



# CARDINAL STRITCH UNIVERSITY

---

Ruth S. Coleman College of Nursing and Health Sciences

## **Cardinal Stritch University Mental Health Resource Guide**

The mental health needs of children and adolescents ages 4-18 in Greater Milwaukee area have become a growing concern. The importance of recognizing mental health issues is imperative in order to find effective treatment for our youth so they can experience hope and healing. All too often, K-12 teachers and school nurses find that they need additional information on mental health disorders and resources. This Mental Health Resource Guide provides resources for teachers and school nurses as well as families interested in improving the mental health of children and adolescents. Specifically, the guide outlines common mental health disorders seen in children and adolescents, considerations when seeking assistance, and a list of resources in Greater Milwaukee.\*

*\*The information presented in the Mental Health Resource Guide does not take the place of seeking medical attention.*

### **Mental Health and Mental Illness**

*Mental health* is defined as a “state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community” (World Health Organization, 2014). A change in a person’s psychological and emotional well-being may impact a person’s overall wellness. For children, performance in school, family life, and the ability to function in society is affected by changes in their mental health.

*Mental illness* refers to a wide range of mental health conditions — disorders that affect mood, thinking and behavior (Mayo Clinic, 2015). Examples of a mental illness includes: attention deficit hyperactivity disorder (ADHD), bipolar spectrum disorder/mood dysregulation disorder, depression, anxiety disorders, obsessive compulsive disorder (OCD), schizophrenia, eating disorders, and others. Children and adolescents may experience mental health concerns on occasion, however it becomes a mental illness when signs and symptoms are frequent and affect a person’s ability to function.

An estimated one in five youth aged 13-18 (21.4%) and age 8-15 (13%) of our nation's youth are diagnosed with a severe mental health disorder sometime in their lifetime (National Institute of Mental Health, 2015). “In Wisconsin, the percent of children (ages 2-17) with emotional, developmental or behavioral problems who received mental health care is about 65.4 percent and the national average is 61.0 percent. This indicates that there are significant unmet mental health needs for our children (Children’s Hospital of Wisconsin, 2013, p. 12).

---

All children deserve access to effective care to treat mental illness. However, there is a for mental health resources in the Greater Milwaukee area, particularly among children and adolescents living in low-income communities experiencing health disparities along with ethnic minority youth and those with special needs. According to the American Psychological Association (n.d.), “the incidence of untreated child and adolescent mental health problems constitutes a public health crisis for our nation. Mental health problems in children and adolescents can lead to negative and at times tragic consequences, including failure to complete high school, substance abuse, involvement with the correctional system, lack of vocational success, inability to live independently, health problems, and suicide”. The cost both emotionally and financially of mental health problems is crippling affecting children and adolescents, their families, schools, communities, employers and the nation as a whole. Accessing resources and seeking prompt treatment is essential to address mental health needs.

### **Treatment**

When seeking medical attention for a mental health disorder, a strength-based approach and family involvement in the treatment process is suggested. The teacher and school nurse may share feedback with the family who is ultimately responsible for arranging follow-up for the child. A health care professional will develop a plan of treatment based on the child or adolescent’s needs. Next, an individual service plan and outcome-focused approach is developed by an interprofessional school team, the family, and the child with input from the health care professional. The plan is designed to provide information needed by the child’s teacher and the school nurse so they are aware of the child’s diagnosis, their needs, and the possible effect on school performance. In an emergent situation school professionals and families may opt to call 911 to transport the child or adolescent to the emergency room. For non-emergent situations, healthcare providers may be contacted by the family to set up an appointment for follow-up.

### **Initial Contact with Healthcare Provider**

If there appear to be mental health concerns, the child’s legal guardian should seek treatment. Healthcare facilities often begin the admission process with a telephone or in-person screening. Many times the initial screening is free. The legal guardian of the child will be asked to relay the nature of the call, signs and symptoms exhibited by child, and whether the child is at risk to themselves or others. Personal information such as name, address, phone number, age of the child, and insurance information may be asked for during the initial call. Families will need to assure insurance coverage and determine if the healthcare provider is listed as “In or Out” of the insurance network. If the healthcare provider is out of network, the cost of the service will be higher.

The information provided by the legal guardian is reviewed by the health care provider to determine the level of care and services needed to meet the child’s needs. Levels of care include:

residential treatment, inpatient/outpatient hospitalization, partial hospitalization, day treatment, and clinic follow-up.

### **Access to Services**

The State of Wisconsin has shown increased dedication to wrapping support around youth with mental illnesses and their families.

#### **Ways Families Can Access Help**

- **Call 911 if it is an emergency**
- **Contact the primary care physician or a therapist** to gain access to services.
- **Clarify insurance services** to review coverage for mental health services.
  - If uninsured or if insurance does not cover mental health, **contact a community health or counseling center, or the County Department of Health Services (DHS)**
- **Find a mental health therapist, agency or professional.**

*Determine the appropriate mental health professional*

Mental Health America of Wisconsin, Impact 211, and other organizations operate a search engine for therapists in Southeastern WI, including an outline of different types of mental health professionals (Table 1)

  - **For example:**
    - **Call “Impact 211” by dialing 2-1-1 for community resource information** or **visit [www.impactinc.org](http://www.impactinc.org)** to find a mental health therapist, agency or professional.
- **Access the employer Employee Assistance Program (EAP).** Contact the Human Resources department for further information.
- **Contact Mental Health America of Wisconsin (MHA) at (414) 276-3122** or the local National Alliance on Mental Illness (NAMI) chapter for support:  
[www.namiwisconsin.org/help\\_affiliatesupport.cfm](http://www.namiwisconsin.org/help_affiliatesupport.cfm)

## **Public School Partnership**

The Wisconsin Department of Public Instruction is committed to supporting individuals and their families. They offer a comprehensive tool kit for teachers, administrators and parents:

[http://sspw.dpi.wi.gov/sspw\\_mhtoolkit](http://sspw.dpi.wi.gov/sspw_mhtoolkit)

***SCHOOL REFERRAL:*** Contact the individual student's local school and refer them for an individualized evaluation. ([http://sped.dpi.wi.gov/sped\\_eligibility](http://sped.dpi.wi.gov/sped_eligibility))

***STUDENT SERVICES:*** Per federal legal requirements, individuals aged 3-21 who meet eligibility criteria have the right to special education services. The first step is a free evaluation, conducted by the student's local education agency or designated public school. The most common areas of [eligibility for students with mental health needs are EBD \(Emotional Behavioral Disabilities\) and OHI \(Other Health Impaired\)](#).

Schools can determine that a student with mental health needs may not require special education, but may need support in different ways. Options include, but are not limited to:

- [504 Plans](#)- Section 504 of the Rehabilitation Act (1973) states “any program receiving federal financial assistance may not discriminate against students with disabilities on account of their disabilities” (U.S. Dept. of Education, 2010). Public schools are therefore required to offer supports for students with disabilities under this act. ([http://sped.dpi.wi.gov/sped\\_sb504](http://sped.dpi.wi.gov/sped_sb504))
- School Counselor programming and support
- School Psychologist programming and support
- School Social Worker programming and support

## ***MENTAL HEALTH FACTS FOR EDUCATORS:***

Children's Mental Health Fact Sheet for the Classroom (MN Association for Children's Mental Health, nd): <http://www.macmh.org/publications/mental-health-fact-sheets/>

Minnesota Association for Children's Mental Health- <http://www.macmh.org/>.

### **Physician/School Partnership: Role of the Physician/Health Agency**

The Wisconsin Department of Public Instruction (WI-DPI) has outlined steps to guide physicians and family members when working with and/or supporting individuals with mental health needs.

The Special Education and the Physician (WI-DPI, 2014) guide states:

· *The federal Individuals with Disabilities Education Act (IDEA) and Wisconsin special education law (Chapter 115) entitles children with disabilities age 3-21 enrolled in public schools to special education and related services designed to meet their disability related needs.*

· *“Disability” in the context of special education means the existence of a physical, mental, or emotional impairment combined with a need for special educational services.*

· *A physician plays an important role in the identification of students with disabilities, and may provide valuable insight into a student’s disability-related needs; however, a child’s need for special education is not derived from a medical diagnosis, and special education and related services are not “prescribed”.*

For the full Guide visit the following website: [http://sped.dpi.wi.gov/sped\\_childfind](http://sped.dpi.wi.gov/sped_childfind)

*Excerpt from:  
Special Education and the Physician  
WI- DPI, July 2014  
Tony Evers, WI-DPI*

## **Common Mental Health Disorders in Children and Adolescents**

Children and adolescents can exhibit a variety of mental health disorders which may warrant professional help from a health care provider. Common mental health disorders are outlined below with the signs/symptoms most frequently seen in children and adolescents. This fact sheet must not be used for the purpose of making a diagnosis. It should only be used as a reference to increase understanding and provide information about behaviors and mental health disorders that may be encountered in the classroom. Sources used for this section include: Children's Mental Health Fact Sheet for the Classroom (nd); Jansen, K. and Coenen, A. (2015); Merriam-Webster (2015); Mayo Clinic (n.d.).

### **Mental Health Disorders**

- **Anxiety**
  - Definition- Anxiety is a feeling of unease, apprehension, frustration, or worry felt about an event or something with an uncertain outcome. Anxiety may be short-lived or long-term which may affect activities of daily living.
  - Signs/symptoms- worry, isolating behavior, crying, nervousness, sleeplessness, misgiving, or distress may be felt by children for a variety of reasons. Children may feel dizzy, cold/sweaty hands, nausea, short of breath, dry mouth; this may occur as a result of being separated from parents, strangers, the dark, thunderstorms, or even sleeping in a new environment (sleepovers at friends). As a result of feeling anxious, children may lose friends, experience low self-esteem, and perform poorly in school. Sometimes signs and symptoms of anxiety may be missed because the student is quiet and compliant.
  - Common anxiety disorders include: generalized anxiety disorder, phobias, social, panic disorders, obsessive-compulsive disorder, and post-traumatic stress disorder.
  - Fact Sheet for Children with Anxiety:  
[http://www.macmh.org/publications/fact\\_sheets/FactSheets.pdf](http://www.macmh.org/publications/fact_sheets/FactSheets.pdf)
  
- **Attention Deficit Hyperactivity Disorder (ADHD)**
  - Definition- ADHD appears in early childhood and is considered a chronic condition in which the individual has difficulty concentrating and experiences hyperactivity and impulsiveness.
    - Three types of ADHD:
      - Inattentive ADHD (previously known as ADD)- inattentive and lack of concentration
      - Hyperactive-impulsive ADHD- hyperactivity without inattentiveness
      - Combined ADHD (most common)- both inattentiveness and hyperactivity/impulsivity

- Signs/symptoms- Fidgeting, squirming, bouncing, and often leaves their seat when expected to sit quietly. Even when the child tries to sit quietly their foot may be tapping, legs shaking, and fingers drumming. The child may often run or climb in an awkward manner. The child also may talk excessively and may have a quick temper and problems with self-control. The child may act impulsively (e.g., acts without thinking, can't wait for his/her turn, blurts out answers, interrupts others, intrudes on other student's games or conversations, throws out answers (i.e., guesses) rather than problem solving. Procrastination, failure to complete tasks such as homework or chores, disorganized work habits, forgetfulness in daily activities (e.g., forgets to bring lunch) are other possible characteristics..
- Tip Sheet for Children with ADHD:  
[http://www.macmh.org/publications/fact\\_sheets/FactSheets.pdf](http://www.macmh.org/publications/fact_sheets/FactSheets.pdf)

- **Bipolar Spectrum Disorders/Mood Dysregulation Disorder**

- Definition- Bipolar disorder is the elevated, expansive, irrational, and irritable moods exhibited with one or more manic episodes with or without major depression. Etiology theories include: genetic, neurophysiological, circadian rhythm changes, physical illness, and drugs. Many persons diagnosed with bipolar disorder often have multiple etiologies. Bipolar disorder often is referred to as manic depressive disorder or an affective disorder. A Bipolar I- person experiences a manic episode while a Bipolar II- person has only experienced hypomanic episodes (no manic episode).
- Signs/symptoms- Children may be irritable, hyperactive, distractible, experience elevated moods (highs), giddiness, silliness, and gloomy, suicidal thoughts, or depression.
  - Elation- laugh hysterically or excessively happy without reason;
  - Grandiose behavior- children/adolescents don't feel rules apply to them and feel that they are "superhuman" and cannot get seriously hurt.
  - Flight of ideas- jump from one topic to another, lack focus.
  - Decrease need for sleep- children may only sleep 4-6 hours without being tired the next day. Children may also stay up late playing on the computer or rearranging bedroom furniture.
  - Hypersexuality- excessive flirting, inappropriate touching of private parts of others including teachers, and use of explicit sexual language.

It is common to see children cycle between mania and depression. It is especially important to recognize these cycles because of the danger of suicide.

Children/adolescents may talk about wanting to die and questioning their existence, and must be taken very seriously. In addition, the signs and symptoms for children experiencing a manic episode is confused with that of attention deficit

hyperactivity. It can be challenging to educate a child whose moods swing between elation and depression. Special accommodations may be necessary in order to serve children who have been diagnosed with bipolar disorder.

- Tip Sheet for Children with Bipolar Disorders  
[http://www.macmh.org/publications/fact\\_sheets/FactSheets.pdf](http://www.macmh.org/publications/fact_sheets/FactSheets.pdf)

- **Conduct Disorder**

- Definition- repetitive misbehavior of a serious nature. The child must exhibit three or more behaviors in the past 12 months to receive a diagnosis of conduct disorder.
- Signs/symptoms- antisocial, threatening classmates, bullying, missing class, frequently reprimanded and suspended, low self-esteem, physical altercations with teachers/peers/parents, destruction of property, deceitfulness and stealing of property, lying to teachers/peers/parents, lack of remorse for inappropriate actions. Children may have difficulty working in groups and experience both behavioral and emotional problems.
- Categories of conduct disorder: aggressive behavior toward people/animals, destroy property, lying or theft, flagrant disregard and violation of rules.
- Often children who have a diagnosis of CD will also have a diagnosis of ADHD or Oppositional Defiant Disorder (ODD). Fortunately, CD often subsides in later adulthood.
- Tip Sheet for Children with Conduct Disorder  
[http://www.macmh.org/publications/fact\\_sheets/FactSheets.pdf](http://www.macmh.org/publications/fact_sheets/FactSheets.pdf)

- **Eating Disorders**

- Definition- Eating disorders are serious physical, emotional, attitudes, and behaviors surrounding weight and food issues which may have life-threatening consequences. Anorexia and bulimia are the two most common eating disorders seen in both girls and boys as early as 4 years old.
- Signs/symptoms
  - Hiding food, frequent trips to the bathroom, anxious, perfectionistic attitude, poor concentration, short attention span, self-demanding, lack of drive to complete assignments/homework, tired, headaches, mood swings (depressed, irritable, withdrawn), avoid events or activities that include food.
  - Eating disorders are often found in athletes who try to stay thin or maintain their weight for competition. Individuals with eating disorders are often at risk for alcohol/drug abuse and depression.
  - *Anorexia*- Failure to maintain minimally normal body weight, abnormal eating behavior, excessive concerns about food, afraid of gaining weight, distorted image of body shape and size, compulsive/excessive need to

exercise. Perfectionistic and overachieving tendencies, bone loss, and menstruation ceases in girls.

- *Bulimia*- Binge eating (eat abnormal amount of food in short period of time) and then compensates behavior by fasting, vomiting, excessive exercising, and uses medications to excrete urine or feces (e.g., diuretics, enemas, laxatives).

- Tip Sheet for Children with Eating Disorders

[http://www.macmh.org/publications/fact\\_sheets/FactSheets.pdf](http://www.macmh.org/publications/fact_sheets/FactSheets.pdf)

- **Major Depressive Disorder (MDD)**

- Definition- Depressed mood and/or loss of interest of at least 2 weeks duration, accompanied by several associated symptoms (American Psychological Association, n.d.).

Types of MDD include: Dysthymic disorder (mild MDD), bipolar disorder (referred to as manic-depressive), cyclothymic disorder (less severe bipolar disorder), postpartum depression, and seasonal affective disorder (SAD)

- Signs/symptoms-

- Children- fearful, sad, scared, feeling alone, irritable, bowel and bladder issues, headaches, stomach aches, weight loss, sleep disturbances, tired, lack of energy, apathy, angry outbursts, deterioration of academic achievement, refusal to go to school
- Adolescents- weight loss, insomnia, tiredness, feelings of worthlessness, difficulty concentrating, suicidal, worry about future, anger, anxiety, despair, loneliness, moodiness, loss of appetite, overeating, sleepiness, headaches, stomach aches, withdrawal, sexual promiscuity, substance abuse, deterioration of academic achievement, poor concentration
- The child who has MDD can experience symptoms once or repeatedly. Safety (e.g., nutrition and sleep deficit, suicide) is the biggest concern when a child or adolescent experiences a MDD.

- Tip Sheet for Children with Major Depressive Disorder:

[http://www.macmh.org/publications/fact\\_sheets/FactSheets.pdf](http://www.macmh.org/publications/fact_sheets/FactSheets.pdf)

- **Obsessive Compulsive Disorder (OCD)**

- Definition- Obsessive-compulsive disorder (OCD) is a lifelong disorder characterized by unreasonable thoughts and fears (obsessions) that lead to repetitive behaviors (compulsions) (Mayo, 2015). It is considered a biological disease of the brain, not caused by bad parenting, environmental factors, or poverty.
- Signs/symptoms - compulsive acts, ritualistic behavior, unaware that obsessions aren't reasonable, distress, anxiety, demand reassurance, follow a strict routine,

hoard, touching, doubting, avoiding, poor concentration, school avoidance, depression, and the need to maintain order and symmetry. Examples of behaviors include handwashing until skin becomes raw, positioning canned food labels so they are facing same way, checking doors to assure they are locked, checking the oven to assure that it is off, and silently repeating a poem, word, phrase, or prayer. Compulsive themes may include: washing/cleaning, counting and rearranging objects, erasing sentences repeatedly, frequent trips to the bathroom, and checking. Symptoms often worsen with stress and become time consuming and disabling. Often children with OCD do not understand what is wrong.

- Tip Sheet for Children with OCD:

[http://www.macmh.org/publications/fact\\_sheets/FactSheets.pdf](http://www.macmh.org/publications/fact_sheets/FactSheets.pdf)

- **Oppositional Defiance Disorder (ODD)**

- Definition- refusal to comply with adults' rules or requests.
- Signs/symptoms- yelling and unprovoked anger, depression, disregard for authority, deliberately provoking, blaming, or annoying others. Children may also exhibit anger, disgust, frustration, stress, and defiance. Often children with ODD argue with adults and do not have healthy relationships with peers. Students may have an unusual response to positive reinforcements (e.g. student may destroy property or sabotage projects after praise from the teacher). If untreated, the defiant behavior may become ingrained.
- Tip Sheet for Children with ODD:

[http://www.macmh.org/publications/fact\\_sheets/FactSheets.pdf](http://www.macmh.org/publications/fact_sheets/FactSheets.pdf)

- **Schizophrenia**

- Definition- Schizophrenia is a serious neurobiological brain disease, which exhibits itself as a complex biopsychosocial disorder with psychotic symptoms marked by profound withdrawal from interpersonal relationships. Disturbances such as cognitive and perceptual make it difficult to forge relationships and stay in touch with reality. There are several types of schizophrenia (e.g., residual, undifferentiated, disorganized, paranoid, catatonic, schizophreniform/affective disorder). Etiology- genetic, neurotransmission, neurobiology/anatomy, viral
- Signs/symptoms- Psychosis, disturbances in thought/perception/affect/speech, depression, apathy, numbness, and speech problems (altered language). Often individuals with schizophrenia are out of touch with reality and experience delusions (e.g., paranoia) and hallucinations (e.g., auditory- hears negative voices without a stimulus). Inappropriate affect- no response or reaction and lack of emotions. Affect is incongruent with social norms. Optical illusions are also common.

- Other- most persons are diagnosed with the illness in their late teens and early 20s. Signs and symptoms are on a continuum- severe or mild across time. Persons with schizophrenia have some warning signs that can be identified in hindsight. It is rare to have persons return to a full premorbid (before illness) state. Generally there is no treatment until an acute episode and often individuals with schizophrenia have shorter life spans.
- Tip Sheet for Children with Schizophrenia:  
[http://www.macmh.org/publications/fact\\_sheets/FactSheets.pdf](http://www.macmh.org/publications/fact_sheets/FactSheets.pdf)  
<http://www.schizophrenia.com/>

- **Suicide**

- Definition- the act of choosing to kill oneself.  
According to the American Association of Suicidology (2010), suicide is the leading cause of death, out-numbering homicide or war-related deaths.
- Reports of suicide have occurred in children as young as eight years old. Young children can hang themselves, shoot themselves, or complete suicide by other means. Talking about wanting to die, questioning their existence, and wishing they were never born must be taken seriously. Risk Factors- Caucasian race, male gender (females more likely to attempt suicide but males are 5x more likely to complete suicide), hopelessness, specific plan for suicide, being bullied, lack of support system, depressed, history of prior suicide attempts, family history of suicide attempt or substance abuse, and self-destructive behavior (e.g. cutting, pulling out hair).
- Tip Sheet for Children with Suicidal Tendencies:  
[http://www.macmh.org/publications/fact\\_sheets/FactSheets.pdf](http://www.macmh.org/publications/fact_sheets/FactSheets.pdf)

## Mental Health Resources

A variety of mental health resources exist in the Greater Milwaukee area. The table below outlines various mental health resources that are available. Phone numbers, addresses and web links are provided.

### Mental Health Resources Directory

- In case of emergency, 911 should be dialed.

<b>MENTAL HEALTH RESOURCES IN THE GREATER MILWAUKEE AREA</b>			
<b>Name of Resource</b>	<b>Address &amp; Phone Number(s)</b>	<b>Services</b>	<b>Website</b>
<b>Crisis Line</b>	(414) 257-7222	A 24 hours a day, 7 days a week hotline operated by the Milwaukee County Behavioral Health Division. Service includes immediate psychiatric crisis intervention services including screening and assessment, counseling, intervention, and emergency service coordination and referral information.	<a href="http://county.milwaukee.gov/BehavioralHealthDivi7762/CrisisServices.htm">http://county.milwaukee.gov/BehavioralHealthDivi7762/CrisisServices.htm</a>
<b>Impact 211</b>	Dial 211	Impact 211's services help to restore the health and productivity of individuals, organizations and workplaces leading to an improved quality of life for the entire community. Provides alcohol and drug consultation and referral services.  Browse service categories, agency, or program to find community resources in the following counties: Milwaukee, Waukesha, Kenosha, Racine, Ozaukee, Washington, Dodge, Jefferson and Walworth Counties in southeastern Wisconsin.	<a href="http://www.impactinc.org">www.impactinc.org</a>
<b>La Causa Social Services-Treatment Services &amp; Recovery Center</b>	1212 S. 70th St., St. 115-A West Allis, WI 53214 (414) 902-1500 [ <i>Hablamos español</i> ]	Comprehensive community services and therapeutic treatment options for children, families, and individuals to support personal growth and self-sufficiency. Has highly trained bilingual care coordinators, specialists, advocates, and licensed mental health and AODA clinicians.	<a href="http://www.lacausa.org/our-programs/social-services">http://www.lacausa.org/our-programs/social-services</a>

<b>MCFI Children's Behavioral Health Resources</b>	(414) 476-9631	MCFI Children's Behavioral Health Resources, in collaboration with <a href="#">TLS Behavioral Health</a> , provides: <ul style="list-style-type: none"> <li>• Behavioral health assessments for children up to age 12</li> <li>• Comprehensive, individualized treatment plans for each child, developed in consultation with the child's family</li> <li>• Confidential therapy and counseling services</li> <li>• Consultation services for schools and community organizations.</li> </ul>	<a href="http://www.mcfi.net/Childrens-Behavioral-Health.htm">http://www.mcfi.net/Childrens-Behavioral-Health.htm</a>
<b>Mental Health, Wellness and Addiction Resource Directory for Milwaukee County</b>	(414) 276-3122  Toll free: (866) 948-6483	This directory includes keyword searchable resources in the Greater Milwaukee Area.	<a href="http://www.mhawisconsin.org/milw-resources-search.aspx">www.mhawisconsin.org/milw-resources-search.aspx</a>
<b>Milwaukee County Behavioral Health Division</b>  <b>Psychiatric Crisis Services Admissions Center</b>	9455 Watertown Plank Rd. Milwaukee, WI 53226 (414) 257-6995  (414) 257-7260	Provides 24 hour a day, 7 days a week psychiatric emergency services including 48 hour observation as needed.	<a href="http://county.milwaukee.gov/BehavioralHealthDiv7762/CrisisServices.htm">http://county.milwaukee.gov/BehavioralHealthDiv7762/CrisisServices.htm</a>
<b>Pathfinders</b>	4200 North Holton St. Suite 400 Milwaukee, WI 53212 (414) 964-2565 TDD: (414) 964-4633	Empowers youth and young adults by providing them with emotional support, resources for basic needs, and tangible tools for a fresh start. Services: housing & shelter, education, family engagement and youth empowerment.	<a href="http://www.pathfindersmke.org">www.pathfindersmke.org</a>  E-Mail: <a href="mailto:info@pathfindersmke.org">info@pathfindersmke.org</a>
<b>Support Groups in the Milwaukee Area</b>	(414) 276-3122 Toll free: (866) 948-6483	Support group categories include Alcohol & Other Drug Abuse (AODA), groups for family members of someone with a mental illness, grief, and more.	<a href="http://www.mhawisconsin.org/support-groups-search.aspx">www.mhawisconsin.org/support-groups-search.aspx</a>

<b>Therapist Search for Southeastern Wisconsin</b>	(414) 276-3122  Toll free: (866) 948-6483	An MHA directory of therapists in Southeastern Wisconsin: Licensed Professional Counselors, Clinical Social Workers, Psychologists and Clinical Substance Abuse Counselors .  <i>Note: Directory does not contain listings for Medical Doctors (M.D.) including Psychiatrists.</i>	<a href="http://www.mhawisconsin.org/search-therapists.aspx">www.mhawisconsin.org/search-therapists.aspx</a>
<b>Warmline</b>	(414) 777-4729	A hotline which fields non-crisis calls for individuals with mental illness. Hours: 7 -11 pm.	none

**AREA HOSPITALS & CLINICS (Ask for Mental Health Department)**

<b>Agency</b>	<b>Contact &amp; Phone Number(s)</b>	<b>Agency</b>	<b>Contact &amp; Phone Number(s)</b>
<b>Acacia Mental Health Clinic</b>	(414) 871-9111	Outpatient mental health and addiction clinic for children, adolescents, adults and families who have mental health problems and in-home services for severely emotionally disturbed children.	none
<b>Access Clinic</b>	804 W. Greenfield Ave. Milwaukee, WI 53204 (414) 316-4156	Needs assessment and referral for services available for individuals who are uninsured. Proof of Milwaukee Co. residence required. Bilingual (Spanish) translation available.	<a href="http://county.milwaukee.gov/BehavioralHealthDivi7762/CrisisServices.htm">http://county.milwaukee.gov/BehavioralHealthDivi7762/CrisisServices.htm</a>
<b>Adkins Counseling Services</b>	6001 W. Center St. Suite 208 Milwaukee, WI 53210 (414) 393-1099	Provides mental health counseling to children, teens, adults, and families. Includes: play therapy, family meditation, anger management, and in-home therapy	none
<b>Alternatives in Psychological Consultation</b>	575 W. Oklahoma Ave. West Allis, WI 53219/10045 W. Lisbon Ave., Wauwatosa, WI 53222 (414) 358-7144	Provides a dual certified clinician approach to services for individuals with co-occurring concerns such as mental health and substance use disorders.	<a href="http://www.altlig.com">www.altlig.com</a>

<b>AMRI Counseling Services</b>	4001 W. Capitol Dr. Milwaukee, WI 53216 (414) 455-3879	Provides mental health and substance abuse assessments and counseling, faith-based counseling.	<a href="http://www.amricounseling.weebly.com">www.amricounseling.weebly.com</a>
<b>Aurora Family Services</b>	3200 W. Highland Blvd. Milwaukee, WI 53208 (414) 345-4941	Counseling for individuals and families experiencing mental health issues such as anxiety, depression, or school performance issues. Sliding scale available for those without insurance or limited resources.	<a href="http://www.aurorahealthcare.org/services/familysocial/index.asp">www.aurorahealthcare.org/services/familysocial/index.asp</a>
<b>Aurora Health Care</b> <i>-In-patient</i> <i>-Out-patient</i>	(414) 773-4312 (outpatient central intake)	Provides all levels of care related to behavioral health problems including child and adolescent services. Outpatient mental health treatment is available at multiple locations and inpatient care is available at two hospital locations.  Locations: Aurora Sinai Medical Center Aurora St. Luke's Medical Aurora St. Luke's South Shore Aurora West Allis Medical Center Aurora Psychiatric Hospital	<a href="http://www.aurorahealthcare.org/abhs">www.aurorahealthcare.org/abhs</a>
<b>Behrens Psychotherapy Services</b>	2321 E. Capitol Dr., #400 Shorewood, WI 53211 (262) 689-0688	Offers a full range of mental health services for children, adolescents, families, and adults. Also provides psychological assessment and in-home psychotherapy. Sliding scale for those without insurance.	<a href="http://www.behrenspsychotherapyservices.com">www.behrenspsychotherapyservices.com</a>
<b>Bell Therapy, Inc.</b>	(414) 527-6940	Day treatment programs serve individuals with long-term mental illness and co-occurring disabilities.	<a href="http://www.phoenixcaresystems.com/bell">www.phoenixcaresystems.com/bell</a>
<b>Catholic Charities Counseling Services</b>	2021 N. 60 <sup>th</sup> St. Milwaukee, WI 53208 (414) 771-2881	Provides culturally competent mental health care for children, adults, families, and couples. Accepts clients with limited resources/no insurance using a sliding scale. Services are non-denominational and open to all individuals.	<a href="http://www.ccmke.org">www.ccmke.org</a>
<b>Cedar Creek Family Counseling</b>	9910 W. Layton Ave. Suite 2 Greenfield, WI 53228 (414) 427-4884	Provides a full range of outpatient services to clients dealing with substance abuse and mental health issues. Treatment includes intensive therapy, relapse prevention, aftercare, and anger management.	none

<b>Children’s Hospital of Wisconsin: Greensquare Developmental Specialists</b>	7300 S. 13 <sup>th</sup> St., Suite 201, Oak Creek, WI 53134  6791 N. Green Bay Ave., Glendale, WI 53209  (414) 228-4800	Providers help parents learn strength-based strategies when working with a child on behavioral issues related to mental health disorders.	<a href="http://www.chw.org">www.chw.org</a>
<b>Children’s Hospital of Wisconsin: Child &amp; Adolescent Psychiatry and Behavioral Medicine</b>	9000 W. Wisconsin Ave., Wauwatosa, WI 53226 (414) 266-2932  1020 N. 12 <sup>th</sup> St., Milwaukee, WI 53233 (414) 277-8990  4855 S. Moorland Rd., New Berlin, WI 53151 (262) 432-7702	Services include mental health diagnosis and treatment of children, adolescents, and families for mental health disorders.	<a href="http://www.chw.org">www.chw.org</a>
<b>Children’s Hospital of Wisconsin: Child &amp; Family Counseling</b>	620 S. 76 <sup>th</sup> St., Milwaukee, WI 53214 (414) 453-1400	Providers serve children and adolescents who have emotional and behavioral challenges in order to strengthen family ties. Counselors assist families with parent-child conflict, depression, anxiety, and low self-esteem.	<a href="http://www.chw.org/childrens-and-the-community">www.chw.org/childrens-and-the-community</a>
<b>Childynamics Child &amp; Adolescent Day Treatment and Outpatient Services</b>	11904 W. North Ave., Suite 110 Wauwatosa, WI 53226 (414) 258-4318	Specialty mental health services geared toward serving children and adolescents ages 4-16 years with behavioral and/or emotional issues at school, home, and/or community.	<a href="http://www.childynamics.com">www.childynamics.com</a>

<b>Christian Family Counseling</b>	<p>1214 S. 8<sup>th</sup> St., Milwaukee, WI 53223</p> <p>9505 W. Brown Deer Rd., Milwaukee WI 53223</p> <p>(262) 345-5561</p>	Provides mental health services to individuals, families, groups, and couples. Licensed to provide Telehealth services and offers video counseling sessions when appropriate and available.	<a href="http://www.christianfamilysolutions.org">www.christianfamilysolutions.org</a>
<b>Columbia St. Mary's</b>	<p>2323 N. Lake Dr. Milwaukee, WI 53211 (414) 291-1620</p>	Provides treatment for individuals who experience a mental illness, addiction, coping with physical illness, depression, and emotional/cognitive issues.	<a href="http://www.columbia-stmarys.org/Behavioral_Medicine">http://www.columbia-stmarys.org/Behavioral_Medicine</a>
<b>Columbia St. Mary's</b>	<p>Intake staff- (414) 585-1620 (800) 457-6004</p> <p>Columbia St. Mary's Hospital and the Columbia St. Mary's Huiras Center 13111 N. Port Washington Rd., Mequon WI 53097</p> <p>Columbia St. Mary's Women's Hospital 2323 N. Lake Dr. Milwaukee, WI 53211</p>	Professionals provide inpatient, partial hospitalization, and extensive outpatient services to children and adults who experience mental health and substance abuse issues.	<a href="http://www.columbia-stmarys.org">www.columbia-stmarys.org</a>
<b>Discovery and Recovery Clinic</b>	<p>4402 S. 68th Street, Suite 100 Greenfield, WI 53220 (414) 321-4411</p>	Offers therapists who work with children, adolescents and adults, individuals, couples and families.	<a href="http://www.discoveryandrecoveryclinics.com">www.discoveryandrecoveryclinics.com</a>

<b>Fokus Family Services</b>	2821 N. 4 <sup>th</sup> St., Suite 139 Milwaukee, WI 53212 (414) 264-4217	A multicultural outpatient mental health and Alcohol and Other Drug Abuse clinic.	none
<b>Forward Choices</b>	6040 West Lisbon Road, Suite 103 Milwaukee, WI 53210 (414) 442-1751	Offers a variety of outpatient mental health services to children, adolescents and adults. Treatment services are tailored to best serve the needs of each individual and address a wide range of mental health concerns.	<a href="http://www.mhawisconsin.org/DirectorySearch/Details.aspx?pageid=160&amp;mid=275&amp;ListingId=1336">http://www.mhawisconsin.org/DirectorySearch/Details.aspx?pageid=160&amp;mid=275&amp;ListingId=1336</a>
<b>Froedtert Hospital</b>	(414) 805-3666	The Froedtert & the Medical College of Wisconsin health network offers <a href="#">outpatient services</a> at multiple locations in Milwaukee, Waukesha and Washington counties, <a href="#">inpatient behavioral health care</a> at the Community Memorial Hospital campus in Menomonee Falls, and intensive <a href="#">outpatient care for chemical dependency</a> , also at Community Memorial Hospital.	<a href="http://www.froedtert.com/behavioral-health">http://www.froedtert.com/behavioral-health</a>
<b>Geral L. Ignace-Indian Health Center</b>	1711 S 11 <sup>th</sup> St. Milwaukee, WI 53204 (414) 383-9526	Outpatient therapy for mental health, substance abuse, and co-occurring issues, which serve tribal members.	<a href="http://www.gliihc.net">www.gliihc.net</a> (not currently active)
<b>ICF Consultants, Inc.</b>	1524 N. Farwell Ave. Milwaukee, WI 53202 (414) 273-2220  16535 W. Bluemound Suite 300 (Squires I Building) Brookfield, WI 53005 (414) 273-2220	Certified specialists offer psychotherapy, supervision, consultation, and training. Serves children and adolescents using strength based processes focusing on the present and future. Spanish, German, Russian, Bulgarian, and French language proficient therapists available.	<a href="http://www.icfconsultants.com/">http://www.icfconsultants.com/</a>
<b>M &amp; S Clinical Services</b>	2821 N. 4 <sup>th</sup> St. Suite 516 Milwaukee, WI 53212 (414) 263-6000	Provides culturally competent outpatient mental health and substance abuse services to youth, children, and families.	none

<b>Marquette University Center for Psychological Services</b>	Cramer Hall, 307 604 N. 16th St. Milwaukee, Wisconsin 53233 (414) 288-3487	Services operated by the Department of Psychology at Marquette University. Evaluation and therapeutic services open to the community (children, adults, couples, families) include: <ul style="list-style-type: none"> <li>• Anxiety and Depression Clinic</li> <li>• Attention-Deficit/Hyperactivity Disorder (ADHD Clinic)</li> <li>• Autism Clinic</li> <li>• Couples and Families Clinic</li> <li>• Pediatric Behavioral Health Clinic</li> </ul> Services provided by graduate clinical psychology students under the supervision of Marquette faculty. Fees based on ability to pay.	<a href="http://www.marquette.edu/psyc/cps.shtml">www.marquette.edu/psyc/cps.shtml</a>
<b>Milwaukee County Behavioral Health Division</b>	9455 Watertown Plank Rd. Milwaukee, WI 53226 (414) 257-6995	The Behavioral Health Division provides care and treatment to adults, children, and adolescents with mental illness, substance use disorders, and intellectual disabilities through both County-operated programs and contracts with community agencies. Services include intensive short-term treatment through crisis services and inpatient services, as well as a full array of supportive community services for persons with serious mental illness and substance use disorders. Long-term inpatient care is provided through the Division's nursing home programs.	<a href="http://county.milwaukee.gov/BehavioralHealthDivi7762.htm">http://county.milwaukee.gov/BehavioralHealthDivi7762.htm</a>
<b>Milwaukee Health Services</b>	8200 W. Silver Spring Dr. Milwaukee, WI 53218  2555 N. Dr. Martin Luther King J. Dr., Milwaukee, WI  (414) 760-3900	Services include child and family neuropsychological and personality testing and medication management. Sliding fee scale available for uninsured clients.	none
<b>National Alliance on Mental Illness – Milwaukee Contact (NAMI)</b>	3732 W. Wisconsin Ave. Milwaukee, WI 53208 (414) 344-0447 1-800-950-NAMI	A community based support, education, and advocacy organization dedicated to improving the lives of those with mental illness.	<a href="http://www.nami.org">www.nami.org</a>  <a href="http://www.namigrm.org">www.namigrm.org</a>

<b>North Shore Psychotherapy Associates</b>	5800 N. Bayshore Drive Suite A250 Glendale, WI 53217 (414) 962-6764	Outpatient mental health services that meet the needs of children, adolescents and adults as well as services for families. Clinicians are committed to providing effective treatment in a relaxed and comfortable setting.	<a href="http://www.northshorepsychotherapyassociates.vpweb.com">www.northshorepsychotherapyassociates.vpweb.com</a>  E-Mail: <a href="mailto:npsychotherapy@yahoo.com">npsychotherapy@yahoo.com</a>
<b>ProHealth Care</b>	ProHealth Care Behavioral Medicine Center and ProHealth Care; Medical Associates serves patients at Waukesha Memorial Hospital as well as many outpatient therapy sites.  (262) 928-4036 (800) 326-2011	Comprehensive mental health services, alcohol and drug treatment provided to help adolescents and adults. Levels of service include inpatient, partial hospitalization, and outpatient. Assessments (legal, occupational, school), referrals to therapists, and education available.	<a href="http://www.prohealthcare.org">www.prohealthcare.org</a>
<b>Red Oak Counseling</b>	12970 W. Bluemound Rd #200 Elm Grove, WI 53122 (262) 780-1020	Specializes in addictions, eating disorders, relationships, family dynamics, work-related topics and military concerns.	<a href="http://www.redoakcounseling.com">www.redoakcounseling.com</a>  E-Mail: <a href="mailto:help@redoakcounseling.com">help@redoakcounseling.com</a>
<b>Renew Counseling Services</b>	1225 W. Mitchell St. Milwaukee, WI 53204 (414) 383-4455	Mental health and Alcohol and Other Drug Abuse outpatient clinic providing services to children and adults.	None

<b>Rogers Memorial</b>	<p>34700 Valley Rd., Oconomowoc, WI 53066 (800) 767-4411</p> <p>11101 W. Lincoln Ave., West Allis, WI 53227 (414) 327-3000</p> <p>4555 W. Schroeder Dr., Brown Deer, WI 53223 (414) 355-9000</p>	<p>Comprehensive and highly specialized services provided for children, teens, and adults with mental health disorders including but not limited to Obsessive Compulsive Disorder, other anxiety disorders, and eating disorders. Intensive outpatient treatment, partial hospitalization, residential, and inpatient treatment available.</p>	<p><a href="http://www.rogershospital.org">www.rogershospital.org</a></p>
<b>SDC Youth &amp; Family Development Program Counseling and Wellness Clinic</b>	<p>4041 N. Richards St. Milwaukee, WI 53212 (414) 906-2790</p>	<p>Outpatient treatment provided for youth between the ages of 8-19 who experience substance abuse and mental health disorders. Services include case/care coordination, individuals, group and family counseling and referrals.</p>	<p><a href="http://www.cr-sdc.org">www.cr-sdc.org</a></p>
<b>Sebastian Family Psychology Practice</b>	<p>1720 W Florist Ave, Suite 125 Glendale, WI 53209 (414) 247-0801</p>	<p>Outcome-focused behavioral health and supportive services with an integrated intervention of care.</p>	<p><a href="http://www.sebastianfpp.com">www.sebastianfpp.com</a></p>
<b>Shorehaven Behavioral Health</b>	<p>3900 W. Brown Deer Road, Suite 200 Brown Deer, WI 53209 (414) 540-2170</p>	<p>A regional recovery center for mental health, substance abuse, co-occurring disorders, child, and couple and family problems.</p>	<p><a href="http://www.shorehavenbhi.com">www.shorehavenbhi.com</a></p>
<b>Sixteenth Street Community Health Center</b>	<p>1032 S. Cesar Chavez Dr., Milwaukee, WI 53204 (414) 672-1353</p>	<p>Bilingual counselors provide outpatient mental health services for all ages.</p>	<p><a href="http://www.ssche.org">www.ssche.org</a></p>

<b>The Bridge Health Clinics &amp; Resource Centers</b>	600 W. Walnut St., Milwaukee, WI 53211 (414) 831-4500	Services provided to children, adolescents, adults and families who experience mental illness, addiction, disability, physical illness and/or socio-economic factors.	<a href="http://www.thebridgehealthclinics.com">www.thebridgehealthclinics.com</a>
<b>TLS Behavioral Health</b>	West Allis Campus, 1040 South 70th Street, West Allis, WI 53214 (414) 476-9631 (414) 476-9617	As an MCFI affiliate, TLS Behavioral Health provides recovery-oriented services and advocacy for more than 800 people living with mental illness in Southeastern Wisconsin.	<a href="http://www.mcfi.net/Mental-Health.htm">www.mcfi.net/Mental-Health.htm</a>
<b>Wheaton Franciscan Behavioral Health Services</b>	3267 S 16 <sup>th</sup> St., Milwaukee, WI 53215 (414) 389-3111  3070 N. 51 <sup>st</sup> . St., Milwaukee, WI 53210 (414) 874-1171  13950 W. Capitol Dr., Brookfield, WI 53005 (414) 874-6288	Provides comprehensive outpatient counseling services for children, teens, and adults who experience mental health issues, drug addiction, anxiety disorders, school issues, trauma, depression, grief, abuse, and anger management.  Locations: WFHC- St. Francis WFHC- St. Joseph WFCH- Franklin	<a href="http://www.mywheaton.org/service/s/mental-health-addiction-care">www.mywheaton.org/service/s/mental-health-addiction-care</a>
<b>Willowglen Academy, Inc.</b>	4065 N. 35 <sup>th</sup> St., Suite N100 Milwaukee, WI 53216 (414) 445-9180	Outpatient clinic serving children, adolescents, adults and families who may experience mental health issues (e.g., emotional, behavioral, cognitive, intellectual, developmental, substance use). Assessments, counseling, and psychiatric services available at several locations.	<a href="http://www.phoenixcaresystems.com">www.phoenixcaresystems.com</a>

## WISCONSIN STATEWIDE RESOURCES

Agency	Contact & Phone number(s)	Agency	Contact & Phone number(s)
<b>Department of Health Services</b> <b>1 West Wilson Street</b> <b>Madison, WI 53703</b>	(608) 266-1865  (608) 266-2717	Community Mental Health Services -Directory of Providers -Resources for providers and families	<a href="https://www.dhs.wisconsin.gov/mh/index.htm">https://www.dhs.wisconsin.gov/mh/index.htm</a>
<b>Department of Public Instruction</b> <b>125 S. Webster St.</b> <b>Madison, WI 53707</b>	(608) 266-3390 (800) 441-4563	Resources & links useful for schools working to improve mental health among students. Links to publically available Behavioral Health Screen Tools for children and adolescents	<a href="http://sspw.dpi.wi.gov/sspw_mentalhealth">http://sspw.dpi.wi.gov/sspw_mentalhealth</a>  <a href="http://sspw.dpi.wi.gov/sspw_mhbehavioraltools">http://sspw.dpi.wi.gov/sspw_mhbehavioraltools</a>
<b>Mental Health of America-Wisconsin (MHA)</b>	600 W. Virginia St., Suite 502 Milwaukee, WI 53204 (414) 276-3122	Mental Health America of Wisconsin operates a search engine for therapists in Southeastern WI, including an outline of different types of mental health professionals.	<a href="http://www.mhawisconsin.org/">http://www.mhawisconsin.org/</a>  <a href="http://www.mhawisconsin.org/children-adolescents.aspx">http://www.mhawisconsin.org/children-adolescents.aspx</a>  Email- info@mhawisconsin.org
<b>Psychologist Locator</b>  <i>Practice Central sponsored by the American Psychological Association Practice Organization.</i>	---	The psychologist locator assists in finding a practicing psychologist in a designated area.	<a href="http://locator.apa.org/">http://locator.apa.org/</a>
<b>Therapist Search for Southeastern Wisconsin</b>	---	---	<a href="http://www.mhawisconsin.org/search-therapists.aspx">www.mhawisconsin.org/search-therapists.aspx</a>
<b>Wisconsin Department of Health Services</b> – Consumer Guide to Health Care - Mental	---	Listing of community, social, and human services along with support programs offered in Wisconsin.	<a href="https://www.dhs.wisconsin.gov/guide/mental-health.htm">https://www.dhs.wisconsin.gov/guide/mental-health.htm</a>

<p>Health Treatment Programs</p> <ul style="list-style-type: none"> <li>– Wisconsin Community Program, Social Service &amp; Human Serv. Agencies</li> <li>– Wisconsin Mental Health Support Services</li> <li>– Wisconsin Mental Health Treatment Programs</li> <li>– Wisconsin Community Substance Abuse and Mental Health Program Certification Directory</li> <li>– Health Clinics for the Under/Uninsured</li> </ul>			<p><a href="http://www.dhs.wisconsin.gov/areaadmin/HSDListing.asp">www.dhs.wisconsin.gov/areaadmin/HSDListing.asp</a></p> <p><a href="https://www.dhs.wisconsin.gov/mh/index.htm">https://www.dhs.wisconsin.gov/mh/index.htm</a></p> <p><a href="https://www.dhs.wisconsin.gov/mh/csp.htm">https://www.dhs.wisconsin.gov/mh/csp.htm</a></p> <p><a href="https://www.dhs.wisconsin.gov/regulations/mentalhealth/introduction.htm">https://www.dhs.wisconsin.gov/regulations/mentalhealth/introduction.htm</a></p> <p><a href="http://www.dhs.wisconsin.gov/forwardhealth/clinics.htm">http://www.dhs.wisconsin.gov/forwardhealth/clinics.htm</a></p>
--	--	--	---

**NATIONAL AND DIAGNOSIS SPECIFIC MENTAL HEALTH RESOURCES**

Agency	Contact & Phone Number(s)	Agency	Contact & Phone Number(s)
<b>Anxiety Disorder Association of America</b>	(240) 485-1001	Publications, referrals, and self-help groups	<a href="http://www.adaa.org">www.adaa.org</a>
<b>Attention Deficit Information Network</b>	(781) 455-9895	Support, information, community resources	<a href="http://www.addinfonetwork.org">www.addinfonetwork.org</a>
<b>Child &amp; Adolescent Bipolar Foundation (CABF)</b>	(847) 256-8525	Education for professionals, families, and public about bipolar disorder	<a href="http://www.bpkids.org">www.bpkids.org</a>
<b>Child Development Institute</b>	Child Development Institute, LLC, 500 State College, Suite 1100, Orange, CA 92868	Website provides information, products and services related to child development, psychology, health, parenting, learning, media, entertainment, family activities as well	<a href="http://childdevelopmentinfo.com/">http://childdevelopmentinfo.com/</a>

		as to connect with other parents, professional experts organizations .	
<b>Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)</b>	(800) 233-4050	Support, information, and resource center	<a href="http://www.chadd.org">www.chadd.org</a>
<b>Depression and Bipolar Support Alliance</b>	(800) 826-3632	Support groups, patient support and assistance programs, advocacy, catalog, publications	<a href="http://www.dbsalliance.org">www.dbsalliance.org</a>
<b>Eating Disorders Resources</b>	(800) 756-7533	-	www.gurze.net
<b>National Association for Research on Schizophrenia and Depression</b>	(800) 829-8289	Fact sheets and research	<a href="https://bbrfoundation.org/">https://bbrfoundation.org/</a>
<b>National Association of Anorexia Nervosa and Associated Disorders</b>	(847) 831-3438	Hotline counseling, information, and advocacy	www.anad.org
<b>National Eating Disorders Association</b>	(206) 382-3587	Resources on prevention for schools, professionals, and individuals	<a href="http://www.nationaleatingdisorders.org">www.nationaleatingdisorders.org</a>
<b>National Institute of Mental Health</b>	(866) 415-8051	The National Institute of Mental Health strives to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure. The institute's website offers information on health and education, outreach, research priorities, funding, labs, and news.	<a href="http://www.nimh.nih.gov">www.nimh.nih.gov</a>
<b>National Institute of Mental Health (NIMH)</b>	(866) 615-6464	Medical and legal information, helpline, publications, research	<a href="http://www.nimh.nih.gov">www.nimh.nih.gov</a>

<b>Obsessive-Compulsive Foundation, Inc.</b>	(203) 401-2070	Brochures, newsletter, support, referrals	<a href="http://www.ocfoundation.org">www.ocfoundation.org</a>
<b>Substance Abuse and Mental Health Services Administration (SAMHSA)</b>	(800) 789-2647	Agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. The website offers information on programs and campaigns designed to reduce the impact of substance abuse and mental illness on communities.	<a href="http://www.samhsa.gov/">http://www.samhsa.gov/</a>
<b>Suicide Awareness Voices of Education (SA/VE)</b>	---	Leading national non-profit organization dedicated to the prevention of suicide.	<a href="http://www.save.org">www.save.org</a>
<b>National Suicide Prevention Lifeline</b>	(800) 273-TALK (8255)	Hotline connects individuals to a skilled, trained counselor at a crisis center in their area, anytime 24/7.	<a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a>
<b>The Council for Exceptional Children (CEC)</b>	(888) 232-7733	The CEC is a professional association of educators dedicated to advancing the success of children with exceptionalities.	<a href="http://www.cec.sped.org">www.cec.sped.org</a>

Disclaimer: Please note that every effort was made to complete an accurate and thorough resource list. The list is merely a snapshot of providers in the greater Milwaukee and surrounding areas; therefore some providers may have inadvertently been not listed. This resource list is intended to be a resource and will be updated annually.

## Bibliography

- American Psychological Association (n.d.). *About the Office on Children, Youth, and Families*. Retrieved from <http://www.apa.org/pi/families/about/index.aspx>.
- Center for Disease Control (2013). *Mental Health Basics*. Retrieved from <http://www.cdc.gov/mentalhealth/basics.htm>.
- Chapman, D. P., Perry, G. S., & Strine, T. W. (2005). The vital link between chronic disease and depressive disorders. *Prev Chronic Dis*, 2(1), A14.
- Children's Hospital of Wisconsin (2013). *Community Health Needs Assessment- Milwaukee 2013*. Retrieved from <http://www.chw.org/~media/Files/Childrens%20And%20Community/MilwaukeeAssessment2013.pdf>.
- Department of Health and Human Services (2001). *Report of the Surgeon General's Conference on Children's Mental Health: A National Action Agenda*. Retrieved June 1, 2015 from <http://www.ncbi.nlm.nih.gov/books/NBK44233/>.
- HelpGuide.org. (n.d.). *ADD/ADHD in Children*. Retrieved from <http://www.helpguide.org/articles/add-adhd/attention-deficit-disorder-adhd-in-children.htm>.
- HelpGuide.org. (n.d.). *Any disorder among children*. Retrieved from <http://www.nimh.nih.gov/health/statistics/prevalence/any-disorder-among-children.shtml>.
- Jansen, K. & Coenen, A. (2015). *Making a difference: Nursing care of people with mental illness*. University of Wisconsin- Milwaukee.
- Kessler, R. C., Chiu, W. T., Demler, O., & Walters, E. E. (2005). Prevalence, severity, and comorbidity of 12-month DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of general psychiatry*, 62(6), 617-627.
- Keyes, C. L. M. (1998). Social well-being. *Social psychology quarterly*, 121-140.
- Lopez, A. D., Mathers, C. D., Ezzati, M., Jamison, D. T., & Murray, C. J. (2006). Global and regional burden of disease and risk factors, 2001: systematic analysis of population health data. *The Lancet*, 367(9524), 1747-1757.

Mayo Clinic (n.d.). *Diseases and Conditions- Mental Illness*. Retrieved from

<http://www.mayoclinic.org/diseases-conditions>

Merikangas, K. R., He, J. P., Burstein, M., Swanson, S. A., Avenevoli, S., Cui, L., Benjet, C., Georgiades, K., &

Swendsen, J. (2010). Lifetime prevalence of mental disorders in US adolescents: results from the

National Comorbidity Survey Replication–Adolescent Supplement (NCS-A). *Journal of the American*

*Academy of Child & Adolescent Psychiatry*, 49(10), 980-989.

Merriam-Webster (n.d.). *Suicide*. Retrieved from <http://www.merriam-webster.com/dictionary/suicide>

Murray, C. J., & Lopez, A. D. (1997). Global mortality, disability, and the contribution of risk factors: Global

Burden of Disease Study. *The Lancet*, 349(9063), 1436-1442.

National Institute of Mental Health (n.d.). *Any disorder among children*. Retrieved from

<http://www.nimh.nih.gov/health/statistics/prevalence/any-disorder-among-children.shtml>.

Ryff, C. D., & Keyes, C. L. M. (1995). The structure of psychological well-being revisited. *Journal of*

*personality and social psychology*, 69(4), 719.

Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being.

*Journal of personality and social psychology*, 57(6), 1069.

The Kaiser Family Foundation State Health Facts. Child and Adolescent Health Measurement Initiative (n.d.).

*2011 National Survey of Children's Health, Data Resource Center for Child and Adolescent Health*.

Retrieved from [http://kff.org/other/state-indicator/child-access-to-mental-health-](http://kff.org/other/state-indicator/child-access-to-mental-health-care/)

<http://www2.ed.gov/about/offices/list/ocr/docs/edlite-FAPE504.html>

US Department of Education (2010). *Free appropriate public education for students with disabilities:*

*Requirements under Section 504 of The Rehabilitation Act of 1973*. Retrieved from

<http://www2.ed.gov/about/offices/list/ocr/docs/edlite-FAPE504.html>.

US Department of Health and Human Services; US Department of Education; US Department of Justice. *Report*

*of the Surgeon General's conference on children's mental health: A National action agenda*. Washington

(DC): US Department of Health and Human Services; 2000 (n.d.). Retrieved from

<http://www.ncbi.nlm.nih.gov/books/NBK44233/>.

World Health Organization (August, 2014). *Mental health: A state of well-being*. Retrieved from

[http://www.who.int/features/factfiles/mental\\_health/en/](http://www.who.int/features/factfiles/mental_health/en/).

World Health Organization (August 2014). *Mental health: Strengthening our response*. Retrieved from

<http://www.who.int/mediacentre/factsheets/fs220/en/>.