

HOW TO SCHEDULE AN APPOINTMENT

OR MAKE A REFERRAL TO ODYSSEY

If you or a family member is in need of counseling or services, please call (404) 762-9190 and ask for the Intake Department to schedule an appointment.

Mental health professionals wishing to refer a client to Odyssey, please call (404) 762-9190 or visit our website and follow instructions to complete a referral form.

Mental health providers or others who would like additional information about referrals and services, or who wish to request a presentation, please call (404) 762-9190 and speak with the Odyssey Marketing Representative.

For more information on scheduling

Prevention and Education services, School Based Mental Health counseling, or other services provided by Odyssey, please visit our website or contact us at info@odysseycounseling.org.



Community-wide Mental Health

The mission of Odyssey Family Counseling Center is to empower families and individuals, regardless of income, to improve their lives by offering quality trauma and prevention-focused mental health, relationship, and substance abuse counseling in the community.

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Community-wide Mental Health

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SUBSTANCE ABUSE SERVICES

ADDRESSING ADDICTION EARLY

Odyssey offers substance abuse services designed for adults 18 and older, and a special program for adolescents between 12 and 17 years old. Our therapists work with each client to help identify addiction and recovery status, and develop skills needed to cope with the emotions that prompted substance use.



The **Adult Substance Abuse Program (ASAP)** guides clients through an abstinence-based program following the American Medical Association's definition of addiction as

a chronic, progressive, primary illness. Our clients are typically in the early stages of substance abuse, and may have experienced a legal problem which led them to seek services from Odyssey. We offer a range of outpatient services designed to meet the needs of each individual client and referral source.

The **Odyssey to Recovery Program (OTR)** is six to 10 weeks long and designed specifically for teens 12 to 17 years old. It is an abstinence-based program, and focuses on education about substance use and addiction. OTR clients are usually in the early stages of experimenting with substances.

MENTAL HEALTH COUNSELING SERVICES

EVERY CLIENT & FAMILY IS UNIQUE

Every person has a unique history and special needs. At Odyssey, we offer quality, evidence-based mental health treatment and services, which acknowledge the importance of family and community in healing and recovery.

Adult Mental Health Counseling is offered for clients 18 and older who may be experiencing a variety of mental health concerns, such as:

- ☀ Depression or anxiety
- ☀ Traumatic experiences or grief
- ☀ Trouble adjusting to new situations
- ☀ Relationship problems
- ☀ Managing anger

Child and Adolescent Counseling is provided for children and teens ages three to 17, who may struggle with the above issues as well as behavior problems at home or school, self-harming behavior, self-esteem issues, and bullying.

Odyssey's School Based Mental Health Program helps children and teens who cannot take time for counseling outside of the school day.

Mental health counseling services offered to Odyssey clients include:

- ☀ Behavioral Health Assessments
- ☀ Individual therapy & family therapy
- ☀ Group counseling
- ☀ Psychiatric services & medication management
- ☀ Marriage or couples counseling
- ☀ Anger management classes

Child and adolescent counseling may include Play therapy, Art therapy, and parent education.



PREVENTION AND EDUCATION SERVICES

HEALTHY FAMILIES = HEALTHY COMMUNITIES

Odyssey works in school and community settings to offer Prevention and Education services which are designed to educate groups of all ages about issues impacting mental health and wellness.

Our programming is tailored for each group and customized for content, format, and length based on your needs.



We partner with teachers and school administrators, nonprofit organizations, and civic groups to provide instruction on a variety of topics, including:

- ☀ Mental health symptoms and education
- ☀ Substance abuse prevention and education
- ☀ Parenting education
- ☀ Anger management
- ☀ Self-esteem
- ☀ Coping skills and stress reduction

Group counseling, designed for at-risk adolescents and parents, is also offered on-site at middle schools and high schools, tailored to meet the needs of the school and students.