



# Success begins with a first step

To get started on your journey of recovery please contact us at one of the following clinic locations :

Suite 300  
Stone Point Landing  
500 Market Street  
W. Bridgewater, PA. 15009

**724-728-0535**

700 S. Scotland Lane  
New Castle, PA. 16101

**724-856-7012**

for more information on this or any of the other services offered by our agency,

please call

**800.332.1208**

or visit our website

**[www.communityalt.org](http://www.communityalt.org)**



# Learn

## Community Alternatives Outpatient Mental Health Services

Individualized services designed to meet the needs of you and your family



# Designed Uniquely For you

You can expect the highest quality of care, utilizing best practice treatment approaches including:

1. Thorough clinical evaluation by a highly trained staff member.
2. Coordinated service delivery.
3. Treatment planning that's easy to understand, focused on helping you become more independent and reducing or eliminating the symptoms causing you distress and
4. Follow-up planning that will give you the greatest chance of success.



# Overcome Challenges



Effective treatment is a team-orientated process. You, your child and family will always have a choice about the services you receive, a voice in the manner in which you receive services, and ownership of the decisions that affect your lives.

## Community Alternatives Approach to Treatment

### *We focus on...*

- Improving communication, interpersonal skills such as anger management and assertiveness training.
- Teaching effective strategies to reduce and manage stress and anxiety.
- Assisting you in managing symptoms related to depression, anxiety or other serious mental health problems.
- Working closely with families and schools to reduce the need for future services.

### Training and Supervision

#### *Our staff...*

- Are trained to understand and treat emotional, mental health and stress related disorders.
- Have specialized education in reducing compulsive behaviors such as gambling, inappropriate sexual behavior and other risk-taking behavior.
- Are trained to work effectively with you and your family.

### Specific Services Provided

#### *We provide*

- Individual, group and family counseling.
- Psychiatric assessment and medication management .
- Counseling to address marital conflict and communication problems.
- Parenting and anger management skills training.
- Play and creative therapy