

Family & Children's Services

# CHILDREN'S COUNSELING & MENTAL HEALTH SERVICES



Family &  
Children's  
SERVICES

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*Life Changing.*



We are the place to turn to when children's problems seem overwhelming and too difficult to handle alone.

We help restore children's well-being and increase positive behaviors at home and in school.

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As a parent, you want what is best for your child, but it's not always easy to know what type of support he or she needs. At Family & Children's Services, our team of compassionate professionals will provide your child and family with individually tailored services to overcome a wide range of problems—from mild to severe.

Our counselors can provide positive solutions for your child or teen. We'll work together to help your child:

- » Increase positive behaviors at home or in school
- » Strengthen social skills and self-esteem
- » Develop self-control and manage anger
- » Restabilize following a psychiatric crisis
- » Succeed in school
- » Decrease conflict with family members, teachers and peers
- » Heal from the traumatic effects of abuse
- » Recover from emotional distress



LIFE  
CHANGING

"MY CHILD IS BEHAVING SO MUCH BETTER NOW. THANKS TO HIS THERAPIST, HE'S DOING BETTER IN SCHOOL, MAKING FRIENDS AND GETTING ALONG AT HOME."

# CHILDREN'S COUNSELING & MENTAL HEALTH SERVICES

## TREATMENT WORKS.

We use a variety of evidence-based treatment approaches to treat emotional, behavioral or relationship problems your child may be having. Parents or caregivers are involved in many of the programs we offer.

Together we will set goals and work toward resolving these difficulties. Counseling can help you better understand the problem, find solutions, identify strengths and find new ways to improve your child and family's well-being.



## INDIVIDUAL OR GROUP COUNSELING FOR KIDS

Our highly skilled staff provides individual and group counseling services to help children learn self-confidence, social skills, anger management, emotional functioning and other essential life skills.

## PLAY THERAPY

Play therapists help young children with a range of emotional or behavioral problems express themselves through therapeutic play to better cope, improve behavior and enhance parent-child relationships.

## PARENT-CHILD INTERACTION THERAPY (PCIT)

Our specialized staff works with parents and children ages 2 – 8 years in joint sessions to help improve young children's behavior and create positive parent-child relationships. Parents learn effective parenting, communication skills, and discipline and child behavior management solutions.

## SCHOOL-BASED COUNSELING

We offer school-based counseling for children and teens with emotional or behavioral problems. By having offices in select schools, our therapists can quickly intervene so children can get the help they need to achieve their best at school.

## FAMILY THERAPY

We work with families of all types to develop new ways to improve overall family communication, connection and problem-solving. Our staff assists parents in developing effective parenting strategies for children of all ages.

## POSITIVE PARENTING

Because positive parenting can make such a difference in the life of a family, we offer a variety of parenting classes that focus on different topics for raising children of all ages.



## ANGER MANAGEMENT & BULLYING

Our professional staff provides healing and new solutions for children who have been bullied. In group counseling sessions, youth develop skills to increase self-control and deal with anger and interpersonal conflicts.

## ADD/HD SCREENING

We provide screenings to find out if your child's difficulties are due to ADD/HD. Once determined, we can offer treatment options and referral for medication evaluation.

## TRAUMA TREATMENT

Our team of child trauma specialists works with children to restore their well-being following traumatic life events, including abuse, loss of a loved one, witnessing violence and other catastrophic occurrences.

## CHILD PSYCHIATRY

Children and adolescents with severe emotional and behavioral difficulties—who are being seen in the agency for mental health care—can be referred for psychiatric evaluation, consultation and, if needed, medication.

## COPES FOR KIDS—

### MOBILE PSYCHIATRIC CRISIS SERVICES

Our mobile crisis intervention team provides 24-hour rapid response, stabilization and intervention in Tulsa County for children and teens who feel out of control or have thoughts of suicide, harming themselves or hurting others. **Call 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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[www.fcsok.org](http://www.fcsok.org)



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