

Looking Glass Counseling Program Fact Sheet

Counseling Program offers outpatient counseling services for clients of all ages; children, youth, and adults who are experiencing difficulties in their lives. Therapists help families address a wide range of mental, emotional, behavioral, relational, and situational issues, including:

- ❖ Family Conflict
- ❖ Physical & sexual abuse
- ❖ Trauma
- ❖ Grief and loss
- ❖ Adjustment problems
- ❖ Co-occurring disorders
- ❖ Early Childhood attachment
- ❖ Sexual orientation
- ❖ ADD/ADHD
- ❖ School problems
- ❖ Interpersonal violence
- ❖ Sexual acting out
- ❖ Socialization problems
- ❖ Developmental struggles
- ❖ Gender identity
- ❖ Disordered eating patterns
- ❖ Depression
- ❖ Anxiety/stress
- ❖ Anger management
- ❖ Self-esteem issues
- ❖ Relationship problems
- ❖ Emotional problems
- ❖ Adolescent substance use
- ❖ Cultural challenges

Services: Our programs take an individualized, strength-based, trauma informed, solution-focused approach to help clients and families meet their unique treatment goals. Treatment recommendations are based on a comprehensive assessment of individual, family, and situational dynamics. We strive to provide culturally supportive services, including bilingual Spanish and English treatment, and LGBTQ and gender affirming care.

Treatment may involve:

- ❖ Comprehensive assessment
- ❖ Individualized treatment planning
- ❖ Individual therapy
- ❖ Medication management
- ❖ Family therapy
- ❖ Skill building
- ❖ Group therapy
- ❖ Parent support
- ❖ Consultation with other professionals
- ❖ Help accessing community resources
- ❖ Intensive Outpatient Support Services (IOSS)

Locations: The Counseling Program provides services at our main office at **260 E 11th Ave. Eugene**, many schools in the community, and at our satellite offices in:

- ◆ *Junction City* – 210 E. 6th Street
- ◆ *Springfield* – 1403 F Street
- ◆ *West-Eugene* – 1790 W. 11th Ave.
- ◆ *Cottage Grove*- **1440 Birch Ave, office #9**

Fees: Medical cards (Oregon Health Plan) and most private health insurance are accepted. Limited grant funding is available for clients who qualify. We offer a sliding fee scale.

Referrals: Call **541-484-4428** and speak to our Referral Coordinator to schedule an appointment for all locations.

24/7 Crisis Response: Call **1-888-989-9990** for telephone consult, in-home support, and crisis respite for children, adolescents, and their families.

