



About Child Guidance Center

Child Guidance Center is a private non-profit agency providing mental health services to children, adolescents, and their families.

Founded in 1949 by Lincoln's Junior League, Child Guidance Center has been making a difference in the community by supporting families in their efforts to raise emotionally healthy kids.

Child Guidance Center provides a continuum of prevention, early intervention, and treatment options to meet every individual's needs.

Services are provided by licensed mental health professionals with training and experience in the areas of psychiatry, psychology, social work, psychiatric nursing, relationship and family therapy, art therapy, play therapy, and counseling.

Services are offered on a sliding-fee, ability to pay basis. Medicaid and insurance accepted.

For more information or to arrange for services, please call 402-475-7666

Agency Hours

Monday-Thursday 8:00 a.m. - 8:00 p.m.
Friday 8:00 a.m. - 5:00 p.m.



Helping kids find hope and healing

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Helping kids find hope and healing



Choices

A Substance Abuse Program
for Youth in Grades 9-12
with a Focus on
Making Healthy Decisions



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About the Choices Program

Choices is two-semester drug and alcohol outpatient therapy program facilitated by Child Guidance Center therapists in the Lincoln public high schools. The program focuses on substance abuse awareness and assisting youth in making healthy decisions. Students in grades 9-12 attend weekly individual and weekly group sessions, and may receive up to two credits each semester for participation.

Participating students will miss some class time each week and are required to make up any missed work. Group sessions will be planned so youth do not miss the same class each week. Students will know the time of the group session in advance so they can plan for their absence with their teachers. Every effort will be made to rotate class periods each week for the individual sessions. Choices staff should be notified if a student is scheduled to take a quiz/test or needs adequate time to prepare for either. If a student is seriously behind in a class, Choices staff should be informed as well.

Our Guiding Philosophy

Child Guidance Center has a philosophy that emphasizes understanding the unique qualities and experiences of each child as influenced by emotional and cognitive development, family situation, social environment, and personality. Therapy with children is a dynamic, interactive process that examines problems while building on strengths.

Staff believe in the importance of early intervention and addressing childhood trauma. Acting out, destructive tendencies, self harm—these are all problematic behaviors in children and teens. The underlying cause of the behavior is often painful and difficult to face. Optimum treatment includes correcting the behavior and healing from emotional, physical, and/or environmental trauma, restoring hope for a better tomorrow. Child Guidance Center has seen great results with this approach, with positive outcomes in more than 85 percent of youth served.

Child Guidance Center is committed to making services accessible to all youth and families in Lincoln. No one shall be denied services based upon an inability to pay. Staff are also sensitive and responsive to the diverse cultural backgrounds and language needs of clients. The agency will continue to expand programming to meet the emerging mental health needs of the community and to work towards positive social change.

Topics covered in these sessions:

- Family Matters
- Peer and School Issues
- Drug & Alcohol Use and Abuse
- Wellness and Healthy Lifestyles
- Decision-Making Skills

What Type of Student is a Good Candidate for Choices?

To participate in the Choices program, youth need to be identified as having an issue related to drugs and/or alcohol, either for themselves, or their peers.

Youth with serious attendance problems are not able to participate in the program. However, the Choices program may help prevent youth from having future attendance problems.

Student Referral Process

School counselors refer students to the Choices program. Teachers, parents, and probation officers who feel youth may benefit from participation in the program should refer youth to school counselors.

If you have any questions or require further information, please e-mail:

Choices Program Coordinator
Danielle Scheer, MS, PLMHP, PLADC
dscheer@child-guidance.org

