

## Welcome to Lumina Mental Health

### About Us

At Lumina Mental Health, we are committed to enhancing the mental and behavioral health of youth and families. Through our comprehensive, community-based services, we strive to create a supportive environment where every individual can thrive. Our team of experienced professionals is dedicated to offering personalized care that not only addresses immediate concerns but also promotes long-term well-being. We understand that each person's journey is unique, and we are here to walk alongside you, providing the guidance and support needed to navigate life's challenges.

### Our Mission

At Lumina Mental Health, our mission is to deliver exceptional mental and behavioral health services that empower youth and their families. We believe that everyone has the potential to lead a fulfilling life, and our goal is to help you unlock that potential. By providing the tools, resources, and compassionate care needed to foster emotional and psychological growth, we aim to make a lasting positive impact on the lives of those we serve. Our commitment is to be a beacon of hope and healing in the community.

### Our Approach

We believe in a family-centered approach to care, recognizing that the well-being of youth is deeply connected to the health of the entire family unit. Our services are designed to be flexible, culturally sensitive, and tailored to meet the specific needs of each youth and family. At Lumina Mental Health, we use evidence-based practices combined with the Nurtured Heart Approach, a method that focuses on building inner strength and resilience. Our approach is rooted in respect, empathy, and a deep understanding of the diverse experiences of the communities we serve. By working collaboratively with families and team, we ensure that our care plans are thoughtful and successful.

## Our Services

### Intensive In-Community (IIC) Services

- Tailored Care: Comprehensive plans driven by youth and family needs
  - Convenient: Services provided at times and locations optimal for the family
  - Culturally Sensitive: Reflecting cultural values and norms
- Our Interventions:**
- Psycho-education
  - Conflict Resolution Skills
  - Coping Skills Development
  - Emotional Regulation
  - Stress Management
  - Self-Care and Symptom Management
  - Problem Solving and Skill Building

### Behavioral Assistance Services

- Positive Change: Develop and practice healthy coping strategies
- Behavioral Improvement: Enhance emotional and behavioral regulation
- Sustainable Impact: Achieve improved daily functioning and quality of life

#### Focus Areas:

1. Physical and Emotional Well-being
2. Interpersonal Communication and Relationships
3. Socialization Behaviors and Activities
4. Behavioral Conduct and Coping Strategies

### Mentoring Services

- Personal Growth: Supportive relationships fostering self-esteem and resilience
- Academic Success: Assistance with schoolwork and goal setting
- Life Skills: Practical guidance for everyday living

### BioPsychoSocial Assessment (BPS)

- Comprehensive Evaluation: Identifying specific needs of youth and families that determine the best resources or services to fulfill those needs.

## Why Choose Lumina Mental Health LLC?

### Family-Centered Approach:

We work closely with families to ensure that our care is effective, comprehensive and supportive of the entire family and resource team.

### Evidence-Based Practices:

We utilize the latest, most effective methods to ensure the best possible outcomes for our clients. Our commitment to staying current with industry best practices ensures that our services are both relevant and effective.

### Compassionate Professionals:

Our team consists of highly trained and licensed clinicians and therapists who are dedicated to providing compassionate, personalized care. We prioritize the well-being of our clients and are committed to helping them achieve their fullest potential.

### Exceptional Customer Service:

We pride ourselves on delivering great customer service, ensuring that every interaction with our team is positive, respectful, and responsive to your needs. We believe that excellent care begins with excellent service.

### Advanced Technology for Compliance:

We utilize highly advanced technology to maintain compliance with all documentation and regulatory requirements, ensuring that our services are not only effective but also fully aligned with industry standards. Our commitment to using the best tools available helps us provide reliable and consistent care.

