

BENEFITS OF CHAPLAINCY BEHAVIORAL HEALTH

Working through life's challenges can be easier when you have help managing change and navigating uncertainty. The experienced team from Chaplaincy Behavioral Health can help you restore lost connections, transform trauma, regain control and find new strength. You can receive expert guidance by meeting with one of our professionals in our office, or if you are homebound we can come to you.

- Counseling is for individuals, couples, children or families and is culturally sensitive and bi-lingual.
- Licensed professionals offer evidence-based treatments that have proven results.

*We can help you right now.
Call (509) 783-7417*

*se habla español
(509) 460-5804*

CHAPLAINCY HEALTH CARE'S MISSION

The team at Chaplaincy Health Care focuses on the entire person – their physical, emotional, and spiritual needs. We guide, comfort and care for people experiencing serious illness, end of life, behavioral health issues, personal crisis and loss.

Other services available through Chaplaincy Health Care:

- Hospice Care
- Palliative Care
- Grief Care
- Cork's Place – grief care for children and teens
- Contract Chaplain Services
- Behavioral Health
 - Counseling Services
 - Step-Up for at-risk youth and their parents



Expert Guidance
During Life's
Challenges



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CHAPLAINCYHEALTHCARE.ORG

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-509-783-7416. 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致 1-509-783-7416。



WHAT TYPES OF LIFE CHALLENGES CAN BE ADDRESSED?

Chaplaincy Behavioral Health focuses on the two things that matter most – quality of life and relationships. We can help you work through many different challenges including:

- Trauma
- Painful past experiences
- Depression
- Anxiety
- Parent coaching for resilient, respectful kids
- Caring for difficult behavioral issues (Clinginess, Withdrawal, Outbursts, Tantrums)
- Grief and Loss
- Life-changing illness
- Marriage/relationship issues
- And more...

Our professionals are trained in many different evidence-based treatments such as:

- Gottman Method of Couples Therapy
- Emotion Focused Therapy
- Trauma Focused CBT and EMDR
- Lifespan Integration
- Emotion Coaching and parent education
- Narrative Therapy, Play Therapy and Art Therapy
- CISM (Critical Incident Stress Management)



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OUR SERVICES

COUNSELING

Our licensed behavioral health counselors each have specialized training and experience in various areas to help you with whatever challenge you may be facing.

STEP-UP

Step-Up is a nationally recognized youth-family violence intervention program that believes respect is at the heart of all healthy family relationships. It is a skills-based and restorative group program that focuses on non-violence and respect between family members. It emphasizes accountability, empathy, making amends, and competency development to restore family relationships.

The program is organized into 11-week group sessions. Each group serves youth ages 12-17 and their parents. Groups are free of charge. Assessments are billed to insurance.

To see a list of our staff and learn more about their specialties, please visit:
www.chaplaincyhealthcare.org/behavioral-health

GETTING STARTED

If you'd like to learn more about Chaplaincy Behavioral Health give us a call to schedule an initial consult. We will verify insurance coverage.

Therapy is typically covered by your insurance with your usual co-pay. We accept Medicare, Medicaid and most private insurances.

“Emotional pain is not something that should be hidden away and never spoken about. There is truth in your pain, there is growth in your pain, but only if it's first brought out in the open.”

Steven Aitchison

A photograph of a child from behind, holding a large, textured, knitted ball of yarn. The background is a soft, out-of-focus light.

EXPERT
guidance