



Alliance for Strong Families and Communities
Agency of the Year in the United States

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, Child Rearing, Children 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.

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, Auberle embraces 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

For questions or to make a referral contact:

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