

## 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 call 402-475-7666**

The Intake Coordinator, an experienced licensed master's level therapist, will respond to calls requesting outpatient therapy services. Evening appointments are available.



### Agency Hours

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

## Outpatient Mental Health Services

Child Guidance Center is the largest provider of children's outpatient mental health services in Lincoln.

Over 20 master's level outpatient therapists and psychologists provide assessment and counseling services to youth ages 1-19 and their families.

Outpatient services are available to any child with mental, emotional, or behavioral issues—large or small. Services range from brief, solution-oriented counseling to intensive long-term psychotherapy.

### Issues frequently addressed include:

- Recovery from Abuse or Trauma
- Anger Management
- Depression
- Family Conflict
- Divorce
- Substance Abuse
- Behavioral Problems
- Adolescent Issues
- Poor School Performance

Therapists are assigned to clients based on area of expertise. Therapy sessions are usually scheduled once-per-week or more frequently if necessary.

To accommodate an increasingly diverse community, the outpatient facility employs staff who are fluent in Spanish and Vietnamese, as well as a clinician trained to work with deaf and hard-of-hearing individuals.

Although the primary identified client is the child, intervention is most effective when parents are actively involved in the therapeutic process. Family therapy is a critical component of treatment. Individual therapy is available to parents when adult issues are negatively affecting the child.

## Outpatient Therapy Options

**Individual Therapy:** Private one-on-one 50 minute therapy sessions scheduled weekly or as needed.

**Family Therapy:** 50 minute sessions scheduled as needed. Sessions include parents and siblings and are intended to assist the youth by promoting positive family functioning.

**Group Therapy:** Provides opportunity for clients to participate in a learning process with other youth who are dealing with similar issues. Groups are available for at-risk pre-adolescent and adolescent girls and for adolescent boys who have acted out sexually.

**Play & Art Therapy:** Play and art therapy sessions are designed to allow children to express emotions and resolve trauma through interactive play and creation of art.

**Therapeutic Consultation/Outpatient School Therapy:** Provides on-site therapy sessions in public elementary and middle schools.

**Parenting Wisely:** A parenting skills program for adults designed to reduce family conflict and foster healthy relationships. This nine-week course is taught on-site at the agency each quarter.

**Choices:** A substance abuse program for high school students identified as having an issue related to drugs and/or alcohol— either for themselves, their peers, or their parents. Group and individual therapy focus on making healthy decisions and is provided in all public high schools.

### Additional Outpatient Services:

Psychiatric consultation, assessment and treatment for victims and perpetrators of family violence and sexual abuse, court-ordered evaluations, EMDR and hypnosis, crisis intervention, prevention and community education, substance abuse counseling, and assistance with learning problems.



## 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.



Helping kids find hope and healing

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[www.child-guidance.org](http://www.child-guidance.org)



Accredited by  
The Joint Commission



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## Outpatient Mental Health Services

For Children, Adolescents,  
and their Families