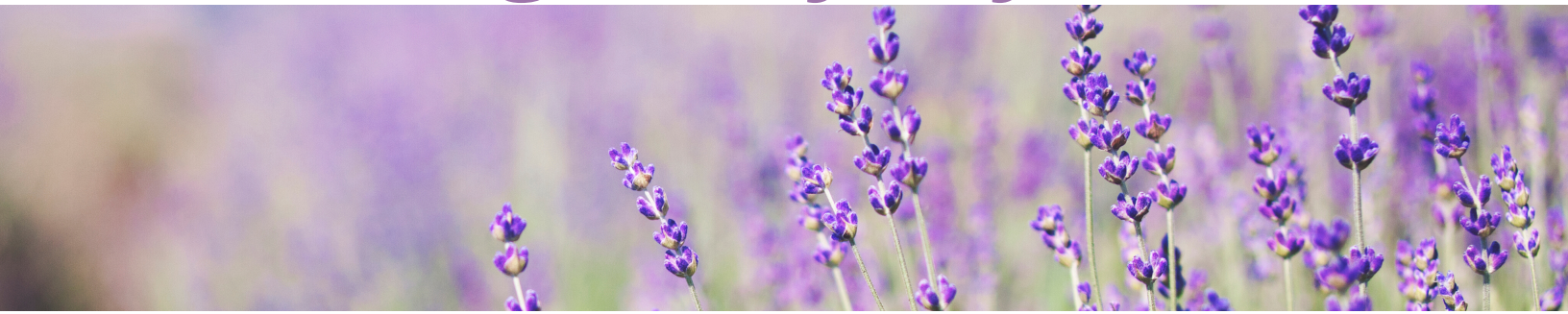




**LEE CARLSON CENTER™**  
For Mental Health & Well-Being

# Nurturing Everyday Wellness



When we engage in wellness practices regularly, we are better prepared to have healthy responses in the face of stressful situations. Lee Carlson Center for Mental Health and Well-being believes that both preventative and responsive services are important to provide for individuals and communities.

We offer services in response to or in anticipation of stressful events of all kinds. These services focus on nurturing general wellness for staff in your organization and provide opportunities for positivity, healing, and self-care. These practices can be engaged in both individual and group settings. Lee Carlson Center offers a range of services focused on caring for and encouraging the growth of your staff's everyday wellness.

## WHY NOT TRY SOMETHING N.E.W.?



- Improve staff collaboration & relationships
- Increase resiliency & ability to respond to stressful circumstances
- Improve self-care & work/life balance in your organization
- Respond to a stressful event in your agency or community

### PREVENTATIVE SERVICES

Introduction & Planning Meeting  
Wellness Groups  
Art Therapy Wellness Group  
Individual Counseling  
Processing Groups

### SERVICES IN RESPONSE TO IMPACTFUL EVENT

Individual Counseling  
Support Groups  
Art Therapy Support Group  
Check-Ins/Reflective Consultation

**SEE FOLLOWING PAGE FOR FULL SERVICE DESCRIPTIONS & PRICING DETAILS**

## CONTACT US

**Susan Fullerton, MS, RPT-S, LPCC**  
Chief Operating Officer  
sfullerton@leecarlsoncenter.org  
(763) 780-3036 ext 378

**Katie Rudek, MS, LPCC**  
Director of School Based Programs  
krudek@leecarlsoncenter.org  
(763) 780-3036 ext 505

# Explanation of Services

Telehealth Options Currently Available  
In Person Options Coming Soon

## PREVENTATIVE SERVICES

### Introduction & Planning Meeting:

An LCC therapist will conduct in-person meeting(s) with leadership to determine:

- Which elements of service your organization will opt in to
- Start and end date of service offerings
- Any specific areas of interest where you would like increased focus

\$125 estimated cost

### Wellness Groups

Staff can access a general well-being group focused on learning and practicing skills to address our response to changes and sometimes difficult situations that can occur in our lives. These groups will incorporate mindfulness and other proactive approaches to wellness and well-being to allow for greater resilience in the face of challenges and changes in life.

\$125 per hour per therapist

### Art Therapy Wellness Group

Join a registered art therapist to participate in a creative wellness focused art therapy group. Art therapy can allow for non-verbal creative processing.

\$125 per hour per art therapist

\$80 per ten people for supplies

### Individual Counseling

Staff in need of individual counseling can meet with a mental health counselor individually to receive support and/or assessment if needed. This can also be an opportunity for individuals to access their own long term mental health services. Lee Carlson Center accepts all major insurance plans and can work with you if you are uninsured.

\$125 per hour per therapist

### Process Groups

Staff can access groups focused on gaining valuable insight and awareness in a supportive and safe setting with an experienced group therapist. These groups are personal growth focused in nature and are facilitated by a mental health counselor.

\$125 per hour per therapist

## SERVICES IN RESPONSE TO AN IMPACTFUL EVENT

### Individual Counseling

Staff in need of individual counseling can meet with a mental health counselor individually to receive support and/or assessment if needed. This can also be an opportunity for individuals to access their own long term mental health services.

\$125 per hour per therapist

### Support Groups

Staff can access support in a group setting following the occurrence of an impactful event. These groups are supportive in nature and facilitated by a mental health counselor.

\$125 per hour per therapist

### Art Therapy Support Group

Staff can receive support and processing by engaging in a creative art therapy group following the occurrence of an impactful event. These groups are supportive in nature and allow for non-verbal creative processing. These are facilitated by a registered art therapist.

\$125 per hour per art therapist

\$80 per ten people for supplies

### Check-Ins/Reflective Consultation

Following the immediate supports listed above Lee Carlson Center can offer 2 week, 1 month, and 3 month check-ins with teams or individuals to ensure that needs are being met. These check-ins can be used to identify needs that may have surfaced after the immediate reactions to the critical event and/or to facilitate follow up support groups for affected individuals.

\$125 per hour per therapist



LEE CARLSON CENTER™  
For Mental Health & Well-Being