



Supports For Mental & Behavioral Health

There are times when our experiences keep us from being as healthy or happy as we want to be. Our **supports for mental and behavioral health** can help you pursue positive habits and interactions with the world around you. We listen, offer guidance, and work together to develop a wellness plan that works for you.

We use a person centered approach, focusing and building on strengths. This process is solution-oriented and helps you reach your hopes and dreams.

Each of our mental and behavioral health professionals have a passion to help people live a life of meaning and purpose, are trained in person-centered practices, and hold credentials and licenses in their fields.

Therapy sessions can be offered in the home or at one of our locations. We also offer consultation and caregiver training to agencies.



- 📌 **Eye Movement Desensitization and Reprocessing (EMDR)** This therapy helps people process past trauma and abuse, and refocus thoughts and brain patterns to increase positive feelings
- 📌 **Individual Therapy** 1:1 sessions in a safe, caring and confidential environment that aims to increase positive feelings, such as compassion, self-esteem, courage. Art and play therapies can also be layered in to individual sessions
- 📌 **Family Therapy** A collaborative process between therapist and family members that aims to facilitate change and improve quality of family life
- 📌 **Cognitive Behavior Therapy (CBT)** Uses reflective insight to help change thoughts and behaviors
- 📌 **Family-Centered Behavioral Interventions** Supporting family members to support their family is the main focus of this service
- 📌 **Behavioral Counseling** Includes Functional Behavior Assessments, behavior support plans, transition plans, reevaluations, and staff and caregiver training
- 📌 **Person Centered Planning** Our planners support people in “drawing” a picture of the life they want to live, then we work together to figure out the best way to get there



THE BUSINESS OF
HOPES & DREAMS

Want to learn more? Contact a Mains'l Navigator today at mainsl.com