

Mentoring

Our mentoring program is based on mutual trust and respect. Mentoring allows young adolescents and older adults to have a role model to assist them with improving overall behaviors and functioning. The process starts with building rapport and working through crisis and strong emotional difficulties. Mentoring is geared towards meeting the client where they are and setting attainable goals so that the client's progress can be measured and documented to motivate them to achieve their goals. Mentoring will consist of one on one services that provide the client with opportunities to utilize the skills obtained in real life settings and situations. The client will work towards changing their negative thoughts and behaviors to allow for individual growth on a personal level. We will tailor our services to the needs of the individual client and/or community. It is our goal to help our clients reach their greatest potential so that they may also give back to their community.

Life Coaching

Life coaching is a short-term and goal-focused program geared towards enhancing the life of the individual by giving them direction and allowing them to manifest their dreams into specific, measurable goals that are achievable. Our program will allow the individual to look within themselves to find their strengths and then utilize those strengths to achieve the desired outcome. We also confront thinking errors and barriers to our clients becoming successful. We allow them to utilize reflections to confront ideals that have worked for them and those that have not. Life Coaching is the next level after mentoring and builds upon our client's strengths to guide them along the way towards finding joy within themselves and their accomplishments. Our program is every changing and evolving to fit the needs of the client.

Transformation Program

Our transformation program is geared toward individuals who have been incarcerated, removed from their homes, placed in residential treatment and/or foster care and have a need to be reacclimated to the community. This program will allow the individual to change their mind set from the trauma that they have endured, look at the consequences of their actions and the actions of others and build a positive outlook for their future. Clients will be held accountable but will also realize that their past behaviors and decisions don't have to define their future success. Our goal is to re-instill hope and direction to those individuals who feel lost, trapped or out of options. Individuals will confront the negative coping mechanisms they have used in the past and develop healthy, positive outlets. Our clients will have an opportunity to gain useful job and daily living skills through community partners.

Parent Mentoring

Parent mentoring provides assistance for parents and/or prospective parents with enhancing their parenting skills through reflecting, guidance and training. We focus first to address the childhood experiences of the parent that affect their current ability to engage in effective parenting practices. We focus on building individual confidence and confronting thinking errors that affect parenting. We will collectively review ways to bond with their child as well as confront safety issues through role playing and reflecting on observations with the parent. We will assist parents with developing their strengths and identifying goals for improvement.

Parenting Group

Our parenting group will be provided for all parents in our Parent Mentoring program to give opportunities for them to learn and practice parenting skills including preparing healthy and nutritious meals for their family, hygiene for children of various ages, managing behavioral outbursts, stress management, safety issues and other developmental issues . We will teach strategies to manage their money and strategies for shopping on a budget. Our program is geared toward giving participants a sense of pride and accomplishment while allowing them to be more confident in all aspects of parenting and safety prevention. Parents will have an opportunity to become CPR and First Aid certified through our program for an additional charge.

Supervised Visitation

Our supervised visitation program will provide specific and direct feedback of parents regarding strengths and areas that need improvement including safety, engagement, sobriety, program compliance, hygiene, stability, bonding, empathy, behavior management, preparedness, sanitation, nutrition, communication, punctuality, engagement with professional services and other necessary skills throughout the visit. We will provide guidance following each visitation including an overview of strengths and continued needs that will enhance future visitations. Supervised visitation can be paired with parent mentoring to enhance success.

IACCT Assessments

IACCT assessment are provided through collaboration between the child and family, physicians and Magellan to create a system that more wholly addresses the needs of the child. We provide prompt assessment services through building connections with community providers and having a dedicated assessor for the IACCT program. Whether in a residential program or in the community, we offer continuous connections that support access to resources for resiliency and coordinated care.

Outpatient Counseling

Outpatient counseling services are provided to children, adolescents, adults and families who are experiencing difficulty with functioning in their daily lives. We provide a safe, trauma-informed setting for individuals and families to begin the process of identifying and working through problem areas in their lives. We use evidenced-based therapy techniques to assist our clients with setting achievable goals and working towards improving overall functioning. We provide Individual, Group and Family Outpatient Therapy as well as Trauma-Focused Cognitive Behavioral Therapy by a certified TF-CBT therapist.

Comprehensive Psychosocial Assessment

Comprehensive psychosocial assessments can be provided for children and adolescents in the community to assess current needs and make recommendations for treatment. We utilize a biopsychosocial, trauma-informed and client-centered approach to encourage client participation in the assessment process as well as community partners. Substance abuse assessments can be provided as well.

Intensive In-home Services (CSA funded)

Intensive In-home services provide comprehensive services to children at risk, adolescents and families in order to stabilize the family and maintain the home environment, establish and work towards treatment goals and facilitate the use of community resources by the family. In-home services provide crisis intervention and treatment; individual and family counseling; communication skills; case management activities and coordination with other services. Intensive In-home services target children and adolescents who are at risk of out of home placement due to behavioral, mental or substance abuse problems. Children and adolescents who can benefit from this service may be involved in foster care, probation, detention center or a residential program.