Confidentiality
Counseling information is held in the strictest confidence according to state and federal laws. All information is confidential, unless clients authorize the release of information to relevant parties on their behalf or it is required by law that a report be made to the appropriate authorities.

Cost
Methodist Hospital’s Community Counseling Program is funded by community donations made to the Methodist Hospital Foundation. There is no charge for any of the program’s counseling or education services. In some counseling cases, assistance from other community resources may be necessary. The Community Counseling Program counselor will provide a referral to the most appropriate resource in these cases. Any cost related to the use of a resource outside the Community Counseling Program is the responsibility of the client.

“...helped me cope with my loss. She also helped me get through fights with my friends.”
~ Middle School Student

“She (Community Counselor) was very helpful! She is a very good listener and gives good advice! Group was really helpful! She always made me feel good after talking and helped me learn to communicate I don’t hold things in like I use to. She also helped me understand what I was feeling.”
~ High School Student

“This is an excellent program. I am thankful it is here at our school. Our students and their families have been helped greatly.”
~Middle School Teacher

Methodist Hospital Foundation
The Community Counseling Program is made possible by community gifts offered to the Methodist Hospital Foundation. The mission of the Foundation is to improve the quality of life by supporting excellence in health care and health care education provided by Methodist Health System.

For more information about Methodist Hospital Foundation and its programs, call (402)354-4825

Community Counseling Program
For more information or to schedule an appointment in your area call (402)354-6891
You may also visit our web site at www.bestcare.org/ccp

Growth
Renewal
Strength
The Community Counseling Program has been a collaborative effort of the Methodist Hospital Foundation, Omaha Public Schools and participating churches since 1996. The Community Counseling Program’s mission is to provide crisis interventions, professional consultations, individual, marriage and family counseling and educational presentations and programs to the communities it serves. The Program provides free professional counseling services to the youth of the Omaha community, their families and others with the greatest need for mental health services.

The Methodist Hospital Foundation provides funding for a team of experienced mental health counselors. Omaha Public Schools provides office space for the counselors to meet with students. Nearby churches also provide offices for the counselors to meet with students’ families or other members of the community at a convenient neighborhood location.

“Having a safe place to ‘fall’ is what I found to be most helpful about my counseling sessions. My Community Counselor is amazing at what she does. I am so grateful to have her as a counselor. Thank you for making this available and affordable.”

~ Adult Client

“We truly value the program and most certainly we value the contribution the Community Counselor makes to our school. Everyone uses her services and families really appreciate her skill set.”

~ School Administrator

Many children and their families face stressful challenges in their daily lives, including peer pressure, anger problems, relationship conflicts, drug or alcohol addiction, theft, vandalism, dramatic attention-getting behaviors, social withdrawal behaviors, divorce, anxiety, depression, and even suicide. Dealing with such issues can be overwhelming. Counseling by licensed mental health professionals for these issues is available in the Omaha Public Schools and the surrounding community, regardless of the ability to pay, through the Community Counseling Program.

Services extended by the Community Counseling Program include:

**Crisis Interventions**
Assistance is provided for individuals who are experiencing a personal or family crisis.

**Professional Consultations**
Guidance is provided to school faculty, parents or other family caretakers, and church clergy or staff seeking solutions for those in need.

**Individual Counseling**
One-on-one sessions are held with children, adolescents and adults to address social, emotional, behavioral or mental health issues.

**Marital and Family Counseling**
Couples and families work in counseling sessions to promote their understanding, communication, cooperation and joint resolution of problem issues.

“I found that controlling my emotions was a big help for me and my family. I have a much better relationship with my mother, and I’m improving a lot in school. I appreciate everything the counseling has done for me.”

~ High school student

**Group Counseling**
Counseling is provided for a group made up of members with similar issues or needs. Action plans are developed that will help members achieve their goals for the changes they desire in their lives.

**Educational Presentations**
Educational programs are provided by the counselors to enhance awareness of mental health issues, increase informed choices and actions, prevent problems, increase community support and initiate positive change.

“What I liked about the workshop was that you all were very kind and caring. You all gave great advice that I tried to use.”

~ 14 Year Old Class Participant

“I like the many different parenting plans to be able to pick and choose things that will work best for me. The handouts are helpful because I can go back and review, which I do quite often.”

~ Parenting Class Participant