

Resource Information and Referral Guide for Treatment of Geriatric Depression

Prepared by
Cynthia Penwell & Namkee Choi
University of Texas
School of Social Work
Csp0003@aol.com; nchoi@mail.utexas.edu

I. Psychiatric Emergency Services

Location: 56 East Ave at Holly/River, Austin
Phone: Crisis Line at PES: (512) 454-3521

Funding: Crisis/emergency services available to all persons who meet diagnostic criteria

Provides services for depression on emergency, 24 hr basis, both via phone and in person: Services include suicide prevention, confidential crisis counseling, and linkage to emergency Mental Health Services- including medication and hospitalization.

II. Austin Lakes Hospital

Location: 1025 East 32nd St at St. David's Pavilion, Austin
Phone: 512-544-5253

Funding: accepts most insurance funding

Provides Mental health diagnostic services and treatment – both in-patient and day treatment. Integrates inpatient with intensive outpatient therapy to provide continuum of care.

III. Seton Shoal Creek Hospital - Senior Adult Generations Outpatient Program

Location: 3501 Mills Ave, Austin
Phone: 512-324-2068

Funding: Medicare and most private insurance plans also accepted.

Half-day treatment program designed to allow patients to return home each night. The program includes group therapy; individual and family therapy are available.

IV. Austin-Travis County MHMR

Location: various locations in Austin, most depression services located at East 2nd mental health clinic

Phone: Single Point of Entry (SPOE) Phone: 512-472-4357(HELP);

Funding: Medicaid, sliding scale based on income, other assistance and insurance

Note: Clients must call this intake number for all Travis Co MHMR services.

MHMR offers individual and group services, counseling, life skills training, psychiatric services and medication, rehabilitation services, and intensive case management. This is often the best way for individuals to access services timely and also allows for a more cooperative approach between counselors and psychiatrists, often in same building. Services also include assessment and referrals.

V. Community Health Centers in Travis County

Location: variety of locations, listed below, accessible to most neighborhoods

Phone: also listed below by specific location

Funding: Accepts MAP funding, Medicaid, Medicare, and most insurance

- **Medical Assistance Programs (MAP)** - Available to persons without Medicare, Medicaid or other form of insurance – allows individuals without insurance to access community health centers.

Make an appointment for assistance with application: Phone: 972-5210

Psychiatrists and counselors available at all community health centers, as well as a variety of other community resources and supports

Cesar Chavez Building

1111 E. Cesar Chavez
Austin, 972-5300

Del Valle Community Center

3518 FM 973
Del Valle, 247-4407

Manor Community Center

600 W. Carrie Manor
Austin, 272-5561

Northeast Austin Com. Health Ctr.

7112 Ed Bluestein
Austin, 972-5300

Oak Hill Community Center
8656 Hwy 71 West, Bldg. A. 1st Floor
Austin, 854-2130

South Austin Com. Health Ctr.
2529 S. First Street
Austin, 972-5300

VI. Capital Area Mental Health

Location: 1106 Clayton Lane, Suite 105-W., Austin
Phone: 512-328-1000

Funding: sliding-scale, does not accept Medicaid or Medicare

Provides low cost psychological counseling services to the Central Texas community. We offer services to address virtually all health issues, including: depression. Low-cost, no-session-limit psychotherapy.

VII. The Samaritan Center for Counseling and Pastoral Care

Location: 5425-A Burnet Road, Austin, TX 78756
Phone: 512-451-7337

Funding: Sliding- scale

Adult mental health counseling; trying to provide home-based mental health care for low-income and/or disabled older adults.

VIII. Your church or synagogue

Many churches/synagogues have pastoral counseling program. Certified pastoral counselors are often available, who are ministers in a recognized religious body, and have advanced degrees in pastoral counseling, as well as professional counseling experience.

Pastoral counseling is often provided as a sliding-scale fee.

IX. Self-help and support groups

Self-help and support groups are generally free and can be found in virtually every county.

Such groups give people a chance to learn more, talk about and work on their common problems-such as depression.

One example: Austin Area Mental Health Consumers at the Self Help and Advocacy Center. Located at: 3205 S 1st St, Austin, Tx Phone 512-442-3366.

Other support groups such as Depression & Bipolar Support Alliance of Texas... 512-407-6676

X. Adult day services

Most facilities accept Medicaid/Medicare funding and involve application/assessment process which generally involves both impairment and need for nursing services.

Community-based group programs with specialized plans of care designed to meet the day-time needs of individuals with functional and/or cognitive impairments. Adult day centers provide this comprehensive and structured care in a protective setting and generally operate during normal business hours five days a week

Adult Day Health Care Center
(512) 255-4865 110 S Brown St, Austin

Blessings Beyond Daycare
(512) 495-9208 2102 Rosewood Ave, Austin

Elder Haven-Adult Day Care
(512) 458-6305 3710 Cedar St # 199, Austin

Heritage Duval Gardens
(512) 345-1805 5301 Duval Rd, Austin

Loyalton of Austin
(512) 418-8228 5310 Duval Rd, Austin

Startlite Caregivers
(512) 480-8808 1001 South Capital of Texas Highway, Austin

XI. Jewish Community Center - Senior Programs

Location: 7300 Hart Lane, Austin
Phone: (512) 735-8086

The Senior Programs Division of Jewish Family Service offers a variety of programs for older adults including Volunteer for Seniors ,which matches volunteers with seniors in the community – volunteers may provide in-home visits and other opportunities for socialization which may combat depression

XII. Medicaid 1-800-252-8263 Medicare 1-800-MEDICARE

Individuals can call directly to confirm coverage, but most providers can do this for you and help explain process with less wait and less frustration

XIII. 211 Texas:

Dial 211 for information about and referrals to social service agencies and organizations throughout the state of Texas

XV Psychiatrists in Austin (who take Medicaid and/or Medicare)

Note: Private psychiatrists see a limited number of patients with Medicare and/or Medicaid and generally have a waiting list for these clients – average wait time 6 months

Dr. Diane Nguyen, D.O., PLLC (Medicare)

Location: 317 RR 620 South, Suite 304, Austin

Phone: (512) 502-4556

Adult and Geriatric Psychiatrist in the Lakeway Austin area.

Austin Psychotherapy Associates (Medicaid and Medicare)

William Holcomb, MD

Location: 4601 Spicewood Springs Rd., suite # 4-200, Austin

Phone: 512-467-1376

Offers a variety of mental health services, including counseling and psychiatry

Marilyn J Vache, MD (Medicare)

Location: 3724 Jefferson Street, #206, Austin

Phone: 512-458-1000

Specializes in adult psychiatry and neurology

Dr. David Brown (Medicaid and Medicare)

Location: 8334 Cross Park Dr., Austin

Phone: 512-323-2622

Psychiatrist specializing in depression and anxiety

Dr Scott Elkin (Medicaid and Medicare)

Location: 1510 W 35 St #205, Austin

Phone: 512-306-0061

Psychiatrist specializing in depression and other mental health conditions

XV. Private Counselors in Austin (who take Medicaid and/or Medicare)

Name	Phone No.	Address	Medicare	Medicaid
Dr. Claudia Byrne	328-2563	3101 Bee Cave Rd., Suite 210, Austin	x	x
Leslie Tourish	695-1660	4101 Parkstone Heights Drive, Suite 260, Austin		x
Sue Genaro Legacy	372-9595	4408 Spicewood Springs Rd., Suite 104, Austin		x
Dr. Pamela Horton	931-2162	1618 Williams Dr., Suite 6, Georgetown	x	
Beth Bramble, MSSW, LCSW	323-2292	4107 Medical Parkway, Suite 209, Austin		x
Sue Fairbanks	502-0264	4131 Spicewood Springs Road, Suite D-3, Austin	x	x
Kathy T. Rider	452-8948	3724 Jefferson Street, Suite 206, Austin	x	
Gianna Viola	585-4518	3407 Jefferson Street, Austin		x
Dr. Kelley Hurwitz Ahr	707-2782	2403 W. Ben White Blvd., Austin and/or 8140 N. Mo Pac Expy, # 250, Austin	x	x
Bettina Z. Adelberg-Dubin	343-8307	4131 Spicewood Springs Road, Suite E-2, Austin	x	x
Chad L. Harrold	506-9062	930 S. Bell Blvd., Ste 301-C, Cedar Park		x
Dr. Catherine M. Ford	842-2223	901 Nueces St., Austin	x	x
Jonathan F. Anderson	771-7621	3355 Bee Caves Rd, Ste 505, West Lake Hills		x
Jana R. Jernigan	535-8378	1106 Clayton Lane, Ste 537W, Austin		x
George P. Glaser	371-9418	1600 W. 38th Street, Suite 306, Austin	x	x
Amy Hemp Preiss	407-8147	9701 Brodie Lane, #205, Austin	x	x
Martha Vogel	473-2793	1605 West Ave, Ste B, Austin	x	
Seth Gradon	466-0835	1704 1/2 S. Congress, Suite P,	x	x

Houdeshell		Austin		
Janet Kaye Love	782-2943	7333 Highway 290 East, Suite 103, Austin	x	x
Ken Cauthern	254-634-3007	1101 S. Capitol of Texas Hwy, Bldg A-200, Austin	x	x
Dr. Don Reynolds	451-1411	1600 W 38th Street, Suite 413, Austin	x	x
Joy V. Luther	343-9609	4131 Spicewood Springs Road, Suite D4, Austin		x
Tamra Zehner	569-1025	4131 Spicewood Springs Road Building Q Suite 1, Austin		x
Nyla Lengacher	963-9718	901 Nueces Street, Austin	x	x
Jonathan F. Anderson	771-7621	3355 Bee Caves Rd, Ste 505, Austin		x
Inga Karen Larson	407-8866	4103 Marathon Blvd. Austin	x	
Joan M. Offerle	346-2044	4131 Spicewood Springs Road, Suite N5, Austin	x	

