

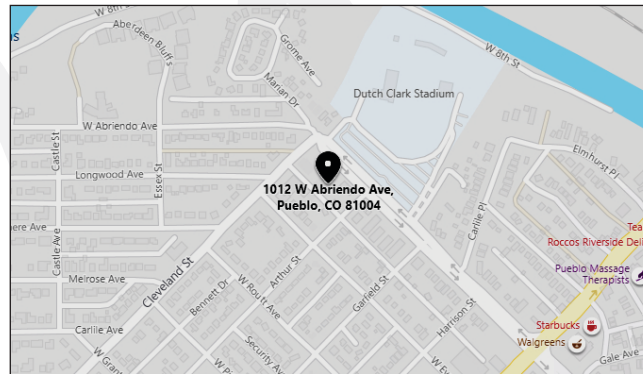
# Youth & Family Programs

The child, adolescent and family team is a talented group of providers with areas of specialty in Child Psychiatry, Psychiatric Nursing, Child Development and Early Childhood.

Therapists on the team have diverse backgrounds and are experienced in areas of cognitive and behavioral therapy, play therapy, art therapy, EMDR, motivational interviewing and dual diagnosis.

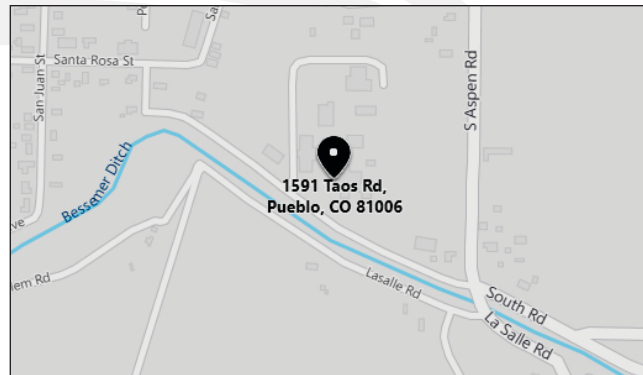


# Our Youth & Family Programs



## Youth & Family Services

1012 W. Abriendo Ave.  
Pueblo, CO 81004



## Health Solutions Family Center

1591 Taos Road  
Pueblo, CO 81006

Health Solutions provides behavioral health services at no cost to Health First Colorado members.

These members may be charged a co-pay for medical services. Please ask our support staff for more details.



719.545.2746



[www.Health.Solutions](http://www.Health.Solutions)



# Youth & Family Programs

## Child & Adolescent Behavioral Health

It is not easy growing up. Genetics, individual development, past experiences and family culture can create behavioral and emotional challenges in children and adolescents of all ages.

As we recognize that each child is unique, we offer a variety of services geared to meet individual needs and encourage healthy behavioral and emotional development.

Our healthcare providers work together to provide services for children between birth and 18 years of age. They utilize best practices that focus on the strengths of the child and their family, thus promoting strong relationships and healthy futures for each child enrolled in our programs.

Our masters-level clinicians offer therapy services to children and adolescents enrolled in our program that are:

- Child-centered
- Strengths-focused
- Evidence-based
- Culturally-sensitive

Our case managers are skilled in helping families identify their specific needs and locate appropriate resources to meet those needs.

## Children's Psychiatry

Health Solutions employs a team of board-certified child psychiatrists who have extensive knowledge in the diagnosis and treatment of all childhood behavioral health disorders. They work closely with the child's clinician and case manager to endure seamless and effective treatment.

## Early Childhood Program

This program offers therapy, consultation, assessments, medication management and/or referrals to the parents of children from birth to age eight, who have no health insurance or do not qualify for Medicaid. The cost is based on a sliding scale fee. Day care providers, Headstart, or preschool teachers can also access services when working with children who exhibit behavioral difficulties.

## School-Based Therapy

We provide behavioral health services within various elementary, middle and high schools in Pueblo to students who are experiencing behavioral hurdles or other

concerns regarding their emotional health. Students ages 12 or over do not need parental consent to be treated and can be referred to services by their school counselor, school administration or self-refer.

## Home-Based Services

Home-based services are community-based services designed around the specific needs of the client and client's family. Health Solutions masters-level clinicians offer case management and therapies in the home or community. For those unable to seek services outside of the home, Health Solutions offers the convenient option of Home-Based Services.

## Multisystemic Therapy (MST) Services

Multisystemic Therapy is a family and home-based treatment from adolescents between 12 and 17 years of age. This evidence-based therapy strives to promote positive social behavior in youth. Clinicians work with the client and family and/or guardians in their natural settings-home, school and neighborhood to promote positive social behaviors while decreasing anti-social behaviors.

Parents and/or guardians of clients enrolled in MST Services will work with their MST clinician to develop an understanding of current behaviors and concerns within the home, school and community. Their unique situation helps to tailor intervention strategies.

## Intensive Outpatient Program

This program is a safe and secure program for youth ages four and up to 18 years of age that aims to prevent inpatient treatment, encourage emotional growth and foster healthy development and improved function for both the youth and their family. Our clinicians provide a unique results-driven program with clinically proven techniques in a confidential and engaging environment for youth. The IOP program involves the whole family; thus, parents and caregivers will have an integral role in their child's treatment.

## Adolescent Substance Abuse Treatment Services

Using interactive, age appropriate and research-based curriculums, we offer outpatient substance abuse treatment services for adolescents, ages 13-18 who are struggling with substance abuse concerns, or at risk for substance abuse.

Topics include:

- Effects of Drug and Alcohol Education
- Healthy Coping Skills
- Dealing With Peer Pressure
- Refusal Skills
- Values Clarification And Decision-Making

## Juvenile Justice Services

We screen, assess and treat youth involved with the juvenile justice system who are in need of behavioral health services. Referrals come from the court or probation and our clinicians and case managers handle follow-up appointments.

## Treatment Options

Treatment may consist of any one or a combination of the following, in order to help each child in the most effective, least restrictive manner:

- Individual Therapy
- Family Therapy
- Sibling Therapy
- Medication Management
- Group Therapy

o Group therapy offers the opportunity to meet with peers who have similar experiences regarding their behavioral health and emotional well-being. The following groups are offered for parents and children and available based on need:

- Love & Logic
- Grandparents Group (Parenting the Second Time Around)
- Trauma Focused Cognitive Behavioral Therapy (TFCBT)
- Beyond Consequences
- Seeking Safety
- Anger Management
- DBT
- Summer Intensive Outpatient Program (IOP)
- Mood Management
- Healthy Relationships
- Social Skills

