

NOW OFFERING
VIRTUAL SERVICES
NATIONWIDE

Embark In-Home Services

Embark In-Home Services — available nationwide — offers a support system designed to help preteens, teens and young adults, ages 9-31, maintain good mental health as they experience life changes and struggle to deal with a variety of behavioral and emotional challenges that may be affecting their everyday lives.

- Depression
- Anxiety
- Self-Harm
- Trauma
- Substance Use
- Bullying
- Social Isolation
- Academic Difficulties
- Family Conflict
- Other Mental Health Challenges & Difficulties

Treatment Provided by Embark In-Home Services

We provide structured, consistent care for children and their families, at home, at school or at a safe, favorite place in the community, where our licensed therapists and clinicians conduct sessions with the child and family in a more relaxed setting, rather than in a typical office setting.

Our community-based approach allows for interacting in real world situations so that children are supported in managing real world challenges and solutions. In addition to weekly scheduled sessions, family clinicians show up for families in real-time, when they need support and guidance the most. This strong relational and in-the-moment support helps lead to positive change.

Why Choose Embark In-Home Services?

LOCAL

Our in-home and community-based model provides the idyllic setting for structured, consistent therapeutic and recreational care and support.

CONVENIENT

Schedules can be hectic so our licensed mentors are available for day and evening sessions, as well as outside of scheduled session times, should the need arise. Also, in order to truly be adaptive in supporting our clients and provide additional flexibility to help us meet our clients' unique needs, we offer virtual teletherapy services as an alternative to our in-person sessions.

FAMILY SYSTEMS APPROACH

We believe that working with the entire family unit, both the child and family members, is essential to the healing process. This tailored approach allows the family to work together to help the child and relieve the strain on the family. Family members explore their individual roles within the family, learn how their individual actions affect each other and discover ways to support and help each other in order to restore family relationships and rebuild a healthy family system.

EXPERIENTIAL

Therapy is much more than talking. When focused on an activity or task, rather than the therapy itself, people tend to be less guarded, providing more authentic reactions and emotions. We engage your child's physical and emotional capacities with a variety of hands-on activities, experiences, creative arts, family and team challenges and mindfulness exercises that provide interactive opportunities for them to open up and share.

For more information about Embark In-Home Services, contact:

Taïs Hoelzinger-Pajic, Admissions Director, at 435-602-4783.



embark
CREATE JOY. HEAL GENERATIONS.