

OUR CLIENTS: CHILDREN

Military life, while routine for many families in Hampton Roads, can be a source of psychological stress for children. **Multiple deployments, frequent moves, and concerns for the safety of a deployed parent** are some of the unique challenges military children face. We work with children as young as age 4. Clients who are children struggle with **difficulty adjusting to change, anxiety, depression, and relationship challenges.**

At the Steven A. Cohen Military Family Clinic at The Up Center, Clients are:

28% CHILDREN

WE INCREASE THE ODDS FOR MILITARY CHILDREN BY OFFERING TIMELY ACCESS TO SERVICES PROVEN TO WORK:

- Therapists specializing in Children's Mental Health
- Play-Centered Children's Therapy
- Parent-Child Integrative Therapy



A CHILD'S STORY

“If we had not come to your clinic, I don't know that my daughter would still be alive.” Those are the powerful words of a grateful father whose daughter struggled with suicidal ideation. A divorced parent, the veteran sought care for his child at the Cohen Military Family Clinic at The Up Center. In treatment, the child's therapist was able to identify an unhealthy situation that was contributing to her feelings of hopelessness and develop an actionable plan to improve her quality of life and overall outcome. Our Clinic provided this child with the care she needed when she needed it most.



“She is coming out of her sessions with a positive attitude. It is helping with the way she looks at life in general.”



OUR CLIENTS: FAMILY

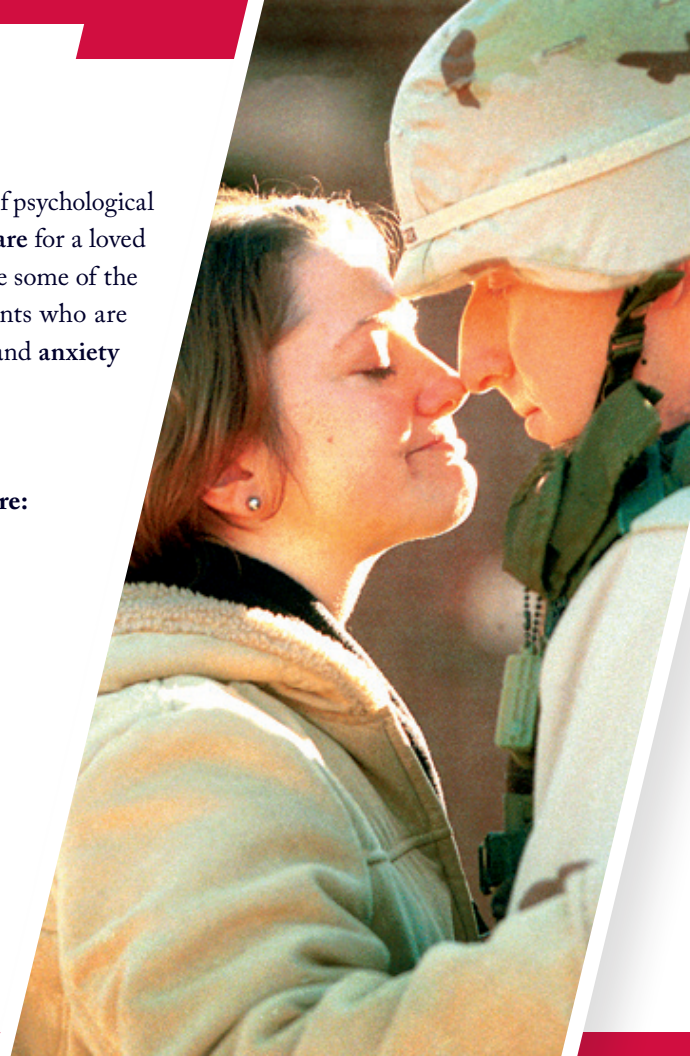
Military life, while routine for many families in Hampton Roads, can be a source of psychological stress. **Frequent moves, deployments, feelings of uncertainty, and providing care** for a loved one suffering from physical or mental health challenges, broken career paths are some of the common challenges military-connected adult family members face. Our clients who are military-connected adult family members frequently struggle with **depression** and **anxiety** relating to adjustment difficulties and frequent transitions.

At the Steven A. Cohen Military Family Clinic at The Up Center, Clients are:

21% ADULT FAMILY
MEMBERS
MILITARY-CONNECTED

**WE INCREASE THE ODDS FOR MILITARY-CONNECTED
ADULT FAMILY MEMBERS BY OFFERING TIMELY ACCESS
TO SERVICES PROVEN TO WORK:**

- Couples Counseling
- Case Management
- Cognitive Based Therapy



A MILITARY FAMILY'S STORY

The wife of a veteran and mother of 4 called the Cohen Military Family Clinic at The Up Center for help after the family experienced a traumatic event. Right away, a team was formed for this family. One of the clinic's case managers connected the family with critical medical and legal resources. The lead clinician, along with the administrative team, coordinated therapy visits for each family member. The team also coordinated on-site childcare for the children to allow the mother of 4 access to the high-quality mental health care and healing she, too needed. Upon completion of their individual appointments, the family, along with their therapists, transitioned into group therapy to ensure the continued success of their improved quality of life and positive outcomes.

*“Our [team] has
made a true
difference in our
lives and we will
forever be grateful
for [the] guidance,
insight and care”*



OUR CLIENTS: **VETERANS & ACTIVE-DUTY**

Hundreds of thousands of men and women living in Hampton Roads have served our nation since 9/11. Long deployments, frequent transitions, uncertainty, and exposure to wartime trauma over the 20-year span that our nation was at war, has created a mental healthcare crisis amongst post-9/11 veterans and active-duty service members. Veterans and active-duty clients at the Cohen Clinic at The Up Center often present with depression, anxiety, and/or Post Traumatic Stress Disorder (PTSD). Despite the sacrifices veterans and active-duty service members have made, there is a gap in accessibility to high-quality mental healthcare.

At the Steven A. Cohen Military Family Clinic at The Up Center, Clients are:

51% POST-9/11 VETERANS AND
ACTIVE-DUTY SERVICE MEMBERS

WE INCREASE THE ODDS FOR POST-9/11 VETERANS & ACTIVE-DUTY SERVICE MEMBERS BY OFFERING TIMELY ACCESS TO SERVICES PROVEN TO WORK:

- Eye Movement Desensitization & Reprocessing (EMDR) Therapy
- Cognitive Based Therapy (CBT)
- Cognitive Processing Therapy (CPT)
- Accelerated Resolution Therapy (ART)



A VETERAN'S STORY

At the insistence of his wife, a veteran reached out to the Cohen Military Family Clinic at The Up Center to begin couples counseling. When the Cohen Clinic's intake coordinator talked with the veteran, she provided a needs assessment to first identify any resources needed that are not within the therapeutic services offered at the Cohen Clinic, and to match the veteran and his wife with the therapist best suited to help them. In this needs assessment discussion, the intake coordinator shared that the challenges he had been facing could be signs of PTSD and depression. While the information was surprising to the veteran, the introductory information and opportunity to safely discuss his personal challenges helped him to be more open to receiving therapy. Before beginning couples counseling, the veteran agreed to meet with a therapist to begin his own healing first. A relationship built on trust through the kindness and acceptance of our clinic's team, the veteran and his wife received the help they needed to bring them back to better.

*"I love that the staff
and my therapist
truly care and want
me to heal... I'm
truly grateful for the
Cohen [Clinic]"*

