

CHILD & ADOLESCENT SKILLS COACHING SERVICES

SERVICES NOW CONDUCTED BY PHONE

For an appointment call (800) 342-5653

Sometimes students can face far more challenges than what is seen on the surface. They can affect school performance, home life, and personal relationships. Skills Coaching provides support and practical help to children and their families during what can be an overwhelming period of growth and helps them learn to cope with life's problems and find solutions.

What Skills will my Child or Adolescent learn?

- Mood regulation
- Managing emotions
- Increased self esteem
- Interpersonal skills
- Mindfulness
- Identifying and expressing feelings
- Making new friends
- Distress tolerance
- Coping skills
- Goal setting
- Using manners
- Following classroom routine and instructions

Skills Coaching services are provided in the home, school or community to Medicaid eligible children.

What diagnosis qualifies for Skills Services?

ADHD, Oppositional Defiant Disorder, Autism, Depression, PTSD, Anxiety, and more.