

# OUTPATIENT BEHAVIORAL HEALTH



## HELPING KIDS AND FAMILIES SURVIVE AND THRIVE.

TheVillage's Outpatient Behavioral Health Department offers a wide range of therapy services to children, adolescents, adults, and families at our Southwest Philadelphia and Rosemont locations. Other Philadelphia satellite locations are available.



### INDIVIDUAL THERAPY

Individual therapy sessions are available for children, adolescents, and adults who are experiencing difficulties with their emotions or behavior.

### FAMILY THERAPY

Family therapy helps improve the way family members interact and resolve conflicts together.

### SPECIALIZED THERAPIES

- **Play Therapy** helps children between the ages of three and 12 express their thoughts, feelings, and behaviors through the use of play, games, art, and other child-friendly materials.
- **Trauma Focused-Cognitive Behavioral Therapy (TF-CBT)** was developed to help children, ages 3 to 18, who are struggling with symptoms related to a traumatic or upsetting life event.
- **Parent Child Interactive Therapy (PCIT)** is an evidence-based family therapy designed for young children who exhibit "acting-out" behaviors.
- **Dialectical Behavior Therapy (DBT)** focuses on developing coping skills to help clients manage intense emotions. DBT is helpful for adolescents and adults struggling with Borderline Personality Disorder, Addictive Disorders, Post-Traumatic Stress Disorder, Bipolar Disorder, and other serious mental disorders.

### PSYCHIATRIC SERVICES

Psychiatric evaluations and medication management services are available with a board-certified child and adolescent psychiatrist. Psychiatric services are for children and adolescents currently enrolled in our Outpatient Therapy Program. TheVillage can assist with referrals for adults in need of psychiatric services.

## FREQUENTLY ASKED QUESTIONS

### How are services at theVillage different from services from another clinic?

At theVillage, we specialize in providing therapy to children, adolescents, and their families. Our therapists are trained in meeting the developmental and mental health needs specific to this population. Additionally, we use evidence-based therapies to help achieve the best results possible.

### Who is eligible to receive Outpatient Behavioral Health Services from theVillage?

Children and adolescents who receive Medical Assistance are eligible for services at theVillage.

### How much do these services cost?

Outpatient Therapy services are covered by the child or family's Medical Assistance program. There is no cost to the client.



## EVIDENCE-BASED, TRAUMA-INFORMED CARE

- S** SAFETY  
*What do I need to feel safe?*
- E** EMOTIONAL MANAGEMENT  
*How do I control my emotions?*
- L** LOSS  
*How do I deal with the loss I feel?*
- F** FUTURE  
*What are my goals for the future?*

TheVillage, a leader in trauma-informed care, utilizes the Sanctuary Model as a framework for healing. This model focuses treatment around the concept of “SELF.”

Using the Sanctuary Model and trauma-informed interventions as a guide for all activities, therapists work with their clients to process their trauma and learn to cope with and move beyond it to focus on healthy choices and the hope for a brighter future.

**Within this framework, the Outpatient Behavioral Health Department offers a variety of services to help your child and family:**

- Individual Therapy
- Family Therapy
- Trauma Therapy
- Play Therapy
- Parent Child Interaction Therapy
- Psychiatric Services

## HOW DO I KNOW IF MY CHILD WOULD BENEFIT FROM THERAPY?

Many children, adolescents, and families can benefit from therapy. Therapists can help kids and families cope with stress and a variety of emotional and behavioral issues.

**These are some signs and circumstances that may indicate your child would benefit from therapy:**

- Behavioral problems (excessive anger, defiance, aggression, tantrums)
- Experience of trauma (physical abuse, sexual abuse, neglect, or other traumatic events)
- Drastic change in grades or school attendance
- Learning or attention problems
- Grief and loss issues
- Family disruption (divorce, incarceration)
- Being the victim of bullying or bullying other children
- Episodes of sadness, tearfulness, moodiness, difficulty eating/sleeping
- Social withdrawal or isolation
- Exposure to violence, drug abuse, or family mental illness

**Call today to schedule an appointment. Our experienced admissions staff is here to speak with you and to answer all of your questions.**

**OUTPATIENT THERAPY INTAKE**  
**PHONE: (215) 730-2326 • FAX: (215) 863-8320**  
**WWW.VILLAGE1877.ORG**

### theVillage: Hope in Action since 1877

**The work we do here at theVillage makes a difference for individuals, families, and communities.**

Founded in 1877, theVillage is committed to reaching the most vulnerable children and families in our communities and delivering assistance that lasts. Through trust, compassion, commitment, and faith, we work with children and families to focus on the future—defining their unique goals and paving the specific steps needed to achieve those goals with stability and wholeness. We are persistent in the face of major challenges, assisting our clients to overcome trauma and a spectrum of circumstances arising from poverty, mental illness, addiction, and abuse.

We are hope in action, healing in purpose, organized around evidence-based, innovative practices, in collaboration with individuals, families, and communities.

TheVillage is accredited by The Joint Commission (TJC), certified by the Sanctuary Institute, and is an active member of the Pennsylvania Council of Children, Youth and Family Services.

