

All of our Qualified Mental Health Providers (QMHP), Community Services Specialist (CSSP), and Clinical Staff are all trained & certified as Life Coaches under the institute - teaching them a methodology of humanity - **IC.A.R.E<sup>2</sup>** which was created by our Founder & CEO LaKendra Smalley. We have married two beautiful professional platforms together, giving our clients a holistic approach in healing with everyone on deck to support them.



### OUR MISSION

Is to provide the highest quality, compassionate mental health care to our clients, families, and others in need, through advocacy, education, and a comprehensive array of services anchored to our IC.A.R.E<sup>2</sup> Model of Humanity, which holds us & everyone accountable to deliberate growth and healing for the very best clinical outcomes.

### OUR VISION

Is to foster a holistic place of refuge that embraces those journeying towards mental wellness in various places around the world - encompassing the 7 Dimensions of Wellness under one roof. Built by Life Coaches & the Therapeutic Professionals providing hope to those in need.

### SERVICES OFFERED

(Ages 5 yrs - Adult)

#### MOBILE SUPPORT SERVICES

Skills Building, Psycho-Social Rehabilitative, School & Community Support for ages 5 yrs+ where our Qualified Mental Health Provider will come to you

- Wraparound Approach Method.

#### DAY PROGRAMS ACUTE NEEDS TO INCLUDE

- Day programs for acute needs provide short-term, intensive treatment to an individual who requires multidisciplinary treatment in order to stabilize acute psychiatric symptoms or prevent admission to a more restrictive setting.

#### MENTAL HEALTH REHABILITATIVE SERVICES TO INCLUDE

- Crisis intervention services
- Medication training and support services
- Psycho-social rehabilitative services
- Skills training and development services

#### GROUP SERVICES TO INCLUDE

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| <ul style="list-style-type: none"><li>• Youth Circles</li><li>• Adult Circles</li><li>• Family Circles</li></ul> | <ul style="list-style-type: none"><li>• Workshops</li><li>• Expert Panels</li><li>• Virtual Training Communities on Various Topics</li></ul> |
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### SPECIAL SERVICES

- Cognitive Behavioral Therapy
- Emotion-Focused Therapy
- Mindfulness-based Therapies
- Therapeutic Art
- NLP (*Neuro Linguistic Programming*)
- Emotional Intelligence Training
- Hypnosis
- Eye Movement Desensitization and Reprocessing (EMDR)
- Somatic Therapy
- Plant Medicine & Spiritual
- (Not all of these specialties are covered by insurances)

We get asked a lot about the difference in a Life Coach & Therapist - Life Coaches are **PRESENT AND FUTURE FOCUSED**, and can use therapeutic and psychological tools to help people:

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| <ul style="list-style-type: none"><li>• Learn a new skill</li><li>• Re-frame past experiences</li><li>• Increase their emotional well-being</li><li>• Change limited belief systems</li><li>• Change their self-identity</li></ul> | <ul style="list-style-type: none"><li>• Set and achieve goals</li><li>• Make life changes</li><li>• Change their thinking</li><li>• Increase motivation</li></ul> |
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In general, therapists are **PAST AND PRESENT FOCUSED**, and may also help clients with these areas of their life, but they also help their patients:

- Treat mental illness or clinical anxiety or depression
- Cope with abuse
- Cope with relationship turmoil or violence
- Cope with traumatic loss
- Heal past trauma
- Treat addiction or substance abuse

This is why we are very unique and why we have a high client success rate.

### OUR PROCESS

(2 hrs 30 minutes)

Once we receive the referral, insurance eligibility is processed. Appointment is scheduled and all clients must come into the office for the first visit. Intake with our Intake Specialist & Master Social Worker or Client Services.

**Meet with our Clinical Staff for Biopsychosocial Assessment**  
Allow up to 48-72 hours to be assigned a Qualified Mental Health Provider - this can happen sooner depending on insurance response.

**Meet your QMHP/CSSP to begin your recovery to mental wellness.**