



“HEALING TO HEALTH”

2715 E Russell Rd, Las Vegas, NV 89120

702-848-1696

www.Solutionsofchange.org

Intake@solutionsofchange.org



ABOUT SOC

Our Mission: Healing To Health

- Solutions of Change is a 501c3 non-profit organization that focuses on providing mental and behavioral health counseling and case management services to clients who are uninsured, under-insured (can't afford co-pays/deductibles), or are living in low-income households.
- Solutions of Change was created to reach a broader audience and is not limited to certain diagnoses or insurance regulations. Our goal is to help everyone through all stages of life from childhood to adulthood to identify, learn, and apply solutions to assist in building better self-sufficiency skills. Solutions of Change uses a comprehensive therapeutic approach to educate and empower.

OUR LEADERSHIP



Dinisha Mingo
Founder/Chairwoman



Janise Wiggins
Executive Director



Lakiesha Oliver
Program Manager

MEET THE TEAM

Niakeya Mingo **Intake Specialist:**

- Client Screening
- Admission/Intake
- Community Engagement

Contact Details: 702-848-1696
intake@solutionsofchange.org



Crystal Barrios-Ordonez, B.S. in Psychology **Family Services Specialist:**

- Community resources
- Crisis intervention
- Community engagement
- Program development

Contact Details: 702-343-3610
familyservices@solutionsofchange.org



Brandon Wright, B.S. in Psychology **Community Support Specialist:**

- Community Advocacy/Outreach
- Crisis/Community Intervention
- Social Support

Contact Details: 702-848-1696
communitysupport@solutionsofchange.org



OUR THERAPISTS



Charmaine Fobbs

Clinical Social Worker-Intern



Ivy Cooper

Clinical Professional Counselor-Intern

- Adult and Child Mental Health Assessment
- Therapeutic Interventions
- Psychoeducation Trainings and Courses
- Crisis Intervention
- Individual Therapy
- Family Therapy
- Group Therapy

WHAT WE DO?

- Solutions of Change, Inc. provides outpatient therapeutic and counseling services to help those dealing with behavioral, emotional and mental health needs learn coping techniques to restore overall functionality.
- These targeted areas of disturbance include (but are not limited to) forms of depression, anxiety, anger management, attention-deficits, and mood disorders typically resulting from trauma.
- Solutions of Change offers intensive rehabilitative mental health services that adjunct the therapeutic process to accelerate treatment progress.

HOW WE DO IT?

Therapy

- Individualized counseling for mental and behavioral health including addictions
- Treatment to explore root causes and sources of trauma
- Individuals, families, groups of all ages
- Personable for client comfort along with cultural and diagnosis competency

Community/Family Support Services

- Comprehensive Care Coordination
- Supports access to resources that help alleviate stress of basic needs
- Appropriate and thorough management of care and caseload to meet all client needs





WHO WE SERVE

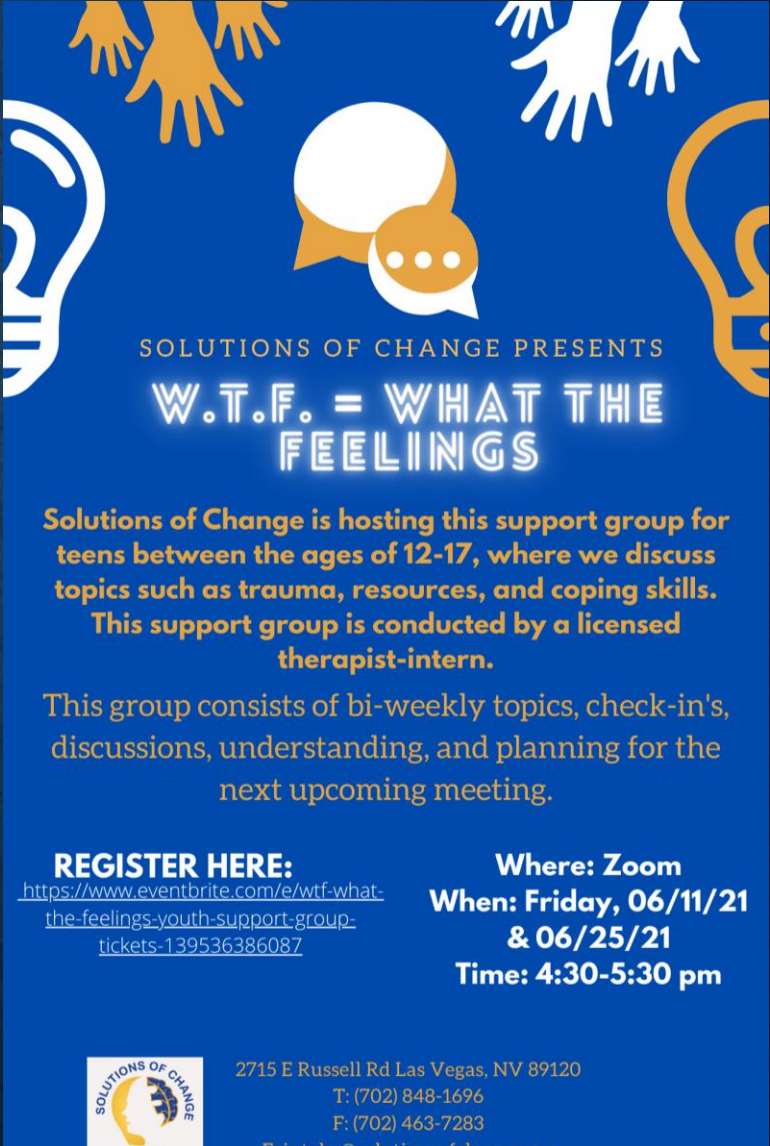
- Currently funded to provide services to youth and their families who are “UNINSURED and UNDERINSURED.”

Underinsured = Insurance barriers:

- costly deductibles and or copays
- Long wait times for therapeutic services
- Exhausted benefits
- Unique therapeutic methods not covered by insurance.

YOUTH SUPPORT GROUP

- Free youth trauma support group
- Held Every other Friday
- Program instructed by a therapist, who focuses on skill building and provides psychoeducation. The approach that will be implemented is evidenced based and CBT(Cognitive behavioral therapy) is the primary modality used for this group.



The flyer features a blue background with white and yellow icons of hands and lightbulbs. The text is centered and includes the following information:


SOLUTIONS OF CHANGE PRESENTS
W.T.F. = WHAT THE FEELINGS

Solutions of Change is hosting this support group for teens between the ages of 12-17, where we discuss topics such as trauma, resources, and coping skills. This support group is conducted by a licensed therapist-intern.

This group consists of bi-weekly topics, check-in's, discussions, understanding, and planning for the next upcoming meeting.

REGISTER HERE:
<https://www.eventbrite.com/e/wtf-what-the-feelings-youth-support-group-tickets-139536386087>

Where: Zoom
When: Friday, 06/11/21 & 06/25/21
Time: 4:30-5:30 pm

 2715 E Russell Rd Las Vegas, NV 89120
T: (702) 848-1696
F: (702) 463-7283
E: intake@solutionsofchange.org

MONTHLY MENTAL HEALTH MOMENTS

Free Psychoeducation Group Forum

Last Thursday of Each Month

Program focuses on offering information on Mental Health topics common to all

The goal is to make mental health make sense.

Solutions of Change Monthly Mental Health Moments



October
28
2021
Managing Anxiety
Exploring foundations of fear

November
18
2021
Depression
Coming back into the light

December
30
2021
Communication Strategies
Getting the point across

January
27
2022
Family Dynamics
Resolution

February
24
2022
Emotional Intelligence

REGISTER HERE!

<https://mmhmoments.eventbrite.com>



6:00-7:00 pm



Via Zoom

The Thriving Family

5-Week Course

4 Lenses Personality Preference Assessments

Parenting Styles/Goals

Communication Strategies

Effective Discipline

Relationship Building

Sex



The Thriving Family

Parents and Teens Group

MONDAYS

4pm to 5pm

10/25*, 11/01, 11/08, 11/15, 11/22

***all participants must attend 10/25 group**

In-Person or Virtual

Topics Covered:

Parenting Styles/Goals

Communication Strategies

Relationship Building

Sex

Are you having difficulty relating to, understanding and parenting your teenage children? Are they having difficulty communicating with you? We're here to help!! Must be 13 or older to participate.

TO REGISTER

CALL: 702.848.1696

VIRTUAL: [HTTPS://SOC-THRIVING-FAMILY-CLASS.EVENTBRITE.COM](https://soc-thriving-family-class.eventbrite.com)

IN-PERSON: [HTTPS://IN-PERSON-THRIVINGFAMILYCLASS.EVENTBRITE.COM](https://in-person-thrivingfamilyclass.eventbrite.com)

GROUP LOCATED AT NEVADA PARTNERS

690 W LAKE MEAD BLVD. NORTH LAS VEGAS, NV 89030

WWW.SOLUTIONSOFCHANGE.ORG

COMMUNITY PARTNERS



CULINARY ACADEMY
LAS VEGAS



MINORITY HEALTH
CONSULTANTS



THANK YOU!
QUESTIONS?