



# MEET THE LICENSED PROFESSIONAL COUNSELOR

Ozge Nill, MA, LPC

## Counseling Services

At Stepping Stone Support Center, we are thrilled to announce the introduction of our new counseling services tailored specifically for participants with intellectual and developmental disabilities. Our focus is on addressing emotional and mental well-being. We strive to identify goals, explore potential solutions, enhance communication, and provide support in various areas.



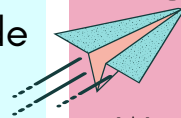
## Services Offered:

Our counseling services cover a wide range of areas including:

- Advocacy
- Social interactions
- Anxiety disorders
- Phobias
- Self-esteem building
- Conflict resolution
- Social problem-solving
- Considering perspectives of others
- Reading social cues
- Dealing with teasing

## Our Approach: EMDR- Based Therapy

We are proud to offer Eye Movement Desensitization and Reprocessing (EMDR) as a foundational component of our counseling approach. EMDR is an evidence-based therapeutic technique designed to help individuals process distressing memories, reducing their impact on daily life. By incorporating EMDR, we aim to support healing and overall emotional well-being.





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## Funding Information:

Our services are accessible through the SLS (Supported Living Services) and DD (Developmental Disabilities) waivers. Participants can utilize up to 20 hours of consultation and 52 hours of counseling under the behavioral services line. Funding caps and conflicts with existing behavioral services may apply. For specific inquiries about available units for counseling services, please consult with your resource coordinator.



## Private Pay Option:

For individuals who have exhausted their waiver benefits, we offer a private pay option at a rate of \$100 per hour. This allows continued access to our valuable counseling services even after waiver benefits have been utilized.

## How to Get Started

To explore whether our counseling services are the right fit for you or your loved one, please reach out to **Carley Jackson** for the intake package. Carley can provide detailed information and guide you through the initial steps of the process.

- [cjackson@steppingstonesupportcenter.com](mailto:cjackson@steppingstonesupportcenter.com)
- (303) 872-6882 x 736