

Providence Valdez Counseling Center program information:

Anger Management

This 12-week program helps clients understand the root of their anger, different ways to handle their anger, and how to express anger in a healthy way. This program is a practical, hands-on approach to managing anger. This program satisfies court-ordered Level 1, Outpatient Anger Management treatment requirements. Individuals may also self-refer to this program. PVCC will, with written client permission, maintain compliance correspondence relating to this program. Enrollment will consist of an initial Mental Health Assessment conducted at PVCC and may include individual as well as group sessions to complete the individual's custom treatment and program compliance. Please contact PVCC @ 907-835-2838 for more information.

BrainWise

PVCC offers this program to all youth ages 12-19. This program is curriculum-based and facilitated in a group setting. Modules may run 4-8 weeks in length depending upon the module focus. The BrainWise Program teaches "thinking skills" for teens by demonstrating ways to stop and think of the consequences before their actions. BrainWise a program that gives teens the tools to make good decisions with activities that are both thought provoking and fun. Teens learn how to access support and how to recognize warning signs in that could lead to negative consequences. They learn how to use their "Wizard" brain instead of their "Lizard" brain when faced with challenges and how to identify more choices and consider the consequences before they act. Please contact PVCC @ 907-835-2838 for more information.

Case Management

PVCC Case Management consists of working with active PVCC clients to connect them with the proper resources for their circumstance. This may include helping with medication compliance, acquiring public assistance, assisting with paperwork completion, locating housing, and more! The only pre-requisite to receiving Case Management Services at PVCC is that a person must be an active client participating in a treatment plan. Please contact PVCC @ 907-835-2838 for more information.

Domestic Violence Intervention

This program satisfies court-ordered Level 1, Outpatient Domestic Violence treatment requirements. In this curriculum-based program, PVCC follows the New York Model for Batterers (<http://nymbp.org/>). Enrollment will consist of an initial Mental Health Assessment conducted at PVCC and may include individual as well as group sessions to complete the individual's custom treatment and program compliance. Individuals may also self-refer to this program. PVCC will, with written client permission, maintain court referred compliance correspondence relating to this program. Please contact PVCC @ 907-835-2838 for more information.

Family and Couples Program

The Family and Couples Program at PVCC are designed to help individuals improve their communication skills and relationships. PVCC focuses on rebuilding relationships that are at risk. Examples of Family and Couples Program services: working with families caring for an aging family member, assisting in developing a better understanding of depression in the elderly, and dealing with grief, mediating couples who are dealing with divorce/separation, assisting communications with youth and teens. Enrollment in this program will consist of an initial Mental Health Assessment conducted at PVCC of the "lead" family member initiating counseling and may include individual as well as family sessions to complete the individual's custom treatment plan. Please contact PVCC @ 907-835-2838 for more information.

Individual Therapy

PVCC offers one-on-one Individual Therapy for people tackling tough Mental Health issues such as depression, anxiety, and mental illness, as well as coping skills for those struggling with the strains and stressors of daily life. Enrollment in this program will consist of an initial Mental Health Assessment conducted at PVCC may include additional individual sessions ranging from 30-60 minutes as outlined in the individual's Treatment Plan. Please contact PVCC @ 907-835-2838 for more information.

Parenting Classes

Several times throughout the year, a trained PVCC staff member will facilitate Parenting Classes based on the Love and Logic Program (<http://www.loveandlogic.com/>). The Love and Logic Model is broken down into mini workshops for parents dealing with a variety of topics designed to bring the fun back into parenting. The class is based on giving lots of empathy and offering choices so that kids are able to create their own decisions. Families will learn how to help their children take responsibility and allow children to grow through their mistakes. A person does not need to be enrolled in other PVCC services to participate in the Parenting Class. Tuition information, financial assistance, class dates, and module length will be advertised to the public as the classes are made available. Please contact PVCC @ 907-835-2838 for more information.

Substance Abuse

PVCC provides Substance Abuse Services to both youth and adult clients. Certified Chemical Dependency Counselors provide drug and alcohol assessment services, as well individual drug and alcohol counseling. Group sessions are also available and may be referred in a client's treatment plan. This program satisfies court-ordered Level 1, Outpatient Substance Abuse treatment requirements. Individuals may also self-refer to this program. PVCC will, with written client permission, maintain compliance correspondence relating to this program. If more intensive treatment is necessary, PVCC staff will assist the client with the proper resources. Enrollment will consist of an initial Substance Abuse Assessment conducted at PVCC and may include individual as well as group sessions to complete the individual's custom treatment and program compliance. Please contact PVCC @ 907-835-2838 for more information.

Supervised Visits

PVCC works with the families the Court System and the Office of Children's Services to provide supervised visits between parents and children. All sessions must be scheduled in advance. Enrollment will consist of an initial meeting with the Counselor that will conduct the visitation in order to review the Parent Contract, Code of Conduct, and to discuss the rotation schedule. Please contact PVCC @ 907-835-2838 for more information.