

JEFFERSON COUNTY

CHILDREN'S MENTAL HEALTH SUPPORTS

Results from Mental Health Service Mapping Survey Submissions Received March–April of 2024. Survey is still open and receiving responses. Share this QR code with mental health providers so that they can complete the survey and be included.



THERAPEUTIC TREATMENTS AVAILABLE TO CHILDREN AND FAMILIES IN JEFFERSON COUNTY

- Child Parent Psychotherapy
- Parent Child Interaction Therapy
- Trauma Focused Cognitive Behavioral Therapy
- Play Therapy
- Dialectical Behavioral Therapy
- Cognitive Behavioral Therapy
- Acceptance & Commitment Therapy
- EMDR with Adults
- EMDR with Children
- Child Parent Relationship Therapy
- Family Therapy
- Person Centered Therapy
- Circle of Security Parenting
- 123 Magic
- Strengthening Families
- Trust-Based Relational Intervention
- Psychiatry
- Psychology
- Testing & Evaluation
- Medication Management
- Infant and Early Childhood Mental Health Consultation



AT A GLANCE

2 Psychiatrists

2 Psychologists

23 Therapists & Counselors

Serving Children Ages 0-12 in
Jefferson County

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LOCAL PROVIDERS

BH Counseling & Consulting, LLC

400 Century Park S, Ste 106, Birmingham, AL 35226
205-225-9959

Ages Served: Lifespan

Interventions: Play Therapy, CBT

Payor Sources: Medicaid, All Kids, BCBS, United, New Directions, PEEHIP, Private/Self Pay, Sliding Scale

Carden Counseling & Consulting, LLC

5501 US HWY 280, Birmingham, AL 35242
205-775-0889

Ages Served: 5+

Interventions: TFCBT, Play Therapy, CBT, EMDR with Adults, EMDR with Children, Theraplay, Internal Family Systems

Payor Sources: Private/Self Pay

Carter Counseling Services

262 Yeager Parkway, Ste F, Pelham, AL 35214
205-510-7912

Ages Served: 5-18

Interventions: CPP, Play Therapy, CBT, Family Therapy, 123 Magic

Payor Sources: All Kids, BCBS, CIGNA, United, New Directions, PEEHIP, Private/Self Pay

Evergreen Counseling and Consulting LLC

2909 Crescent Avenue, Homewood, AL 35209
205-235-3377

Ages Served: Lifespan

Interventions: CPP, TFCBT, Play Therapy, CBT, A&CT, EMDR with Adults, CPRT, Family Therapy, COSP, TBRI

Payor Sources: Private/Self-Pay, Sliding Scale

Homewood Therapy

601 Beacon Parkway West, Birmingham, AL 35209
205-870-3520

Ages Served: 5+

Interventions: TFCBT, CBT, Person Centered Therapy

Payor Sources: Medicaid, AETNA, BCBS, CIGNA, Tricare/Champus, United, Vival Health, New Directions, UBH, Private/Self Pay

Iman Healing Journey

200 Beacon Pkwy, Ste 206-8, Birmingham, AL 35209
205-931-5056

Ages Served: 9+

Interventions: CBT, Family Therapy, 123 Magic

Payor Sources: Medicaid, AETNA, BCBS, CIGNA, Private/Self Pay, Sliding Scale

Noah's Ark Child & Family Treatment Center

1728 5th Ave N, Birmingham, AL 35203
205-502-7278

Ages Served: 5+

Interventions: Psychiatry, Psychology, Medication Management, TFCBT, Play Therapy, Family Therapy

Payor Sources: Medicaid, All Kids, BCBS, New Directions, Private/Self Pay, Sliding Scale

Oddesty K & Associates

1025 23rd Street S, Ste 280, Birmingham, AL 35205
205-528-8162

Ages Served: 13+

Interventions: CBT, SUD Treatment for Pregnant Women

Payor Sources: Medicaid, Private/Self Pay, Sliding Scale

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LOCAL PROVIDERS

Reach Counseling Services

5330 Stadium Trace Pkwy, Ste 320, Hoover, AL 35244
205-861-6419

Ages Served: 5+

Interventions: CPP, PCIT, TFCBT, DBT, CBT, CPRT, Family Therapy, Strengthening Families

Payor Sources: Medicaid, AETNA, All Kids, BCBS, CIGNA, Tricare/Champus, United, Behavioral Health Systems, PEEHIP, Private/Self Pay, Sliding Scale

Restored Hope Counseling

300 Vestavia Pkwy, Ste 1500, Vestavia, AL 35216
205-881-2705

Ages Served: Not Specified

Interventions: TFCBT, CBT, CPRT

Payor Sources: Medicaid, Private/Self Pay, Sliding Scale

The Sommer House

3929 Airport Blvd, Ste 2-104, Mobile, AL 36609
251-343-0566

Ages Served: 5+

Interventions: Psychology, Testing & Evaluation, TFCBT, Play Therapy, CBT, Grief/Loss, Behavioral Therapy

Payor Sources: Medicaid, Private/Self Pay, Sliding Scale

Tri-Rivers Counseling Associates, LLC

6009-C Monticello Drive, Montgomery, AL 36117
334-697-3590

Ages Served: Lifespan

Interventions: TFCBT, Play Therapy, CBT

Payor Sources: Medicaid, All Kids, BCBS, CIGNA, Tricare/Champus, Viva Health, American Behavioral, Behavioral Health Systems, New Directions, Private/Self Pay, Sliding Scale

Yellow Brick Road Counseling, LLC

198 US Hwy 278, Cullman, AL 35055
888-355-7080

Ages Served: Lifespan

Interventions: PCIT, Play Therapy, CBT, A&CT, EMDR with Adults, EMDR with Children, CPRT, Family Therapy, Strengthening Families, TBRI

Payor Sources: Medicaid, All Kids, BCBS, Tricare/Champus, United, American Behavioral, Behavioral Health Systems, EPS, New Directions, PEEHIP, UBH, Private/Self Pay, Sliding Scale, DHR

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STATEWIDE PROVIDERS

Alabama Department of Mental Health - Infant and Early Childhood Mental Health Services

400 Interstate Park Dr, Ste 423, Montgomery, AL 36606
334-544-9213

Ages Served: Birth - 8

Interventions: Infant & Early Childhood Mental Health
Consultation, Strengthening Families

Payor Sources: no charge for services

Courage To Overcome, LLC

1655 McFarland Blvd N, Tuscaloosa, AL 35406
205-202-9767

Ages Served: 18+

Interventions: CBT, Person Centered Therapy

Payor Sources: Private/Self Pay, Sliding Scale

First 5 Alabama

2595 Bell Road, Montgomery, AL 36117
334-271-0304

Ages Served: Birth - 4

Interventions: Infant & Early Childhood Consultation,
Strengthening Families

Payor Sources: no charge for services

The Family Guidance Center of Alabama

2358 Fair Lane Drive Building G, Montgomery, AL 36116
334-270-4100

Ages Served: 5+

Interventions: CPP, PCIT, Strengthening Families, TBRI

Payor Sources: Medicaid, AETNA, All Kids, BCBS, CIGNA,

Tricare/Champus, United, Viva Health, American

Behavioral, Behavioral Health Systems, EPS, New

Directions, Private/Self Pay, Sliding Scale

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Alabama Department
of Mental Health
connecting mind and wellness