

## **Community Alternatives, Inc**

For the past 20+ years, Community Alternatives has served the Behavioral and Mental Health needs of western Pennsylvania and Beaver County. We offer a variety of services and strive daily to live up to values that we have set forth for ourselves as an agency.

Some of the services that we offer are:

### **Outpatient Mental Health Services**

We provide:

- Individual, group, and family counseling.
- Psychiatric assessment and medication management
- Counseling to address marital conflict and communication problems.
- Parenting and anger management skills training.
- Play and creative therapy.

Our staff are trained to treat and understand emotional, mental health and stress related disorders. We are trained to work effectively with you and your family.

Effective treatment is a team-oriented process. You, your child, and family will always have a choice about the services you receive, a voice in the manner in which you receive services, and ownership of the decisions that affect your lives.

### **StepUp Summer Program**

The StepUP Summer Program is a four-week summer program for transition level students in Beaver County. This program will help in creating awareness about careers and the necessary skills in obtaining employment and proper social functioning for youth ages 14-21. The program will also assist students with identifying and implementing the necessary life skills for daily living situations. For the summer of 2017, there will be two four week sessions of the program. The dates for this summer will be June 12th through July 7th for the first session. The second session will be July 10th through August 4th.

**Purpose:**

The purpose of the StepUP Program is to assist students with identifying the needs and values associated with their development through high school to post-secondary opportunities. In addition, the program will assist in creating job readiness skills as well as necessary life skills for the transition aged students. The students will also have lessons related to the importance of responsibility, team building, positive choices, and leadership skills. Life skills activities will be utilized to assist students with creating good habits and learning to be more functional.

**Mentoring opportunities through Community Alternatives, Inc.**

Most recently, program components are now available for specific needs of the schools, such as Girl Talk, a social support group for early teen females, as well as Bridging the Gap, which is a program that assists elementary aged youth by having local high school students trained as mentors to work with them on projects for personal and community empowerment.

Please note, there is no cost associated with this program. Funding has been allotted through Children & Youth Services as well as a partnership with a local SAMHSA grant, so that schools can take advantage of the opportunities associated with the mentoring program.