

Family Solutions



Empowering Families,
Enhancing Lives





Family Solutions



Our mission is to
provide mental health
services, creating
opportunities for
healing with children,
adults, and families.

PROGRAMS

- School-Based Programs
- Outpatient Therapy
- Day Treatment
- Proctor Care/Foster Plus
- Residential Programs



SCHOOL-BASED PROGRAMS

Medford School District

- South Medford High School
- North Medford High School
- Central Medford High School
- Hedrick Middle School
- McLoughlin Middle School

Phoenix-Talent School District

- Phoenix High School

Ashland School District

- Walker Elementary School
- Helman Elementary School
- Bellview Elementary School





OUTPATIENT THERAPY

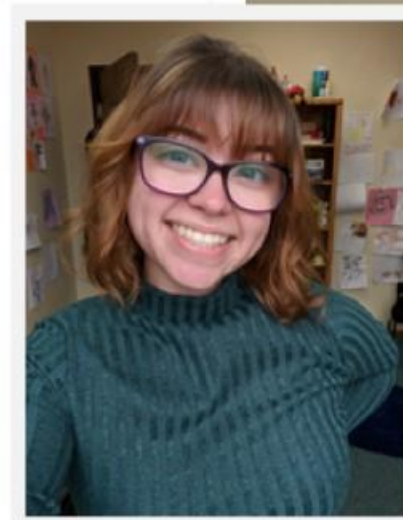
- Individual Therapy, Family Therapy, and Skills Training
- Serving ages 3 to 93
- Open 8AM-7PM, Mon-Fri
- Locations in Medford and Ashland
- No waitlist
- To schedule an assessment call 541.776.0497

OUTPATIENT THERAPY- MEET HAZEL

My clinical orientation is eclectic, meaning that one therapeutic treatment does not fit everyone. I am an LPC Intern receiving supervision regularly and am in the process of becoming a licensed counselor in the state of Oregon.

My preferred age group to work with is children, aged 3-12, but I have experience working with all ages. I really enjoy the creativity that children bring to session, which, in turn, allows me to be creative. I have found that having a “toolbox” filled with evidence-based techniques is necessary, but allowing the client to experiment, be creative, and move during session has proven the most helpful with making progress stick.

I believe having the family system involved in treatment allows the client the best chance of making significant progress, as I see the client once per week, while the family sees them every day.





OUTPATIENT THERAPY— MEET MARIA

My practice is built around the Acceptance and Commitment Therapy style, focusing on mindfulness and the development of practical skills that will assist my clients in addressing their mental health concerns. I support this with an openness to the individual experience, as well as an awareness of the true need for individuals in the adolescent age group to explore and define healthy practices that will support them as they transition into adulthood.

As a Native American woman, I am also familiar with the challenges to minorities and women in our larger society and am empathetic with the need for cultural sensitivity. I have personal and professional experiences that tie me to the LGBTQ+ community, and these reinforce my efforts to be an advocate and ally both in and out of the therapy office.

OUTPATIENT THERAPY— MEET VANESSA

My objective as a Skills Trainer is to appreciate and support each client's individuality and unique characteristics. I create lessons tailored to the individual to assist each client with their specific needs. In formulating goals for our clients, I collaborate with therapists and case managers to implement strategies and achieve these goals.

I utilize a range of evidence-based techniques to help clients manage struggles with anger/aggression, anxiety, conduct disorders, social skills, emotional regulation, problem solving, control, depression, trauma, self-esteem and many others.

I enjoy turning Skills Training into a game or art project, which helps my clients retain and use these skills in their daily lives. I work with all ages of youth and hold sessions in my office, in the school or in the home.





DAY TREATMENT

SERVING JACKSON AND JOSEPHINE COUNTIES

➤ The Summit in Ashland ➤ River Bend in Grants Pass



DAY TREATMENT

Children attend day treatment in place of public school with a typical treatment duration of approximately 9-12 months.

Services Include:

- Assessment and evaluation
- Individualized special and regular education
- Daily milieu therapy with an emphasis on social skill building
- Individual and family therapy
- Psychiatric consultation
- Individual and group skills training
- Case management





DAY TREATMENT IMAGINATIVE PLAY

DAY TREATMENT- ASK THE STUDENTS!



What has been your favorite part of Day Treatment?

- *Dress up*-7yrs old Miss Joy's class.
- *When we get to listen to music*-10yrs old Miss Michele's class.
- *Prodigy math game*-8yrs old Miss Kristi's class.
- *Seeing my friends*-8yrs old Miss Kristi's class.
- *Building bird feeders*-10yrs Miss Dawn's class.
- *Drawing and art*-12yr old Miss Dawn's class.
- *I like that we get to build robots*-9yr old Miss Dawn's class.





PROCTOR CARE

Proctor Care/Foster Plus is a form of foster care which empowers families with the training and support needed to address trauma, cultivate a therapeutic environment, and create opportunities for healing.

- ✓ Local Case Management from OUR team
- ✓ 24/7 Crisis Support
- ✓ Respite/Relief Care for families providing full-time care
- ✓ Proctor Foster families are provided with rigorous and on-going training specific to the needs of the youth in their care

Who we Serve

- Oregon foster youth who have struggled to thrive in traditional foster care settings because of emotional or behavioral challenges
- Ages 4-18
- Goal: Stabilize, address trauma, build skills, prevent higher level of care



RESIDENTIAL

Family Solutions residential programs were developed to create a structured and supportive home for youth who have not been successful in foster care, proctor foster care, or other residential programs.

The therapeutic milieu of the residential homes focuses on the psychosocial, emotional and familial issues that have led to problematic and/or self-destructive behaviors by the person served.

The goal upon discharge is primarily to place the person served in a less restrictive setting (for example: home of origin, adoptive home, proctor care, or emancipation).

- *Average length of stay is 9-12 months*
- *Referrals are made to the program through centralized referral process*

RESIDENTIAL- CASCADE HOUSE

- Located in Medford
- Serving ages 12-20
- 9 Beds in the Home





RESIDENTIAL-WILLOW HOUSE

- Located in Grants Pass
- Serving ages 12-17
- 8 Beds in the Home

CONTACT INFORMATION

School-Based Programs

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QUESTIONS?

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