

## SEEKING HELP

At Professional Counseling Associates (PCA), we realize the decision to seek counseling may be difficult. We are here to help you help yourself.



## PROFESSIONALS

We strive to provide our clients with prompt, sensitive, confidential care. Professional Counseling Associates has many experienced professionals including:

- ▶ **Psychiatrists**
- ▶ **Psychologists**
- ▶ **Psychological examiners**
- ▶ **Social workers**
- ▶ **Counselors**

## DAY SERVICES

The **Day Services Program** is our highest level of service for adult clients that addresses the clinical needs of persons with serious mental illness. It is open **Monday through Thursday from 8:30am to 3:30pm** at the Springhill clinic in North Little Rock.

## SERVICES

The Outpatient Services offers the following broad spectrum of services.

**Individual Counseling** – Allows you to meet one-on-one with a qualified therapist to work on short-term problems. Focus of such sessions can include improving self-esteem, adjusting to divorce, dealing with trauma, grief or depression.

**Group Counseling** – Provides the opportunity to meet with a therapist who helps groups of individuals with similar problems. Group can be effective for dealing with anger control, addictive disorders and socialization problems.



**Family Counseling** – Focuses on relationship issues, including marriage enrichment, resolving marital conflicts or strengthening family relationships. Conflicting parent/child roles are often best addressed in family counseling sessions.

**Psychiatric Services** – Provided by a physician licensed to prescribe medication and trained in detection, diagnosis and treatment of emotional problems.

## SERVICES

**Testing** services help evaluate learning disabilities and some emotional problems.

**Case Management** provides assistance to access community resources and help put skills learned in therapy to practical day-to-day use, through supportive outreach.

**Educational Programs** are offered at our offices and to community groups. Topics include: positive parenting, assertiveness, stress management, holiday depression, and management of assaultive behavior.

Our services are provided without regard to race, color, creed, religion, gender, age, sexual orientation, national origin, disability, economic status or political affiliation.

## AFFORDABLE

With our private, non-profit status, our hourly fees are reasonable. We offer the following to help make our services affordable:

- \$ **Sliding-scale discount (if qualified)**
- \$ **Many insurances are accepted**
- \$ **Medicaid Provider**
- \$ **Medicare Provider**
- \$ **ARKids First Provider**

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

## CHILDREN AND ADOLESCENTS

Children and teenagers are served at all our clinic locations, except for Springhill. We recognize that families are crucial in each child's life, and that good evaluation and treatment cannot occur unless parents and other important adults are part of the treatment team.



*PCA is the "lead agency" for **CASSP** - (Child and Adolescent Service System Program) in Lonoke, Prairie, and North Pulaski Counties. For children with severe emotional disturbances, or children with emotional problems whose needs require services from several different agencies or State departments, PCA arranges a multi-agency staffing to coordinate services.*

The following services are available to children, adolescents and their families:

- ✓ **School-Based Services** are available in public schools and some daycare settings.
- ✓ **Children's Case Management** is available at all our clinics.

- ✓ **Wrap Around Services** focus on building natural support for youth and families.
- ✓ **In Lonoke County our PROMOTE program** serves youth who are at-risk or involved with the Division of Youth Services.

## CONVENIENT

- ❖ **5 clinic locations** in Pulaski, Lonoke, and Prairie Counties, and Administration in Pulaski.
- ❖ Offices open from 8:30 a.m. to 5:00 p.m. **Monday through Friday.**
- ❖ Some clinics have **extended hours** one day a week. Please call for availability.
- ❖ **Emergency staff available 24 hours a day.** Just call one of our clinic numbers for assistance.

There's a Professional Counseling Associates Outpatient Clinic near you:

SHERWOOD.....835-4174  
JACKSONVILLE .....982-7515  
CABOT .....843-3503  
LONOKE .....676-3151  
NLR - (Springhill).....955-7600

Visit our website for more information:

[www.pca-ar.org](http://www.pca-ar.org)

**Administration Headquarters: 501-221-1843**

PCA also provides services for adults who have severe and persistent mental illness. Call **955-7600** for more information.



## Outpatient Services

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