

Preferred Family Healthcare's Mission Statement

To provide comprehensive mental healthcare services by well-qualified professionals who deliver the highest level of quality care and information while striving to overcome the barriers of those we serve.

Over the years, we have grown along with the communities we serve.

Preferred Family Healthcare has a variety of services available in numerous clinics throughout Missouri.

With this network of clinics, we're always close by.

You can learn more by visiting our website: www.pfh.org or by e-mail: pfh@pfh.org

We're a good family to know.

Kirksville Administrative Office

900 East LaHarpe Street
PO Box 767
(800) 964-7118
(660) 665-1962
(660) 665-3989 Fax

Hannibal

4355 Paris Gravel Road
Hannibal, MO 63401
(573) 248-3811

Jefferson City

1448 Aaron Court
Jefferson City, MO 65101
(573) 556-6589

Kansas City

2750 Cherry
Kansas City, MO 64108
(816) 474-7677

Kirksville

1101 S. Jamison
Kirksville, MO 63501
(660) 665-1962

Lee's Summit

455 SW Ward Road
Lee's Summit, MO 64063
(816) 347-8777

St. Charles

2 Westbury
St. Charles, MO 63301
(636) 946-6376

St. Joseph

3510 Frederick Blvd.
St. Joseph, MO 64506
(816) 364-6007

St. Louis

3407A S. Jefferson
St. Louis, MO 63118
(314) 773-3670

Team of Concern

2 Westbury
St. Charles, MO 63301
(636) 946-6376

Trenton

1628 Oklahoma Avenue
Trenton, MO 64683
(660) 359-4600

Troy

395 Travis Blvd.
Troy, MO 63379
(636) 528-7226

Union

20 S. Church Suite B
Union, MO 63084
(636) 584-8724

Wentzville

1453 Wentzville Pkwy.
Wentzville, MO 63385
(636) 332-5835



Adolescent

Substance

Abuse

Rehabilitation



"The Cycle"

by Jeremy B. — Age 15

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www.pfh.org
Preferred Family Healthcare

On the Cover

This piece is titled "The Cycle" to represent the cycle that a person goes through in their path to recovery. The green living tree represents recovery from addiction. In this process your life becomes a flowering tree with many branches full of people who support and love you. The burning tree is relapse in which all the leaves fall and the branches set aflame, burning all your loved ones and the good things in your life. The burning tree is scary and deadly while the living tree is beautiful and strong. The choice is yours. How would you like your tree?

— by Jeremy B., Jefferson City A.R.T.C.

At Preferred Family Healthcare we care for adolescents and their families who have problems related to substance abuse.

We understand how hard it can be when a teenager needs help. We also understand how much care professionals take when making a referral. That's why, for over 25 years, both families and professionals throughout Missouri have trusted Preferred Family Healthcare.

Sometimes adolescents develop problems related to alcohol or drug abuse. When this happens, Preferred Family Healthcare can help. We provide professional substance abuse treatment tailored to fit each adolescent's needs. Preferred Family Healthcare provides a full continuum of care from residential and day treatment in Kirksville, Jefferson City, Kansas City and St. Charles, to intensive outpatient, outpatient, and **aftercare**.

Treatment in all programs may include group therapy, family therapy, individual counseling, alcohol and drug education, recreational therapy, relapse prevention, introduction to support groups, and life skills training.

With admission into Preferred Family Healthcare, each teen is assigned a therapist and a community support worker. Our staff therapists are certified or qualified substance abuse counselors or licensed professional counselors. Therapists counsel teens one-on-one as well as in group settings on topics such as: anger management, communication, relapse prevention and family issues. They help educate teens about the negative effects of substance abuse and teach them the skills needed to support a healthy lifestyle, free of alcohol and drugs.

Our Community Support Workers serve as the liaison to school, medical professionals, juvenile justice professionals and family agencies. CSW's also help adolescents learn life skills and access community resources for assistance with education and health care. CSW's address how to have sober "fun" and encourage healthy social activities including sports, games, and hobbies.

After any kind of substance abuse treatment, most adolescents need continuing support. Preferred Family Healthcare offers this ongoing support through counseling and groups. Aftercare addresses issues such as structured independence, responsibility, healthy relationships and peer interaction.

Achieving Recovery through Creativity (A.R.T.C.)

A.R.T.C. is a creative arts program developed within Preferred Family Healthcare's adolescent substance abuse treatment programs as a means to assist substance abusing adolescents discover creative talents and convey emotions, thoughts, and ideas through alternative means of expression such as painting, sculpting, drawing, music, drama and poetry. Adolescent clients participate in a minimum of one A.R.T.C. group per week and are often given opportunities to show their work in various community art venues and exhibits.

Team of Concern

Team of Concern is a school-based prevention and intervention program that provides students, teachers, and parents with substance abuse preventative education as well as supportive services, including counseling to middle school and high school youth at risk for alcohol and/or substance use. The goal of Team of Concern is to strengthen children and families and ensure that every youth has opportunities to overcome obstacles to living a healthy productive life. Currently Team of Concern is a service provided in St. Charles County, however, the model is being duplicated in other areas.

Other Services PFH Offers:

Preferred Family Healthcare provides a full range of professional care. These services include:

- ▶ *Substance Abuse Treatment for Adults*
- ▶ *Treatment for Chronic Mental Illness including Long-Term Assisted Living*
- ▶ *Judicial Support Programs*
- ▶ *Counseling for Individuals, Couples and Families*
- ▶ *Community Education/ Prevention*
- ▶ *Intensive In-Home Services*

Our Professional Staff Includes:

- ▶ *Psychologists*
- ▶ *Psychiatrists*
- ▶ *Advance Practice Nurses*
- ▶ *Family Therapists*
- ▶ *Licensed Social Workers*
- ▶ *Licensed Professional Counselors*
- ▶ *Substance Abuse Counselors*
- ▶ *Community Support Workers*
- ▶ *Community Prevention Specialists*
- ▶ *Registered Nurses*