



## Goal of the Program

Our Outpatient Services offer a variety of educational and therapeutic programs to assist you in enhancing your emotional, physical, psychological, and social health, as well as your family. These programs have the capacity to specifically address your needs and those of your family to cope with mental health/addiction issues that impact your daily life, relationships and overall well-being.

Our goal is to assist you and your family to improve emotional, physical, psychological and social health through a variety of treatment options:

- Assessment and/or Education
- Individual Therapy
- Marital/Couples Therapy
- Family Therapy
- Groups
- Psychological Testing
- Psychiatric Evaluations/Medication

## Program Structure & Treatment

The program offers a broad continuum of services depending on your particular need(s). The process begins by having a trained clinician complete a clinical assessment and treatment plan with you. It can then proceed to any of the following:

- **Consultation and Education** - These services are offered usually specific to a mental health topic, time-limited, leader-directed and workshop orientated. Such services may be focused on you as an individual, but will usually be focused on a group-organization.
- **Individual Therapy** - one-to-one therapy with a trained therapist. In these sessions you can learn to improve your coping with ongoing stressors, symptoms or trauma. In addition, this can be a setting where you can begin to discuss early trauma that could have lead to stressors in your life.
- **Marital/Couples Therapy** - for couples seeking assistance with communication and conflict resolution.
- **Family Therapy** - offered to help you and your family learn how to cope with problems or major stressors that impact the family unit.

- **Psychological Testing** - this service is made available on referral and provided by a licensed psychologist. This testing provides an insight for you and helps outline developmental issues or areas of your life that may need to be addressed.
- **Psychiatric Evaluation** - for anyone who may need psychotropic medications to help with mental health issues. A board-certified psychiatrist provides this service.
- **Group Therapy** - provides therapy in a group setting where members learn from one another in order to deal with the stressors/problems in their lives and provide support for one another.



We care about your mental health....

*Let us help you learn to help yourself.*



## Swanson Center of LaPorte County ...

*Call for Info Today!*

Our outpatient programs provide a broad array of groups that address various issues and age groups. Those currently offered include:

- Enhancing Social Skills in Children
- Exploring Teenage Issues
- Parenting your ADHD Child
- Parenting through Divorce
- Stress Management
- Anger Management
- Domestic Violence
- Trauma

### About our fees:

If you have questions go to [www.swansoncenter.org](http://www.swansoncenter.org) or call (219) 879-0676 or (219) 362-2145.



## Outpatient Services

Swanson center is your local community mental health center providing specialized services to help you achieve your personal goals for wellness in all aspects of your life.

### Services Provided:

- Assessment and/or Education
- Individual Therapy
- Marital/Couples Therapy
- Family Therapy
- Group Therapy
- Psychological Testing
- Psychiatric Services



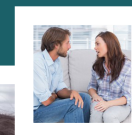
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[www.swansoncenter.org](http://www.swansoncenter.org)

*Se Habla Español*



## Outpatient Services



*Improving Lives... One Person at a Time*  
[www.swansoncenter.org](http://www.swansoncenter.org)