



FAMILY CARE

Children and families with education, mental health and family support needs are searching for a better quality of life. Wesley Spectrum Services helps them to become independent, responsible and caring members of the community by providing an array of high quality special education, mental health and family services. These services give children and families the strength to learn, to live and to love, resulting in stronger families and stronger communities.

Philosophy and Purpose

Children, adolescents and adults who have emotional issues may need counseling before they can return to building stronger families. People utilizing Wesley Spectrum services can often benefit from group therapy and support sessions that focus on a particular issue.

Eligibility

Children, adolescents and adults who are involved in Wesley Spectrum's family or mental health services, who live in Allegheny, Washington or Westmoreland counties, may be referred by their counselor to a support group. Some groups are restricted to children or teens to focus on their needs.

Availability

Support groups are offered in Allegheny, Washington and Westmoreland counties on a rotating basis, so not all groups may be conducted at any given time. A group is formed when a sufficient number of clients require this service. All eligible people are treated equitably without favoritism.

Referral

Referrals come from therapists, teachers and counselors within Wesley Spectrum's other programs. Participants in the Facts of Life group must be adjudicated juveniles, between the ages of 12 to 18. This is court ordered as a requirement of probation. Participation is not always voluntary.

Intake

Clients recommended to support groups are reviewed by the group supervisor. If we decide that group sessions would benefit the client, we assign them to the next available opening for a group in their area.

Funding

Services are paid for by the client or through private insurance. Some clients receive services that are paid for by Children, Youth and Families, other child welfare agencies, or Juvenile Court. At intake, a payment agreement for services is created and signed by the client, if any fee will be charged directly to the client.

Accreditation and Licensure

Wesley Spectrum is accredited through the Council on Accreditation and licensed by the Department of Public Welfare. Most of our therapists are credentialed with master's or bachelor's degrees, and all supervisors are master's level. Our culturally diverse, highly experienced staff receives continuous training and supervision in order to insure that they deliver services in a manner that is respectful and sensitive to cultural differences.

Treatment Approach

We believe all people have strengths, and teach them to draw on their strengths to get hope and make a change. We believe every person has value and see the possibilities for good in every client, getting at the underlying factors to treat the total problem. Through support groups, we guide individuals to reconnect spiritually, with their family and their community to build a sense of purpose and wholeness.

Group sessions are part of a client's individual treatment plan. Client/family centered service planning and measurement are at the core of our service delivery process. Individual treatment plans are reviewed and updated periodically during the course of treatment. We measure each client's progress toward his or her individual goals, reevaluating goals when necessary. If progress is not occurring, we can then restructure the client's program of services.

Services

Some group sessions meet for a set number of weeks, while others are ongoing.

In Allegheny County, an Anger Management support group helps children and adolescents who have emotional issues. Over six weeks, experienced counselors teach teenagers and children how to control their anger and use appropriate behavior with peers and adults. After therapy, these young people are more likely to function better in the community.

In Westmoreland County, Facts of Life is an educational program designed by Dr. Douglas R. Ramm and implemented by Wesley Spectrum. Adjudicated youth ages 12 to 18 are mandated to



Strength to learn, to live, to love

attend as a condition of probation. This 8-week support group helps them gain a better sense of self and make smarter decisions, guiding them to pursue positive activities, and give back to their community.

In Washington County, group sessions provide mental health clients with support in anger management, grieving, or recovering from sexual abuse, as well as for substance abusers in recovery and children of recovering parents. During these sessions clients process their experiences, come to terms with emotions and learn appropriate ways to express their feelings. These sessions help restore or develop a positive, meaningful sense of identity. They will convene on an as-needed basis and meet once a week or several times a week.

Some clients who have completed Drug and Alcohol or Co-Occurring Disorder treatment may gather once a week with other "alumni" for support group meetings.

Outcomes

Desired outcomes for our clients include improved functioning, improved anger and stress management skills, and increased competence at school, work or in other daily life tasks.

At discharge, goal attainment and changes in functioning are measured to determine the overall impact of the service. Client satisfaction with services is also measured. Wesley Spectrum Services also collects data on whether service terminations were planned or unplanned and if the client was discharged to a more, the same or a less restrictive setting. This outcome data is then aggregated across clients and used to help us improve the quality and effectiveness of our services.

Discharge

A client has successfully completed treatment when he or she has met treatment goals. Discharge planning begins at intake and involves the creation of discharge criteria established by the client, his family (if client is a minor), the referral source and program staff.

After Care and Follow Up

Former clients may participate in continuing care groups or support group meetings to maintain the strength they need to cope with daily problems. We revisit patients 30 days after discharge to be sure they are accessing needed community services, and determine if they need additional services from Wesley Spectrum.

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