

Track House Life Counseling

Intent to Provide Counseling Services: Track House Life ensures that counseling is offered as described in the agency's program description and scope of services. Counseling will be provided by a Master level behavioral health professional or a behavioral health technician.

Track House Life is a Mental Health Agency that provides counseling services to children and adults with mental health disorders. Services include counseling, consultation, and assessments. The consistency, intensity and duration of a behavioral health service provision is based on each individual's presenting issues and needs and is identified on an Individual Service Plan or Treatment Plan. Upon Intake or Assessment, the collection and analysis of an individual's information will occur, and the individual's treatment needs will be determined.

Track House Life will provide effective, equitable, understandable, and respectful quality services that are responsive to diverse cultures while showing sensitivity to languages literacy and other communication needs (current social workers are bi-lingual). Track House Life will:

- a. Offer language assistance to individuals who have limited English proficiency.
- b. Provide easy to understand print and multimedia materials and signage in the languages commonly used by the population in the service area.

Counselors will receive Cultural and linguistic appropriate training, both initially and ongoing.

Services

- Family and individual therapy
- Couples
- PTSD, CBT, DBT & other Support groups
- Behavioral management skills training
- Domestic violence/boundaries
- Parenting classes
- Substance Use
- Nephropathy Counseling and support

Family Support

Family support services includes face-to-face interaction with family members directed toward the restoration, enhancement and maintenance of the family unit to increase the family's ability to effectively interact and care for the person in the home and community. Provide supportive activities such as assisting the family to adjust to the foster child in their home. Assist the family in developing the skills to effectively

interact. Education will be provided to the family to help them understand the causes of behavioral health issues when indicated. See *Group: Family Therapy for Children with Disorders*, below.

CBT, DBT and PTSD

Cognitive Behavioral Therapy for PTSD

To address symptoms in children and adolescents using cognitive behavioral therapy (CBT) to target symptoms of PTSD or anxiety among children exposed to sexual abuse and other traumatic situations. The goal is to address emergent psychiatric symptoms.

Using cognitive therapy our therapist help our clients understand and change their thinking process. How they think about a traumatic event and its aftermath. The goal is to understand how certain thoughts that a traumatic event can cause, and how stress can and make your symptoms worse.

Our treatment modality will help our clients identify thoughts about the world, and of themselves, that create feelings of emotional upheaval. With help from our therapist clients experiencing symptoms of PTSD will learn to replace these thoughts with more accurate and less distressing thoughts and learn to cope with feelings of such as anger, guilt, and fear.

DBT

Our DBT service is divided into four stages of treatment. Stages are defined by the severity of the client's behaviors, and therapists will work with their clients to reach the goals of each stage in their progress toward having a life that they experience as worth living.

1. In Stage 1, the client is miserable and their behavior is out of control: they may be trying to kill themselves, self-harming, using drugs and alcohol, and/or engaging in other types of self-destructive behaviors. When clients first start DBT treatment, they often describe their experience of their mental illness as "being in hell." The goal of Stage 1 is for the client to move from being out of control to achieving behavioral control.
2. In Stage 2, they're living a life of quiet desperation: their behavior is under control but they continue to suffer, often due to past trauma and invalidation. Their emotional experience is inhibited. The goal of Stage 2 is to help the client move from a state of quiet desperation to one of full emotional experiencing. This is the stage in which post-traumatic stress disorder (PTSD) would be treated.
3. In Stage 3, the challenge is to learn to live: to define life goals, build self-respect, and find peace and happiness. The goal is that the client leads a life of ordinary happiness and unhappiness.

4. For some people, a fourth stage is needed: finding a deeper meaning through a spiritual existence. Stage 4 specifically is for those clients for whom a life of ordinary happiness and unhappiness fails to meet a further goal of spiritual fulfillment or a sense of connectedness of a greater whole. In this stage, the goal of treatment is for the client to move from a sense of incompleteness towards a life that involves an ongoing capacity for experiences of joy and freedom.

Group Therapy

In group therapy, clients talk with a group of people who also have been through a trauma and who have symptoms of PTSD. Sharing their story with others may help them feel more comfortable talking about their trauma. This can help the client cope with symptoms, memories, and other parts of their own lives.

Group therapy session will help build relationships with others who may understand and relate to feeling of others in the group. Clients will learn how to deal with emotions such as shame, guilt, anger, rage, and fear. Sharing with the group also can help build self-confidence and trust.

Some Group Classes will use “dialectical” open minded thinking as well as the guidelines for the dialectical thinking. Utilizing Core Mindfulness, interpersonal Effectiveness Skills, Emotion Regulation Skills, Emotion Regulation Skills, and Distress Tolerance Skills.

Group/Class Formation

Track House Life offers open and closed groups, as determined by group formation, to address:

- Domestic Violence
- Anger Management
- Understanding Boundaries
- Parenting(Class)
- Substance Use

Our groups/classes are accepted by the Department of Child Safety.

Weekly groups are available for adults and children

Family Therapy (Groups) for Children with Disorders

Family therapy group counseling involves the whole family. The therapist will help the client and family communicate, maintain good relationships, and cope with tough emotions. The whole family will learn about PTSD and the treatment possibilities.

Substance Use/Co-Dependency/Awareness

Alcohol and drug awareness may include individual or group counseling, or a combination of both. Counselors will work collaboratively with clients to identify their readiness to make changes in their alcohol and drug use. In addition, counselors will help clients identify healthier coping strategies to replace the use of alcohol and drugs. Counseling is working toward the goal of lowering health risks by disengaging from harmful behaviors.

Live “IN-PERSON” Group treatment can help clients know that they are not alone in their struggles with alcohol and drug abuse. It is a setting for giving and receiving support and feedback about what skills and tools have been effective.

Interpersonal Therapy for children with Behavioral and Emotional Disorders

Behavior therapy for children mental health disorders include:

- Conduct Disorder
- Oppositional defiant Disorder
- Obsessive Compulsive Disorders
- ADHD
- Anxiety Disorder

The key for this therapy is to ensure that the child is focused on the therapy. Each session the therapist will try different methods of teaching, by showing the child how to deal with anger, frustration, or their emotions in general. After every appointment, your child will be expected to demonstrate these new skills and focus on them. These skills will gradually build on each other until they have complete behavioral or emotional control for themselves. At this point, the therapist will focus on maintaining these skills with the child. Our therapists will understand that it is important to be consistent with the appointments. Missing an appointment may cause a child to slip or regress slightly in their behaviors.

Nephrology Counseling and Support Counseling

Services for Nephrology counseling will be provided by social workers with direct experience working in Nephrology. This service does not include medical advice or medical treatment.

Individual and group counseling will provide client education, support and knowledge regarding how to cope with emotional and social challenges of terminal illness. Confronted with a medical crisis our social workers will help the client learn to effectively cope.

Client will receive and understanding of their illness. The social worker will help the client deal with finding a ways to come to terms the loss of control over there life changes. Our social workers will also help the client gain a more stable emotional and psychological functioning. Services will include family support and education as well as making referrals to other services.

Nephrology social work is also provided in Spanish.

Hours of Operation

Business hours are from 8:00 am to 5:00 pm Monday through Friday, excluding holidays.

Off-Premises Services

Any home--based services -will be provided in the behavioral health recipient's residence or other location in -which the individual currently inhabits.