

WHAT ELSE CAN FBR OFFER TO MY FAMILY?

We take pride in our communities and meet the individual needs of each community we serve through outreach efforts. In addition to Outpatient Mental Health Services, we offer:

- **BHRS (“Wraparound”)**
- **Specialized Autism Services**
- **Medication Management**
- **Family Based Services**
- **Child Abuse Prevention Committee**
- **Summer Therapeutic Activities Programs**
- **Family Support Groups**
- **Sibling Support Groups**
- **Social Skill / Play Groups**
- **H.O.P.E. for Tomorrow Focus Groups**
- **Consultants / Trainings for School Districts**
- **Parent-Professional Workshops**
- **Resource Packages for Families**

Our Family Support Coordinator, Catherine Hughes, is a parent to a child with special needs. She is available for identifying community resources, information, as well as provides caring support for families.

All services at FBR are under the oversight of our **Chief Operating Officer**, Rick J. Murray. Mr. Murray is a Licensed Social Worker with a specialization in Mental Health, and is a Board Certified Behavior Analyst. He has worked and supervised staff within BHRS, outpatient, and partial hospitalization settings for over 13 years.

**Come learn more
about us on the web:**

www.familybehavioralresources.com

OUTPATIENT CLINIC LOCATIONS:

Greensburg *

One Corporate Circle
Send Mail To: P.O. Box 879
Greensburg, PA 15601

Phone: 724-850-7300 / Fax: 724-850-7778
E-Mail: greensburgclinic@familybehavioralresources.com



Indiana *

1380 Rt. 286 Hwy East
Airport Professional Center; Suite 524
Indiana, PA 15701

Phone: 724-465-0369 / Fax: 724-465-1081
E-mail: indianacclinic@familybehavioralresources.com



New Kensington

3 Kensington Square; Suite B
New Kensington, PA 15068

Phone: 724-335-9733 / Fax: 724-335-9734
E-mail: newkensingtonclinic@familybehavioralresources.com



Uniontown *

253 S. Mt. Vernon Ave.
Uniontown, PA 15401

Phone: 724-438-4960 / Fax 724-438-1809
E-mail: uniontownclinic@familybehavioralresources.com

*** Weekend Appointments Available**

At FBR, it is our policy that services are provided and admissions and referrals are made without regard to race, sex, color, national origin, ancestry, religion, creed, disability or age.



A CARF Three-Year Accreditation has been awarded to Family Behavioral Resources for its *Intensive Family-Based Services - Mental Health* (Children and Adolescents), *Outpatient Treatment - Mental Health* (Adults), and *Outpatient Treatment - Mental Health* (Children and Adolescents). *BHRS program is accredited under Outpatient Treatment. Ask us about CARF today!



Family Behavioral Resources

Here, caring is everything

OUTPATIENT MENTAL HEALTH SERVICES



Family Focused Therapy

Struggling with feelings of sadness or anxiety?

Does your child demonstrate challenging behaviors?

Is your child, or are you, under abnormal stress?

*Our Family Focused Therapy for children,
adolescents and adults can help.*

Toll Free: 1-866-432-7273

www.familybehavioralresources.com

MISSION STATEMENT

It is the mission of Family Behavioral Resources to be a leader in delivering the highest quality of recovery-oriented mental health services. Services are designed in accordance with FBR's philosophy of care, and delivered through a variety of theoretical approaches and interventions based on evidence-based practice. We are committed to supporting children, families and their surrounding community with quality care which upholds the utmost integrity. *Here, caring is everything.*

OUR PHILOSOPHY

FBR does not embrace one specific method or theory to treat our consumers. We respect children's unique perspectives, culture, learning styles and behavioral needs as well as the family's identification and prioritization of current need areas.

WHAT OUTPATIENT MENTAL HEALTH SERVICES CAN FBR PROVIDE?

Family Behavioral Resources (FBR) outpatient services include individual, family, couples and/or group therapy, as well as, the availability of psychiatric evaluations and medication management. Outpatient services are delivered in an office setting utilizing the latest approaches to alleviating symptoms of psychological disorders, behavioral challenges and stress related issues. The frequency of services range from weekly to monthly sessions. We offer flexible appointment hours including weekdays and evenings. Our therapists work with individuals and families to identify treatment goals and to establish expected outcomes of therapeutic interventions.

FBR strives to meet the needs of our communities through training, consultation, research, and specialized therapy programs.

Therapy sessions are private and confidential.

Therapeutic approaches to treatment may vary based on the clinical background and expertise of each individual clinician. Family Behavioral Resources is dedicated to training and development of its staff.

Treatment approaches may include:

- *Cognitive-Behavioral Therapy*
- *Dialectical Behavioral Therapy*
(*Group available in Greensburg and Uniontown)
- *Family Systems*
- *Talk Therapy*
- *Reality Therapy*
- *Play Therapy*
- *Solution-Focused Therapy*
- *Marital Interventions*
- *Attachment and Trauma models*
- *Art Therapy*
- *Group Processes*

MORE ABOUT OUTPATIENT MENTAL HEALTH SERVICES

Outpatient therapy provides support to individuals and families to address needs related to a variety of disorders which may include, but are not limited to:

- *Disorders of Childhood and Adolescence*
- *Anxiety Disorders*
- *Mood Disorders*
- *Eating Disorders*
- *Schizophrenia and other Psychotic Disorders*
- *Impulse-Control Disorders*
- *Adjustment Disorders*
- *Personality Disorders*

Within the outpatient setting, therapists assist individuals and families to address a multitude of emotional and behavioral issues.

Some of these may include:

- *Family conflict*
- *Relationship issues*
- *Grief, loss, and bereavement*
- *Trauma and attachment*
- *Anger management*
- *Stress management*

- *Social skills*
- *Adjustment reactions to life changes (divorce, separation, school/work changes)*

If you are struggling with one or more of the conditions listed above, you are not alone, and we can help. Our team of Senior Therapists, who have years of diverse experience in the field of human service, mentor our clinicians in order to provide you with a high level of clinical care through evidence-based practice.

Your independence, your wellness, and your recovery are important to us.

YOUR RIGHTS AND RESPONSIBILITIES AS A CONSUMER

As a consumer of FBR's outpatient services, you have the right to be treated with dignity and respect and to receive the same consideration and treatment as anyone else regardless of your age, race, creed, religion, disability or sexual preference.

As a client, you also have responsibilities as well as rights regarding treatment.

These responsibilities include:

- *Being honest and direct*
- *Understanding your treatment plan*
- *Following the treatment plan*
- *Keeping all scheduled appointments*
- *Being an active partner in treatment*

