

LIFE CHANGING



Family &
Children's
SERVICES

Life Changing.



Family & Children's Services
is the place to turn for
help with problems that
seem overwhelming and
too difficult to handle alone.

THERE IS HOPE.

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If you or a loved one struggle with family crisis, child abuse, traumatic events, mental illness, emotional disorders or addictions, our caring and compassionate professionals will provide life-changing services that are individually tailored for a wide range of problems—from mild to severe.

Not only do we provide hope and healing to those who need it most, we also:

- » Strengthen families
- » Heal abused children
- » Stabilize and treat those suffering from mental illness
- » Bring recovery to those struggling with addictions
- » Restore children's well-being
- » Help with tragic loss and unexpected life events
- » Enrich family functioning
- » Enhance parenting skills
- » Give non-violent females facing prison a chance at recovery and family reunification



SERVICES FOR CHILDREN

CHILD ABUSE AND TRAUMA TREATMENT

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

CHILDREN'S COUNSELING & MENTAL HEALTH PROGRAMS

Our compassionate professionals provide children and families with individually tailored services, in schools and at our offices, to help your child overcome a wide range of emotional, behavioral or relationship problems—from mild to severe.

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 referrals for medication evaluation.

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—COMMUNITY OUTREACH PSYCHIATRIC EMERGENCY SERVICES

Our team provides 24-hour rapid telephone response, stabilization and, when needed, mobile services 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.



SERVICES FOR FAMILIES

COUNSELING SERVICES

Our highly trained therapists help adults, children and families understand problems, identify strengths, encourage positive relationships and improve overall functioning.

FAMILY PRESERVATION

We promote positive parenting through home visitation programs designed to strengthen overburdened families who are at risk for child abuse or neglect or are reunifying following out-of-home placement of children.

FAMILY LIFE EDUCATION

Because positive parenting can make such a difference in the life of a family, we offer a variety of parenting and relationship enhancement classes to parents and couples.

DIVORCE SERVICES

If you're experiencing a difficult or high conflict divorce, our staff will provide valuable solutions for you and your family.

EARLY CHILDHOOD FAMILY SUPPORT AND MENTAL HEALTH SERVICES

In partnership with Community Action Project's early childhood and Head Start programs, we provide parenting support and mental health consultation.

OUTPATIENT MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES FOR ADULTS

PSYCHIATRIC TREATMENT AND MEDICATION

Comprehensive psychiatric evaluation and medication management is provided for adults with severe mental illness following an intake evaluation.

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

In several outpatient settings, 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

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

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 needed, 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.

SARAH AND JOHN
GRAVES CENTER
2325 S. Harvard Ave.

CENTRAL OFFICE
650 S. Peoria Ave.

OSAGE HILLS OFFICE
1 W. 36th St. N., Suite 1

EAST OFFICE
11740 E. 21st St.

SALVATION ARMY OFFICE
102 N. Denver Ave., Suite C

CRISCARE CENTER
1055 S. Houston Ave.

LEWIS OFFICE
Family Preservation Services
6202 S. Lewis Ave., Suite J

BROKEN ARROW OFFICE
3200 S. Elm, Suite 101

OWASSO OFFICE
109 N. Birch, Suite 109

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Family & Children's Services is a member agency of the Tulsa Area United Way and also a member of the following national organizations: Mental Health Corporations of America and the National Council for Community Behavioral Healthcare. F&CS is certified as a community mental health center by the Oklahoma Department of Mental Health and Substance Abuse Services and is accredited by the Council on Accreditation of Service for Children and Families.



Family & Children's Services
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918.587.9471

www.fcsok.org



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