

MERCER COUNT

Community Counseling Center offers a full continuum of outpatient treatment and community-based support services across the lifespan for some of Mercer County's most vulnerable individuals, their family members, friends and neighbors.

()ur services include HOUSING Supportive Housing (MH) Fairweather Housing Transitional Housing (CRRS) D & A Supports INTELLECTUAL DISABILITY Personal Care Boarding House Respite Co-occurring Outpatient Services MH-ID CLINICAL BEHAVIORAL HEALTH D&A Medically Assisted Treatment IBHS Drug & Alcohol Rapid Access PROGRAMS **Outpatient Mental Health** School Based Outpatient Services & Groups Outpatient Psychiatric Services : Adult/Child COMMUNITY BEHAVIORAL Employee Assistance Program Community Health Choices HEALTH SUPPORT Attachment Based Family Therapy Peer Specialists NAMI Parent-Child Interaction Therapy Youth Peer Support Van Driver Family Based Mental Health Psych Rehab Warm Line Trauma Focused (EMDR/TF-CBT) Drop in Center Collaborative Divorce/Co-Parenting VOCATIONAL **Gambling Addiction** Grief Counseling Adult Vocational Suicide Intervention County Employment **Smoking Cessation** On-Site Cafe Hermitage School Based Pre-Employment CURRENT PROGRAM | FUTURE PROGRAM

Each year, Community Counseling Center serves approximately 2,000 children, adolescents and adults, many with severe mental illness. The holistic approach to treatment coupled with employment, housing and support services, truly empowers individuals and families, resulting in happy and fulfilling lives.

The impact of COVID-19 on mental health and substance use disorder has been devastating. According to a RAND Corporation study, women have increased their heavy drinking days by 41% compared to before the pandemic. Additional research has shown that the psychological stress related to COVID-19 resulted in increased drinking in women.

According to one CDC survey of adults across the U.S. in late June of 2020, 31% of respondents reported symptoms of anxiety or depression, 13% reported having started or increased substance use, 26% reported stress-related symptoms, and 11% reported having serious thoughts of suicide in the past 30 days. This is nearly double the rates before the pandemic. As in prior studies, this survey showed that risk factors for reporting anxiety symptoms or suicidal ideation included food insufficiency, financial concerns, and loneliness.

We experience all these challenges in Mercer County and more. Over the past year, our clinicians have seen an increase in referrals for grief and gambling addiction, anxiety, depression, suicide ideation and post-trauma support.

> Please join us in our mission to empower individuals and families lead happy and fulfilling lives.

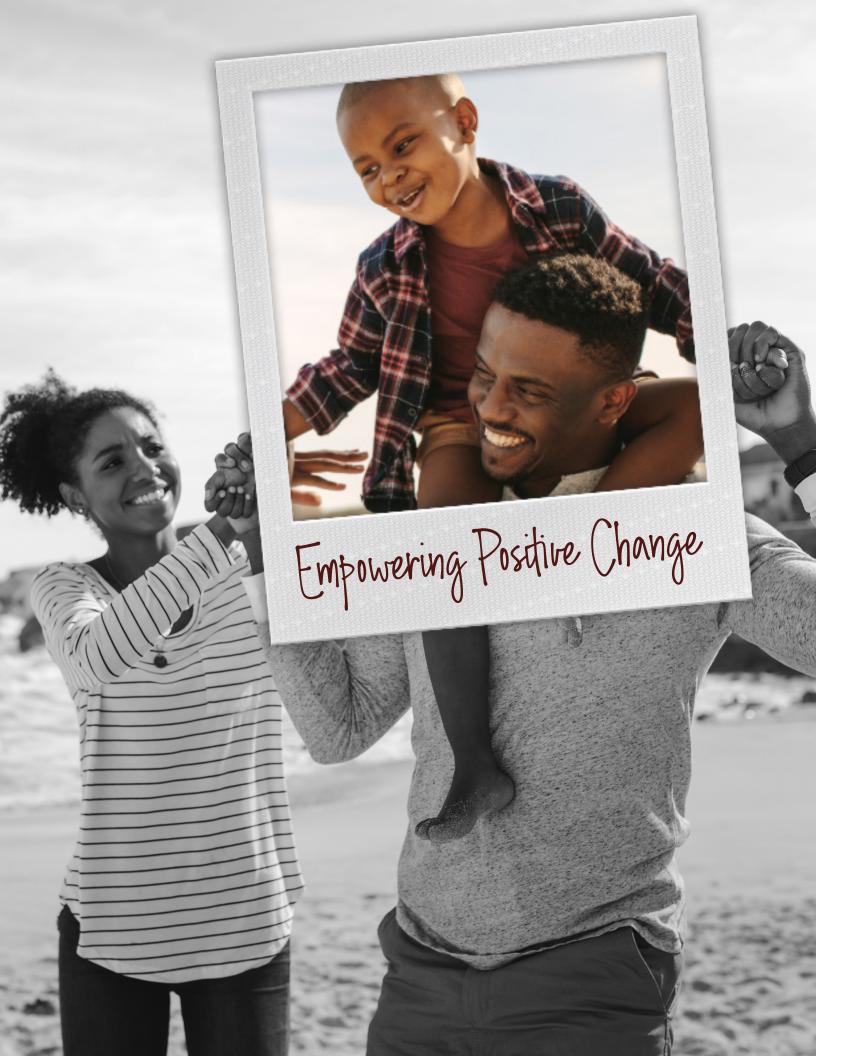
Lip Hoffman

Kip Hoffman, CEO

"I wouldn't be alive today if it wasn't for CEERS and getting a job."



Mental Health Consumer



The funding available for many of our services does not fully cover the cost of delivering those services. Some services, such as our consumer health care coordination, do not have an ongoing funding source.

Your contribution also supports

Trauma Informed Care Fund – Supports the enhancement of Trauma Informed Care services and trauma prevention.

Health, Wellness & Disease Prevention Fund – Supports services that promote a healthy lifestyle; focusing on self-care, person-family centered healthcare, and the importance of reaching goals in relationship to health, wellness, and disease prevention.

Consumer Health Care Coordination Fund – Assists on-going care coordination for consumers of CCC; Connecting consumers with community partners and programs within the community to help them facilitate their recovery and reach their spiritual, physical, and emotional life goals.

Grief and Gambling Support Fund – Enhances services to support grief, isolation, social anxiety, stress, and gambling addictions that are increasing as the COVID-19 Pandemic continues.

Children & Youth Initiative – Supports child and adolescent program enhancements. The 2021 goal is Children's Services area renovation at the Hermitage location, creating a more child-centered environment. This area will be dedicated to Lisa Herman for her 20+ years of service in our Children's Programs at Community Counseling Center of Mercer County.

The official registration and financial information of Community Counseling Center of Mercer County may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.

Join us in our mission to help individuals and families live healthy and fulfilling lives.



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