

About WISE & Healthy Aging

WISE & Healthy Aging, a social services organization, enhances the independence, dignity and quality of life of older adults through leadership, advocacy and innovative services. This nonprofit is the result of a November 2007 merger of WISE Senior Services and Center for Healthy Aging. Each organization served the community for more than three decades prior to the merger, earning national reputations for programs and services.

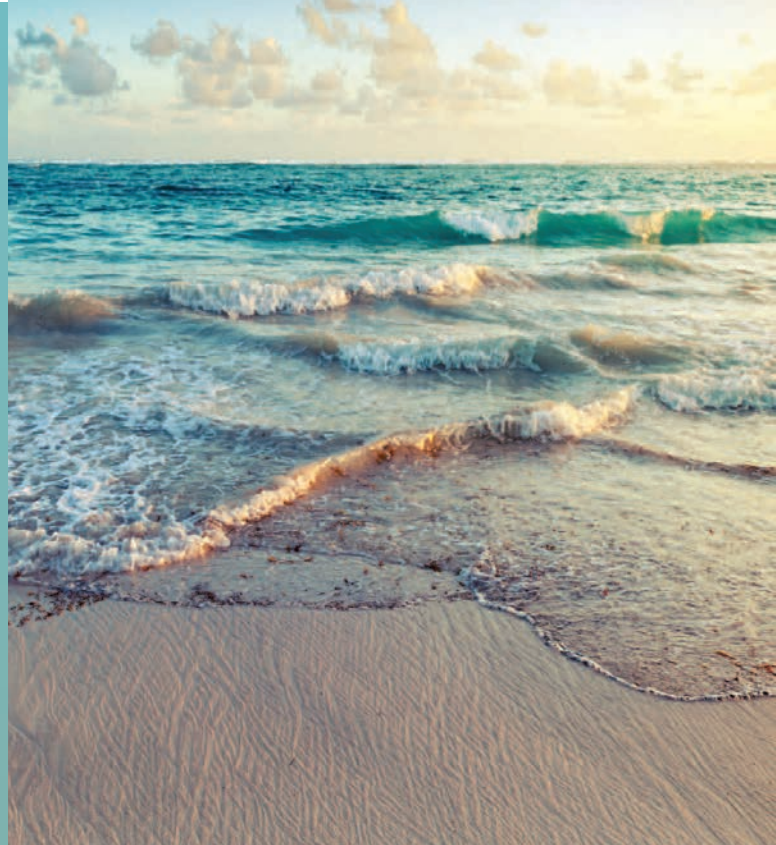
- Adult Day Service Center
- Caregiver Support
- Club 1527
- In-Home Services/Care Management
- City and County of Los Angeles Long-Term Care Ombudsman Program
- Elder Abuse Prevention Program
- Benefits Enrollment Center
- Medicare Insurance, Legal and Financial Counseling
- Information & Referral Services
- Tax Preparation Service
- Training and Education Center
- Transportation and Mobility Program
- WISE Diner
- WISE HomeCare
- Volunteer Opportunities

WISE
& Healthy Aging

1527 4th St., 3rd Floor • Santa Monica, CA 90401

(310) 394-9871

www.wiseandhealthyaging.org



WISE & Healthy Aging Individual and Group Psychotherapy Psychological Assessments

WISE & HEALTHY LIVING _____

COUNSELING & THERAPY CENTER

A PROGRAM OF WISE & HEALTHY AGING, A NONPROFIT ORGANIZATION

Professional Mental Health Services

Our highly qualified mental health staff consists of licensed psychologists and psychiatrists from private practice, psychology graduate interns and post-doctoral fellows. Supervision is provided by licensed clinical psychologists. Clients receive a bio-psycho-social assessment to determine the best modality of treatment. Services include:

- Psychotherapy: individual, couple, family and group
- Psychiatry: consultations and evaluations, prescriptions, and medication management
- Psychological Assessments
- Case Management Services

Services are provided via private pay/fee-for-service, Medicare, Medi-Cal and uninsured. *(Medicare HMOs not covered)*

Psychological Assessments

Our Center also has resources and tools that can assist in identifying changes in memory and behaviors to help clients in finding answers and planning ahead. Most assessments are covered by Medicare, Medi-Cal and some insurances.

Field Capable Clinical Services Program for Older Adults (FCCS)

Field Capable Clinical Services, funded by the Los Angeles County Department of Mental Health, is a field-based mental health program that provides psychotherapy, psychiatry and case management to older adults. The FCCS program provides services to those who may have barriers in seeking mental health services, such as individuals

who are homeless or at risk of homelessness, isolated and/or homebound due to medical and/or mental health issues. Services are provided at sites that are most convenient for the client, such as in their home, a shelter, community center or other public area.

Counseling for Elder Abuse Survivors

WISE & Healthy Aging's counseling services for elder abuse survivors marks a significant shift in how the professional community treats elder abuse victims. Therapists utilize a trauma-focused and problem-solving treatment model.

Through therapy, clients learn to:

- Minimize the trauma
- Experience symptom reduction
- Develop tools to prevent future victimization

Peer Counseling & Support Groups

Included in our Counseling & Therapy Center is a senior peer counseling program. This program is a national model for delivering counseling services to older adults dealing with a difficult period in their lives. Paraprofessional, volunteer counselors receive extensive training and ongoing weekly supervision with a licensed mental health professional. Peer counselors also facilitate ongoing support groups to provide social interaction and emotional support.

Our support groups include: loss support, caregiver support, men's and women's groups, addressing clutter and dealing with transitions.

Fees are on a sliding scale.

For more information, call (310) 394-9871, ext. 249