

Outpatient Counseling

Service Population

Children and adolescents ages 6-21 who are experiencing, but not limited to, the following:

- Anxiety Disorders
- Depressive Disorders
- Adjustment Disorders
- Trauma-Related Symptoms
- Behavioral Difficulties
- Attention-Deficit/Hyperactivity
- Grief & Loss
- Stress Management
- Family Conflict & Communication Problems
- School-related challenges (academic stress, bullying)

Expected Outcomes

- Improved emotional regulation & coping skills
- Reduced symptoms of anxiety, depression, and other mental health concerns
- Greater resilience and ability to navigate life challenges
- Improved social functioning

For additional information about this program or to make a referral, please contact our team and we would be happy to assist you.



Program Description

Outpatient counseling is a type of mental health treatment where individuals receive counseling with a Licensed Professional Counselor (LPC), Licensed Clinical Social Worker (LCSW), Resident in Counseling, or Supervisee in Social Work in person or via telehealth. Outpatient counseling consists of the following:

- Comprehensive Assessment (intake process involving interviews to gather relevant history, identify presenting concerns, and develop individualized treatment goals)
- Individualized Treatment Planning (collaborative development of personalized treatment plan outlining specific goals, objectives, and therapeutic interventions)
- Regular Progress Monitoring (ongoing assessment of progress toward goals, with adjustments to treatment plans as needed)
- Confidentiality (strict adherence to ethical guidelines and legal requirements regarding client confidentiality)
- Coordination of Care (collaboration with other professionals involved in care when necessary)

Outpatient counseling can last anywhere from a few months to several years to help clients navigate life's challenges in a therapeutic setting. Counselors at Youth Connect use various modalities of treatment to include cognitive behavioral interventions, motivational interviewing techniques, dialectical behavioral intervention, solution focused skills, trauma informed approaches, and integration of family systems into treatment.

Youth Connect of Virginia

Phone: (540) 488-5636

Fax: (888) 808-3395

Email: referrals@youthconnectva.com

Address: 370 Tanyard Road, Rocky Mount, VA 24151