



Treatment Types

Care Solace can help you access the following treatment types:

Psychological Assessment

In-depth testing to determine an official diagnosis and appropriate treatment for behavioral, social and/or academic challenges administered by a psychologist

Individual Therapy

Ongoing 1-1 support from a therapist, on average 1 hour per week

Psychiatry

Assessment and treatment requiring medication management

Intervention Services

Triaging urgent needs and connecting to appropriate services

Intensive Outpatient Program

Includes group and individual therapy for around 3 hours per day, 3-5 days per week, on average for 3-6 weeks

Hospitalization & Stabilization

A type of treatment where the client gets stabilized and detoxed from drugs and alcohol while at a hospital

Partial Hospitalization Program

Patients attend intensive group and individual therapy for 6-8 hours per day, up to 6 days per week, on average for 4-6 weeks

Residential Inpatient Program

24-hour care within a highly focused environment with both group and individual therapy to develop new coping skills, average stays range from 1-10 weeks

Medical Detox

24/7 supervision by trained medical team to treat withdrawal symptoms of severe and long-term addictions, length of stays depends on individual needs

Applied Behavioral Analysis Assessment & Treatment

ABA is a therapeutic approach aimed at helping children develop new behaviors and enhance social skills





Mental Health & Substance Use

Care Solace can help you find care for the following mental health conditions:

Anxiety

Racing thoughts, feeling restless or tense, panic attacks

Depression

Decrease in motivation, loss of interest, low self-esteem, grief

Disruptive

Difficult to calm or manage anger, defying rules or authority figures

Suicidal Ideation and Self-Harm

Thinking or talking about dying, feeling hopeless or worthless, cutting

ADHD

Easily distracted, forgetfulness, patterns of high energy

Bipolar

Extreme shifts in mood, cycles of unusually high and low energy

Couple / Family Counseling

Challenges with interpersonal communication and conflict

Feeding & Eating

Restricting calories or eating too much, significant weight changes

Obsessive Compulsive

Repeated checking or counting, hair pulling, excessive worry

Trauma & Stress

Avoidance, emotional numbness, irritability, fear

Care Solace can help you find care for the following substance use disorders:

Alcohol

Intoxication, withdrawal, etc.

Cannabis

Marijuana

Hallucinogen

Mushrooms, phencyclidine, etc.

Inhalant

Tobacco, vaping, glue, fuel, paint

Opioid

Oxycodone, codeine, pain medication, heroine, morphine

Sedative or Hypnotic

Sleeping pills, barbiturates, benzodiazepines, Xanax, Ativan

Stimulant

Cocaine, crystal meth, speed, ecstasy, etc.





Social Service Agencies

In addition to mental health care providers and substance use treatment, Care Solace helps families get access to:

Food Assistance

Access food pantries, home delivery meal programs, and government/non-profit programs

Housing Shelters

Find transitional housing, shelters, and housing programs

Community Health Services

Connect with low-cost or free medical and dental care, female health services, and preventative care

We're committed to helping individuals and families find the support they need, regardless of their circumstances.

