

# The HOPE Way

The HOPE team is dedicated to removing access barriers to high-quality mental health services in the Greater Houston area.



## The HOPE Mission:

1. Provide client-centered mental health services.
2. Remove barriers to care, including: language, costs, transportation, and appointment availability.
3. Train, retain and employ a diverse group of expert fully-licensed clinicians who provide the highest standard of trauma-informed care.
4. Maintain collaborative relationships with community and educational stakeholders to connect clients in need with available expert mental health services.
5. Educate stakeholders to become more trauma-informed, to remove social and cultural stigmas around therapeutic services, and improve knowledge of mental health and wellness.
6. Improve recognition of warning signs of mental illness, suicidality, homicidality and substance use and dependence among educators, community leaders, and healthcare professionals.
7. Coach and empower trained mentors to recognize early signs of trauma and mental illness and utilize a referral system for early, expert interventions to improve resiliency.

## The HOPE Method:

- Mental Health Centers conveniently located in Pasadena and Sugarland, Texas.
- Accepting most major insurances, including Medicare and Medicaid.
- Removing barriers to care by providing evening and weekend appointments in English and Spanish.
- Therapists onsite in Pasadena ISD, Galena Park ISD, and Fort Bend ISD school campuses.
- Methods of Understanding (MOU) agreements in place with districts to offer expert clinical services on site, in collaboration with parents, Communities in Schools (CIS) and VOCA (Victims of Crime Assistance).
- Clearhope offers training events in office, onsite and online to school districts, and community organizations. Continuing education provider (CEU) for Licensed professional counselors (LPC), Licensed Marriage and Family Therapist (LMFT) and Licensed Social Workers (LCSW) in the State of Texas.
- Collaborations with school and community organizations to educate stakeholders, including Pearland ISD, Spring Branch ISD, Pasadena ISD, Brazosport ISD, Fort Bend ISD, Katy ISD, and Dickinson ISD.
- Community Education events including training school nurses, healthcare professionals, church leaders/parishioners, parents and business leaders.
- A 625 sq. ft state of the art training space in Pasadena to provide face to face meetings, town hall meetings, group counseling, parent training and community outreach events.



Contact us:

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**The HOPE Connection:** The Hope Team understands the foundational need for strong families and communities. Hope Team members are often found hosting informational tables at community events, school health fairs, HOSA events, or in classrooms facilitating discussions on mental wellness. In-depth trauma-informed training events are often available for community leaders, parents, educators and stakeholders onsite or in our new state of the art training facility in our Pasadena office.

"Hope is the thing with feathers  
That perches in the soul  
And sings the tune without the words  
And never stops at all."  
-Emily Dickinson

## The HOPE Difference:

The Clearhope Team takes a client-centered, collaborative approach to providing expert mental health services conducted by fully-licensed LPCs, LMFTs, LCSWs, and Psychologists. Many Clearhope therapists are dually licensed clinicians and certified school counselors. The Clearhope Team takes advantage of ongoing advanced training, case consultation, and community collaboration to ensure the highest standard of care is accessible to all our clients. In addition, special attention is given to clinicians' work-life balance and appropriate self-care to help ensure therapists are focused, present and modeling wellness in the community.

- **Individual, couples, group and family** counseling services are available in comfortable therapeutic offices and on location in local school-districts.
- Services for children from **3 y/o-elderly**.
- Clearhope therapists are **experts** in the field with many areas of **specialty**, including: grief, trauma, end-of life issues, terminal illnesses, relationship skills training, leadership development, non-suicidal self injury, suicidal and homicidal ideations, addiction, anger management, disordered eating, social skills development and training, parent coaching, behavioral support, bullying, racial and sexual discrimination, and educational advocacy.
- **Psychological evaluations**, including specific learning disability evaluations, are available.
- **Immigration evaluations** are available.
- Culturally **diverse** and sensitive clinicians with **multi-cultural** competencies and **multi-lingual** team members.
- Clearhope supports all members of the community with **affirmative** work for all belief systems.
- Accepting **most major insurances** including, Medicare and Medicaid insurance plans.

To inquire about partnerships or training opportunities, please email [info@clearhopewellness.com](mailto:info@clearhopewellness.com)