

Assessment

Initially all of our clients are given a thorough assessment. This helps to determine if our services are appropriate for you and begins to set the course for the direction of your therapy. In addition, once we conduct the assessment, we can refer you to our psychiatrist for evaluation and medication monitoring, if appropriate.

Where Do You Start?

As a client, you first identify solutions already present in your life which become the basis for ongoing change. The ability to articulate a clear objective is generally more important than understanding what led to the problem.

How Do You Get There?

Solution-Focused Brief Therapy helps you to recognize and build on personal strengths to bring about meaningful changes in your life. Goals direct the therapy process, keeping it brief and focused.

To work toward a solution, along with your therapist you will ask yourself:

- ❖ Who you want different in your life
- ❖ What will it take to make it happen
- ❖ To envision a detailed picture of what your situation will be when you reach your goal

Our Mission

Building on the values of Catholic Social Teaching, Catholic Social Services of Washtenaw County responds to community needs, respects the dignity of all individuals and families in all their diversity, and works to improve their quality of life.

What Does This Mean?

Serving all ages, all faiths and all walks of life with programs dedicated to...

- ❖ Services for Families With Children Ages Birth to Five Years
- ❖ Services to Improve the Quality of Life for Older Adults
- ❖ Services to Intervene and Prevent Abuse and Neglect
- ❖ Services Providing Counseling and Support for Individuals and Families



 **Catholic
Social Services**
OF WASHTENAW COUNTY

4925 Packard Rd.
Ann Arbor, MI 48108-1521

734.971.9781

www.csswashtenaw.org/bhs



Finding Solutions to Individual, Marital and Family Problems

Solution-Focused Brief Therapy
Behavioral Health Services uses
“Solution-Focused Brief Therapy,”
a short-term therapeutic approach
that focuses on developing goals
and solutions rather than dwelling
on problems.

What You Can Expect From Us

- ❖ Collaboration
- ❖ Compassion
- ❖ Understanding
- ❖ Knowledge
- ❖ Professionalism
- ❖ Experience
- ❖ Comprehensive Services

Please Contact Us...
To schedule an appointment
or for general information

Address 4925 Packard, Ann Arbor, MI 48108-1521
Information & Appointments 734.971.9781 ext. 345

Visit us on the web www.csswashtenaw.org/bhs

Our Therapists Can Help You

Behavioral Health Services therapists work in partnership with you to develop a plan designed to meet your individual needs.

We provide personalized therapy to individuals, couples, and families experiencing problems which may include, but are not limited to:

- Adult Life Cycle Changes
- Anxiety
- Children and Parenting
- Depression
- Family Conflict
- Grief and Loss
- Job Loss
- Marital/Relationship Problems
- Difficulties adjusting to Adolescence
- School or Work-Related Stress
- Self-Esteem and Identity
- Young Adult Adjustment
- ...And Many More

Substance Abuse Pretreatment, Assessment and Treatment:

All clients are given a thorough substance abuse and psycho-social assessment to determine their appropriate level of care.

Early Intervention Group:

This intervention model is provided to low to moderate substance abusers who are functioning in society. Specifically, this group assists clients in developing coping skills to create a healthier, stable, and productive lifestyle. To achieve objectives, clients undergo counseling, coaching, self-exploration, education, support, as well as learn prevention techniques and resource utilization.

Catholic Social Services is open:

Monday through Thursday - 8:30 a.m. - 9:00 p.m.
Friday -8:30 a.m. - 5:00 p.m. • Saturday -9:00 a.m. - 3:00 p.m.
Additional evening and weekend hours by request

Re-Direction Group:

This intervention model is provided to parolees/probationers with more serious substance abuse issues, which have resulted in more lengthy incarceration and disruption of family ties.

The program focus is on treatment goals related to:

- Correction of thinking
- Distortions and errors
- Deficits in problem solving and reasoning

While addressing relapse/recidivism behaviors by strengthening skills

- For coping with urges and triggers for use
- For refusing drug/crime offers
- By utilizing reports and journaling

Referrals

Referrals may be made to other programs within Catholic Social Services or to outside agencies when it best serves your needs.

Methods of Payment

Cash, Check or Credit Card. Fees to clients are based on a very affordable sliding fee scale.

Most Insurance Plans Accepted

BCBS, M-Care, Medicare, and many more!

Most insurance is accepted (not traditional Medicaid).

Please call your insurance company to verify that your policy covers mental health services.

A prior authorization may be required.

Our Pledge to You

We will find the most effective and efficient ways to help you achieve your desired state of being.