

Purpose

Autism Mental Health Outpatient services are traditional outpatient mental health services with a specialization in the treatment of autism spectrum disorders (ASD). These services are designed for individuals and their family members needing minimal to moderate mental health support. Autism Mental Health Outpatient services can provide psychiatric evaluations, on-going medication management, diagnostic assessments, as well as individual, family, and group counseling. Counseling sessions will incorporate Cognitive Behavioral Therapy (CBT) as well as Applied Behavior Analysis (ABA).

Wesley Spectrum bases autism treatment on the principles of Applied Behavior Analysis (ABA) because we value quality service and evidence-based practices. Our staff utilize data-based decision making, and positive, proactive strategies in treatment. Wesley Spectrum is committed to continuous improvement in the services we provide, and we strive to create an environment in which children are able to build lifelong skills and staff are able to successfully transfer abilities. We hold ourselves accountable for treatment outcomes, and we support our clients in becoming more independent, responsible, and caring members of their community.

Mission

Our mission is to provide transformational support for children and families as they strive to become more independent, responsible, and caring members of the community.

For your convenience, the Autism Mental Health Outpatient program offers daytime, evening, and weekend hours. We realize that trust and understanding is important in any client-therapist relationship, therefore we employ a diverse team of therapists that can meet a variety of needs. Call today, and see how Wesley Spectrum can start transforming your life.

Autism Mental Health Outpatient Locations

5499 William Flynn Highway, Gibsonia, PA 15044
221 Penn Avenue, Pittsburgh, PA 15221

To learn more about our Mental Health Outpatient services specializing in the treatment of autism or any of the other autism services Wesley Spectrum has to offer, please contact our admissions department at 724.443.4888.

Wesley Spectrum: Autism Services

5465 William Flynn Highway
Gibsonia, PA 15044

Phone: 724.443.4888 / Fax: 412.347.3237
autism@wesleyspectrum.org
www.wesleyspectrum.org



WESLEY SPECTRUM
SERVICES

Providing high quality autism services

**MENTAL HEALTH
OUTPATIENT
SERVICES**
Autism Specialization



Call 724.443.4888
to see how Wesley
Spectrum can help



Strength to live, to learn, to love

What to expect...

- An individualized treatment plan developed and reviewed by the clinical treatment team (including individual and family)
- A systematic and evidence-based approach to improve socially significant behaviors in individuals with autism
- A focus on maximizing family well-being
- The opportunity to individualize treatment with multiple outpatient service types (individual, family, parent track, group, etc.)
- Access to an array of other autism and/or mental health services offered by Wesley Spectrum
- Guidance in identifying additional community resources and natural supports

Autism Mental Health

Outpatient offers:

- Individual therapy for persons affected by autism spectrum disorders
- Individual therapy for family members of persons affected by autism spectrum disorders
- Group therapy (may include yet not limited to)
 - Making/keeping friends
 - Bullying
 - Perspective taking
 - Listening & communication skills
 - Other areas related to social development
- Family therapy
- Parent/child sessions (individual and group)
- Psychiatric services/evaluations - Coming Spring 2012
- Medication Management - Coming Spring 2012

Treatment can focus on an individual's symptoms of autism or on a family member's ability to cope with a loved one affected by autism.

Who is eligible?

Individuals affected by an autism spectrum disorder and/or family members

Autism Mental Health Outpatient Services:

Individuals or family members should seek help if they are anxious, sad, unable to maintain relationships, isolated, having eating or sleep problems, or thinking about hurting themselves or others. Our expertise in the area of autism spectrum disorders allows us to provide this unique specialized outpatient treatment for individuals affected by autism or their family members. The focus of treatment can be adapted for children, adolescents, and adults of all ages and is individualized to meet the client's needs. Additional treatment is available for individuals identified with co-occurring disorders such as anxiety and depression. Wesley Spectrum's Autism Mental Health Outpatient program offers a wide range of services to support a child, adolescent, or adult and their family through initial assessment, individual, group, and family therapy with medication management support if needed.

Please call to inquire about insurances accepted by Wesley Spectrum's Autism Mental Health Outpatient Services.



Wesley Spectrum is accredited through the Council on Accreditation