



## TIME AWAY FROM TURMOIL

### HELP IS AVAILABLE 24/7

The CALM (Child and Adolescent Life Management) Center provides immediate support for youth and families in an emotional, behavioral or substance abuse crisis.

The center is a safe and caring place for Oklahoma children and adolescents, ages 10-17. Care is available regardless of ability to pay.

During a short stay, youth receive care from:

- Board certified psychiatrist
- Licensed nurses
- Licensed therapists
- Trained life skills coaches

This care includes:

- Immediate assessment
- Diagnosis
- Medically supervised detox
- Medication management
- Individual and family therapy
- Group education in coping skills

### CRISIS TO CONTROL

Most behavior that leads to crisis stems from emotional trauma. Staff members help youth:

- Identify trauma
- Explore strengths to deal with issues
- Put emotions into perspective
- Learn life management skills to prevent future crisis.

# Counseling & Recovery

SERVICES OF OKLAHOMA 

Formerly Associated Centers for Therapy

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A non-profit community mental health center since 1982

**Helping build better lives through behavioral health and substance abuse services**

**CALM** Center

COUNSELING & RECOVERY SERVICES OF OK

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