



MENTAL HEALTH SERVICES

WE OFFER CHILD & ADOLESCENT THERAPY TO INCLUDE:

- Behavioral concerns
- Emotional disturbance
- Stress management
- Adjustments
- Parent-child conflicts
- Sibling conflicts
- Peer conflicts
- Poor executive functioning
- Social skills
- School stress
- Sleep disruption
- Self-esteem

COMMON DIAGNOSES THAT ENGAGE IN OUTPATIENT THERAPY:

- Autism Spectrum Disorder (ASD)
- Intellectual disabilities
- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Depression
- Anxiety
- Adjustment disorders
- Trauma and stressor-related disorders

MODALITIES USED IN THERAPY:

- Play in therapy
- Art in therapy
- Solution-focused therapy
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Motivational interviewing
- Mindfulness
- Parent support/education

SERVICES & THERAPIES NOT CURRENTLY AVAILABLE:

- Mental health evaluations/testing
- Medication management
- Parental/custodial assessments or reports
- Substance use/abuse
- Disordered eating
- Severe mental illness
- Homicidal ideation
- Personality disorders
- Sexual abuse/dysfunctions
- Severe Obsessive Compulsive Disorder (OCD)
- Forensic interviewing
- Crisis management/services
- Suicidal ideation
- Intensive Outpatient Center (IOP) support/care
- Applied Behavior Analysis (ABA)



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