

# MENTAL HEALTH RESOURCE GUIDE

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# INTRODUCTION

According to the 2015 Orange County Community Health Assessment, “mental health refers to a wide range of conditions that affects one’s mood, thinking and behavior.<sup>1</sup>” After the assessment, Orange County chose to make mental health and substance abuse a priority for improvement.

By 2035, the number of people age 60 and over is expected to double in size to almost 44,000 in Orange County<sup>2</sup>. Table 1 (below) shows the percentage of projected population change. As the number of older adults in Orange County increases, so too will the need for mental health professionals and services that specialize in the unique issues related to that population.

Table 1. Orange County Age Projections

Ages	2015		2035		% Change (2015-2035)
	#	%	#	%	
<b>Total</b>	140,144		171,058		22%
0-17	26,906	19%	28,677	17%	7%
18-44	59,694	43%	69,384	41%	16%
45-59	27,979	20%	29,376	17%	5%
60+	25,565	18%	43,621	26%	71%
65+	17,180	12%	35,096	21%	104%
85+	1,799	1%	5,212	3%	190%

The American Psychological Association anticipates that the number of older adults with mental health concerns will increase to about 15 million by 2030, up from 4 million in 1970<sup>3</sup>. Figure 1 shows that 15% of older adults in the county were estimated to have

depression in 2015 – a slight increase from previous years and slightly higher than peer counties and North Carolina as a whole. Depression and other mental health concerns are not only associated with health conditions such as heart disease, stroke, and diabetes, but also complicate their treatment. While treatment for mental health is clearly an important part of overall wellness for older adults, community listening sessions found that access to mental health care in the County is of concern to residents.<sup>4</sup>

Figure 1. Substance Abuse and Mental Health At-A-Glance

Older Adult Mental Health	Progress Icon	Orange County		Trend		Compare to		
		Current	Target	Previous	Progress	Peer	NC	US
% Older Adults with Depression		15.0%	NA	14.8%	SAME	11.9%	13.7%	13.6%
Alzheimer’s Age-Adj Mortality Rate		26.5	NA	27.4	SAME	15.8	29.2	26.8
Alzheimer’s Crude ED Rate per 10,000 person-yrs		10.6	NA	7.5		6.9	16.6	NA

<sup>1</sup> <https://www.orangecountync.gov/DocumentCenter/View/962/2015-Community-Health-Assessment---Full-Report-PDF>

<sup>2</sup> <https://www.aarp.org/content/dam/aarp/livable-communities/livable-documents/documents-2018/action-plans/orange-north-carolina-action-plan-2017.pdf>

<sup>3</sup> <https://www.apa.org/advocacy/health/older-americans>

<sup>4</sup> <https://www.orangecountync.gov/DocumentCenter/View/895/Data-Reflection-Slides-PDF>

Luckily, Orange County has much to offer its older adults residents in terms of mental wellness. This Mental Wellness Resource Guide was produced by the Mental Wellness Senior Resource Team of the Orange County Department on Aging (OCDOA) to help older adults navigate to mental health services that might be of use to them. It is similar to a directory produced by the Mental Health America of the Triangle published in 2015. The purpose of this Guide is to help individuals and their caretakers identify and access currently available mental health services in Orange County.

This guide includes a compilation of available mental health services in the County, including non-profit, university-affiliated, and hospital-based groups. Mental health clinics or organizations that provide therapy, treatment, and/or support groups are also included in this document. There are a large number of private providers in Orange County and it is not the intent of this document to list all of them. This Directory does provide guidance about how to identify and contact private practitioners. Mention of any individual or group does not imply an endorsement of any specific provider.

Resources identified in this document were compiled over a three month period at the beginning of 2019. Over time, it is likely that some resources mentioned may no longer be available or new resources may evolve. The Mental Wellness Senior Resource Team plans to update the information in this document on an annual basis. Such updates will be made available on the OCDOA website at <http://www.orangecountync.gov/154/Aging>. Feedback, especially as it relates to updating or correcting the information contained in this document, is welcome.

The dedication and expertise provided by mental health professionals and organizations in Orange County is gratefully acknowledged. Their efforts have increased the quality of life for innumerable individuals and care-givers over the years. The Mental Wellness Senior Resource Team hopes that this document will be a useful guide to resources for individuals and caregivers dealing with mental wellness concerns.

# MENTAL HEALTH PROVIDERS

## Organizations

Below is a list of local organizations that accept Medicare, as well as other insurance policies. Always contact a provider directly to see if they will accept your insurance.

**Agency/Provider Name:** Carolina Behavioral Care

**Address:** 209 Millstone Drive, Suite A, Hillsborough

**Phone:** 919-245-5400

**Website:** <https://carolinabehavioralcare.com/>

**Service(s) Offered:** Carolina Behavioral Care is a comprehensive behavioral health clinic providing a full spectrum of psychiatric, psychological and substance abuse services. As a physician-directed clinic, they have provided high quality clinical services in North Carolina since 1982. Services include comprehensive psychiatric assessment; psychotherapy; pharmacotherapy; psychological testing services; motivational interviewing; substance abuse treatment for the full range of addictive disorders; buprenorphine treatment for opioid dependence; ketamine treatment; office-based, medically supervised detoxification; chemical dependency counseling; and neurofeedback.

**Payment/Insurance:** private insurance; Medicaid; Medicare

**Other considerations:** other locations available; works with older adults

**Agency/Provider Name:** Carolina Partners in Mental HealthCare

**Address:** 1502 W NC Hwy 54, Suite 103, Durham; providers in Chapel Hill and Carrboro, as well as other Triangle locations

**Phone:** 919-929-9610

**Website:** <https://carolinapartners.com/>

**Service(s) Offered:** Carolina Partners provides compassionate mental health care throughout North Carolina by offering quality psychiatric, psychological and therapeutic services. Professional associates have experience dealing with virtually every mental health care issue. They utilize a multi-disciplinary approach that assures every client the absolute best treatment currently available. More information about treatment areas and options can be found here:

<https://carolinapartners.com/mental-illness-treatment/>

**Payment/Insurance:** accepts most insurance and managed care plans

**Other considerations:** multiple locations available; works with older adults

**Agency/Provider Name:** Freedom House Recovery Center

**Address:** 104 New Stateside Drive, Chapel Hill

**Phone:** 919-942-2803

**Website:** <https://freedomhouserecovery.org/>

**Service(s) Offered:** Freedom House provides services and treatments to children ages 3 and up, adolescents, women and men, as well as family therapies. Services include detoxification, mobile crisis management and facility-based crisis services, short and long-term residential rehabilitation/halfway houses, intensive outpatient, criminal justice resource center, aftercare, psychiatric evaluation and medication management, integrated primary medical health care, and community intervention support.

**Payment/Insurance:** Blue Cross Blue Shield; Medicaid; Medicare; bills all private insurance

**Other considerations:** also provides crisis services and pro bono counseling services; works with older adults

**Agency/Provider Name:** Greenbrook TMS NeuroHealth Centers - Chapel Hill

**Address:** 1470 Environ Way, Chapel Hill

**Phone:** 855-940-4867

**Website:** <https://www.greenbrooktms.com/locations/chapel-hill>

**Service(s) Offered:** Since opening a flagship Center in McLean, Virginia in 2011, Greenbrook TMS has provided more than 220,000 TMS treatments to over 6,000 patients struggling with depression. Operating through 65 Company-operated treatment centers, Greenbrook TMS is a leading provider of Transcranial Magnetic Stimulation (TMS). TMS is an FDA-cleared, non-invasive therapy for the treatment of Major Depressive Disorder (MDD) and other mental health disorders in the United States. TMS therapy provides local electromagnetic stimulation to specific brain regions known to be directly associated with mood regulation.

**Payment/Insurance:** TMS Therapy is covered by all major insurance companies, including United Healthcare, Blue Cross Blue Shield, Cigna, Aetna, Tricare, and others. Medicare & Medicaid accepted at various locations.

**Other considerations:** works with older adults

**Agency/Provider Name:** HRC Behavioral Health & Psychiatry, PA

**Address:** 100 Europa Drive, #260, Chapel Hill

**Phone:** 919-929-1227

**Website:** <http://www.hrc-pa.com/>

**Service(s) Offered:** HRC is one of the oldest and largest clinical practice groups in the southeast. Today HRC is a comprehensive, multi-disciplinary group practice of psychologists, psychiatrists,

social workers, and marriage and family therapists offering quality mental health services in the Triangle. Visit the website for specialty areas: <http://www.hrc-pa.com/services/clinical-specialty-areas/>

**Payment/Insurance:** call the office for more information

**Other considerations:** works with older adults

**Agency/Provider Name:** NC Neuropsychiatry Attention & Memory Centers

**Address:** 1829 E Franklin Street, Building 400, Chapel Hill

**Phone:** 919-933-2000

**Website:** <http://www.ncneuropsych.com/>

**Service(s) Offered:** The focus is on restoring independence, wellness and peace of mind to our patients struggling with mental illness through clinical evaluation and compassionate rehabilitation. The organization is dedicated to providing the specialized treatment patients need to live happier, healthier lives. They do not provide therapy services in the practice, but work closely with professional therapists in the community. Services include psychological testing and neuropsychology and medico-legal services.

**Payment/Insurance:** private insurance; Medicaid; Medicare

**Other considerations:** works with older adults

**Agency/Provider Name:** Silver Linings – Senior Counseling of NC

**Address:** 1250 SE Maynard Road, Suite 204, Cary

**Phone:** 919-948-7718

**Website:** [www.silverliningsnc.com](http://www.silverliningsnc.com)

**Service(s) Offered:** Silver Linings specializes in counseling the elderly and also offer counseling and support services to their caregivers. These services include individual and group counseling sessions, grief and loss support, and cognitive evaluation and counseling. Whether living in an Assisted Living Facility, Retirement Community, or somewhere else, please reach out. They offer on and off-site services to meet the needs of the individual.

**Payment/Insurance:** Medicare; Blue Cross Blue Shield; other major insurance programs

**Other considerations:** works with older adults; provides in-home treatment

**Agency/Provider Name:** University of North Carolina at Chapel Hill Providers and UNC Physicians Network

**Address:** 101 Manning Drive, Chapel Hill

**Phone:** 984-974-1000

**Website:** <https://www.uncmedicalcenter.org/uncmc/care-treatment/mental-health/>

**Service(s) Offered:** At UNC Medical Center, psychiatric services focus on providing comprehensive clinical care to all of our patients, from the youngest child to the oldest adult.

Inpatient and outpatient services provide care for all psychiatric disorders, including eating disorders and women’s mood disorders. Providers utilize a number of different treatment techniques all aimed at providing tailored care for each patients. Services include: adult psychiatry; child & adolescent psychiatry; alcohol and substance abuse; Beacon Child & Family Program; community mental health; eating disorders; Forensic Psychiatry Program & Clinic; UNC Horizons Program for Women; UNC mental health specialists; Women's Mood Disorders Center; and Wake County services.

**Payment/Insurance:** private insurance; Medicaid; Medicare

**Other considerations:** works with older adults; services available at various locations

## Private Practice

The easiest way to find a person working in private practice who accepts Medicare is to use the Psychology Today website: <https://www.psychologytoday.com/us>. From there, you can filter by location (choose your city), insurance (choose Medicare or whatever insurance you use), and age (choose adults or elders). You will be provided with a listing of local providers who accept your insurance, and will be able to read their biographies and find their contact information.

# SUPPORT GROUPS

## Mental Health Support Groups

**Agency/Provider Name:** Alcoholics Anonymous – Late Bloomers

**Address:** Seymour Center, 2551 Homestead Road, Chapel Hill

**Phone:** 919-968-2070

**Website:** See the Senior Times under “Support Groups” for listings

(<http://www.orangecountync.gov/187/Senior-Times-Resource-Guide-E-Newsletter>)

**Service(s) Offered:** The meeting of Alcoholics Anonymous (AA) is intended to help seniors explore their drinking difficulties in an understanding environment that relies on AA’s proven 12-step approach. Particular attention will be given to the early phases of recovery. This is an open meeting of Alcoholics Anonymous that nonalcoholic people may attend. This group meets on Wednesdays at 3pm.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** Duke Home Care and Hospice Bereavement Support Groups

**Address:** 4321 Medical Park Drive, Suite 101, Durham

**Phone:** 919-644-6869

**Website:** <https://dhch.duhs.duke.edu/bereavement-services/support>

**Service(s) Offered:** Duke Hospice's bereavement program offers a variety of bereavement support groups to help break down isolation, bringing survivors together to share their common sorrows and unique strengths in an atmosphere of mutual acceptance and encouragement. Support groups provide education and support for participants, but are not intended to be therapy sessions. Participation is limited to one group at a time, though persons may attend sequential groups for up to one year. A waiting period of three months following the death is recommended before registering for a support group. Support groups are time-limited (usually eight consecutive weeks) and have the same persons attending each week. Pre-registration is required, and participants are expected to commit to attending all sessions. The Grief Support groups are appropriate following the death of a loved one. They also offer loss-specific groups which focus on: loss of a spouse; loss of a parent; loss of a child; and grieving families (for children and their surviving caregivers). In addition, there are Holiday Hurt workshops for adults and children to help survivors cope with the winter holiday season.

**Payment/Insurance:** \$25 (does not apply to family members who were served by Duke Hospice; can be adjusted for others if necessary)

**Other considerations:** works with older adults

**Agency/Provider Name:** Feeling Depressed Support Group

**Address:** Passmore Center, 103 Meadowlands Drive, Hillsborough

**Phone:** 919-245-2015

**Website:** See the Senior Times under "Support Groups" for listings

(<http://www.orangecountync.gov/187/Senior-Times-Resource-Guide-E-Newsletter>)

**Service(s) Offered:** Do you or a loved one feel depressed? Come talk with others, learn more, and be a part of this support group. This group is facilitated by Kathryn Helene. This group meets the second Monday of each month from 10am-12pm.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** Feeling Depressed Support Group

**Address:** Seymour Center, 2551 Homestead Road, Chapel Hill

**Phone:** 919-968-2070

**Website:** See the Senior Times under "Support Groups" for listings

(<http://www.orangecountync.gov/187/Senior-Times-Resource-Guide-E-Newsletter>)

**Service(s) Offered:** Do you or a loved one feel depressed? Come talk with others, learn more, and be a part of this support group. Discussion is facilitated by Kathryn Helene. This group meets the second Tuesday of each month from 1:30-3pm.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** Grief and Bereavement Support Group

**Address:** Chapel Hill and Pittsboro

**Phone:** 984-215-2650

**Website:** <https://www.uncmedicalcenter.org/uncmc/care-treatment/hospice/grief-and-bereavement-support/>

**Service(s) Offered:** Groups are held periodically throughout the year in both Chapel Hill and Pittsboro. They typically run 8 consecutive weeks. Many bereaved clients find them helpful because they meet with others with whom they can truly share their thoughts and feelings. Each person's grief is unique, but group members share many commonalities that give them solace and strength. To learn more, please contact Gail Smith at [cynthia.smith@unchealth.unc.edu](mailto:cynthia.smith@unchealth.unc.edu).

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** Growing Through Grief Support Programming

**Address:** St. Paul's Lutheran Church, 1200 West Cornwallis Road, Durham

**Phone:** 919-967-2596 or 919-459-2638

**Website:** <http://www.growingthrugrief.org/>

**Service(s) Offered:** From 4:00-4:30 p.m., there is an opportunity to socialize with other participants over refreshments. The grief support programming begins at 4:30 p.m. and lasts until 6:00 p.m. This may begin with either a 15-20 minute presentation on a grief-related topic or with a topic for discussion suggested by a facilitator, followed by small group sharing and conversation. Each group has 2 trained facilitators. After the small group sessions, there is a full group for a brief closing conversation. In the Fall and the Spring of each year, a 6-week core educational series on grief is offered around key issues faced during the grieving process, debunking myths about grief, and welcoming all into a safe, nonjudgmental community for sharing their thoughts about and experiences with grief.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** National Alliance on Mental Illness (NAMI) Connection Recovery Support Group

**Address:** University Presbyterian Church, 209 East Franklin Street, Chapel Hill

**Phone:** 919-929-7822

**Website:** <https://namiorangenc.namieasysite.com/event-details/?ee=1820>

**Service(s) Offered:** This group is for adults with mental illness. No registration is required and you can join at any time. The entrance is located on an alley adjacent to the TRU Restaurant on Henderson Street. There is also another alley leading from Rosemary Street across from #207 which is closer to the parking lot. The group meets in Room 108 (Stephen's Ministry Room). This group meets on the third Wednesday of each month from 6:30-8:00pm.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** National Alliance on Mental Illness (NAMI) Family Support Group

**Address:** Christ United Methodist Church Office Building, 105 Market Street, Chapel Hill

**Phone:** 919-929-7822

**Website:** <https://namiorangenc.namieasysite.com/event-details/?ee=1844>

**Service(s) Offered:** This group is for family caregivers of individuals with severe mental illnesses. No registration is required and you can join at any time. This group meets on the first Wednesday of each month from 12:00-1:30pm.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** National Alliance on Mental Illness (NAMI) Family Support Group

**Address:** Seymour Center, 2551 Homestead Road, Chapel Hill

**Phone:** 919-929-7822

**Website:** <https://namiorangenc.namieasysite.com/event-details/?ee=1832>

**Service(s) Offered:** This group is for family caregivers of individuals with severe mental illnesses. No registration is required and you can join at any time. This group meets on the second Tuesday of each month from 7:00-8:30pm.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** Self-Esteem Support Group

**Address:** Call the Support Group Coordinator for locations.

**Phone:** 919-968-4610

**Website:** <https://compassctr.org/get-help/support-groups/>

**Service(s) Offered:** This 8-week group is open to women who want to work on building their self-esteem and encourage others in their own journey of personal growth. The focus of the group will be to provide support, encouragement, and information in a safe, nurturing, and

confidential environment. Topics discussed in the group include self-compassion, self-care, and building connections with others. A screening interview is required to determine if the group is a good fit at the present time. Screenings for this group are ongoing. Call 919-929-3872 or [groups@compassctr.org](mailto:groups@compassctr.org) for more information.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults; exclusively for women

## Other Support Groups

**Agency/Provider Name:** ALS Caregiver Support Group – Triangle Area (Raleigh, Durham, Chapel Hill)

**Address:** American Legion Building, 4 North Blount Street, Suite 200, Raleigh

**Phone:** 877-568-4347, x241

**Website:** [http://webnc.alsa.org/site/PageNavigator/NC\\_8\\_SupportGroups.html](http://webnc.alsa.org/site/PageNavigator/NC_8_SupportGroups.html)

**Service(s) Offered:** This support group is for active caregivers of someone living with ALS. It is hosted at the North Carolina Chapter Office and facilitated by Lisa Hoskins, LCSW ([lisa@alsnc.org](mailto:lisa@alsnc.org)). This group meets on the third Monday of each month from 6:30-8:00pm.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** ALS Resource Support Group – Triangle Area (Raleigh, Durham, Chapel Hill)

**Address:** American Legion Building, 4 North Blount Street, Suite 200, Raleigh

**Phone:** 919-390-0120

**Website:** [http://webnc.alsa.org/site/PageNavigator/NC\\_8\\_SupportGroups.html](http://webnc.alsa.org/site/PageNavigator/NC_8_SupportGroups.html)

**Service(s) Offered:** This support group is for those living with ALS, family, and friends. It is hosted at the North Carolina Chapter Office and facilitated by Margie Petrakis, RRT, RN ([margie@alsnc.org](mailto:margie@alsnc.org)). This group meets on the second Sunday of each month from 2:30-4:00pm.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** Caregivers' Insight Support Group

**Address:** Passmore Center, 103 Meadowlands Drive, Hillsborough

**Phone:** 919-245-2015

**Website:** See the Senior Times under "Support Groups" for listings (<http://www.orangecountync.gov/187/Senior-Times-Resource-Guide-E-Newsletter>)

**Service(s) Offered:** Meet with other caregivers to share experiences, learn new skills, and get answers to questions about dementia and other long-term disabilities. Group is open, friendly and informal. Registration is not required, but recommended one week prior to your first meeting. To register and to get more information about the group and caregiving in general call 919-968-2087. This group meets the second and fourth Thursday of each month from 1-2:30pm. (Some days are on altered schedule or canceled due to Holidays.)

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** Caregivers' Insight Support Group

**Address:** Seymour Center, 2551 Homestead Road, Chapel Hill

**Phone:** 919-968-2070

**Website:** See the Senior Times under "Support Groups" for listings

(<http://www.orangecountync.gov/187/Senior-Times-Resource-Guide-E-Newsletter>)

**Service(s) Offered:** Meet with other caregivers to share experiences, learn new skills, and get answers to questions about dementia and other long-term disabilities. Group is open, friendly and informal. Registration is not required, but recommended one week prior to your first meeting. To register and to get more information about the group and caregiving in general call 919-968-2087. This group meets the second and fourth Friday of each month from 10:30am-12pm. (Some days are on altered schedule or canceled due to Holidays.)

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** Chapel Hill Aphasia Group

**Address:** Center for Rehabilitation Care, 1807 North Fordham Boulevard. Chapel Hill

**Phone:** 919-650-3854

**Website:** <https://www.aphasiaproject.org/program-info/group-descriptions/>

**Service(s) Offered:** TAP Unlimited hosts communication groups around the Triangle area of North Carolina. These one-hour therapy groups address all language modalities (reading, writing, listening and speaking) while providing topical, social communication essential to an individual's engagement goals. These groups offer individuals a supportive environment to practice language and speech skills and consist of, generally six to ten participants of varied ages, backgrounds, and types of aphasia. The Aphasia Groups are facilitated by a speech-language pathologist and volunteers trained in "Learning to Speak Aphasia." This group meets on Thursdays from 1:30-2:30pm.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** Daughters Concerned for Aging Relatives Support Group

**Address:** Duke Clinic Building, 40 Duke Medicine Circle, Room 3512, Blue Zone, Durham

**Phone:** 919-660-7510

**Website:** <http://www.dukefamilysupport.org/wp-content/uploads/2018-Daughters-Group.pdf>

**Service(s) Offered:** Daughters Concerned for Aging Relatives is open to anyone who is a daughter, daughter-in-law, or granddaughter concerned about issues regarding aging relatives. No RSVP necessary. This group meets on the last Wednesday of each month at 12pm.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** Divorce and Separation Support Group

**Address:** Call the Support Group Coordinator for locations.

**Phone:** 919-968-4610

**Website:** <https://compassctr.org/get-help/support-groups/>

**Service(s) Offered:** This 8-week support group is for individuals who have gone through or are currently going through divorce or separation. There is a nominal sliding-scale fee for this group. The group is held several times a year and is facilitated by two trained and experienced volunteers. Free childcare is provided.

**Payment/Insurance:** sliding scale

**Other considerations:** works with older adults

**Agency/Provider Name:** Domestic Violence Support Group

**Address:** Call the Support Group Coordinator for locations.

**Phone:** 919-968-4610

**Website:** <https://compassctr.org/get-help/support-groups/>

**Service(s) Offered:** This is a free 8-week group for survivors of domestic violence who are experiencing or have experienced any kind of intimate partner abuse including emotional abuse, physical abuse, verbal abuse, economic abuse, sexual abuse, psychological abuse, etc. In order to promote trust, safety, confidentiality, and consistency in the group it is asked that members attend each session. For the same reason, new members are not added after a certain point. Anyone interested in joining a group can meet with a facilitator for an individual interview to learn more and to decide if the group is a good fit. In addition to talking about abuse in relationships in general, groups often choose to talk about issues or feelings in more depth; for example: self-esteem, boundary setting, safety, effects of abuse on children, healthy relationships, coping skills, etc. This group is held at least four times a year and is facilitated by experienced and trained volunteers. Free childcare is provided.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** Durham Multiple Sclerosis Evening Self-Help Group

**Address:** John F. Kennedy Towers Apartment Building, 4900 North Roxboro Street, Durham

**Phone:** 1-800-344-4867

**Website:** <https://www.nationalmssociety.org/Chapters/NCT/Groups-and-Discussions/Programs/Durham-Evening-Self-Help-Group>

**Service(s) Offered:** Self-help groups provide a chance for individuals with MS, their families, friends and other care partners to share common experiences and concerns, provide and receive emotional support, obtain information related to the disease and on various aspects of living and coping with MS. Groups are led by people with MS. This group meets on the third Thursday of each month from 6:00-7:30pm.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** Frontotemporal Degeneration (FTD) Support Group

**Address:** Burlington/Mebane area

**Phone:** 919-632-8083

**Website:** See the Senior Times under "Support Groups" for listings

(<http://www.orangecountync.gov/187/Senior-Times-Resource-Guide-E-Newsletter>)

**Service(s) Offered:** A regional support group for caregivers with a loved one diagnosed with Frontotemporal Degeneration. For more information about the group, contact Kathy LaFone (919-632-8083 or [timlafone@yahoo.com](mailto:timlafone@yahoo.com)) and before attending for the first time. This group meets on the third Tuesday of each month.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** Hearing Loss Support Group

**Address:** Call the facilitator to learn more.

**Phone:** 919-622-8467

**Website:** See the Senior Times under "Support Groups" for listings

(<http://www.orangecountync.gov/187/Senior-Times-Resource-Guide-E-Newsletter>)

**Service(s) Offered:** Sponsored by the Hearing Loss Association of Chapel Hill. Call Ruth Miller to learn more.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** Life After A Stroke Support Group

**Address:** Passmore Center, 103 Meadowlands Drive, Hillsborough

**Phone:** 919-245-2015

**Website:** See the Senior Times under “Support Groups” for listings

(<http://www.orangecountync.gov/187/Senior-Times-Resource-Guide-E-Newsletter>)

**Service(s) Offered:** Join stroke survivors and caregivers in this support group. Share experiences and learn about resources and supports in the community that can help you or your loved one live their best life. This group is facilitated by Jeff Charles, a stroke survivor. This group meets the third Thursday of each month from 1-2pm.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** Life After A Stroke Support Group

**Address:** Seymour Center, 2551 Homestead Road, Chapel Hill

**Phone:** 919-968-2070

**Website:** See the Senior Times under “Support Groups” for listings

(<http://www.orangecountync.gov/187/Senior-Times-Resource-Guide-E-Newsletter>)

**Service(s) Offered:** Join stroke survivors and caregivers in this support group. Share experiences and learn about resources and supports in the community that can help you or your loved one live their best life. This group is facilitated by Jeff Charles, a stroke survivor. This group meets the third Tuesday of each month from 1-2pm.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** Living with Metastatic/Advanced Cancer

**Address:** Caring House, 2625 Pickett Road, Durham, NC

**Phone:** 919-401-9333

**Website:** <http://www.cancersupport4u.org/services/support-services/support-groups/>

**Service(s) Offered:** Facilitated by Sue Schneider PhD, RN, AOCN, Director of Duke Graduate Oncology Nursing Program. It is a place to share conversation and support with people living with metastatic cancer. Common issues include living each day to the fullest, dealing with emotions as they come up, managing symptoms, talking about difficult topics, and making plans in the face of an uncertain future. Each session begins with a specific topic and concludes with an open discussion on any topics of interest to that day’s participants. Free parking! This group meets on the first and third Wednesday of each month from 3:00-4:30pm.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** Low Vision Support Group

**Address:** Seymour Center, 2551 Homestead Road, Chapel Hill

**Phone:** 919-560-8633

**Website:** See the Senior Times under “Support Groups” for listings

(<http://www.orangecountync.gov/187/Senior-Times-Resource-Guide-E-Newsletter>)

**Service(s) Offered:** Support group facilitated by Kim Tyler, Orange County’s Social Worker for the Blind. Call her for more information about groups at both Seymour and Passmore Centers (919-560-8633). This group meets on the first Tuesday of each month at 10am.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** Parkinson’s Disease Caregivers Open Discussion Group

**Address:** Seymour Center, 2551 Homestead Road, Chapel Hill

**Phone:** 919- 843-1657

**Website:** [www.chapelhillparkinsons.weebly.com](http://www.chapelhillparkinsons.weebly.com)

**Service(s) Offered:** Join family and friends who care for people with Parkinson’s disease in this support group. Share your experiences and learn new skills. This group is facilitated by UNC-CH Department of Neurology. For information contact the support group leader, Jessica Shurer, at 919-843-1657 or [jshurer@neurology.unc.edu](mailto:jshurer@neurology.unc.edu). This group meets on the first Tuesday of each month from 12:30-1:30pm.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** Parkinson’s Disease Patient Open Discussion Group

**Address:** Seymour Center, 2551 Homestead Road, Chapel Hill

**Phone:** 919- 843-1657

**Website:** [www.chapelhillparkinsons.weebly.com](http://www.chapelhillparkinsons.weebly.com)

**Service(s) Offered:** Join other people who have been diagnosed with Parkinson’s disease in this support group. Share your experiences and learn new skills. This group is facilitated by UNC-CH Department of Neurology. For information contact the support group leader, Jessica Shurer, MSW, LCSW, at 919-843-1657 or [jshurer@neurology.unc.edu](mailto:jshurer@neurology.unc.edu). This group meets on the first Tuesday of each month from 1:30-3pm.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** People with Oral, Head, and Neck Cancer Support Group

**Address:** Caring House, 2625 Pickett Road, Durham, NC

**Phone:** 919-401-9333

**Website:** <http://www.cancersupport4u.org/services/support-services/support-groups/>

**Service(s) Offered:** Facilitated by Lee James, MS, LPC and Dr. Sharon Taylor. Lee has 10 years of experience in community mental health, providing evidence based therapy and treatments. Lee specializes in Cognitive Behavioral Therapies (CBT), and is trained in Illness Management & Recovery (IMR), a model he seeks to implement in support groups here at Cornucopia. Sharon is a medical oncologist who recently retired from Duke University and a two time, 18 year survivor of head and neck cancer. This support group is for cancer patients/survivors. Free parking! Refreshments served. This group meets on the third Monday of each month from 6:00-7:00pm.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** Prostate Health and Education Group

**Address:** 1301 Fayetteville Street, Durham, Conference Room B

**Phone:** 919-956-4025

**Website:** <http://www.cancersupport4u.org/services/support-services/support-groups/>

**Service(s) Offered:** This group, facilitated by Larry Green, is for men with prostate health and cancer issues. It is hosted at Lincoln Community Health Center. This group meets on the second Tuesday of each month from 6:30-8:30pm.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** Pulmonary Hypertension (PH) Quarterly Meeting

**Address:** Seymour Center, 2551 Homestead Road, Chapel Hill

**Phone:** 919-542-1712

**Website:** See the Senior Times under "Support Groups" for listings

(<http://www.orangecountync.gov/187/Senior-Times-Resource-Guide-E-Newsletter>)

**Service(s) Offered:** Patients, family members, friends, and anyone who would like to learn more about this disease are welcome to come and participate in this quarterly meeting. For more information, call Peggy Leggett at 919-542-1712.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** Stroke Support Group

**Address:** UNC Center for Rehabilitation Care, 1807 North Fordham Boulevard, Chapel Hill

**Phone:** N/A

**Website:** <https://www.med.unc.edu/neurology/divisions/stroke/stroke-support-groups/>

**Service(s) Offered:** This group meets the second Wednesday of every month from 1-2pm. Contact Blaise Morrison by email at [Blaise\\_Morrison@med.unc.edu](mailto:Blaise_Morrison@med.unc.edu) for more information.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** Take Off Pounds Sensibly (TOPS) Support Group

**Address:** Passmore Center, 103 Meadowlands Drive, Hillsborough

**Phone:** 919-579-0672

**Website:** See the Senior Times under “Support Groups” for listings

(<http://www.orangecountync.gov/187/Senior-Times-Resource-Guide-E-Newsletter>)

**Service(s) Offered:** This weight loss support group is a non-profit and noncommercial organization. We'll help you reach your goals in a warm, caring support group for adults and children (age 7 +). Join us to help you have the pounds “fall” off. Contact Timothy Cyr at 919-579-0672 for more information. Weigh-in happens at 10am in the Wellness Room. This group meets on Tuesdays from 11am-12pm.

**Payment/Insurance:** First visit is free

**Other considerations:** works with older adults

**Agency/Provider Name:** UNC Caregiver's Support Group

**Address:** Duke Clinic Building, 40 Duke Medicine Circle, Room 3512, Blue Zone, Durham

**Phone:** 919-966-5500

**Website:** <https://uncwellness.com/calendar/meadowmont/>

**Service(s) Offered:** The UNC Health Care Caregivers’ Support Group is hosted in partnership with the Charles House and the UNC Center for Aging and Health Geriatrics Specialty Clinic. The UNC Caregivers’ Support Group’s mission is to provide support, education, and advocacy for caregivers. All caregivers are welcome. This group is facilitated by Paul Klever, Executive Director of Charles House, and Susan Chesser, RN, MPH, UNC Wellness Health Educator. For more information email [Susan.Chesser@unchealth.unc.edu](mailto:Susan.Chesser@unchealth.unc.edu). This group meets on the third Wednesday of each month from 12:00-1:30pm.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** Veteran Caregiver Connect

**Address:** Passmore Center, 103 Meadowlands Drive, Hillsborough

**Phone:** 919-245-2015

**Website:** <http://www.orangecountync.gov/154/Aging>

**Service(s) Offered:** A time to relax, and enjoy a cup of coffee/tea and conversation with fellow caregivers. This is a place for caregivers of Veterans to meet and socialize with other caregivers of Veterans in our community; relax and enjoy a complimentary cup of coffee or tea; and learn more about the benefits, resources, and services available to Veterans and caregivers of

Veterans offered by government and non-profit organizations. This group meets on the second Wednesday of each month from 9:00-10:00am.

**Payment/Insurance:**

**Other considerations:** works with older adults; works with Veterans

## SUBSTANCE ABUSE PROVIDERS

**Agency/Provider Name:** Cardinal Innovations

**Address:** 201 Sage Rd., Suite 300, Chapel Hill, NC 27514

**Phone:** 800-939-5911

**Website:** <https://www.cardinalinnovations.org/>

**Service(s) Offered:** If you or a loved one is in a crisis situation, call the crisis line at 1-800-939-5911. The line is open 24/7, and someone will pick up the phone within 30 seconds. Responders can recommend local Walk-In/Advanced Access Centers, Crisis Recovery Centers, or Comprehensive Community Clinics.

**Payment/Insurance:** Medicaid; private insurance

**Other Considerations:** works with older adults

**Agency/Provider Name:** El Futuro

**Address:** 2020 Chapel Hill Rd, #23, Durham, NC 27707

**Phone:** 919-688-7101 x600

**Website:** [www.elfuturo-nc.org](http://www.elfuturo-nc.org)

**Service(s) Offered:** Substance abuse evaluation and treatment for Latino immigrant families

**Payment/Insurance:** Medicaid; Medicare; Health Choice; other insurance

**Other Considerations:** works with older adults

**Agency/Provider Name:** Freedom House Recovery Center

**Address:** 110 New Stateside Drive, Chapel Hill, NC 27516

**Phone:** (919) 967-8844

**Website:** <http://freedomhouserecovery.org/adult-services/crisis-services/>

**Service(s) Offered:** Detoxification, from alcohol and/or drugs – social setting and non-hospital medical detoxification, providing 24-hour evaluation and withdrawal management, with emphasis on both medical supervision and peer and social support

**Payment/Insurance:** Blue Cross Blue Shield; Medicaid; Medicare; private insurance; sliding scale

**Other Considerations:** works with older adults

**Agency/Provider Name:** UNC Alcohol and Substance Abuse Outpatient Treatment Program

**Address:** 1101 Weaver Dairy Rd, Suite 102 & 103, Chapel Hill, NC 27514

**Phone:** 984-974-6320

**Website:** <https://www.uncmedicalcenter.org/uncmc/care-treatment/alcohol-and-substance-abuse/>

**Service(s) Offered:** In the recovery phase of treatment, you will learn about your disease and begin the psychological and spiritual healing process. Throughout your ASAP stay, staff will be working with you preparing for discharge and follow-up treatment. You will leave with detailed discharge plans, which are essential to your continued recovery.

**Payment/Insurance:** If you do not have insurance, please go to the appointment. Staff can help facilitate the process of applying for UNC's program for Charity Care.

**Other Considerations:** works with older adults

**Agency/Provider Name:** American Addiction Centers

**Address:** Raleigh, NC

**Phone:** (919) 642-3034 (free phone consultation)

**Website:** <https://americanaddictioncenters.org/advocates/michelle-mcdonald/>

**Service(s) Offered:** American Addiction Centers is a national behavioral healthcare provider focused on addiction treatment and rehabilitation, with 12 different treatment facilities including a residential level of care to outpatient. Staff includes expert drug addiction specialists, seasoned physicians and caring therapists.

**Payment/Insurance:** Private insurance; private pay

**Other Considerations:** works with older adults

**Agency/Provider Name:** Bright Heart Health Online Treatment

**Address:** 4030 Wake Forest Road, Raleigh, NC, 27609

**Phone:** 855-981-9339

**Website:** <https://www.brighthousehealth.com/>

**Service(s) Offered:** Bright Heart Health provides telemedicine treatment for opioid abuse, drug abuse, addiction, and eating disorders. Clients are treated by a multi-disciplinary team of psychiatrists, therapists, dietitians, and other experts through live, interactive video. Clients join individual and group sessions through their computer, tablet or smartphone from the privacy of their home or office.

**Payment/Insurance:** Medicaid; private insurance

**Other Considerations:** works with older adults

**Agency/Provider Name:** Holly Hill Hospital

**Address:** 3019 Falstaff Road, Raleigh, NC 27610

**Phone:** 919-587-8157

**Website:** <https://hollyhillhospital.com/>

**Service(s) Offered:** Provides short-term inpatient psychiatric and addictive disease treatment to North Carolinians of all ages.

**Payment/Insurance:** Medicare; private insurance

**Other Considerations:** works with older adults

**Agency/Provider Name:** R. J. Blackley Alcohol and Drug Abuse Treatment Center

**Address:** 100 H Street, Butner, NC 27509

**Phone:** (919) 575-7928

**Website:** <https://www.ncdhhs.gov/divisions/dsohf/rj-blackley-alcohol-and-drug-abuse-treatment-center>

**Service(s) Offered:** R.J. Blackley is one of three state operated North Carolina Alcohol and Drug Abuse Treatment Centers (ADATCs) specifically designed to provide inpatient treatment, psychiatric stabilization and medical detoxification for individuals with substance use and other co-occurring mental health diagnoses to prepare for ongoing community based treatment and recovery.

**Payment/Insurance:** Admission is available to any adult in the region regardless of financial resources or insurance status. Patients pay on a sliding scale according to their income.

**Other Considerations:** works with older adults

**Agency/Provider Name:** Welwynn Outpatient Center

**Address:** 7200 Falls Of Neuse Rd, Suite 300, Raleigh, NC 27615

**Phone:** (984) 244-0534 (free phone consultation)

**Website:** <http://welwynn.com/>

**Service(s) Offered:** Designed specifically for executives and professionals. The comprehensive model of care uses a bio-psycho-social disease philosophy of treatment, individualized to your needs. Outcome-driven approaches use evidence-based treatment and incorporates your feedback and progress to continually keep your most current needs prioritized, thus improving your prospects for a positive outcome.

**Payment/Insurance:** "Out-of-network" with insurance companies; private pay

**Other Considerations:** works with older adults

## CRISIS INTERVENTION SERVICES

**Always call 911 in the case of an emergency!**

**Agency/Provider Name:** Cardinal Innovations Healthcare (Access/Crisis Call Line and/or Mobile Crisis)

**Address:** Mobile

**Phone:** 800-939-5911

**Website:** <https://www.cardinalinnovations.org/Contact>

**Service(s) Offered:** If you or a loved one is in a crisis situation, call the crisis line at 1-800-939-5911. The line is open 24/7, and someone will pick up the phone within 30 seconds.

What to expect from our team when you call 1-800-939-5911:

- They will speak with you to understand your immediate needs.
- They can dispatch a mobile crisis team for face-to-face counseling and services.
- They can recommend local Walk-In/Advanced Access Centers, Crisis Recovery Centers, or Comprehensive Community Clinics.
- They can help you understand eligibility for you or a loved one.
- They can work with you to schedule an appointment with a provider. These appointments can be scheduled within seven days, depending on the urgency of the situation.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

**Agency/Provider Name:** Town of Chapel Hill Crisis Unit

**Address:** 828 M.L.K. Jr Blvd, Chapel Hill, NC 27514

**Phone:** 919-968-2806

**Website:** <https://www.townofchapelhill.org/town-hall/departments-services/police/specialty-units/crisis-unit>

**Service(s) Offered:** This unit responds to calls about psychiatric emergencies and suicide attempts, crime victims, family violence and child abuse, sexual assault, indecent exposure, interpersonal conflicts, and traumatic events.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults

## OTHER SERVICES

**Agency/Provider Name:** Dispute Settlement Center

**Address:** 302 West Weaver Street, Carrboro

**Phone:** 919-929-8800

**Website:** <http://www.disputesettlement.org/>

**Service(s) Offered:** Celebrating 40 years as the first community mediation center in North Carolina, the Dispute Settlement Center now serves nearly 3,000 people a year. DSC offers services to the entire community without regard to ability to pay. The mission is to promote and bring about the peaceful settlement of disputes and to prevent the escalation of conflict through mediation, conciliation, facilitation, and training. They provide Elder Care Mediation to adult children and family members to support them to work together to plan life changes or discuss estate matters. No legal advice can be provided in mediation.

**Payment/Insurance:** contact for more information

**Other considerations:** works with people of all ages; Elder Care Mediation

**Agency/Provider Name:** Pro Bono Counseling Network

**Address:** 104 New Stateside Drive, Chapel Hill, NC 27516

**Phone:** 1-919-942-2803 ext. 244

**Website:** <https://freedomhouserecovery.org/adult-services/free-counseling-services/>

**Service(s) Offered:** Through our Pro Bono Counseling Network, Freedom House recruits area therapists to provide free short-term counseling to underinsured or uninsured people in Orange, Durham, Chatham and Person counties and who are in need of services. Up to 8 free counseling sessions are offered – often enough to get a person back on their feet and feeling much better. Potential clients are screened and referred to a “best match” therapist. If an individual is not eligible for free counseling services referrals are provided so they can find the help they need.

**Payment/Insurance:** N/A

**Other considerations:** works with older adults



Seymour Center  
2551 Homestead Road  
Chapel Hill, NC 27516  
919-245-4278

Passmore Center  
103 Meadowlands Drive  
Hillsborough, NC 27278  
919-245-2015

Aging Helpline: 919-968-2087  
<https://www.orangecountync.gov/154/Aging>