



Services at a Glance

Comprehensive Assessments

Individual Therapy

Family Therapy

Play Therapy

Trauma Therapy

Crisis Stabilization

Intensive Outpatient

Biofeedback

Support Groups

Case-Management

Early Intervention Services

Day Treatment

Psychosocial Rehabilitation

Clinical Consultation

Community Trainings

Mission

H.O.P.E. Counseling is committed to bringing **Healing** to those wounded emotionally, mentally, physically, and / or sexually. It is our mission to help children of all ages, young adults and adults with **Overcoming** the challenges of trauma, depression and anxiety. H.O.P.E. Counseling Services strives in **Preventing** unnecessary pain and suffering. We believe in **Empowering** healthy change for a brighter tomorrow.

Population Served

H.O.P.E. Counseling serves people of **all ages** who have suffered a traumatic life event, are experiencing depression and/or anxiety, mood swings, difficulty adjusting to life changes or managing stress. If you or a loved one are struggling with sadness, loneliness, isolation, low self-esteem, grief & loss, addictions, anger, fear, suicidal thoughts, inattentiveness, hyperactivity, poor impulse control, relationship challenges, parenting challenges, headaches, difficulty sleeping, or poor concentration, we can help!

Mental Health Services

At H.O.P.E. Counseling we believe in providing five star quality care. Our clinical team of professionals will work with you to develop your unique treatment goals after completing an initial evaluation. We know that trauma, depression, anxiety, divorce, domestic violence, death of a loved one, parental separation, being a victim of a violent crime, repeated rejections impacts not only ourselves but also our loved ones. At H.O.P.E. you can expect professional care for you and/or your child in a safe confidential environment. Your treatment is tailored to your specific goals for therapy. Our clinicians are trained in a variety of treatment modalities and our organization provides comprehensive counseling services including individual, family, group treatment, and crisis stabilization. Office based, In-home, and Telehealth Services available.

SPECIALIZED SERVICES

Psychosocial Rehabilitation

H.O.P.E. Counseling provides Psychosocial Rehabilitation (PSR) to clients of **ALL** ages. PSR provides psycho-education in areas of social competency, problem solving, effective communication, life goals, self-sufficiency, conflict resolution, emotional regulation, anxiety/anger management, and moral reasoning. H.O.P.E. is committed to helping clients restore their identity helping each individual to build trusting relationships strengthening emotional intimacy, while restoring humor and confidence.

Early Intervention Day Treatment Services

H.O.P.E. Counseling provides Day Treatment for children ages 3 to 6 who are struggling behaviorally, emotionally, or socially. Often times young children who have experienced parental separation begin to develop maladaptive coping skills and revert to aggressive means of coping, withdraw, tantrum, or become clingy. At H.O.P.E. we help these youngsters develop skills to manage their emotions and improve behavior.

Intensive Outpatient Services

H.O.P.E. Counseling provides Intensive Outpatient Services specializing in Eating Disorders, Sexual Trauma, Self Injury and Emotional Regulation including anxiety, anger, depression and behavior management. Each specialty area is served by a QMHP (Qualified Mental Health Professional) utilizing evidenced based treatment.

Biofeedback Services

H.O.P.E. Counseling provides Biofeedback and Neurofeedback treatment, a non-invasive cutting edge treatment whereby the brain learns to work more efficiently reducing or eliminating symptoms associated with anxiety, depression, poor concentration, ADHD, ADD, OCD, RAD, PTSD, Bi-Polar, behavioral problems, emotional regulation, insomnia, migraines, tension headaches, and academic or athletic performance.

If your child or client is in need of the above services, please contact our office for an assessment. We accept a variety of health insurance plans, accept cash pay, EAP's and offer limited Pro-Bono.