



Catalyst Counseling, LLC

"All great change is preceded by chaos"

www.catalystcounselingllc.org

Dear Parents, Families, and Caregivers:

We are Catalyst Counseling, a holistic and strength based mental health counseling service that provides care directly to students in a school setting. All therapists promote optimal academic/school functioning, developmental assets, and overall health and wellness to help students and families live happier and more fulfilling lives.

At Catalyst, we believe that finding quality mental health care should be simple and affordable, which is why therapists are located inside the school building. Catalyst's school based therapy program has the advantage of providing early detection and immediate intervention, accessible and convenient services, and effective collaboration and coordination between school and home.

Here is how to reach out if you have concerns about your child's mental or emotional health or simply want to consult with a therapist about what's going on:

- Speak to your child's school counselor, teacher, or administrative team to request for your child to be referred to Catalyst Counseling.
- Once your Catalyst therapist has received the referral, they will give you a call to follow up with you.
- From there, you and your Catalyst therapist will schedule an initial intake in order to learn more about you and your child and set individualized goals for treatment.

Catalyst offers several types of services including individual therapy, family therapy, group therapy (e.g. anger management, mindfulness, coping skills, etc), home based and summer services.

Your child's health matters to Catalyst. It's our goal to provide you and your family with the best care and to help your child reach his or her goals. All therapists are highly trained and provide quality mental health treatment by utilizing evidenced based therapy interventions to assist students in improving grades, relationships, and overall functioning.

Contact your school today to learn which qualified and dedicated therapist is in your building.

Sincerely,

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