Auberle is where life changes for kids and families. We recognize that child abuse, neglect and other traumatic events can lead to a multitude of health and social challenges. To counteract the effect of trauma on the individuals we serve, Auberleembraces The Sanctuary Model® of Trauma-Informed Care. Creating Sanctuary is the process of providing a safe and healing environment for individuals who need to recover from adverse childhood experiences. All of Auberle’s programs and services provide care through a trauma-informed lens.

Auberle Behavioral Health

Auberle Behavioral Health Services consist of both Mental Health and Substance Abuse treatment. Auberle has a strong and skilled clinical team of mental health professionals, including those licensed in Professional Counseling, Marriage & Family Therapy and Social Work. Our clinicians also have specialized training in the following areas:

- Aggression Replacement Training (A.R.T.)
- Art Therapy
- Adventure Based Counseling on Therapeutic Challenge/Ropes Course
- Arson Prevention for Children (TAPP-C)
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Co-Occurring PTSD and Substance Abuse

OUTPATIENT SERVICES PROVIDED

- Individual Therapy
- Group Therapy
- Family Therapy
- Couples Counseling
- Psychological Evaluations and Testing
- Child Psychiatric Services and Medication Management
- Mental Health and Substance Abuse Assessments
- Urine Screens for Substance Abuse

TREATMENT CONCERNS AND NEEDS ADDRESSED

- Childhood Trauma
- Post-Traumatic Stress Disorder
- Grief/Loss
- Depression
- Anxiety
- Adolescent Issues
- ADHD
- Arson/Fire Play
- Self-Esteem/Self-Worth
- Self-Care/Compassion Fatigue
- Adjustment Disorders
- Anger Management
- Substance Abuse
- Conduct Disorders and Delinquency
- Blended Family Issues
- Co-Parenting
- Lifespan Transitions (Marriage, Childbirth, Rearing, Leaving Home, Retirement, etc.)
- Parent-Child Conflict
- Healthy Relationships

THERAPEUTIC CHALLENGE COURSE

Auberle’s course is a tool for our therapists that supports and enhances their work with at-risk populations. As youth present multiple and more severe mental health concerns, the Therapeutic Challenge Course serves as an innovative way to provide faster, more effective care than traditional talk-therapy.

Sessions on the Therapeutic Challenge Course directly correspond with a youth’s treatment plan and are appropriate for a wide variety of emotional and behavioral disorders, particularly for youth who have experienced trauma.

For questions or to make a referral contact:
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