



# Family and Children's Services, Inc.

Strengthening Families, Building Futures Since 1893

## SERVICES OFFERED TO THE COMMUNITY

### Outpatient Mental Health Counseling

Our licensed clinicians are trained in a variety of evidence-based therapies, including Trauma-Focused Cognitive Behavioral Therapy, Motivational Interviewing, and ARC (Attachment, Regulation and Competency). We provide counseling to individuals, families and groups. We accept Medicaid, referrals from DCP, and a limited number of sliding scale self-referrals through our **Good Mental Health is For Everyone** program.

### Youth Services Program

This program provides short-term mental health counseling to youth ages 12—21 in Union County at risk of, or with current involvement in the juvenile justice system. Currently accepting referrals from Union County Probation, Parole, Family Crisis Intervention Unit, as well as schools and community organizations.

### In Home Life Skills Case Management

In-home case management is provided to families in Union County in need of assistance with life skills, basic needs, and linkages to community resources. We accept referrals from DCP, community organizations, as well as a limited number of self-referrals from families with children in the home.



### Hope, Empathy and Recovery from Trauma (HEART) - Transforming Trauma

This Substance Abuse and Mental Health Services (SAMHSA)-funded program provides evidence-based therapy to traumatized children, including Unaccompanied Migrant Children, aged 5 through 21 years old.

### Group Classes

Weekly parenting and assertive communication (anger management) classes are offered at the agency. Referrals are accepted from DCP, community organizations, as well as self-referrals.

#### MAIN OFFICE

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