**Children’s Home Society**

**Outpatient Behavioral Health Services**

**Serving Polk, Hardee & Highland Counties**

* Individual & family counseling

Counseling services through CHS can provide the help you’ve been longing for – for yourself, your child and your family. CHS empowers you to work through and overcome the roadblocks holding you back from realizing your full potential. Counseling sessions are unique to every individual and family. Our professional, caring, highly trained counselors will help you to build upon your strengths as you work through the challenges you’re experiencing.

-Our counselors have diverse training to include Trauma-Focused Cognitive Behavioral Therapy, Parent Child Interaction Therapy, Trust Based Relational Intervention, Motivational Interviewing, Child-Parent Psychotherapy, and Eye Movement Desensitization and Reprocessing. Many of our counselor are certified in Adoption Competency as well.

* Group Therapy

CHS in Greater Lakeland provides a number of groups for children receiving counseling services. Topics offered include: coping skills groups, socialization skills groups, trauma support groups, adoption support groups, LGBTQIA support groups, and other topics that the counselors see a need for in our community.

* **Tele-Health Counseling**

Confidential counseling is just a click away

Tele-counseling through CHS allows you to receive counseling with a top counselor in the comfort of your own home — with just a few clicks on your smart phone, computer or tablet.

* **Tele-psychiatry**

Additional support for children with diagnosed mental health challenges

We offer tele-psychiatry services in many regions to complement counseling. This service is available only to children who also receive counseling services through CHS. Tele-psychiatry allows your child to have video sessions with a board-certified psychiatrist who can help manage any necessary medications. These sessions are covered by Medicaid.

* Parent education groups

CHS in Greater Lakeland provides Circles of Security Parenting program to assist in learning ways to provide a secure attachment base for children. These parenting programs are provided to both foster/adoptive parents, relative caregivers and biological parents.

* **Therapeutic Visitation Services**

CHS provides services for families that may be court ordered either by the Dependency system or family court for therapeutic visitation. Counselors are able to work with the visiting parent in resolving issues that may be preventing them from properly bonding or interacting with their children.

If you have any questions about any of our services/referrals reach out to:

Intake Coordinator, Aaron Williams at 863-500-0227 or via email at [Aaron.Williams@chsfl.org](mailto:Aaron.Williams@chsfl.org)

Clinical Program Supervisor, Alretha McKenzie, MS, Registered Mental Health Counselor at 863-271-6801 or via email at [Alretha.McKenzie@chsfl.org](mailto:Alretha.McKenzie@chsfl.org)

Referrals are submitted and received through Mindshare.