Catholic Social Services of Lansing/ St Vincent Home
Family Mental Health Clinic – From At-Risk — to Safe — to Thriving

Initial Outcomes
- Clients believe that they have the capacity to change
  - Clients believe that change in behavior, belief, and/or perception can improve spiritual well-being
  - Clients feel motivated to attend therapy

Activities
- Individual Therapy
- Family Therapy
- Couple Therapy
- Group Therapy

Intermediate Outcomes
- Ability to make essential life decisions
  - Ability to grieve loss
  - Able to ask for help when needed or offered
  - Copes with tension and anxieties with some difficulty
  - Capable of adapting to change and adversity
- Able to feel, give and receive love
  - Able to channel feelings constructively
  - Able to positively relate to others
  - Capacity to achieve intimacy
- Ability to make essential life decisions
  - Ability to grieve loss
  - Able to ask for help when needed or offered
  - Copes with tension and anxieties with some difficulty
  - Capable of adapting to change and adversity
- Able to feel, give and receive love
  - Able to channel feelings constructively
  - Able to positively relate to others
  - Capacity to achieve intimacy
- Individuals and families who report that they have established and maintained meaningful interpersonal relationships
- Able to accept limitations
  - Able to accept self
  - Able to take responsibility for self
  - Able to communicate with therapist
- Clients whose clinical symptom severity has been reduced

Long-term Outcomes
- Individuals and Families who are Resilient
  - Able to feel, give and receive love
  - Able to channel feelings constructively
  - Able to positively relate to others
  - Capacity to achieve intimacy
  - Capacity to accept limitations
  - Able to accept self
  - Able to take responsibility for self
  - Able to communicate with therapist
- Individuals and Families who are emotionally healthy (safe)
  - Individuals and Families who are able to function without serious impairment in social, occupational or school functioning
- Individuals and Families who express feeling and emotion
  - Individuals and Families who report that they have established and maintained meaningful interpersonal relationships
- Individuals and Families who have a positive identity
- Clients whose clinical symptom severity has been reduced
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Activities
- Individual Therapy
- Family Therapy
- Couple Therapy
- Group Therapy

Initial Outcomes
- Clients believe that they have the capacity to change

Intermediate Outcomes
- Sound, basic, health, fitness, hygiene practice
- Seeks timely treatment
- Children live with parents or guardians and are physically and emotionally safe
- Realistic rules, manageable conflict
- Children usually happy, outgoing, little violence or aggression
- Children able to relate to parents
- Positive extended family supports
- Feel a part of the community
- Sense of family unit
- Members physically safe, emotionally secure; seek to change negative habits
- Able to analyze problems and select appropriate solutions
- Can advocate for self and family
- Can identify and access resources
- Can exercise appropriate choice and control over the uses of resources
- Can move through the environment and culture with ease
- Able to communicate with therapist

Long-term Outcomes
- Individuals and Families who meet their health care needs
- Individuals and Families who meet their children’s parenting needs
- Individuals and Families who establish and maintain family relations
- Individuals and Families who are Physically healthy (safe)
- Individuals and Families who possess social skills
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**Initial Outcomes**
- Clients believe that they have the capacity to change
- Clients believe that change in behavior, belief, and/or perception can improve spiritual well-being
- Clients feel motivated to attend therapy

**Intermediate Outcomes**
- Seeks to balance the spiritual with the physical, emotional and mental
- Seeks to balance dependence and freedom
- Seeks balance, attempts to be centered with self and others
- Seeks reconciliation
- Has some sense of personal effectiveness
- Has ability to experience enjoyment and appreciation in self and others.
- Has ability to accept self and others
- Recognizes things cannot be changed
- Has ability to find meaning in life and life events
- Occasional spiritual practice
- Has the ability to seek renewal
- Ability to nurture relationships
- Serves others occasionally
- Seeks forgiveness of self and others
- Aware of spiritual interconnectedness
- Able to communicate with therapist

**Long-term Outcomes**
- Individuals and Families who are Spiritually balanced
- Individuals and Families who are growing spiritually
- Individuals and Families who maintain a spiritual journey
- Individuals and Families who maintain spirit in relationships

Activities
- Individual Therapy
- Family Therapy
- Couple Therapy
- Group Therapy