



Lisa and her family are whole again

Lisa* had lived a hard life with surviving chronic patterns of abuse as a child. As an adult she experienced domestic violence and turned to drugs to cope. The effects of such ongoing trauma eventually contributed to a nervous breakdown, loss of her job, and the placement of her children into three different foster homes. Her world had been turned upside down, and she felt she was living a nightmare.

Fortunately for Lisa and her family, Community Counseling Center (CCC) joined her support team. CCC staff worked with Lisa to overcome the effects of domestic violence and helped prepare her to further develop safe, stable, nurturing relationships based on respect for herself and her family.

Lisa lived for her children and became their best advocate. With the support of CCS staff, she was able to reunite with her children permanently. Her newfound confidence and success has enabled her to resume her career as a caregiver for adults with disabilities while she attends college.

*Names & images have been changed to protect privacy.

Community Counseling Services

Service location and hours:

3737 Portland Road NE, Salem OR 97301

Monday – Friday

8:00 a.m. and 6:00 p.m.

Flexible appointment times are available during day and evening hours

About CCS

Our mission: **We champion the positive development of children and adults, strengthen families, and build community.**

Catholic Community Services is a non-profit, faith-based organization. Founded in Salem in 1938, today CCS offers 15 programs across nine Oregon counties and serves more than 2,000 people each year.

We operate with fidelity to the Principles of Catholic Social Teaching, which call us to work for the common good and to serve our neighbors who are the poorest and most vulnerable. We do so without regard to anything other than their needs and their willingness to do everything they can for themselves. Our values of love, justice, truth and freedom guide us to safeguard the dignity of all people, to embrace their giftedness, and to focus on their dreams and aspirations.

To achieve our mission, our programs focus on four key outcomes: the people we serve enjoy safe, stable nurturing relationships; they enjoy good health; they possess the knowledge, skills and virtues they need to succeed at whatever is important to them in life; and they enjoy financial self-sufficiency.

Dedicated to providing the highest quality services, trauma-informed care and research-based practices, CCS is nationally accredited by the **Council on Accreditation** for Child and Family Services, Behavioral Health Services and Group Living Services.

Catholic Community Services

P.O. Box 20400, Salem, OR 97307-0400 | CCSwv.org



Community Counseling Services

Empowering families to build on individual and collective strengths to attain their goals through research-based relational, solution-oriented, and collaborative therapy.





Community Counseling Services

In 1959, Catholic Community Services opened Community Counseling Center [CCC], the first outpatient community mental health clinic in the Mid-Willamette Valley. We serve our community's vulnerable children, youth, adults and families suffering from mental health issues.

At CCC, we encourage involvement of parents and significant others in one's

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life whenever possible and involve families in treatment plan development. It is our goal to build on each family's unique strengths to help them raise healthy, empowered children who live self-determined and self-fulfilling lives. At CCC, we support and empower individuals and families to build on their competencies, resiliencies, and preferences to achieve goals that they define; services are often provided in concert with other community partners involved with family.

Our Therapists and Staff

Our caring, culturally-humble staff is committed to strengthening families and helping children and youth succeed at school, at home and with their peers. Our services often reduce the risk of a child's removal from the home, hospitalizations, and other higher levels of care.

We are committed to delivering evidence-based practices (services proven to be effective) in an environment of caring and respect.

At CCC, all of our therapists have earned Master's degrees, or have completed all coursework and are providing almost twice the State of Oregon educational standard for direct clinical hours. They are supervised by an AAMFT - Approved Clinical Supervisor who is on the OBLPCT registry of supervisors and a licensed individual, couple, and family therapist. We offer multi-cultural and bilingual services. Hablamos espanol.

If you want to see a counselor at Community Counseling Center, to find out if you are eligible or if your insurance will pay, call: 503-390-2600 or e-mail: communitycounseling@ccswv.org.

Our Services

At CCC, we provide evidence-based practices that see all people as worthy of respect, who are capable of envisioning and realizing their own futures individually and in relationship to others. Our clinical theory is rooted in collaborative, systemic, and resilience-based ideas, especially Solution-Focused and Narrative individual and family therapy. We also provide psychiatric evaluation and medication management, as well as advocacy and case management.

Presenting issues include, but are not limited to:

1. Trauma and Its Residual Effects
2. Abuse: Physical, Sexual, Emotional, & Verbal
3. Intimate Partner & Domestic Violence
4. Depression
5. Self-Injury
6. Bipolar Disorder (Manic Depressive)
7. Anxiety & Panic
8. Grief
9. Anger Issues
10. Eating Disorders
11. Co-occurring Disorders
12. Attention Deficit Hyperactivity Disorder (ADHD)
13. Autism
14. Conflict in Relationships
15. Parenting Issues
16. Divorce and Blended Family Issues
17. Adoption & Foster Family Issues
18. Dealing with Chronic Diseases
19. Oppression due to Gender, Race, Ethnicity, Sexual Orientation, Faith, etc.

Who is eligible?

At CCC, we serve children, youth and adults from a variety of family settings, including those living with foster parents, relatives, and single parents. We respectfully and confidentially welcome those of all faiths, ethnic backgrounds, sexual orientation and economic status.

CCC is a contracted provider of services for children, youth and adults covered by the Oregon Health Plan. We also serve those who self-pay and those covered by certain private health insurance.

If you are having an **emergency** and urgently need help, call 911.

If you're having a **mental health crisis** and need to know where to go for help call Marion County Crisis Line 503-291-9111 or the Psychiatric Crisis Center (PCC) 503-585-4949.