Benefits

Therapy services help youth and families manage symptoms of:

- Disruptive behavior
- Depression
- Anxiety
- Trauma and more

Services Offered

- Social emotional learning programming
- Group psychoeducation
- Group psychotherapy
- Individual therapy
- Family therapy
- Case consultation
- Case management

Mental Health Team

Creative Solutions for Positive Youth Development mental health team is comprised of a multidisciplinary team., including licensed psychologists, licensed social workers, licensed counselors, licensed marriage and family therapists, and licensed interns, as well as master's level and bachelor's level student interns. BGCSNV & Creative Solutions is invested in our community's future and committed to training the next generation of healthcare providers.

Contact Us

Email: mentalhealth@bgcsnv.org
Website: https://bgcsnv.org/services/mental-health/

creative solutions
FOR POSITIVE YOUTH DEVELOPMENT

Mental Health Services

BOYS & GIRLS CLUB



Individual & Family Therapy



- Members, families, teachers, mentors, outside therapists, and clubhouse staff members can refer members to services as needed.
- Members and families are assigned to an appropriate therapist, who conduct intake assessments, create comprehensive and individualized treatment plans, facilitate weekly individual and family therapy sessions in the clubs, and consult with club staff and outside providers as needed.
- Services are at low to no cost for members and their families through billing insurance, both Medicaid and commercial insurances, donations, and grant funding.

1 in 5 U.S. children ages 3–17 has a mental, emotional, behavioral, or developmental disorder.

-(APA, 2019)

Only about 20% of children who need mental health services receive them.

-(APA, 2019)

There has been a 29% increase in depression, a 27% increase in depression, and a 21% increase in behavior problems since 2016.

-(NIHCM, 2023)

42% of high schoolers had persistent feelings of sadness or hopelessness.

-(CDC, 2021)



Social Emotional Learning & Group Therapy



Social Emotional Learning (SEL) is a framework designed to develop skills in the following areas:

- self-awareness
- self-management
- social awareness
- relationship skills
- responsible decision making.

SEL group therapy topics include:

- mindfulness
- self-esteem
- conflict resolution
- problem solving
- assertive communication
- distress tolerance
- emotion regulation
- resilience.