

OUR MISSION

The Mission of Professional Counseling Associates (PCA) is to offer pathways to wholeness, healing and hope through caring and effective mental health services.

The Community Support Program (CSP) is designed to meet the needs of persons eighteen years of age and older who have a serious and persistent mental illness.

PROGRAMS

All our CSP programs are designed to enable persons with a lifelong illness to:

- ❖ Improve quality of life
- ❖ Control symptoms of the illness
- ❖ Increase independence
- ❖ Access needed services in the least restrictive setting
- ❖ Access needed resources and benefits
- ❖ Develop or regain skills needed for everyday living and obtaining employment
- ❖ Manage money
- ❖ Socialize and enjoy life



PROGRAMS

Outpatient Care and Day Services provide the following programs:

- ❖ Individual and Group Therapies
- ❖ Support, Therapy & Education for Families
- ❖ Psychiatric Services
- ❖ Case Management
- ❖ Educational Programs
- ❖ Crisis Management
- ❖ Medication Management
- ❖ Development of Functional Skills



Day Services also provides the following services:

- ❖ Development of Daily Living Skills
- ❖ Development of Prevocational Skills
- ❖ Socialization/Social Support Network

**All PCA Services
are Confidential**

EXPERIENCED STAFF

A variety of mental health professionals and certified Intervention Specialists provide evaluations, develop treatment plans and assist with obtaining other services and resources to meet the needs of our clients.

- ❖ Psychiatrists
- ❖ Psychologists
- ❖ Psychological Examiners
- ❖ Social Workers
- ❖ Counselors

The team approach is utilized with all clients. A team may consist of a psychiatrist, a therapist and/or an intervention specialist as well as group therapy leaders and others (if necessary). This team can help with a variety of problems ranging from assistance with meal planning and grocery shopping, to treating an acute event of a client's illness.

AFFORDABLE

With our private, non-profit status, our hourly fees are far more reasonable than you may expect. We offer the following to help make our services affordable:

- \$ Sliding-Scale Discount (if qualified)
- \$ Many insurances are accepted
- \$ Medicaid & Medicare Provider

When you first call, our staff will help you determine your coverage. Claims assistance is always available.

PROFESSIONAL SERVICES

The **Community Support Program** of Professional Counseling Associates serves a three county area: Lonoke, Prairie and Pulaski Co., north of the Arkansas River.

We **serve** a diverse population. Services are provided with the knowledge that needs may vary because of a person's cultural, ethnic, religious, racial, gender, age, or economic differences.



We **recognize** there are individuals who have special needs which sometimes relate to specific disabilities and require specialized services.

We **help** people with multiple problems, recognizing that we must treat the whole person and their unique situations and life circumstances.

We **encourage** family involvement, believing "No Man is an Island unto himself."

Call (501) 221-1843 if this information is needed in a different format.

CONVENIENT

- ❖ **CSP** office is located in the North Little Rock Springhill area. **Call 501-955-7600 to set up an appointment.**
- ❖ **Outpatient Clinic Hours** are from 8:30am to 5:00pm Monday through Friday.
- ❖ **Day Services Hours** are 8:30am to 3:30pm Mondays, Wednesdays and Thursdays.
- ❖ **Emergency Staff Available - 24 hours a day**
After Hours: Just call one of our clinic numbers if you have an emergency.

PCA offices, other than Springhill, provide outpatient counseling and Mental Health Services to persons of all ages, including children and adolescents.

CABOT(501)-843-3503

SPRINGHILL-(NLR).....955-7600

JACKSONVILLE(501)-982-7515

LONOKE.....(501)-676-3151

SHERWOOD.....(501)-835-4174

Visit our website for more information concerning current events, forums, clinic locations and other Mental Healthcare information.

www.pca-ar.org

Administration Headquarters: 501-221-1843



Community Support Program

We Can Help You Help Yourself.

Offering pathways to wholeness, healing and hope through caring and effective mental health services.