



# *C.O.P.E.*

*(Conquering Overwhelming Painful Emotions)*

## *Day Treatment Program*

Our mission is to bring **HEALING** to those wounded emotionally, physically, or sexually, **OVERCOMING** challenges of trauma, **PREVENTING** further abuse, and **EMPOWERING** healthy change through a variety of cognitive and behavioral interventions.



**Servicing ages 7 to 14**

**Anxiety Disorders**

**Mood Disorders**

**Reactive Attachment**

**Post Traumatic Stress Disorder**

C.O.P.E. provides therapeutic interventions designed to promote healing in children and adolescents experiencing painful emotions resulting from trauma, depression, anxiety, rejection, & abandonment. H.O.P.E. is committed to providing a comprehensive approach to treatment for these youngsters.

- Behavioral Health Specialists and Licensed Therapists work together, with each family promoting healing, bonding, along with emotional, intellectual, and physical growth.
- Children/Adolescents will participate in skill building activities learning techniques to manage their emotions including anxiety, anger, fear, depression, sadness, jealousy, rejection, irritability, stress, frustration, and moodiness.
- Daily Application and Process Groups allow opportunities to learn & practice skills taught helping each youngster transition skills to their real life experiences. Group discussion, journaling, role-playing, and puppetry are utilized throughout the treatment process.
- Individual therapy, as well as pet, art, and music therapy, will be utilized. Self expression and therapy are key components of therapeutic process.

If your child or client is in need of the above services, please contact our office for an assessment. We currently accept Full Medicaid, Amerigroup, HPN Smart Choice, HPN, Sierra Health. We offer a sliding fee scale, EAP, and will be contracting with Victims Compensation.