

## THE TRUTH ABOUT MENTAL ILLNESS

- 1 in 5 people worldwide have a mental or neurological disorder at some point in their lives.
- Mental health disorders represent the four leading causes of disability: Major Depressive Disorder, Bi-Polar Disorder, Schizophrenia and Obsessive Compulsive Disorder.
- Mental illnesses can affect persons of any age, race, religion or income.
- Mental illnesses are treatable.
- Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning.
- 10% of children and adolescents in the U.S. suffer from serious emotional and mental disorders that impair in their day-to-day lives.

## WHAT OUR CLIENTS SAY ABOUT US

*"Friendly and helpful staff and professionals. My therapist remembers information about me and seems to genuinely care. My doctor listens to what I have to say and works with me to create a treatment that I am comfortable with."*  
— Nancy W., Cortland, Ohio

*"My counselor is very supportive and has been there when no one has. She is considerate with her time with me."*  
— Michael B., Warren, Ohio

## SERVICE LOCATIONS

**ADULT OFFICE:**  
**(330) 399-6451**  
150 E. MARKET ST.  
WARREN, OH 44481

**CHILDREN'S OFFICE:**  
**(330) 395-9563**  
318 MAHONING AVE.  
WARREN, OH 44483

**SOUTHEAST OFFICE:**  
**(330) 759-8237**  
4970 BELMONT AVE.  
YOUNGSTOWN, OH 44505

**ADMINISTRATIVE OFFICE:**  
**(330) 394-6244**  
150 E. MARKET ST.  
WARREN, OH 44481

**TDD PHONE NUMBER:**  
**(330) 394-6244**

*VCS is a contract agency of the Trumbull  
County Mental Health and Recovery Board.  
We are an Equal Opportunity Employer  
and provider of services.*



*Empowering Individuals & Communities.*

**(330) 394-6244**



[www.vcsinc.org](http://www.vcsinc.org)

# Empowering Individuals.



## WHO WE ARE

Valley Counseling Services (VCS) is a non-profit community mental health center offering a wide range of outpatient mental health services for residents of Trumbull County and surrounding areas.

Founded in 1952, the Trumbull County Mental Health Association strived to advocate for improved mental health services. Today, VCS is a certified, comprehensive mental health facility committed to providing research-based services.

VCS is committed to quality, accessibility and innovation; education and advocacy; and strong partnerships in promoting health.

We employ psychiatrists, nurses, social workers, therapists, case managers and support staff. Our therapists are trained to assess and treat problems related to behavioral health.

As the only comprehensive mental health facility in Trumbull County, we are determined to be financially and physically accessible to every county resident. Sliding fee scales are available to Trumbull County residents according to financial ability and access to all other available resources (insurance, Medicaid, Medicare, etc.).

## ADULT SERVICES

Our experienced staff helps with adult stress associated with family, relationships, work, illness or the loss of a loved one. Stress in adults can result in physical complaints such as insomnia, depression, anxiety, eating disorders or alcohol and substance abuse.

We offer a variety of strategies based on individual needs including individual, couple, group, family therapy and psychological evaluations and appropriate medications. We also offer the following specialized clinics, therapies and treatments:

- Diagnostic Assessment
- Crisis Intervention
- Pharmacological Management
- Counseling: Individual, Group, Families
- Addiction Services

## CHILDREN & FAMILY SERVICES

We help children and families cope with stresses related to family relationships, the challenges of parenting, blending families and the impact of job loss or divorce. Stress in children can manifest as chronic conflict with parents, other children, failing grades, poor peer choices, drug use and trouble with the law or physical complaints.

A variety of helping strategies are used and based on the individual needs of both the child and family. These can be provided in the home or other natural settings.



## COMMUNITY BASED SERVICES

Community Based Services assist individuals who are diagnosed with severe and persistent mental illness. These services are designed to help adults and children live independently and productively within their community.

We offer:

- Community Psychiatric Supportive Treatment (Case Management, Individual, Group)
- High Intensity Wrap-around
- Representative Payeeship Program
- REACH (Adult Day Treatment Program)
- HEARTS (Youth and Young Adults in Transition Day Program)

Our services make it possible for individuals and families to survive and thrive in our communities, to avoid frequent hospitalizations, to build supportive relationships and to work successfully toward well-being.

Empowering Communities.