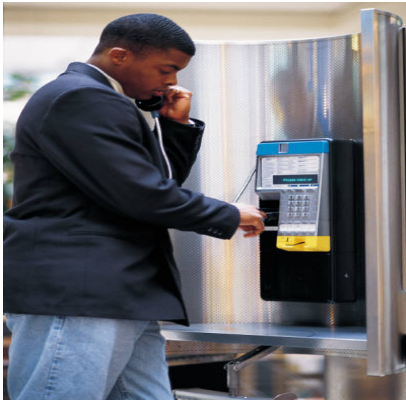


SEEKING HELP

At PCA, we realize the decision to seek counseling may be difficult. We are here to help you help yourself. Allow us to help you make the first call.



PROFESSIONALS

We strive to provide our clients with prompt, sensitive, confidential care. Professional Counseling Associates has over twenty experienced professionals including:

- Psychiatrists
- Psychologists
- Psychological examiners
- Social workers
- Counselors

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SERVICES

The Outpatient Program offers a broad spectrum of services.

Individual Counseling – meet one-on-one with a qualified therapist to work on short-term problems. Focus of such sessions can include improving self esteem, adjusting to divorce, dealing with trauma, grief or depression.

Group Counseling - meet with a therapist who helps groups of individuals with similar problems. Group can be effective for dealing with anger control, addictive disorders and socialization problems.



Family Counseling focuses on relationship issues, including marriage enrichment, resolving marital conflicts or strengthening family relationships. Conflicting parent/child roles are often best addressed in family counseling sessions.

Psychiatric Services can be provided by a physician licensed to prescribe medication and trained in detection, diagnosis and treatment of emotional problems.

Testing services can help evaluate learning disabilities and some emotional problems.

Case Management is a supportive outreach service that provides a mentor to help access community resources and help put skills learned in therapy to practical day-to-day use.

Educational Programs are offered at our offices and to community groups. Topics include: positive parenting, assertiveness, stress management, holiday depression, and management of assaultive behavior.

Our services are provided without regard to race, color, creed, religion, gender, age, sexual orientation, national origin, disability, economic status or political affiliation.

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 Provider
- \$ Medicare Provider
- \$ ARKids First Provider

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

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

CHILDREN AND ADOLESCENTS

Children and teenagers are served at all our clinic locations. We recognize that families are crucial in each child's life, and that good evaluation and treatment cannot occur unless parents and other important adults are part of the treatment team.



PCA is the "lead agency" for CASSP (Child and Adolescent Service System Program) in Lonoke, Prairie, and North Pulaski Counties. For children with severe emotional disturbances, or children with emotional problems whose needs require services from several different agencies or State departments, PCA arranges a multi-agency staffing to coordinate services.

The following services are available to children, adolescents and their families:

- ✓ **School-Based Services** public schools and Head Start classrooms.
- ✓ **Children's Case Management** is available at all our clinics.

- ✓ **Wrap Around** services to meet needs that insurance does not cover, including rewards for improved behavior.
- ✓ **In Lonoke County our PROMOTE program** serves youth who are at-risk or involved with the Division of Youth Services.

CONVENIENT

- ❖ 7 clinic locations in Pulaski, Lonoke, and Prairie Counties
- ❖ Offices open from 8:30 a.m. to 5:00 p.m. Monday through Friday
- ❖ Some clinics have extended hours one day a week. Please call for availability.
- ❖ Emergency staff available 24 hours a day. Just call one of our clinic numbers for assistance.

There's a Professional Counseling Associates Outpatient Clinic near you:

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

PCA also provides services for adults who have severe and persistent mental illness. Call 955-7600 for more information.



Outpatient Services



Offering pathways to wholeness, healing and hope through caring and effective mental health services.
