



General Therapy Program Description:

HCS's General Outpatient Therapy provides individual, family and group therapy. The agency can provide but not limited to the following therapy modalities:

- Art Therapy
- Cognitive Behavioral Therapy (CBT)
- DBT
- Play Therapy
- Animal-Assisted Therapy (AATC)
- Sand tray
- Motivational Interviewing

Sessions strengthen individual and family functioning, improve coping skills, and increase pro-social behavior and problem-solving abilities to achieve increased self-sufficiency. Specific intervention techniques are integrated with the client's needs, strengths and cultural perspective. The frequency and duration of the counseling sessions is determined in collaboration with the client and external team as appropriate.

Eligibility:

- 6 -17 years old
- Enrolled in one of the following health plans: Health Choice, Banner University, UHC, Molina, Mercy Care ACC, and Mercy Care CHP
- Is not in need of detoxification or experiencing active substance addiction requiring medical intervention
- Is able to benefit from the treatment modalities offered by the clinical staff members of the program
- Is not considered to be an active danger to self or others requiring a higher level of care
- Is appropriate for the level of intervention provided

Program Goals:

- Reduce children's negative emotional and behavioral responses to the trauma and/or mental health symptomology
- Correct unhelpful beliefs and attributions

- Provide support and skills to help parents and/or care givers cope effectively with their own emotional distress
- Provide parents/caregivers with skills to respond optimally to and support their children
- Is able to benefit from the treatment modalities offered by the clinical staff members of the program
- Is not considered to be an active danger to self or others requiring a higher level of care
- Is appropriate for the level of intervention provided