



PREMIER
Counseling

2023



CHILDREN & FAMILIES CATALOG

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OVERVIEW

The main purpose of Premier Counseling, LLC is to provide the highest quality, consumer driven, emotional, behavioral, and mental health services to individuals in need. We strive to assist the community's members living with concerns that impact their mental health to obtain the services needed and to support them in their goals to improve functionality while utilizing a systemic approach to improve the overall quality of the individual's life and those directly connected to them.

Experienced personnel, in both the mental health field and with an extensive administrative background, manage the company. Since its humble beginnings in 2016 as an aging adults specific mental health organization, Premier Counseling, LLC has grown and expanded its services to mental health community-based services to include children and their families. Premier Counseling, LLC has not only grown into a state-wide organization serving aging adults but it has done industry research in rural communities for several years to identify mental and behavioral health needs of children and their families through community service-based initiatives. The Company is also working on different projects to expand its services such as obtaining contracts with several insurance companies and becoming certified as a Functional Family Therapy site.



OVERVIEW

We have been servicing Medicare and Medicaid recipients who are enrolled in different managed medical plans with whom we have contracts. This has been possible, in part due to the Company's unblemished reputation. We currently offer a myriad of therapeutic services to our clients. The company operates with an integrated team of psychiatrists, masters level social workers, clinical social workers, mental health counselors and marriage & family therapists. Our team is solely focused on the improvement and recovery of the individual while creating awareness and developing skills necessary to achieve the client's wellbeing. Clients can benefit from services such as: individual, group, and family therapy for the treatment of mental, emotional, and behavioral concerns.

The Company's growth demanded to develop a company structure to provide a high quality of services. We serve children in two separate categories, 5-10 year olds individually and 11-18 year old children and their families.



THERAPY WITH SMALL CHILDREN

Child therapy for small children typically involves play therapy, which is a type of therapy that uses play to help children communicate and express their feelings. Play therapy can be used to address a variety of issues such as anxiety, depression, trauma, behavioral problems, and social difficulties.



During play therapy sessions, a trained therapist will provide a safe and supportive environment for the child to engage in play activities such as drawing, painting, puppet play, and role-playing. Through these activities, the child can express their emotions, thoughts, and experiences in a non-threatening way.



The therapist may also use toys and games to help the child learn new coping skills and problem-solving strategies. Additionally, the therapist may work with the child's parents or caregivers to develop strategies for supporting the child's emotional well-being outside of therapy sessions. It's important to note that therapy for small children is highly individualized, and the therapist will tailor the approach to meet the specific needs of the child.

Benefits of Play Therapy

Encouraging emotional expression:

Play provides a nonverbal way for children to express their feelings, thoughts, and experiences. Through play therapy, children can use toys, games, and creative activities to communicate their emotions and work through difficult experiences.

Developing social skills:

Play therapy can provide children with opportunities to practice social skills such as sharing, taking turns, and communication. This can help them develop stronger relationships with peers and adults.

Promoting creativity & imagination:

Play therapy can help children explore their creativity and imagination through activities such as drawing, painting, and storytelling. This can foster a sense of curiosity and wonder, and help children develop problem-solving skills.

Building self-esteem:

Play therapy can help children build a sense of competence and mastery as they learn new skills and strategies for coping with challenges. This can boost their self-esteem and confidence.

Reducing anxiety and stress:

Play therapy can help children learn relaxation techniques and coping skills to manage anxiety and stress. This can improve their emotional well-being and overall quality of life

Improving communication skills:

Play therapy can help children learn to express themselves more effectively, both verbally and nonverbally. This can help them communicate their needs and emotions in a healthy and productive way.

FUNCTIONAL FAMILY THERAPY

Functional Family Therapy (FFT) is an effective, short-term, high-quality, and strength-focused evidence-based intervention designed for 11 to 18-year-old youth, and their families, who are at risk or have been referred for behavioral or emotional problems. Most youth are referred by juvenile justice, mental health, and child welfare systems. Services are conducted in both clinic and home settings and can also be provided in schools, child welfare facilities, probation and parole settings, and mental health facilities. FFT works with a young person's entire family and extrafamilial influences to facilitate positive growth and development. FFT's effectiveness stems from the idea that families are not identical—they all have a unique set of circumstances, so the treatment plans are individualized to fit the specific needs of youth and their families.

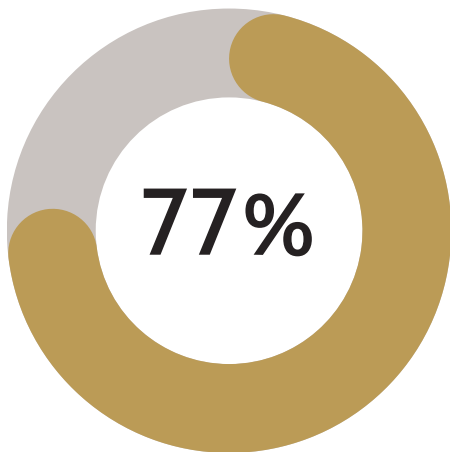
Functional Family Therapy has been provided to over 40,000 families a year across the globe that are at risk of involvement in the justice and child welfare systems and gangs. To maintain positive outcomes, FFT LLC provides clinical oversight and ongoing research to ensure that all FFT providers adhere to evidence-based practice standards.





FOLLOWING FFT TREATMENT

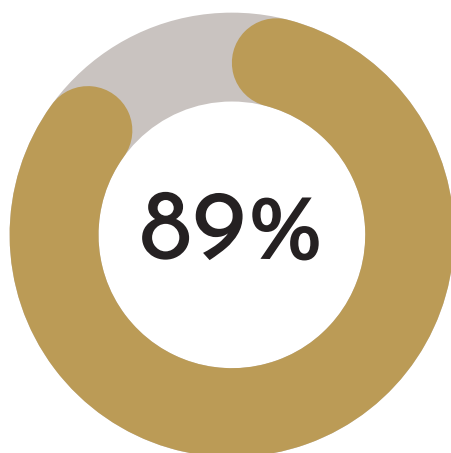
STUDIES SHOW



**HAVE NO NEW
OFFENSES 18
MONTHS POST
REFERRAL**



FOLLOWING FFT TREATMENT

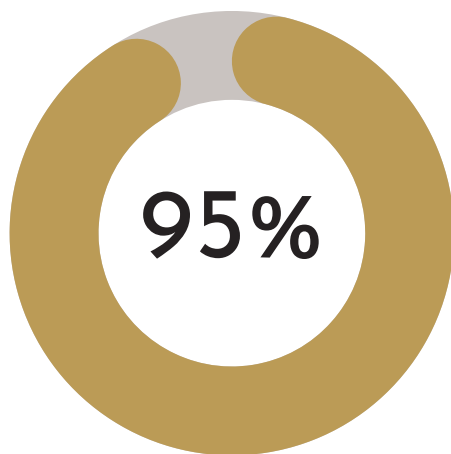


STUDIES SHOW

**HAVE NO DRUG
CHARGES 18 MONTHS
POST-REFERRAL**



FOLLOWING FFT TREATMENT



STUDIES SHOW

**ATTEND
SCHOOL/WORK AT
TREATMENT CLOSE**



FFT is an evidence-based intervention for youth and families. This high-quality, strength-focused family counseling model is designed primarily for at-risk youth who have been referred by the juvenile justice, mental health, school, or child welfare systems.



Independently studies with proven results

FFT LLC is the only Functional Family Therapy training organization with multiple independent studies conducted that produce consistently positive outcomes.



Largest FFPSA Footprint

Since the inception of the Family First Prevention Services Act (FFPSA), FFT LLC has established 28 teams in 12 US states utilizing FFPSA funding.



Advanced Data Tracking

Our web-based CSS software seamlessly provides all data required by the FFPSA and other statewide and local projects, including program outcomes and model adherence reports.

MEET THE FOUNDER/CEO



Janay Price is a graduate of North Carolina Agricultural and Technical State University where she earned the bachelors of social work degree with a concentration in school social work. She earned the masters of social work degree with a concentration in children and families at risk through the joint masters of social work program at North Carolina Agricultural and Technical State University and the University of North Carolina at Greensboro where she was a North Carolina Child Welfare Scholar.

She was attracted to the field of social work and pursued the profession as the social work values and principles aligned with her personal values. Service to address social problems; challenging social injustice; respecting the inherent dignity and worth of a person; recognizing the central importance of human relationships; and behaving in a trustworthy manner are not only the social work values but the values in which Janay aims to maintain daily.

Over the span of her career, Janay has served children and their families in roles as a child welfare social worker in foster care and child protective services, a community-based therapist for at-risk youth, and a private practice owner for children of military active duty members. Janay Price has also served the aging population for a great portion of her career and has obtained the certificate in gerontology.

Janay served as the 2018-2020 secretary of the South Carolina chapter of the National Association of Social Workers. She has been a professional in the field since 2009, practicing clinical social work (psychotherapy) since 2012, and a State of North & South Carolina Board of Social Work Examiners approved Clinical Supervisor assisting those on the pursuit of clinical licensure. She is an adjunct instructor in the bachelors and masters social work program at a local university. She sits on the board of a non-profit organization with a primary focus on the educational achievement of young men. She is also an active member of Delta Sigma Theta Sorority, Incorporated.

CONTACT US



For me information about our services or for general questions contact us via the information below.



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