

Family & Children's Services

# MENTAL HEALTH SERVICES FOR ADULTS



Family &  
Children's  
SERVICES

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*Life Changing.*



You don't have to suffer from mental illness. We're here to help you with problems that seem overwhelming and too difficult to handle alone.

### RECOVERY IS POSSIBLE.

If you or a loved one struggle with mental illness or emotional disorders, our highly qualified staff will help you begin your path to recovery.

At Family & Children's Services, mental health care is tailored to meet your individual needs. An array of effective treatments is available to bring recovery to those individuals challenged with serious mental illness or co-occurring disorders. A full range of services is also available for addictions.

We are the place to turn to for help if you or a loved one needs assistance with any of the following mental health or addiction problems:

- » Major depression
- » Self harm or harm to others
- » Anxiety disorders
- » Phobias
- » Schizophrenia
- » Bi-polar disorder
- » Other mood disorders
- » Post-traumatic stress disorder
- » Homelessness due to mental illness or addiction
- » Addiction to drugs, alcohol, gambling and more



# LIFE CHANGING

"I NEVER THOUGHT LIFE COULD BE SO GOOD AGAIN. I'M GRATEFUL FOR THE HELP I RECEIVED FOR MY DEPRESSION. I KNOW I'M NOT ALONE ANYMORE."

# MENTAL HEALTH SERVICES

## TREATMENT WORKS. RECOVERY IS POSSIBLE.

We offer a wide range of resources, support and effective treatment options that will be individually tailored to help you address your mental health needs, as well as any self-sufficiency needs you may have. We provide care when you need it most. Same-day appointments, emergency help and crisis services are always available.



## PSYCHIATRY AND MEDICATION

Following an assessment with a psychiatrist, the newest and most effective medication can be prescribed and provided through our inhouse pharmacy.

## CASE MANAGEMENT

Caring advocates will help you strengthen relationships and link you to needed mental health, community resources and health services.



## OUTPATIENT THERAPY AND GROUP SERVICES

An array of individual therapy, group education services and therapy groups are provided to enhance day-to-day functioning and recovery while improving relationships, self-confidence, coping skills and the effective management of grief, stress, anger, anxiety and depression.

## TRANSITIONAL CARE

We provide transitional care for clients discharged from psychiatric hospitalization to ensure continuity of care to outpatient treatment.

## SUBSTANCE ABUSE AND ADDICTIONS

We give you the resources, support and treatment options necessary for recovery through the development of coping, sober living and relapse prevention skills. DUI assessment and classes are also offered.

## HEALTH AND WELLNESS

An onsite medical clinic, wellness programs and care coordination help clients in our mental health programs manage and improve overall health.

## HOME-BASED SERVICES FOR SENIORS

We provide home-based therapy and case management services for eligible older adults with mental health disorders.

## HOMELESS SERVICES

We reach out to mentally ill homeless individuals and their families, offering mental health care, substance abuse treatment and linkages to housing and other community resources.

## SUBSTANCE ABUSE & ADDICTION SERVICES

In several outpatient settings, we give you the resources, support and treatment options necessary to develop sober living, coping and relapse prevention skills.



## ALTERNATIVE DIVERSION PROGRAMS

Drug court, mental health court, Assertive Community Treatment, re-entry and homeless outreach help those with both serious mental illness and criminal justice involvement divert from long-term hospitalization, jail or prison.

## WOMEN IN RECOVERY

This highly specialized, day treatment diversion program helps eligible, non-violent females facing incarceration for substance abuse offenses achieve recovery, self-sufficiency and reunification with their children.

## CRISIS SERVICES

Our 24/7 CrisisCare Center provides evaluation and short-term crisis stabilization in a secured, safe and caring environment for adults experiencing an emotional, behavioral or psychiatric emergency. **Call 918.744.4800.**

### CRISIS RESPITE CENTER *(up to 24 hours)*

Offers psychiatric care for up to 24 hours in a therapeutic, supportive and calming setting.

### CRISIS STABILIZATION UNIT *(up to 5 days)*

A 16-bed therapeutic unit helps those experiencing a severe mental health crisis stabilize and begin recovery.

## COPES—COMMUNITY OUTREACH PSYCHIATRIC EMERGENCY SERVICES

Provides 24-hour rapid telephone response and stabilization and, when available, mobile services.

## NATIONAL SUICIDE PREVENTION LIFELINE

If you or someone you love is having suicidal thoughts, call us immediately at **918.744.4800.**

## CONTACT US

One call to our appointment coordinators can assist you in determining what services will best meet the individual needs of your child and family.

For more information or to make an appointment, call **918.587.9471.**



## INFORMATION

Our professional services are strictly confidential and are offered regardless of race, religion, gender or income. We have English- and Spanish-speaking staff members. Other translation services are available upon request.

Most services are available regardless of your insurance coverage or ability to pay, which will be discussed when you call to make an appointment. We accept Medicaid, Medicare and other private insurance.

In addition to weekday hours, we offer evening appointments at many locations.

Family & Children's Services does not participate in litigation for child custody or any investigative or forensic assessment.

Family & Children's Services complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

# CHANGING LIVES FOR 1 IN 6 TULSANS.

Family & Children's Services is a recognized behavioral health care leader in Tulsa, Oklahoma and surrounding communities. We provide an array of specialized programs in mental health, substance abuse and family services. Our dedicated staff heal traumatized and hurting children, strengthen individuals and families, and provide hope and recovery for those battling mental illness and addiction. We give clients hope and set them on the path to recovery and, in the process, make our community a better place for all. Programs are offered through a network of convenient office locations.

## PROGRAMS

- » Child Abuse & Trauma Treatment
- » Family Preservation, Visitation & Reunification
- » Children's Counseling & Mental Health Services
- » Counseling for Adults & Families
- » Mental Health & Addiction Treatment for Adults
- » Psychiatry & Pharmacy
- » Women in Recovery
- » Family Life Education & Parenting Programs
- » Marriage Enrichment Programs
- » Divorce Adjustment Services
- » Crisis Intervention

Family & Children's Services  
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918.587.9471

[www.fcsok.org](http://www.fcsok.org)



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