

BOWEN CENTER SKILLS COACHING SERVICES

What are Skills Coaching Services?

Our Skills Coaching Services provide life skills training and support to Medicaid eligible individuals who want to live successful lives. Our Skills Coaches may work to help a child focus in the classroom or manage emotions. They may work in the community with a teen to help increase their self-esteem and social skills. They may help an adult at home with parenting skills, independent living skills, or link them to housing, employment or transportation. Or they may accompany a patient to appointments and help them implement a plan to improve their physical health.

Our patients come from various referral sources including: the Department of Child Services, schools, probation departments, medical clinics, primary care providers, work release programs, and substance use recovery programs. The services provided are based on an individualized care plan created by a Bowen Center clinician.

Child Skills Coaching Services

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



Adult Skills Coaching Services

- 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

For more information or to make an appointment, call (800) 342-5653

We can help.

Bowen Center is a Community Mental Health Center offering a full range of professional services to meet the needs of individuals in Indiana. Since 1961, Bowen Center has been dedicated to providing life-changing care to families, and individuals.

Bowen Center's mission is to strengthen our communities and to improve the health and well-being of those we are privileged to serve.

We're the Hope

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BowenCenter.org