

Treatment Types

Care Solace can help you access the following:

Psychological Assessment

In-depth testing to determine an official diagnosis and appropriate treatment for behavioral, social and/or academic challenges administered by a psychologist

Applied Behavioral Analysis Assessment & Treatment

ABA is a therapeutic approach aimed at helping children develop new behaviors and enhance social skills

Individual/Couples/Family Therapy

Ongoing support from a therapist

Psychiatry

Assessment and treatment requiring medication management

Intervention Services

Triaging urgent needs and connecting to appropriate services

Intensive Outpatient Program

Includes group and individual therapy for around 3 hours per day, 3-5 days per week, on average for 3-6 weeks

Partial Hospitalization Program

Patients attend intensive group and individual therapy for 6-8 hours per day, up to 6 days per week, on average for 4-6 weeks

Residential Inpatient Program

24-hour care within a highly focused environment with both group and individual therapy to develop new coping skills, average stays range from 1-10 weeks

Hospitalization & Stabilization

A type of treatment where the client gets stabilized and detoxed from drugs and alcohol while at a hospital

Medical Detox

24/7 supervision by trained medical team to treat withdrawal symptoms of severe and long-term addictions, length of stays depends on individual needs

Areas of Need

Mental Health Conditions

Anxiety: Racing thoughts, feeling restless or tense, panic attacks

Depression: Decrease in motivation, loss of interest, low self-esteem, grief

Disruptive: Difficult to calm or manage anger, defying rules or authority figures

Suicidal Ideation and Self-Harm: Thinking or talking about dying, feeling hopeless or worthless, cutting

ADHD: Easily distracted, forgetfulness, patterns of high energy

Bipolar: Extreme shifts in mood, cycles of unusually high and low energy

Relationship Distress: Challenges with interpersonal communication and conflict

Feeding & Eating: Restricting calories or eating too much, significant weight changes

Obsessive Compulsive: Repeated checking or counting, hair pulling, excessive worry

Trauma & Stress: Avoidance, emotional numbness, irritability, fear

Substance Use Disorders

Alcohol

Intoxication, withdrawal, etc.

Cannabis

Marijuana

Hallucinogen

Mushrooms, phencyclidine, etc.

Inhalant

Tobacco, vaping, glue, fuel, paint

Opioid

Oxycodone, codeine, pain medication, heroine, morphine

Sedative or Hypnotic

Sleeping pills, barbiturates, benzodiazepines, Xanax, Ativan

Stimulant

Cocaine, crystal meth, speed, ecstasy, etc.

Critical Resource Needs

Food Assistance: Access food pantries, food delivery meal programs, and government/non-profit programs

Shelter Support: Find housing programs, transitional housing and shelters

Community Health Services: Connect with low-cost/free medical, dental and preventative healthcare