



Call Us For Help

If you know a child that is struggling with mental health or behavioral issues, call us at 1-800-634-2560.

OUR MISSION

We strengthen families and transform lives.



Strengthening Families · Transforming Lives

www.FSNWPA.org



Strengthening Families · Transforming Lives

Office Locations

Erie County Office

5100 Peach Street
Erie, Pennsylvania 16509
Phone: 814.866.4500
Fax: 814.864.2677

Downtown Erie Office

240 West 11th Street, Suite 402
Erie, Pennsylvania 16501
Phone: 814.871.0903

Crawford County Office

18360 Technology Drive, Suite 200
Meadville, Pennsylvania 16335
Phone: 814.724.4800
Fax: 814.724.5181

Mercer County Office

7 West State Street, Suite 208
Sharon, Pennsylvania 16146
Phone: 724.704.7227
Fax: 724.704.7224

Family Services of NW PA is a proud member of



Contributions to Family Services of NW PA are Tax Deductible.
Make a donation at www.FSNWPA.org/donate

OUTPATIENT PSYCHIATRIC CLINIC



Erie County 814.866.4500



Strengthening Families · Transforming Lives

www.FSNWPA.org

OUTPATIENT PSYCHIATRIC CLINIC

at Family Services of NW PA

The Outpatient Psychiatric Clinic at Family Services of NW PA provides a variety of clinical services for adults and youth. Services include Office-Based Counseling, Psychiatric Services, and Trauma-Focused Cognitive Behavioral Therapy.

Office-Based Counseling:

Office-based counseling in the Psychiatric Outpatient Clinic is available to help individuals, couples, and families with a variety of issues. This includes relationship concerns, parenting challenges, adjustment issues, depression, anxiety, and anger management.

Counselors work with individuals, couples, and families to help improve partner, professional, family, and personal relationships, recover from trauma and loss, and adjust to life challenges and major transitions. Clinic professionals specialize in treating trauma throughout the lifespan by using Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Cognitive Processing Therapy (CPT), and Eye Movement Desensitization and Reprocessing (EMDR).

Psychiatric Services:

Psychiatric services offered through the Outpatient Psychiatric Clinic include psychiatric evaluations, medication management, and medication monitoring for children and adults.

The Psychiatric Outpatient Clinic is staffed by master level therapists and licensed clinicians. The clinic is also staffed by a Medical Director and a nurse.

Trauma-Focused Therapy:

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is an evidence-based program that helps children and their caregivers overcome the negative effects of traumatic life events such as:

- Loss of a loved one
- Accidents, disasters, or fires
- Domestic/community violence
- Bullying
- Physical, sexual, or emotional abuse
- Life-threatening illness or injury

TF-CBT teaches methods to manage common reactions, painful feelings, thoughts and behaviors, skills to enhance family communication and interaction, and effective strategies to heal.

Referrals:

All referrals to the Outpatient Clinic must first schedule an intake and assessment appointment with a clinic therapist. If the assessment reveals a need for psychiatric services, a referral will then be made.

To make a referral, call 814-866-4500.

Symptoms:

If you observe any of the following symptoms, please consider a referral to the Outpatient Psychiatric Clinic at Family Services of NW PA.

- Sadness, tearfulness, crying, emptiness
- Angry outbursts, irritability, being on guard
- Slowed thinking, speaking, or movements
- Trouble thinking or concentrating
- Unexplained physical problems/pain
- Sweating/trembling
- Not mentally present
- Lack of appetite
- Severe emotional distress
- Upsetting dreams/nightmares
- Negative thoughts about self or others

List of symptoms adapted from the Mayo Clinic Website, www.mayoclinic.com



www.FSNWPA.org