



Community Referral Guide

At Michigan Progressive Health, we understand that finding the right care can be challenging. While our clinic may not be the best fit for everyone's needs or insurance coverage, we want to help you connect with quality providers in the community. The following list includes community providers and organizations we trust and recommend for therapy, psychiatry, and ketamine treatment services.

Psychiatry

- [Michigan Advanced Psychiatry](#) (Troy • Lansing • Ann Arbor) — Accepts most major insurances including Medicare and Medicaid. They offer treatments including Spravato® (esketamine), TMS, and IV Ketamine.
- [Helios Psychiatry & Counseling](#) (Troy • Chesterfield) — Accepts a very broad range of insurance plans (Aetna, Blue Cross Blue Shield(BCBS)/Blue Care Network(BCN), Cigna, Medicare, Medicaid, etc.). They also offer Spravato® and TMS.
- [Mala Child & Family Institute](#) (Ann Arbor • Farmington Hills • Plymouth) — Accepts BCBS/Blue Care Network and Aetna. They provide psychiatry/medication management (in addition to therapy) for children and adults.

Ketamine Treatment

For additional ketamine treatment options, you can search the [American Society of Ketamine Practitioners \(ASKP\)](#) directory. For additional Spravato treatment options, you can search the [Spravato](#) directory. Both websites include a nationwide tool to help locate qualified ketamine clinics and providers by location.

Therapy

- [Boketto Center](#) (Royal Oak) — Accepts BCBS/BCN and Aetna.
- [FairSky Foundation](#) (Ferndale • Detroit • Ypsilanti • Plymouth • Grand Rapids) — Accepts a wide range of plans including BCBS, Blue Care Network, Blue Cross Complete, Priority, HAP, McLaren, Magellan, Meridian, Medicare, Michigan Medicaid, Molina, United Health Care, and more.
- [Embodied Wellness](#) (Virtual only) — Accepts BCBS/BCN, and Aetna.
- [Reset Brain and Body](#) (Plymouth • Northville • Ann Arbor • Farmington) — Accepts BCBS/BCN.

For additional therapy options, you can use the [Psychology Today](#) therapist directory to search for providers by insurance, location, and treatment focus.

For additional psychiatry, therapy, or medical support, you can also call the number on the back of your insurance card to obtain a list of relevant providers.