout Tennessee for over 25 years. The Chattanooga location serves Hamilton County and 6 surrounding counties.

**Services:** Using an interdisciplinary approach, these include crisis services, community-based case management, psychotherapy, psychiatry, and primary care. Substance abuse services are provided for those with co-occurring mental health issues.

**Eligibility:** Adults with severe mental illness and children/adolescents with emotional and behavioral challenges.

**Costs:** In addition to private pay, they accept most private insurance, and are approved for TennCare- which makes services very cheap for those on Medicaid.

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**New Beginnings Counseling Center****2120 Northgate Park Ln., #201, Chattanooga, TN 37415****(423) 870-5647; [www.nbccchattanooga.com](http://www.nbccchattanooga.com)**

New Beginnings Counseling Center has been providing mental health services to individuals, couples, and families in the Chattanooga area for over 30 years.

**Services:** They offer comprehensive counseling and psychological testing services.

**Eligibility:** Children, adolescents, and adults with mental health and behavioral issues.

**Costs:** In addition to private pay and most insurance companies, two of the providers accept TriCare, which gives coverage to veterans and their families. They do not accept TennCare. A sliding scale payment is offered by some of their practitioners.

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**Omni Community Health/Omni Family Services****1635 Chestnut St., Chattanooga, TN 37408****(865) 524-4393; [www.theomnifamily.com/behavioralhealth](http://www.theomnifamily.com/behavioralhealth)**

**Services:** The behavioral health component of Omni Community Health offers comprehensive diagnostic and evaluation services; individuals, couples, and family therapy; group therapy; case management; play therapy; medication management and evaluation; and trauma-focused CBT. Their most common issues are depression, GAD, OCD, ADHD, bipolar disorder, oppositional defiant disorder, and schizophrenia, and PTSD.

**Eligibility:** Children, adolescents, and adults with mental health and behavioral issues. Online self-referrals are available.

**Costs:** In addition to private pay and most insurance, they also accept TennCare.

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**Richmont Trauma Center****1815 McCallie Ave., Chattanooga, TN 37404****(423) 308-1888; [www.richmonttraumacenter.com](http://www.richmonttraumacenter.com)**

They are part of Richmont Graduate University and have centers in Atlanta as well.

**Services:** They offer clinical evaluation and assessment, individual and group therapy, child and adolescent therapy, trauma-informed psychotherapy, trauma-focused CBT, DBT, and EMDR.

**Eligibility:** Children, adolescents, and adults with mental health and behavioral issues.

**Costs:** Not listed.

**Roots Counseling Center****3421 Dayton Blvd., Chattanooga, TN 37415****(423) 682-8402; [www.rootscounselingcenter.com](http://www.rootscounselingcenter.com)**

**Services:** Roots offers individual and group services in addiction, anxiety and depression, eating disorders, bipolar disorder, behavioral issues, suicide ideation, trauma, and LGBTQ/Transgender issues.

**Eligibility:** Children from age 3 up to elderly adults.

**Costs:** An initial therapy session currently costs \$100- \$165 for 50- 60 minutes. Individuals, couples, or family therapy is \$80- \$145 for 45- 50 minute session. Group therapy is currently \$40- \$60. They do not bill insurance companies for their services, as this is left up to the patients. Reduced fees are available by direct arrangement with the therapist or by meeting with a graduate therapist intern.

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**Scenic City Alliance of Psychiatry and Psychotherapy****7345 Courage Way, #101, Chattanooga, TN 37421****(423) 602-9797; [www.sceniccityalliance.business.site](http://www.sceniccityalliance.business.site)**

**Services:** They offer psychiatric counseling and psychotherapy.

**Costs:** Not listed.

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**Summit Counseling Center****6400 Lee Hwy, #106, Chattanooga, TN 37421****(423) 855-0402; <https://summit-cc.org>**

**Services:** Summit provides counseling for children, adolescents, and adults and crisis management.

**Eligibility:** Children, adolescents, and adults with mental health and behavioral issues.

**Costs:** In addition to private pay, Summit accepts most major health insurance plans and is a participating provider with several employee-assistance programs. They also partner with numerous area churches and offer discounted-rates when financial need is demonstrated.

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**The Transformation Center**

**7209 Hamilton Acres Cr., Chattanooga, TN 37421**  
**(423) 499-9335; [www.thetransformationcenter.org](http://www.thetransformationcenter.org)**

This faith-based organization also has centers in Cleveland and Dayton.

**Services:** They offer individual and family counseling for children, adolescents, and adults and a variety of psycho-education groups that aim to teach people how to implement restorative behaviors as opposed to destructive behaviors.

**Eligibility:** Children, adolescents, and adults with mental health and behavioral issues.

**Costs:** Each therapist accepts different insurances, and they all offer sliding scale fees for non-insured clients.

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**Tennessee Community Counseling Services**

**951 Eastgate Loop, Chattanooga, TN 37411**  
**(423) 296-6451; No Website**

**Services:** They provide substance abuse and drug addiction treatment, specializing in opioid addiction, using CBT, DBT, life coaching, rational emotive behavioral therapy, life coaching, and motivational interviewing. Individual, group, and family counseling is offered. Programs include those for persons with co-occurring mental health and substance abuse disorder, LGBTQ clients, clients referred from the judicial system, a men's only rehab, and a women's only rehab.

**Eligibility:** Adults with substance abuse and addiction and mental/ behavioral health issues.

**Costs:** Cash or insurance payment.

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**Tri-State Psychiatric Services**

**6918 Shallowford Rd., Suite 200, Chattanooga, TN 37421**  
**(423) 499-6165; [www.serifelian.com](http://www.serifelian.com)**

**Services:** Tri-State offers free assessments. Their intensive outpatient program has one individual session each week and two group sessions weekly. Treatment is provided for comorbid psychiatric problems. Open 24 hours.

**Eligibility:** Adults

**Costs:** \$600 for the first month and \$300 for subsequent months.

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## PRIVATE PRACTICE RESOURCES

**Dr. Lynn Boatwright-** 901 Mtn Creek Rd., Chattanooga, TN 37405; (423) 870-0036  
Clinical Psychologist who provides psychotherapy for adults. Dr. Boatwright does not do pharmacotherapy and is open only on Monday and Thursday from 9- 5. Private pay and insurance.

**Linda Dwyer-** 301 Belvoir Ave., Chattanooga, TN 37411; (423) 698-0034  
Psychiatric Mental Health Clinical Specialist; Nurse Practitioner  
Provides psychotherapy; Heads the Bowen Theory Education Ctr

**Kitty Garrett, LCSW-** 832 Georgia Ave, Ste 101, Chattanooga, TN 37402  
(423) 248-2310; Specializes in LGBTQ issues and offers CBT, mindfulness, and solution focused therapy; \$120-150/hr

**Dr. David Brent Joye, MD-** 3097 Broad St., Chattanooga, TN 37408; (423) 708-7587  
Psychiatrist- currently not accepting new patients.

**Dr. Peggy Karlosky-** (931) 528-1361; [www.drpeggyk.com](http://www.drpeggyk.com)  
Psychologist

**Dr. Denis Kennedy, MD-** 2525 Desales Ave., Chattanooga, TN 37404; (423) 495-2620  
Specializes in psychiatry and neurology. Private pay/insurance

**Dr. Michael Osborne, MD-** 6778 Executive Oak Ln, Chattanooga, TN 37421  
(423) 805-2514; \$125- \$250 per hour, depending on services.  
Psychiatrist; Specializes in bipolar disorder; Combines psychotherapy and pharmacotherapy (CBT & Motivational Int)

**Dr. David Solovey-** 7302 Jarnigan Rd., Chattanooga, TN 37421; (423) 438-3227  
Psychologist for over 40 years who deals with anxiety disorders, depression, OCD, panic, and trauma. Private pay and insurance.

**Dr. Nickie Soufleris, MD-** 113 Stringer St., Chattanooga, TN 37405; (423) 266-5427  
Psychiatrist open Mon-Thursday from 9am- 4pm. Private pay/ insurance. Currently not accepting new patients.

**Dr. Dana Stiles, MD-** 3097 Broad St., Chattanooga, TN 37408; (423) 708-7587  
Psychiatrist- currently not accepting new patients.