

SERVICES AND LEVELS OF SUPPORT OFFERED

We CAN Support With

- Individual Therapy
- Relationship-Focused Therapy
- Care Coordination
- Support navigating various systems (e.g. gender-affirming healthcare, school IEPs, etc.)
- Neurodiversity-Affirming Trainings & Consultations

Holistic Child and Family

HCF provides in-person and telehealth mental health services for individual and various relationship-focused needs. Our goal is to support clients in achieving their best selves through strength-based psychotherapy practices on a weekly, biweekly, or monthly frequency. We are happy to be a part of the care team for individuals needing a higher level of support (PHP, IOP, crisis intervention), but we cannot provide those services ourselves.

We CANNOT Provide:

- 24-Hour Crisis Support, IOP, PHP
- Formal Autism Assessments
- Medication Prescription & Management
- Full-Model Dialectical Behavior Therapy (DBT)
- Applied Behavior Analysis (ABA)

Crisis Intervention Services

Crisis intervention services offer immediate, short-term support to individuals experiencing acute mental health crises. This includes crisis hotlines, mobile crisis teams, and crisis stabilization units. Crisis intervention services provide assessment, intervention, and referral to appropriate levels of care as needed.

Intensive Out Patient (IOP)

IOPs offer structured, comprehensive treatment for individuals with moderate to severe mental health concerns. These programs typically involve more frequent therapy sessions, group therapy, and psychiatric monitoring than traditional outpatient care. IOPs provide a higher level of support while allowing participants to continue living at home.

Partial Hospitalization Programs (PHP)

PHPs offer more intensive treatment than other forms of outpatient mental health care, providing structured therapy and psychiatric care during the day while allowing participants to return home in the evenings. PHPs are suitable for individuals who require daily monitoring and support but do not need 24-hour supervision in a hospital setting.