

# MENTAL HEALTH PROGRAM

## WHAT WE DO

The Mosaic Mental Health Program offers a culturally sensitive counseling model that meets the unique needs of international survivors of human rights abuses, including immigrants, refugees and survivors of domestic violence and human trafficking. Special emphasis is placed upon women and children, as well as community referrals within the Dallas/Fort Worth and surrounding areas.

Our services include:

- Intake assessment
- Individual counseling
- Couples counseling
- Group sessions
- Play therapy
- Expressive arts therapy
- Crisis intervention
- Support groups for women & children
- Parenting classes

## WHO WE SUPPORT

Many survivors of human rights abuses suffer from not only physical damage, but also emotional and psychological pain. This trauma can have the capacity to affect an individual's brain chemistry, physiological processes and emotional state of mind. Our goal is to assist clients in overcoming trauma while assuring their emotional well-being, so that they may lead stable and productive lives.

## ELIGIBILITY

Mosaic Family Services Counseling Department focuses on assisting survivors of human rights abuses; however, we also provide counseling services for all individuals in the Dallas/Fort Worth community.

## COST OF SERVICES

Our licensed professionals provide counseling sessions free of charge.

## HOW TO GET HELP

At Mosaic, we believe that all clients have the right to protection and confidentiality. Referrals can be made by hospitals, schools, social service agencies, the Texas Department of Human Services, police departments, employers, APS/CPS, and self-referrals. To make a counseling appointment, please contact:

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Mental Health Program Director  
214-821-5393 ext. 249  
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# SURVIVOR STORY

Olivia, a 14-year-old Hispanic female, was referred to Mosaic Family Services Counseling Department to cope with the effects of a sexual assault. Not only was Olivia struggling with the general trauma of her attack, but she was also dealing with a pregnancy that was a result of the assault.

Since working with her counselor, Olivia completed 27 counseling sessions and reported an increase in happiness and satisfaction with her life. Olivia's counselor utilized various expressive art activities, which proved to be successful interventions for the exploration and healing of her traumatic experience. In addition, Olivia reported an increase in her academic performance, which led her to become a more successful student.

