

## The Bert Nash Commitment

Our Bert Nash commitment: to make mental health accessible to everyone in Douglas County. We are a comprehensive mental health center dedicated to serving all ages throughout all of life's mental and emotional struggles with diverse programs like Homeless Outreach, WRAP and Supportive Employment Education Development. Help us spread the word. Let's talk about it.

## The Bert Nash Staff

All Bert Nash therapists are professionals trained to assess and treat problems related to mental/emotional/behavioral health and are dedicated to providing caring, effective and confidential services. Each therapist is licensed by the state of Kansas and has earned a master's degree or Ph.D. in social work or psychology. Therapy services range from brief solution-focused therapy (meeting with a therapist for 3-5 sessions) to ongoing therapy for more severe diagnoses (individuals with severe and persistent mental illness).

Since 1950, the Bert Nash Community Mental Health Center has advanced the mental health of the Douglas County community through comprehensive behavioral services responsive to evolving needs and changing environments.

**Bert Nash**  
Your Community Mental Health Center

Bert Nash is located in the  
Community Health Facility at  
200 Maine Street  
Lawrence, KS 66044

### Children Walk-In Initial Assessment Hours:

8 a.m. – 4 p.m.  
Monday - Friday

### 24-Hour Services:

If you, or your family member, are in need of immediate mental health care, please call (785) 843-9192 or 911.



(785) 843-9192  
[www.BertNash.org](http://www.BertNash.org)

## Child and Family Programs & Services

**Bert Nash**  
Your Community Mental Health Center

COMPASSION, INTEGRITY AND EQUITY,  
ON A FOUNDATION OF HOPE.

(785) 843-9192  
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**The Bert Nash Center offers a wide range of services for youth and their families, including individual, group and family therapy, parent support groups, support and skill groups, psychological evaluations and medications.**

### **Bert Nash services help with these common problems facing kids and families:**

- Managing the extreme emotions surrounding a divorce
- Feeling out of control due to a change in schools or living arrangements
- Effectively parenting children while under stress from financial or work demands
- Balancing the requirements of school on top of a stressful home life

### **PARENT SUPPORT**

Bert Nash Parent Support Specialists provide support to parents, guardians, and families of children who have mental health challenges. The Parent Support Specialist works with families to understand the mental health issues of their children alongside the treatment team to help stabilize the issues that the children and families are struggling with. Bert Nash also facilitates a monthly support meeting for parents with children that have mental health issues.

### **SUCCESS BY SIX**

A program to assist parents without charge to more successfully parent their children. Services include: assistance with family life management; parenting education, information and referral; support and advocacy; and mental health services. The primary focus is on positive parent-child relationship building and preparing children to succeed in school and life.

### **THERAPEUTIC CLASSROOMS**

A program in which the Bert Nash Center partners with Lawrence Public Schools providing an alternative to the traditional classroom setting for students with severe emotional problems. The classroom is staffed by a teacher, paraprofessionals, and a therapist, and provides a structured environment that addresses the mental health needs of those students.

### **AFTER-SCHOOL PSYCHOSOCIAL GROUP AND SUMMER GROUPS**

Curriculum is customized to provide small, activity-based groups on topics like: anger management, independent-living skills, leisure activities, problem-solving skills, relationships, self-esteem, and social skills.

### **COMMUNITY-BASED SERVICES FOR FAMILIES**

These services provide children and adolescents with severe emotional needs the opportunity to learn the life skills required to become healthy adults. Programs focus on learning how to identify feelings, managing anger, and controlling impulses, cooperating with peers, allowing an adult to be in charge, using leisure time constructively, establishing and maintaining friendships, resolving conflicts, and living independently. There are a variety of services that can be part of the service array, including case management and attendant care. There are additional services a child may qualify for such as waiver facilitation and respite.

### **WRAP PROGRAM**

**(Working to Recognize Alternative Possibilities)**

Our in-school program that provides students with the extra support they need to be successful. WRAP offers school-based therapeutic, skill-building, and supportive services in Douglas County schools to help children deal with social and emotional struggles that impact their performance and relationships at school.

## **Child & Family Services**