



## **PSYCHIATRY & MEDICATION SERVICES**

From initial assessment to ongoing medication check-ups, we can prescribe psychiatric medications, order/interpret lab work, and coordinate care with other physicians to best serve you.



## **COUNSELING SERVICES**

Counseling and therapy assist in helping with a wide range of mental health concerns. We offer individual, couples, family, and group therapy services to meet you where you are at in life.



## **PSYCHOLOGICAL TESTING & EVALUATIONS**

Testing can assist in evaluating behavioral patterns and intellectual abilities to help guide treatment for your personalized care. Many tests are available including neuropsychological, ADD/ADHD, IQ, Autism Spectrum, and many more.



## **SUBSTANCE USE DISORDER (SUD)**

Our adult and adolescent SUD programs are for people suffering from the negative impacts and consequences of alcohol and/or drug use. We will work with you to determine the best course of treatment.



## **DIALECTICAL BEHAVIOR THERAPY (DBT)**

Our adult and adolescent DBT programs are for people to learn to manage their behaviors and emotions. DBT will help you improve your quality of life by decreasing unhealthy behavior and increasing skillful behavior.



## **ADULT DAY TREATMENT (ADT)**

ADT is an 8-12 week group therapy program that will provide you with part therapy, part skills training while supporting your personal and emotional needs.



## **ADULT REHABILITATIVE MENTAL HEALTH SERVICES (ARMHS)**

Our ARMHS program will help you learn basic living and social skills while preparing you to manage your symptoms, use your medication effectively, develop a healthy lifestyle, and more.



## **CASE MANAGEMENT SERVICES**

We will provide you with a team of workers to assist you with identifying and achieving your wellness goals. Our team will work with you to determine how to best manage your needs.



## **CHILDREN & FAMILY COMMUNITY-BASED SERVICES**

Our trained mental health professionals will meet you in your home or another appropriate community location for therapy that best suits you, your child, and/or your family's needs.



## **NUTRITION COUNSELING**

Our Dieticians will help you make lasting changes toward your relationship with food. We will work with you on food allergies, weight management, eating disorders, chronic medical issues, and more.

**We work with all ages!**

For more information, visit:  
[www.nystromcounseling.com](http://www.nystromcounseling.com)