Who We Are

AN INTEGRATED APPROACH TO HEALTH CARE
PROVIDING ACCESSIBLE, INNOVATIVE SERVICES

EVERY CHILD MATTERS

Four County offers a variety of Mental Health, Substance Use, Medical, Community Services for Children, Youth and Adults, and Veterans Services.

A nurturing home environment, safe places to play, good medical care, stimulating schools -so many ingredients are necessary to help children grow up to be safe and healthy. When children are surrounded with secure relationships and stimulating experiences, they draw from that environment to become confident, caring adults.

The primary responsibility for children's health and well-being rests with parents, but they cannot do it alone. All families benefit from the help of strong, supportive neighborhoods and communities. We all play a role in helping our children thrive.

Four County's Community Based Services for Children and Youth (CBS) offer a variety of services designed to meet the individualized needs of children and youth who experience special mental health challenges. The degree of mental health challenges experienced by children, are significant enough to disrupt their ability to function, socially, academically and/or emotionally.

Four County's system of care provides educational opportunities and therapeutic programming that is available for children in their homes and in the community. We practice a strengths-based model of care and believe that it is through the child and family's strengths that they are able to improve their mental health and work through behavioral challenges.

CBS staff are specially trained to work with children with mental health needs. We have early intervention and prevention programming, as well as the core services within CBS to serve children and their families.

Four County is here every step of the way with services that start in prenatal stage, through adulthood, and even through the senior years. We offer mental health services for early childhood, parent education and support, case management, individual and family therapy, psychiatric/medication management, psychosocial group, attendant care, independent living skills training, and respite and wraparound facilitation. We're here to help make YOUR life better.

Children are great imitators. Let's work together to give them something great to imitate.

WAYS TO HELP YOUR CHILD AND YOURSELF

Strengthen Your Relationship:

- Make sure your children know you love them
- Encourage your children
- Recognize the skills they are developing
- Do things together that you both enjoy
- Listen to your children
- Use nonphysical discipline

Building Children's Self-Esteem:

- Praise their achievements and talents
- Help them learn to do new things
- Empower them to help, give, and share
- Model the right attitude
- Encourage smart social media habits

Self-Care Tips for Children and Youth:

- Be proactive
- Incorporate rest or play quietly alone
- Get active or even act silly
- Have a healthy snack and drink more water
- Take a break and take deep breaths to rest

Seek Help If You Need It:

- Talk to someone you trust
- Join a support group for parents
- Seek respite care when you need a break
- Seek individual, couple, or family counseling
- Take a parenting class
- Accept help, you do not have to do it all

Parents, families, educators, physicians, mental health professionals, and community agencies are encouraged to contact Four County to discuss the appropriate mental health services for a particular child.

(800) 499-1748 | WWW.FOURCOUNTY.COM

Serving the Kansas Counties Of Chautauqua, Cowley, Elk, Montgomery, and Wilson

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