**MENTAL HEALTH CLINICS:**

**The Healing Collective**

Website: <https://www.thehealingcollectivepc.com>

1055 E. Colorado Blvd, Pasadena, CA 91106

They accept most insurance policies and are in-network with many providers.

**Aspire Therapy Center**

Website: <https://www.aspiretherapycenter.com/>

1151 El Centro, Suite B South Pasadena, CA 91030

They are in-network with Aetna and some clinicians accept Cigna. They can provide monthly superbills for PPO patients for possible reimbursement.

**Foothill Family Services**

They provide ongoing therapy for those insured through Medi-Cal AND they also provide 10 free sessions for those that do not have Medi-Cal insurance and need to access therapy.  If you want this option, you can contact your child’s SPMS or SPHS school counselor or TYB Social Worker to initiate the referral.

**Chinatown Service Center**

[www.cscla.org](http://www.cscla.org)

Phone: 213.808.1700

Email: [csc-info@cscla.org](mailto:csc-info@cscla.org)

They provide individual therapy and their office is in Alhambra.  You can call them directly or contact your child’s SPMS or SPHS counselor or TYB Specialist to initiate the referral. They accept Medi-Cal, Medicaid, Medicare, LA Care, Blue Shield of California, Promise Health Plan, Molina Health, Healthnet, and Anthem Blue Cross. If they don’t take your insurance, their services are also available on sliding fee scale determined by income and family size.

**USC School of Social Work Telehealth Therapy**  
<https://sowkweb.usc.edu/about/centers-affiliations/telehealth>  
USC School of Social Work  
(866) 740-6502

Twelve free sessions of **virtual** mental health services, regardless of insurance status. Visit the website to initiate the referral process.

**Institute for Girls Development**

Website: http://www.instituteforgirlsdevelopment.com

Address: 95 N. Marengo Avenue, Suite 100, Pasadena, CA 91101

Individual and group therapy specializing in teenage girls. They do not accept insurance and can provide superbills to possible insurance reimbursement.

**Mind Study Center**

Website: <https://mindstudycenter.com/>

Address: 595 E. colorado Bl., Suite 810, Pasadena, CA 91101

They do not accept insurance and can provide superbills to possible insurance reimbursement.

**PRIVATE PRACTICE PRACTITIONERS:**

**Donna DeFazio, PsyD, LCSW**

email: [defazio.donna@gmail.com](mailto:defazio.donna@gmail.com)

67 W. Dayton

Pasadena, CA 91105

(626) 826-3056

\* Specializes in adolescents, Adults, Children, Family. Does not take insurance.

**Liz Morasso, LCSW**

Website: <https://www.lizmorassolcsw.com/>

Phone: 310-439-9854

Email: [lizmorassolcsw@gmail.com](mailto:lizmorassolcsw@gmail.com)

\*Private online psychotherapy practice for adults, children 12+, and families with children 12+ dealing with chronic illness, chronic pain, grief, depression, anxiety, life transitions, etc. Currently in network with Cigna, United, Aetna, and Oscar.

**John Sovec, MA, LMFT**

<https://johnsovec.com/>

16 N. Marengo, Suite 318

Pasadena, CA 91101

(626) 374-7046

**Mila Renken, MA, LMFT**

<https://mila-renken.squarespace.com/>

909 Oliver Street

South Pasadena, CA 91030

(626) 755-7740

**Linda Esposito, LCSW**

[http://www.southpasadenatherapist.net](http://www.southpasadenatherapist.net/)

595 E. Colorado Blvd.

Pasadena, CA 91101

(626) 710-6578

**Alison Picard, MA, AMFT**

<https://www.alisonpicardtherapy.com/>

1125 Colorado Blvd.                                           

Eagle Rock, CA 90041

(213) 282-7025

**Heather Halpern, MSW, LCSW**

[http://www.southpasadenatherapy.com](http://www.southpasadenatherapy.com/)

1499 Huntington Drive, Suite 308

South Pasadena, CA 91030

(626) 797-3666

**KAISER MENTAL HEALTH SERVICES**

For people insured through Kaiser, you can access mental health support through your insurance by either calling (833) 579-4848 or by visiting <https://healthy.kaiserpermanente.org/southern-california/health-wellness/mental-health/service>. To move forward with an online assessment, you will need to have an Kaiser profile. Additionally, Kaiser uses the Ginger App for 24/7 text support. You can find more information about that at the link above.

**MENTAL HEALTH DIRECTORIES**

The below websites are search engines that house a directory of therapists based on insurance, and they work with most major insurance companies. Most providers are virtual but there is also the option to search for in-person therapy.

growtherapy.com

zencare.co

betterhelp.com

headway.co

soultenders.com

helloalma.com

**PSYCHOLOGICAL AND PSYCHOEDUCATIONAL ASSESSMENTS**

**Barbara Hoskins & Associates**

http://www.barbarahoskins.com

595 E. Colorado Blvd., Suite 508 Pasadena, CA 91101

**Ken Herman & Associates**

https://www.docherman.com

1137 Huntington Drive, Building A South Pasadena, CA 91030

**VIDA Artes**

[www.vidaartes.com](http://www.vidaartes.com)

1605 Hope Street, Suite 100, South Pasadena, CA 91030

Along with Psychological Evaluations, Vida Artes offers a variety of services for the neurodivergent population. Services include Social Skills groups, Individual Therapy, Family Therapy, Coaching and Support Groups.

**PSYCHIATRISTS**

**San Marino Psychiatric Associates**

Website: http://www.sanmarinopsych.com/index.html

Address: 2400 Mission Street, San Marino, CA 91108  
Phone: (626) 403-8999  
Services include Psychiatric evaluation and medication consultation

**INTENSIVE OUTPATIENT PROGRAMS (IOP) & PARTIAL HOSPITALIZATION PROGRAMS (PHP)**

**ROWI Teen & Parent Centers**<https://rowiteen.com>

ROWI is located in Pasadena and offers in-person IOP and PHP programs and works with most major insurance companies.

**Charlie Health**

[www.charliehealth.com](http://www.charliehealth.com)

1(866) 484-8218

Charlie Health is a virtual IOP program that works with most major insurances. Intensive services include curated therapeutic groups, individual therapy and family therapy. Their virtual IOP approach accommodates a flexible schedule and personalized treatment. Additionally, the offer a variety of free parent support groups based on a variety of topics. You can make a referral yourself or ask your TYB Specialist on campus to make a referral or reach out to our Senior Outreach Manager Jasmine Medina at [jasmine.medina@charliehealth.com](mailto:jasmine.medina@charliehealth.com) or call 424-350-8735

**Oakwood Family Institute**

<https://oakwoodtreatment.com>

**Resnick Neuropsychiatric Hospital**

<https://www.uclahealth.org/hospitals/resnick/partial-hospitalization-intensive-outpatient/child-adolescent-partial-hospitalization-intensive/abc-partial-hospitalization-program-php>

They have three PHP programs and one IOP program. Areas of specialty are adolescent and child mental health, autism and OCD.

**Rogers Behavioral Health**

[rogersbh.org/locations/los-angeles-ca](http://rogersbh.org/locations/los-angeles-ca)

**Insight Pasadena**

<https://insighttreatment.com/contact/pasadena-location/>

**Discovery Mood & Anxiety Program**

<https://discoverymood.com/treatment-program/adolescent/>

**Key Healthcare**

<https://keyhealthcare.com/teen-treatment-programs/adolescent-intensive-outpatient-treatment/>

**Visions Adolescent Treatment Centers**

<https://visionsteen.com/intensive-outpatient-program-for-adolescents/>

**L.A. Teen Outpatient Center**

<https://www.latopcenter.com>

**MENTAL HEALTH REFERRAL SUPPORT**

**Care Solace**

This is not a clinic. SPUSD pays for this concierge service to help families in our district find mental health services that work with your insurance. You can call or visit their website to initiate a referral.

Phone: 888.515.0595

Website: https://www.caresolace.com/site/spusd