



## AUSTIN CHILD GUIDANCE CENTER

Programs & Services

Services are currently offered in English and Spanish using a secure, online teletherapy platform. Technology assistance may be available for qualifying families. ACGC accepts most major insurance and Medicaid/CHIP. Fees are based on a sliding scale. No child is denied access to service for inability to pay.

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### INDIVIDUAL & FAMILY THERAPY

Licensed therapists and clinicians engage with children up to 17 years of age and involves all members and guardians in the child's life. Because long-term change does not occur in a vacuum, family members are encouraged to work together to heal and learn new patterns of behavior.

### GROUP THERAPY

Children, teens and caregivers work through their common challenges in a peer-based setting. Topics will vary throughout the year in response to client and community needs and challenges. Previous groups have focused on issues such as Parenting during COVID, dealing with stress, learning social and executive functioning skills, bullying or peer pressure.

### ONLINE WALK-IN CLINIC

The online clinic offers single-session therapy sessions and parent consultations two days each week.

### PSYCHIATRIC EVALUATIONS

When individual and family therapy sessions are not sufficient, a psychiatric evaluation may be appropriate. Psychiatric services aim to identify appropriate diagnoses and determine the need for medication.

### PSYCHOLOGICAL ASSESSMENTS (Currently on hold due to COVID-19)

Individually designed assessments assist parents or providers in determining if a child has a specific condition (e.g., ADHD, autism), and informs the creation of an appropriate treatment plan. Parents are provided with a comprehensive written report following the assessment.

### FAMILY RESOURCE NAVIGATION

Qualifying families who are survivors of crime or abuse receive supportive case management from the Family Resource Navigator (FRN). Case management services include assistance with basic needs such as housing or food, access to medical care, legal assistance referrals, mental health support for parents/caregivers, and more. The FRN meets with families who receive individual and/or family therapy at ACGC, and is available for assistance during a family's time at ACGC.

### PARENT WORKSHOPS

These stand alone workshops offer a chance for parents to learn practical skills that can benefit the entire family. Workshops topic vary and are offered in both English and Spanish.

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Austin Child Guidance Center provides mental health services to children and families in Central Texas and we do not turn away clients for inability to pay.

For more information visit [AustinChildGuidance.org](https://AustinChildGuidance.org) or call (512) 451-2242.

