

COBYS Counseling Department

COBYS Family Services' trained staff offer professional psychotherapy and support to children, individuals, couples and families; encouraging them to work through problems and find healing in broken relationships.

- 8 therapists and one clinical supervisor are trained PA licensed, clinical professional therapists
- Evidence-based therapy for children and adults
- Serving clients from all walks of life, with many kinds of challenges
- Children and adults receiving COBYS services through programs based across the community

Counseling provides the building blocks and tools to help people keep moving forward.



COBYS provided over 4,600 hours of client services last year

Types of Therapy:

- Trauma & PTSD, Depression, Anxiety and Grief: TF-CBT and EMDR therapies (Trauma Focused-Cognitive Behavior Therapy and Eye Movement Desensitization and Reprocessing)
- Depression, anxiety and other mood disorders
- Relational issues
- Family therapy
- Marital and couples' therapy
- Child and adolescent mood and behavior problems
- Attention Deficit Hyperactivity Disorder (ADHD)

TF-CBT & EMDR

COBYS therapists are TF-CBT & EMDR trained and use these models with patients who would benefit from these trauma specific therapies.

COBYS Counseling Centers

The Oregon Counseling Center

1417 Oregon Road
Leola, PA 17540
Located four miles north of Lancaster, just off Routes 222 and 272 near Oregon Dairy and Reflections Restaurant.

COBYS Family Life Center

171 East King Street
Lancaster, PA 17602
Located in downtown Lancaster at the corner of King and Lime.

The Palmyra Area Counseling Center

520 East Birch Street
Palmyra, PA 17078
Located in First United Methodist Church and co-sponsored by Palmyra-A Caring Community

Dina Small Group Therapy

Dina Dinosaur is an 18-week, small group training program for children aged 4-8 who are difficult to manage, aggressive or who may have disruptive behaviors. While children attend Dina School, parents attend the Incredible Years Parenting Program.



The program is implemented in all the counseling center locations and at these sites:

Blue Ball Elementary School
Doe Run Elementary School
Grace Point Church of Christ in Elizabethtown
and soon in Pequea Valley School District

The State of Mental Health in Lancaster County



Impacting Suicide Rates

"In Pennsylvania, the suicide rate increased by **34%** from 1999 to 2016 and the state's suicide rate of 16.3 per 100,000 people was higher than the national average of 15.4 per 100,000 people."

<http://www.mcall.com/health/mc-nws-suicide-pa-20180607-story.html>

Crisis Proportions

Suicide deaths: **13.9%** vs. Opioid overdose deaths: **13.1%**
(per 100,000 population)
(CDC, 2017)

Impacting the Workplace

Serious mental illness costs America **\$193.2 billion** in lost earnings per year.

10.2m

Approximately 10.2 million adults have co-occurring mental health and addiction disorders.



The average delay between onset of (mental health) symptoms and intervention is 8-10 years.

Impacting Healthcare

36%

Increase in volume of individuals seeking mental health treatment via the Emergency Department in Q1 of 2019 versus Q1 of 2018.

Source: Lancaster Behavioral Health Hospital

17,656

Number of CRISIS calls handled by BHDS* Crisis Intervention hotline in 2018.

34% increase over 2012

*Behavioral Health and Development Services

1,703

Involuntary hospitalizations facilitated by Lancaster BHDS in 2018.

Impacting Schools

Over one-third (37%) of students with a **mental health condition** age 14-21 and older who are served by special education drop out – **the highest drop out rate of any disability group.**

37.5%

Percent of students who reported feeling **depressed or sad MOST days** in the past 12 months.

About **1/4** of all 8th, 10th and 12th graders in the County report feeling like **"life isn't worth it at all" one or more times over the past year.**

Source: Pennsylvania Youth Survey, 2015