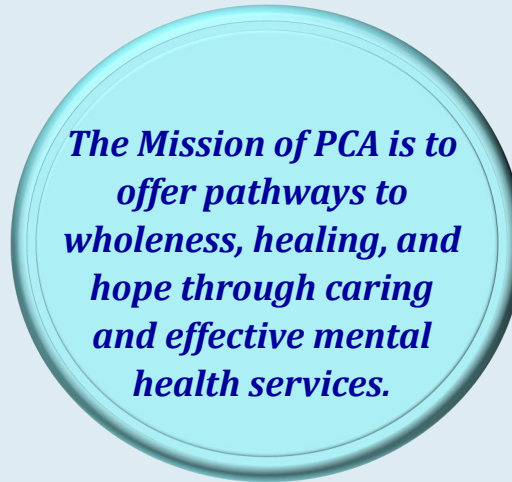


## CHILDREN AND ADOLESCENTS Services

Children and teenagers are served at all 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.

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

- ◆ **School-Based Services** are available in public schools and some daycare settings.
- ◆ **Children's Case Management** is available at all clinics.
- ◆ **In Lonoke County** our **PROMOTE Program** serves youth who are at-risk or involved with the Division of Youth Services.



### LOCATIONS:

Five clinic locations in Pulaski, Lonoke, and Prairie Counties.

- SHERWOOD.....501-835-4174
- JACKSONVILLE.....501-982-7515
- CABOT.....501-843-3503
- LONOKE.....501-676-3151
- NLR - (Springhill).....501-955-7600

Hours: 8:30 a.m. to 5:00 p.m.  
Monday through Friday.

Emergency Services - 24 hours  
CRISIS LINE # 800-592-9503

Administration: 501-221-1843

[www.pca-ar.org](http://www.pca-ar.org)



Services provided by



## Outpatient Services



Services provided by



## Seeking Services

At **Professional Counseling Associates (PCA)**, we realize the decision to seek counseling may be difficult. However, we are here to help you.

We strive to provide our clients with prompt, sensitive, and confidential care. PCA has many experienced professionals including:

- ◇ **Psychiatrists**
- ◇ **Psychologists**
- ◇ **Psychological Examiners**
- ◇ **Social Workers**
- ◇ **Counselors**

## Day Services Program

Our **Day Services Program** is our highest level of service for adults, *eighteen and older*, that addresses the clinical needs of persons with *serious mental illness*. It is open **Monday through Thursday** from **8:30am to 3:30pm** at the Springhill clinic in North Little Rock.

***Due to COVID, days/hours may be affected. Call 501-955-7600 for current information.***

## SERVICES

**Outpatient Services** offers the following:

**Individual Counseling** – Allows you to meet one-on-one with a qualified therapist to work on short-term problems. Session focuses can include improving self-esteem, adjusting to divorce, dealing with trauma, grief or depression.

**First Episode Psychosis (FEP)** - Services are available. This program serves clients between ages 15 and 34 who have experienced their first episode of psychosis symptoms within the past two years.

**Group Counseling** – Provides the opportunity to 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** – Provided by a physician licensed to prescribe medication and trained in detection, diagnosis and treatment of emotional problems.

## SERVICES

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

**Case Management** provides assistance to access community resources and help put skills learned in therapy to practical day-to-day use, through supportive outreach.

**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.

## Affordability

With our non-profit status, our hourly fees are reasonable. 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.

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