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Lighthouse Counseling is a private, individually owned therapy practice offering traditional, holistic, and faith-based formats of mental health treatment. We offer the following types of counseling: individual, couples, family, marriage, co-parenting, school-based, collaborative, group, court-ordered and services for foster children in DCBS custody. Lighthouse Counseling also offers the following assessments: ADHD, Autism, mental health, psychosocial, suicide, substance abuse, crisis, school threat, spiritual, strengths and needs assessments. Lighthouse Counseling offers a comprehensive approach to mental and behavioral health counseling while working to reduce the negative stigma surrounding mental health services. Although we offer in-office appointments, Telehealth allows us to extend our services all across the state. We focus on addressing the client's mental health while understanding the influence that society and environmental factors have on their life. Lighthouse Counseling seeks to empower clients using a holistic approach to treatment while collaborating with client's current medical providers to achieve stability in their overall health. We accept Medicaid, Medicare, MOST private insurances, EAPs, speciality contracts and private pay.

### **Therapist**

Our counselors are highly educated individuals with degrees specializing in the field of social work, counseling or Christian ministry; they are qualified to perform therapeutic counseling as well as complete biopsychosocial assessments, mental health assessments, rapid assessments and other appropriate diagnostic assessments as needed in order to diagnose and treat both mental and behavioral health disorders. Each counselor specializes in different treatments and interventions. Therapist are assigned based on the client's need and availability of the provider.

At the initial appointment, the client will be asked to complete a biopsychosocial assessment to gain an in-depth understanding of their past experiences and their current needs. The therapist will then develop an individualized treatment plan to ensure the most efficient course of action. All of our counselors have experience in treating the following disorders: Anxiety, Depression, ADD/ADHD, past and present Trauma/PTSD, ODD/Conduct Disorder, Crisis Intervention, Life Challenges/Adjustments, Co-Parenting, Custodial Issues, Grief/Loss, Behavioral Challenges, Eating Disorders, Addiction/Substance Abuse, Autism, Compulsive Disorders and Personality Disorders. Our counselors are also certified and trained to treat First Responders with workplace trauma and Critical Incident Stress Management.

### **Community Support Associates**

Community Support Associates (CSA) are trained professionals that specialize in helping clients overcome barriers that hinders their progress toward mental health stability. The CSA's role is to empower individuals to meet their therapeutic goals. They provide additional supports by linking clients and their family to community services while advocating for their individual needs. The CSA collaborates directly with the client's therapist and other service providers to ensure that treatment goals are being met. Client's progress is monitored in treatment team meetings to ensure continued success through collaboration.

Community Support Associate's primary focus is to ensure individuals are able to maximize their independence while managing barriers that are preventing client progress. A few examples of the services that a CSA provides is assisting with parenting education, teaching independent living skills, implementation of coping strategies and encouraging appropriate social skills through socialization both in and out of the home. CSAs can engage with a client up to 3 hours per day as necessary or approved by insurance. In order to receive CSA services, the client must meet specific criteria; all potential clients are screened at intake.

### **Targeted Case Manager**

Targeted Case Managers (TCM) are trained professionals specializing in helping clients receive assistance and obtain resources necessary to meet their specific needs. TCMs are utilized to facilitate team meetings, to collaborate with family and involved parties while providing support in achieving goals, and to link clients with community supports as needed. Some of the services they offer are locating financial assistance for utilities, advocating for educational resources and academic assistance, finding in-network healthcare providers and making referrals on client's behalf. TCMs also assist with obtaining food, clothing, furniture and housing as needed. The TCM will make a minimum of four contacts monthly with the client/guardian and their treatment team in order to provide collaborative services. To receive TCM services, the client must meet specific criteria; all potential clients are screened at intake.

### **Group Interventions**

Lighthouse Counseling has lots of exciting new group therapy classes going on that we would love for you to be a part of! We currently offer the following groups: \*Health & Fitness for all ages which includes Yoga & Boxing as a healthy outlet, \*Nutrition & Cooking, \* Building Healthy Coping Skills & Appropriate Socialization, \*Music, Mindfulness, Movement & Meditation, \*Budgeting, \*Life Skills, \*Art Therapy, \*Parenting Classes, and an \*Independent Living Group. We have weekly Parent Night Out Groups where we engage clients in various activities. We also offer supervised visitation services on a case-by-case basis. You do not have to be a current client to attend- just give us a call to get added to any of our groups! Most of these groups are covered by Medicaid or they have a small fee for private pay/private insurance clients.

It is our goal to meet the needs of those in our community. If there are other services you are interested in attending or seeing added to help our community, please contact the Lighthouse Counseling Owner, Sarah Light, at 270-543-3123. Thank you for your continued support!