

# what does counseling cost?

As a non-profit organization, our first concern is providing the best services possible to those who need us. We'll work with you to ensure services are affordable.

We partner with:

- Meridian, McLaren, Molina, Priority Health, and Blue Cross/Blue Shield and Blue Care Network Health Insurances.
- Traverse Health Clinic
- Community Mental Health
- Department of Health & Human Services
- Foundations such as Blue Cross Blue Shield Foundation, Michigan Health Endowment Foundation, Carls Foundation, Charlevoix Community Foundation, and the Comstock Foundation.



commitment to  
excellence

Our child welfare, counseling, and shelter programs are accredited by CARF International, assuring the more than 2,500 businesses, individuals, and organizations who contributed to our work last year of our commitment to clinical, administrative, and fiscal excellence.



## Main Office

3785 Veterans Drive  
Traverse City, MI 49684  
231 946 8975  
231 946 0451 (fax)

## Harbor Springs

3434 M-119, Suite F  
Harbor Springs, MI 49740  
231 347 4463  
231 347 8823 (fax)

## Pete's Place Youth Shelter

2943 N. Keystone Rd.  
Traverse City, MI 49686  
231 922 4800  
800 442 7315 (toll free, 24/7)

## Gaylord Old Town Psychological

128 N. Court Avenue  
Gaylord, MI 49735  
231-342-4143

## FIND US

online: [cfsnwmi.org](http://cfsnwmi.org)  
Facebook: [@cfsnwmi](#)  
Instagram: [#cfsnwmi](#)  
email: [cfs@cfs3L.org](mailto:cfs@cfs3L.org)

# Behavioral Health Services & COUNSELING



Child &  
Family  
Services  
of Northwestern Michigan



# Child and Family Services: Utilizing a trauma-informed approach.

## Counseling

Our trained and licensed therapists offer compassionate, comprehensive counseling to people of all ages on a variety of issues.

**We support you** by helping identify goals and potential solutions to problems causing emotional turmoil. **We seek to help** improve communication and coping skills, promote positive behavior change, and create optimal mental health. Our therapists use **evidence-based treatment models**, ensuring that our clients get the best care possible.

CFS has counseling office locations in **Traverse City, Harbor Springs, and Gaylord**. In addition we offer community-based, in-home, or tele-therapy services on a case-by-case basis.

## Mission

Our services support the safety and well-being of children, youth, adults, and families in times of crisis, challenge, and life transition.

“

We needed help to understand and cope with the kids' behaviors resulting from trauma. The kids needed help in expressing their thoughts, emotions, and to learn coping strategies. Our therapist from CFS truly helped our entire family.

-Emily, foster parent

## Overcoming Trauma

Adverse childhood experiences (ACEs) are traumatic events occurring before the age of 18. ACEs include all types of abuse and neglect as well as parental mental illness, substance abuse, divorce, incarceration, and domestic violence.

A landmark study in the 1990s found a significant relationship between the number of ACEs a person experienced and a variety of negative outcomes in adulthood, including poor physical and mental health, substance abuse, and risky behaviors. The more ACEs experienced, the greater the risk for these outcomes. (<https://www.childwelfare.gov/topics/preventing/preventionmonth/resources/ace/>).

At CFS, we are committed to helping children and adults heal from trauma and build resiliency. Through traditional counseling services, Equine Assisted Psychotherapy through our partners at Peace Ranch, the utilization of Trauma Focused Cognitive Behavioral Therapy, and our Trauma Assessment Treatment Center, we strive to meet the needs of our clients with a trauma informed approach.

Allison Wilson, pictured right, is a trained EAGALA model Equine Assisted Psychotherapist. EAP is a great tool to help heal from trauma.



## Is this right for me?

Everyone can benefit from counseling at some point in their lives. Whatever your reason, we are here to help. It is important that you find a therapist who is able to build a strong, therapeutic relationship with you and has good interpersonal skills. Each therapist/ client relationship is unique and it is important to take the time to find the best one for you!

## To learn more:

Call CFS at 231.946.8975 x1060  
or visit:  
[cfsnwm.org/counseling](http://cfsnwm.org/counseling)

