

WHAT ARE SOME SERVICES OFFERED AT THE CHILD MENTAL HEALTH CENTER?

PARENT TRAINING	INDIVIDUAL COUNSELING	GROUP COUNSELING	FAMILY INTERVENTIONS	COMMUNITY INTERVENTIONS	MEDICATIONS
<p>Parents/caregivers seen individually or in group setting. Training can focus on</p> <ul style="list-style-type: none"> ○ Providing routine ○ Having clear boundaries & expectations ○ Setting limits ○ Helping children learn ○ Effective praise ○ Use of incentives & rewards ○ Strategies to handle misbehavior ○ Staying Calm ○ Negotiating conflicts ○ Involving children in family decisions (as appropriate) 	<p>Children are seen one-on-one by a therapist.</p> <p>Therapy can focus on:</p> <ul style="list-style-type: none"> ○ Problematic thinking ○ Thinking ○ Social Skills ○ Decision Making ○ Problem Solving ○ Interpersonal areas ○ Resolving conflicts ○ Grief/loss ○ Symptom management ○ Expressing feelings 	<p>Youth meet in a group with one or more counselors.</p> <p>Therapy can focus on:</p> <ul style="list-style-type: none"> ○ Problematic thinking ○ Social Skills ○ Decision Making ○ Problem Solving ○ Interpersonal areas ○ Resolving conflicts ○ Self-Regulation 	<p>Therapist works with the family to address issues.</p> <p>Therapy can focus on:</p> <ul style="list-style-type: none"> ○ Empowerment of parents ○ Family Conflict ○ Family Interaction ○ Developmental transitions ○ Parental Monitoring ○ Family of Origin 	<p>Programs designed to help communities (e.g., schools)</p> <p>Program might focus on:</p> <ul style="list-style-type: none"> ○ Individualized Education Programs ○ Substance abuse prevention ○ Life Skills ○ Interpersonal skills (e.g., Big Brothers/Big Sisters) ○ Parent Training ○ Conflict Management ○ Bullying Prevention ○ Gang Prevention 	<p>Medication to assist in the reduction of symptoms.</p> <ul style="list-style-type: none"> ○ Stimulants ○ Mood stabilizers ○ Antipsychotic ○ Antidepressants ○ Antianxiety <p><i>(Generally used in combination with therapy)</i></p>