

SKILLS COACHING SERVICES

SERVICES NOW CONDUCTED BY PHONE

For an appointment call (800) 342-5653

What are Skills Coaching Services?

Our Skills Coaching Services provide life skills training and support to Medicaid eligible individuals who want to live successful lives. Our Skills Coaches may work to help a child focus in the classroom or manage emotions. They may work in the community with a teen to help increase their self-esteem and social skills. They may help an adult at home with parenting skills, independent living skills, or link them to housing, employment or transportation. Or they may accompany a patient to appointments and help them implement a plan to improve their physical health.

Our patients come from various referral sources including: the Department of Child Services, schools, probation departments, medical clinics, primary care providers, work release programs, and substance use recovery programs. The services provided are based on an individualized care plan created by a Bowen Center clinician.

Child Skills Coaching Services

- Mood regulation
- Managing emotions
- Increased self-esteem
- Interpersonal skills
- Mindfulness
- Identifying & expressing feelings
- Making new friends
- Distress tolerance
- Coping skills
- Goal setting
- Using manners
- Following classroom routine & instructions



Adult Skills Coaching Services

- Independent living skills
- Parenting skills
- Problem solving skills
- Health & wellness
- Time management
- Managing emotions
- Self-advocacy
- Coping with trauma and stress
- Building confidence
- Locating housing, employment
- Assistance in crisis situations
- Linking to community resources

