

**MENTAL
 HEALTH
 CLINICAL
 SERVICES**



Childhelp's Mental Health Clinical Services

is a child friendly, child focused therapy clinic that provides evidence based mental health treatment to children and their families within our community. Children that receive services with our clinic have experienced varying types of abuse including; verbal, physical, and sexual abuse; maltreatment; and a variety of other mental health issues.

Our clinical service program employs 7 mental health clinicians that are specifically trained in evidence based treatments. These therapies include trauma-focused cognitive behavioral therapy (TF-CBT), eye movement desensitization and reprocessing (EMDR), parent-child interaction therapy (PCIT), and play therapy for young children. These therapies are designed to provide specialized treatment to help children who have experienced trauma. These therapies also allow the clinician to engage the entire family system in the treatment process. In addition, Childhelp provides therapy rooms, which are designed to provide healing experiences for children using child-friendly materials and resources. Childhelp therapists understand that trauma negatively impacts the whole family system and in recognition of this we provide group therapy, individual therapy, and family therapy sessions for children as well as parents.

Childhelp Staff are committed to the healing process and thus our primary goal of the mental health clinic is to work with children and families to provide the necessary tools to heal. Childhelp provides access, at no cost, to quality mental health services to children and families within our community. The therapists at Childhelp mental health clinical services, are dedicated to the children and families we serve and strive to provide quality services to all those we work with.

Program Highlights

- ✔ Access to no-cost Mental Health Services
- ✔ Trauma-Focused Care
- ✔ Evidence-Based Therapies
- ✔ 124 children served with 2300 therapy hours in FY2022
- ✔ Individualized for each child