

Kaleidoscope Counseling & Case Management, LLC

“A Spectrum Of Choices Adding Color To Your Future”



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Our Story

Kaleidoscope Counseling & Case Management, LLC (KCCM) was established in 2013 and is located in Portsmouth VA. KCCM is a comprehensive community based mental health organization dedicated to empowering children, adults, families, and the community by providing a multitude of person-centered evidence-based therapeutic services.

KCCM is licensed by the Virginia Department of Behavioral Health and Developmental Services (DBHDS) as a Community Based Mental Health Agency. KCCM is also contracted with the Portsmouth Department of Social Services, Hampton Roads Regional Jail and the Virginia Department of Medical Assistance Services (DMAS). KCCM is also credentialed with Managed Care Organizations that include but are not limited to: Magellan Complete Care, VA Premier, United Health Community Care, Anthem Health Keepers Plus, Optima, and Aetna.

KCCM aims to fulfill its mission through collaborative efforts with other human services organizations, courts, schools, probation/parole officers, jails, the faith community, hospitals, and multiple agencies throughout the Commonwealth of Virginia.

KCCM's professional staff consists of Qualified Mental Health Professionals, Certified Substance Abuse Counselors, and Certified Alcohol & Drug Counselors. Licensed Clinical Social Workers and Licensed Professional Counselors provide supervision using strength-based innovative strategies supporting individuals with navigating life's challenges. The interventions include, but are not limited to: Motivational Interviewing, Cognitive Restructuring, Calming techniques, Modeling, Relaxation Breathing, Positive Self-Talk, Role Reversal, Role-Playing, Guided Imagery, Journaling, Aggressive Replacement Training, Substance Abuse Groups, Parenting Groups, and Creative Expression.

Our Mission

"To empower individuals and strengthen families by connecting those most vulnerable to effective mental health programming and supportive services by offering a safe and healthy sense of well-being, fostering integrity, promoting intellectual and emotional growth, through advocacy, the coordination of care and community mobilization".

Our Core Values

Realizing, in order to optimize an individual's ability to lead a productive and self-sustaining life KCCM embraces the following Core Values:

- To nurture individual growth and personal development;*
- To develop an awareness of cultural humility;*
- To foster a respect and appreciation of others;*
- To develop one's self as an individual;*
- To develop and enhance communication and problem-solving skills;*
- To develop social skills, sound values and self-determination;*
- To empower others through the use of self-actualization;*
- To promote dignity for all;*
- To provide services consistent with sound principles; ethical and therapeutic practices;*
- To respect a persons rights to confidentiality*

Aggression Replacement Training

KCCM utilizes the Aggression Replacement Training® (ART®) curriculum (developed by Barry Glick and John C. Gibbs) which is evidence-based and concentrates on the development of individual competencies to address various emotional and social aspects that contribute to aggressive behavior in youths. This program technique consists of a CD and workbook and is designed to teach youths how to control their angry impulses and take perspectives other than their own. The main goal is to reduce aggression and violence among youths by providing them with opportunities to learn prosocial skills in place of aggressive behavior.

Outpatient Therapy

Individual, Family, and Group Therapy for individuals ages 4 to adulthood. Our licensed staff, (LPC, LCSW) work with individuals assisting them in identifying key challenges and formulating strategies to having an emotionally healthy life. Sessions range between 45 minutes to 60 minutes and are scheduled weekly or monthly depending on the need. Each individual will receive a comprehensive assessment, 24-hour accessibility, crisis intervention, service coordination, discharge planning and clinical documentation of progress.

Promoting Opportunities While Encouraging Recovery- P.O.W.E.R.

P.O.W.E.R. is an intervention designed to teach adolescents alternative means of coping with circumstances that were previously associated with use. POW-ER is a unique program designed for the treatment of adolescents between the ages of 12 and 18 who are exhibiting problems related to marijuana use, as indicated by one of the following: Meeting criteria for cannabis abuse or dependency ;Experiencing emotional, physical, legal, social or academic problems associated with use; or Evidencing frequent marijuana use, over a 3-month period.

Positive Discipline Parent Education

Positive Discipline Parent Education is an evidenced-based model aimed at developing mutually respectful relationships. Positive Discipline teaches adults to employ kindness and firmness at the same time and is neither punitive nor permissive. Facilitation of this 10-week parenting program is intended on supporting family preservation and/or enhancing reunification efforts. Each participant will receive a certificate of completion as well as attend a graduation ceremony.



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WHAT WE DO

Intensive In-Home Services

Provides family preservation interventions for children and adolescents who have or are at-risk of serious emotional disturbance, including individuals who also have a diagnosis of developmental disability. Intensive in-home service is usually time-limited and is provided typically in the home of an individual who is at risk of being moved to out-of-home placement or who is being transitioned back home from an out-of-home placement. The service includes 24-hour per day emergency response; crisis treatment; individual and family counseling; life, parenting, and communication skills; and case management and coordination with other services.

Substance Abuse Screening & Subtle Inventory Assessment (SASSI)

The Substance Abuse Subtle Screening Inventory (SASSI-4) identifies high or low probability of substance use disorders and includes a prescription drug scale that identifies individuals likely to be abusing prescription medications. Objective decision rules classify individuals as chemically dependent or as not chemically dependent. It is especially effective in identifying early-stage chemically dependent individuals who are either in denial or who are trying to conceal their chemical dependency. In addition to being used as a screening instrument, the SASSI-4 also provides clinical insights into a respondent's defensiveness and willingness to acknowledge experienced consequences of substance use disorder.

Seeking Safety

Seeking Safety is an evidence-based model that can be used in group or individual counseling. It is specifically designed to help survivors with co-occurring trauma and Substance Use Disorder in a way that does not require them to explore emotionally distressing trauma histories. The Seeking Safety Model supports safety of the individual as they do the work; helps individuals envision what safety would look and feel like in their lives; and helps them learn specific new ways of coping. Seeking Safety stays in the present, teaching an extensive selection of safe coping skills that were not learned in dysfunctional families, or lost as a result of their addiction and trauma spiraling downward.

Mental Health Skill-Building Services

Mental Health Skill-Building Services are oriented to assist individuals with intellectual disabilities and mental health issues through education, training, and support from staff. Services are goal-directed and designed to encourage individual involvement, individual choices, quality of life, empowerment and independence in the least restrictive environment. The program uses the person-centered approach, and various initial assessment tools, training, assistance, staff support and supervision in helping each individual enhance their knowledge, skills, and abilities of community living.

Some common areas addressed include:

Depression •Anxiety •Substance Abuse •Self-Injurious Behaviors •Service Coordination •Positive-Self Esteem Building •Personal Development •Runaways •Conduct Disorders •Oppositional Defiant Disorders• Anger Outbursts •Child Abuse/Sexual Abuse •Improving School Attendance •Parent/Child Conflicts •Safe Dating/Teen Dating Violence •Juvenile Delinquency •Gang Involvement •Activities for Daily Living



“Be the one who nurtures and builds. Be the one who has an understanding and a forgiving heart one who looks for the best in people. Leave people better than you found them.”

— Marvin J. Ashton

For more information:
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Mental Health recovery is a journey of hope, healing, and transformation enabling a person experiencing trauma or mental health issues to live a meaningful life after confinement, and in a community of his/her choice while striving to achieve his/her full potential. Recovery not only benefits individuals with mental health disabilities by focusing on their abilities to live, work, learn, and fully participate in our society, but also enriches the texture of the family and community life. Society reaps the benefits of the contributions individuals impacted by trauma or mental disabilities can make, ultimately becoming a stronger and healthier nation.