



- Services are available to children with mild to moderate mental health needs in **Monterey County**.
- Parents who believe their child has a mild to moderate mental health need **can self refer** by calling Coastal Kids Home Care at 1-800-214-5439.
- Coastal Kids Home Care contracts with Central California Alliance for Health -- Carelon. Benefits available to each child may vary.

Call 1-800-214-5439
 or visit our website at:
www.coastalkidshomecare.org
 to learn more about how
Counseling Services
 can make a difference in the life
 of your family.

ph: 800-214-(KIDZ) 5439
 fx: 1-831-796-0334
www.coastalkidshomecare.org





IS COUNSELING RIGHT FOR YOUR CHILD?

Today, more than ever, children are experiencing anxiety and other mental health issues that affect their daily lives. For parents, learning to address their child's complex emotions and behaviors can be confusing. Coastal Kids Home Care is here to help. At Coastal Kids Home Care, our counseling team believes that mental health plays a critical role in the overall well-being of children. We coordinate closely with physicians, parents and children to develop individualized goals of care. Together we identify the type of therapy most appropriate for your child's situation and work in partnership with you to respond to their needs.

WHAT IS OUR APPROACH?

- Each family will participate in a **thorough intake** which will determine their eligibility for services.
- If counseling is recommended, a child will be **assigned to a therapist** with the appropriate background to address their needs.
- Therapists will work to **build rapport with the child**, often this takes three to four meetings, while also working with the parent to **create an at-home plan of care**.
- Therapeutic approaches may include: cognitive behavioral therapy, narrative therapy, play therapy or art therapy.



WHO ARE OUR THERAPISTS?

- Pediatric therapy staff include licensed clinical social workers, licensed marriage and family therapists and associates. **Bilingual therapy is available.**
- Therapists will meet with children in our therapy office. Under certain circumstances, therapists can also meet with your child via Telehealth.

WHO ARE THE CHILDREN WE SERVE?

- Children ages 5 - 21 who have **mild to moderate mental health needs** that would benefit from **one on one counseling**.
- Diagnoses may include: anxiety, depression, body image/self-esteem issues, gender identity issues, learning differences, social skills challenges, domestic violence, post-traumatic stress disorder, complex health issues or terminal illness and grief or bereavement.

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I thought counseling was just like how they showed it on TV where people just have to talk. But it was actually fun! Kate made it fun. We talked, we played, and we worked on arts and crafts.

-- NAVEAH