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August 2020 Newsletter



Evolution Counseling has immediate openings in all programs. Please go to website or call for more information on how to make a referral

The McCale family has been working through the Evolution Counseling programs for the past 10 months. The family hopes to regain custody of their son. Stevie had been on a difficult journey while he has been away from his family for the past seven years. Stevie has learned a lot about himself during this time. Stevie's goal was to go back home to live with his father Steve and step-mother Cindy, as well as his brothers. In August, Stevie began to work seriously toward moving home as BCCYF and the family committed to bring Stevie home permanently.

Evolution started counseling services while Stevie was home on weekend visits with the Delinquency Prevention, Triple P, and Functional Family Therapy programs to provide services to support the Stevie, as well as his family. Stevie worked hard to keep weekly home visits, as evidenced by his good behavior at RTF. Thus, Stevie has been successfully using these coping skills at home and in his interactions in the community.

At the start of 2020, the treatment team worked together to develop a plan to make the successful adjustment for Stevie's return home permanently. The result of this careful planning and support led to Stevie moving home permanently on March 3rd, 2020 and starting school at AAJHS on March 5th, 2020. Unfortunately, Stevie was only home just a few weeks and the COVID-19 pandemic struck. Stevie successfully adapted to the abrupt changes related to school, as well as being quarantined at home.

The McCale family has persevered through the numerous months of telehealth counseling, as well as virtual learning for the kids to complete their educational requirements. In May, the Evolution team was permitted to deliver in-person (socially distanced of course) counseling and support with the family. The picture submitted is the result of a t-shirt making project completed with the family. We concluded the project walking to the Comics Vault and taking some pictures with "the Flash" artifacts in the store. Stevie and his brothers thoroughly enjoyed working on this project as a team. Stevie and his siblings have the expected sibling disagreements but the family uses the coping skills they have learned during their journey to manage disagreements.

Currently, Evolution has closed successfully with the McCale family. They have earned permanent custody of Stevie. The McCale family is very appreciative of the learning and support provided to them from Evolution to bring the family back together as a unit.



EVOLUTION

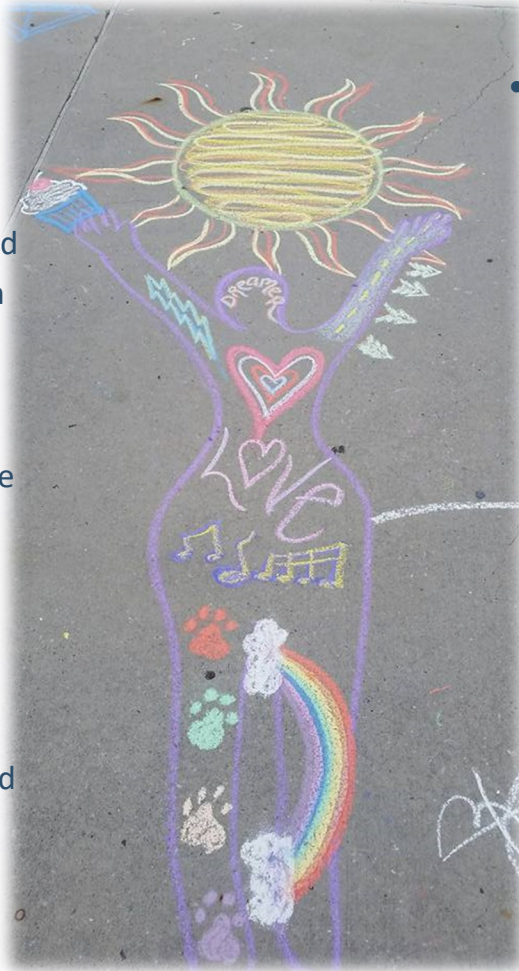
Counseling Services, LLC

Functional Family Therapy



Functional Family Therapy (FFT) is a highly structured evidence based model of therapy that works with the entire family of an at-risk youth, helping them to identify, achieve, and maintain desired positive change.

- FFT reduces recidivism and/or the onset of offending between 24% and 60% more effectively than other programs.
- FFT has been found to have significant “spin-off benefits” in terms of developing resiliency and protective factors in younger siblings within a household due to improved parenting and family functioning.



- Process takes on average 16 weeks
- 60-90 minute sessions are scheduled weekly
- Service provided by a certified FFT therapist
- Target Population: 10-18 with behavioral and mental health concerns
- Diagnosis include, but are not limited to: Conduct Disorder, Oppositional Defiant Disorder, Anxiety Disorder, Depression Disorder, Adjustment Disorder, Mood Disorder, and ADHD

Evolution Counseling Services, LLC has **immediate** openings for FFT in Blair and Huntingdon County.

Please call 814-201-2751 or visit our website at www.evolutioncounselingservices.com for more information or to make a referral!