



SUPPORTS FOR MENTAL & BEHAVIORAL HEALTH

There are times when experiences keep people from being as healthy or happy as they 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 solution that works for you.

Our services focus and build on strengths. The 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.

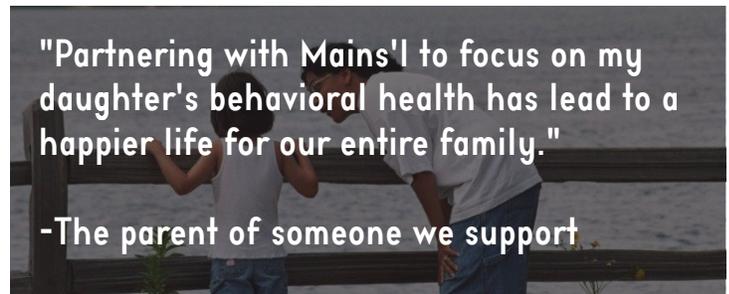
Therapy sessions can be offered in the home or at one of our locations. We also offer consultation and caregiver training to agencies.

COUNSELING SERVICES

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 into individual sessions.

Family Therapy: A collaborative process between therapist and family members that aims to facilitate change and improve the quality of family life.

Walk In Clinic: Our highly trained counselors are here to talk through whatever is on your mind. Contact us for hours.



"Partnering with Mains'l to focus on my daughter's behavioral health has led to a happier life for our entire family."

-The parent of someone we support

CONSULTATION

Behavioral Consultation: We offer 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 and then we work together to figure out the best way to get there.

TRAINING & SKILLS DEVELOPMENT

Family-Centered Behavioral Interventions: Supporting family members to support their family is the main focus of this service.

Person Centered Thinking Training: Includes two-day class to shift our lens of thinking, which assists us to help identify what is important to and important for a person.

Positive Behavioral Supports Training: A specialized training specific to each person's environment and behavioral health needs.



THE BUSINESS OF
HOPES & DREAMS

Want to learn more? Contact a Mains'l Navigator today at mainsl.com or call 763-494-4553