

Individual Outpatient Service



A therapeutic intervention or counseling service shown to be successful with identified populations. Techniques employed involve the principles, methods and procedures of counseling that assist the person in identifying and resolving personal, social, vocational, intrapersonal and interpersonal concerns. Individual counseling includes face-to-face in-clinic appointments and telehealth options, as available. Services are directed toward achievement of specific goals defined by the individual and specified in the Individualized Recovery Plan.



You can't function properly– If your problems are stopping you from functioning properly on a day to day basis, a therapist could help you work through it.

Your relationships are suffering– If your problems are affecting your relationships with loved one, peers, colleagues and friends, this could be a sign that you need to take steps.

You've noticed physical changes– Any visible physical signs such as sore hands (OCD), weight loss (anorexia) weight gain (over-eating), and visible agitation (looking wired) could mean that your anxiety is beginning to affect you more intensely.

You're preoccupied– Not being able to keep up with everyday tasks, due to your mind working overtime and stopping you from thinking clearly.

You look tired-Not just regular bags; people with “depression eyes” can often look sunken and sallow.

Therapy
is not a bad word

Service addresses goals/concerns including promoting recovery, and the restoration, development, enhancement or maintenance of:

- Illness and medication self-management knowledge and skills
- Problem solving and cognitive skills;
- Healthy coping mechanisms;
- Adaptive behaviors and skills;
- Interpersonal skills;
- Knowledge regarding mental health conditions and/or substance use disorders; and
- Other relevant topics to assist in meeting the individual's needs.