

COMMON CONCERNS

Every individual is different, and that's something we focus on at Jenda Outpatient Clinic. Some common concerns that are brought to us by clients include:

Posttraumatic Stress Disorder (PTSD), Depression, Anxiety, Relationships, Parenting, Substance Use, Family Issues, Trauma, Grief, School Issues, Caregiver/Child Attachment.

Give us a call to see how our team can meet your needs!


RESOURCES

Need assistance before your first session with Jenda Outpatient Clinic?

- Call or text **988** for mental health crisis support and suicide helpline.
- **CenterPointe Help Line** (Lincoln; addiction help): **402-475-6695**
- **Nebraska Family Helpline** (family and behavioral support): **1-888-866-8660**

WE'D LOVE TO TALK MORE.

 **4600 VALLEY ROAD, #350
LINCOLN, NE 68510
WAITING ROOM #317**

 **402-474-0011, OPTION #3**

 **PLEASE SEND REFERRALS TO
JENDACLINIC1@JENDAFAMILYSERVICES.COM**
**QUESTIONS?
MAGGIEBORGMANN@JENDAFAMILYSERVICES.COM**

 **JENDAFAMILYSERVICES.COM/OUTPATIENT-CLINIC**

SCAN THE QR CODE BELOW TO VISIT OUR WEBSITE AND MEET OUR TEAM!



join the team!

Interested in joining our team? Jenda Family Services Outpatient Clinic and IFP/IFR Team offer **paid** internships for Masters Level Mental Health/Social Work students.

Reach out to our Clinical Supervisor, Maggie Borgmann, for more information and to discuss if Jenda is a good fit for you at maggi borgmann@jendafamilyservices.com.



J E N D A

outpatient clinic

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How can we help?



ADULT SERVICES

- Mental Health Evaluations
- Substance Use Evaluations
- Co-Occurring Evaluations
- Individual Mental Health & Substance Use Counseling
- Family Therapy
- Marriage/Couples Counseling
- Eye Movement Desensitization and Reprocessing (**EMDR**)

JUVENILE SERVICES

- Mental Health Evaluations
- Substance Use Evaluations
- Co-Occurring Evaluations
- Individual Mental Health & Substance Use Counseling
- Family Therapy
- Child-Parent Psychotherapy (**CPP**)
- Parent-Child Interaction Therapy (**PCIT**)
- Trauma-Focused Cognitive Behavioral Therapy

To supplement therapy and meet the needs of our clients, Jenda Family Services also offers for DHHS or Probation court involved services:

- Intensive Family Preservation & Reunification (**IFP/IFR**)
- Family Support and Supervised Visitation
- Drug Testing
- Life Skills Instruction for youth transitioning to Independent Living
- Foster Care Support for kinship, relative, and licensed foster families

PAYMENT SOURCES ACCEPTED

Aetna, All Savers, Ambetter by Nebraska Total Care, Blue Cross Blue Shield, DHHS LOA, All Medicaid's, Midland's Choice Medica, United Health Care, UMR, Probation Voucher and Self-Pay

Insurances accepted may vary by service requested and clinician licensure level. Please call us to discuss your options!

