

## OUR MISSION

The mission of Professional Counseling Associates (PCA) is to offer pathways to wholeness, healing and hope through caring and effective mental health services.

The **Community Support Program (CSP)** is designed to meet the needs of persons eighteen years of age and older who have a serious and persistent mental illness.

All our **CSP programs** are designed to enable persons with lifelong illness to:

- Improve quality of life
- Control symptoms of the illness
- Increase independence
- Access needed services in the least restrictive setting
- Access needed resources and benefits
- Develop or regain skills needed for everyday living and for obtaining employment
- Manage money
- Socialize and enjoy life



## PROGRAMS

**Ambulatory Care and Day Services** provide the following programs:

- Individual and Group Therapies
- Support, Therapy, Education for families
- Marital Counseling
- Medication Management
- Crisis Management
- Service Coordination/Linkage to services & resources
- Development of Functional Skills



**Day Services** also provides the following services:

- Development of Daily Living Skills
- Development of Prevocational Skills
- Socialization/Social Support Network

**All PCA Services are Confidential**

## EXPERIENCED STAFF

A variety of **mental health professionals** and certified paraprofessionals provide evaluations, develop treatment plans and assist with obtaining other services and resources to meet the needs of our clients.

- Counselors
- Psychiatrists
- Psychological examiners
- Psychologists
- Social Workers

The **team approach** is utilized with all clients. A team may consist of a psychiatrist, a therapist and/or a paraprofessional, as well as group therapy leaders and others (if necessary). This team can help with a variety of problems ranging from assistance with meal planning and grocery shopping, to treating an acute flare-up of a client's illness.

## AFFORDABLE

With our **private, non-profit status**, our hourly fees are far more reasonable than you may expect. We offer the following to help make our services affordable:

- \$ Sliding-scale discount (if qualified)
- \$ Many insurances are accepted
- \$ Medicaid & Medicare Provider

When you first call, our staff will help you determine your coverage. Claims assistance is always available.

## PROFESSIONAL SERVICES

The Community Support Program of Professional Counseling Associates serves a three county area: Lonoke, Prairie and Pulaski Co., north of the Arkansas River.

We serve a diverse population. Services are provided with the knowledge that needs may vary because of a person's cultural, ethnic, religious, racial, gender, age, or economic differences.



We recognize there are individuals who have special needs which sometimes relate to specific disabilities and require specialized services.

We help people with multiple problems, recognizing that we must treat the whole person and their unique situations and life circumstances.

We encourage family involvement, believing "No Man is an Island unto himself."

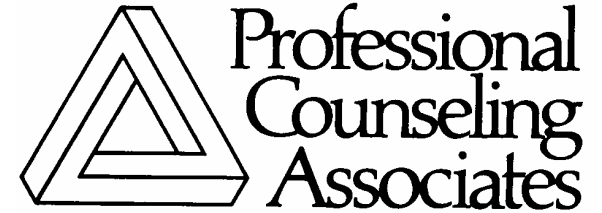
Call (501) 221-1843 if this information is needed in a different format.

## CONVENIENT

- ❖ CSP office is located in the North Little Rock Springhill area. Call 501-955-7600 to set up an appointment.
- ❖ Hours are from 8:30 to 5:00 Monday through Friday.
- ❖ Emergency staff available 24 hours a day. After office hours, just call one of our clinic numbers if you have an emergency.

PCA offices other than Springhill provide outpatient counseling and Mental Health Services to persons of all ages, including children and adolescents.

CABOT.....	843-3503
HAZEN.....	(870) 255-3527
SPRINGHILL.....	955-7600
JACKSONVILLE .....	982-7515
LONOKE.....	676-3151
SHERWOOD.....	835-4174
SOUTHWEST .....	568-4294



## Community Support Program



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We Can Help You Help Yourself.

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