



C3 Best Practice Therapy Modalities

Cognitive-behavioral therapy (CBT) is an action-oriented form of psychosocial therapy that assumes that maladaptive, or faulty, thinking patterns cause maladaptive behavior and "negative" emotions. (Maladaptive behavior is behavior that is counter-productive or interferes with everyday living.) The treatment focuses on changing an individual's thoughts (cognitive patterns) in order to change his or her behavior and emotional state.

Motivational Interviewing (MI) is nonjudgmental, non-confrontational and nonadversarial. The approach attempts to increase the client's awareness of the potential problems caused, consequences experienced, and risks faced as a result of the behavior in question. Alternately, therapists help clients envisage a better future, and become increasingly motivated to achieve it. Either way, the strategy seeks to help clients think differently about their behavior and ultimately to consider what might be gained through change.

Matrix Model for Substance Abuse Intensive Outpatient Program (SAIOP) is a multi-element package of therapeutic strategies that complement each other and combine to produce an integrated outpatient treatment experience. The Matrix Model provides an integrated treatment experience for drug and alcohol users through a cognitive behavioral approach, coupled with a motivational interviewing style and supplemented with contingency management. The Matrix Model is a set of evidence-based practices delivered in a clinically coordinated manner as a program.

C3 Mission Statement

Carolina's Creative Counseling, PA is committed to "Building Healthy Families" by providing effective, compassionate clinical care to at-risk children and their families, both in their home and in the community.

C3 Values

Recovery is the process of gaining control over one's life in the context of the personal, social and economic losses that may result from the experience of psychiatric disability. It is a continuing, non-linear, highly individual process that is based on hope and leads to healing and growth.

Hope is the belief that one has both the ability and the opportunity to engage in the recovery process.

Excellence is the state of possessing superior merit in the design, delivery and evaluation of mental health services.

Respect is esteem for the worth of a person including recognition of dignity, diversity and cultural differences.

Safety is an environment free from hurt, injury or danger.



Latest News

January 2012

Staff Recognition awarded to Amanda Overcash, LPCA, NPCC. Amanda joined the C3 family in September 2011 as an Intensive In-Home Services Team Lead. She has since demonstrated tremendous leadership and initiative, as evidenced by her enthusiasm, motivation and dedication to the agency, her consumers and their families. **Congratulations, Amanda!**

August 9 & 10, 2011

C3 recently passed the Validation on-site visit conducted by accrediting body, The Council on Quality and Leadership! This visit focused on Responsive Services and Community Life.

July 28, 2011

Carolina's Creative Counseling, PA is pleased to announce the achievement of CABHA certification.

The NC Division of MH/DD/SAS designed CABHA to ensure that critical services are delivered by a clinically competent organization with appropriate medical oversight and the ability to deliver a continuum of services. For more information on CABHA, please visit www.ncdhhs.gov/dma/services/cabha.htm. With the CABHA certification, C3 is able to expand! Please visit our website at www.c3families.com for more information on services provided.

We focus on consumers requiring advanced, comprehensive care including: Intensive In-Home (IIH) Services, Outpatient Therapy, Diagnostic Assessment, Clinical Assessments, Psychiatric Services, Substance Abuse Intensive Outpatient Program (SAIOP), and Targeted Case Management. For each family C3 serves, our interests are directly aligned with our consumers and their individualized goals.

The C3 staff of qualified mental health experts creates customized care plans that bring together the precise resources needed to assist each consumer in leading a healthy, productive, and more positive life. Building on a solid foundation of proven social work methods and business experience, Carolina's Creative Counseling is a mental health partner you can rely on for respectful, confidential, and compassionate clinical care.



NEW IN 2012! C3 Consumer Recognition Event

BEST PRACTICES educational session/training opportunity for consumers, families, community partners, stakeholders and any interested individuals

C3 Consumer and Family Advisory Committee

For more information, visit:

www.ncdhhs.gov/mhddsas/services/advocacyandcustomerservice/localecfac.html

Upcoming Fall & Winter Mental Health/Substance Abuse Training Opportunities Through Charlotte AHEC:

11/14/2011 Cognitive Behavioral Interventions 101: Helping Clients Change Behavior

11/16/2011 Straight Talk about Professional Ethics

11/18/2011 Parenting with Love & Logic: Skills for Clinicians to Use with Families

12/02/2011 BEYOND RACE: Your Tools to SUCCESS in the 2012 Diverse Workforce!

12/07/2011 Children and Crisis: A Different Set of ABC's

12/09/2011 Helping the Helpless: Treatment and Case Management for the Chronic Substance Abuser

12/12/2011 Living in the New Normal: Helping Children Thrive in Good and Challenging Times

January 2012 In-Service Training sponsored by The Council for Children's Rights and AMH/MeckCARES: General Court Information and Expectations.

Training Opportunities

For more information, please contact
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