

CHILD & ADOLESCENT SKILLS COACHING SERVICES

Sometimes students can face far more challenges than what is seen on the surface. They can affect school performance, home life, and personal relationships. Skills Coaching provides support and practical help to children and their families during what can be an overwhelming period of growth and helps them learn to cope with life's problems and find solutions.

What Skills will my Child or Adolescent learn?

- Mood regulation
- Managing emotions
- Increased self esteem
- Interpersonal skills
- Mindfulness
- Identifying and expressing feelings
- Making new friends
- Distress tolerance
- Coping skills
- Goal setting
- Using manners
- Following classroom routine and instructions

Skills Coaching services are provided in the home, school or community to Medicaid eligible children.

What diagnosis qualifies for Skills Services?

ADHD, Oppositional Defiant Disorder, Autism, Depression, PTSD, Anxiety, and more.



ADULT SKILLS COACHING SERVICES

Sometimes problems are too much to tackle alone. They can affect relationships, personal happiness, work performance, housing, and health. Skills Coaching helps adults cope with life's problems and find solutions to get back on the road to their best life.

What will I learn?

- Independent living skills
- Parenting skills
- Problem solving skills
- Health & wellness
- Time management
- Managing emotions
- Self-advocacy
- Coping with trauma and stress
- Building confidence
- Locating housing, employment
- Assistance in crisis situations
- Linking to community resources

Skills Coaching services are provided in the home, school or community to Medicaid eligible adults.

