

Wrap Around Services

For families, the therapeutic mentor will act as a liaison between the support team, your loved one, and you. For therapists, the mentor will meet with clients in real world settings to put therapy homework into action and take case management out of the therapy room. For treatment teams, the mentor will provide support in transitioning from a higher level of care to a lower level of care while acting as the point of contact between the individual and their treatment team.

Weekly Communication

Bridge The Gap Services maintains communication with the client's parents, family members, and/or loved ones with weekly phone conversations. These phone conversations provide families with an opportunity to voice concerns, strengths, and/or areas for growth regarding the client. Additionally, the therapeutic mentor will request to be in weekly contact with client's treatment team to maintain cohesive care. Ongoing communication with family members is imperative for reparation of the family system.

Weekly Email Updates

Bride The Gap Services provides parents, family members, and/or loved ones with weekly email updates. Each week, an email is sent to the client's treatment team and family members to update everyone involved in client's week - what client accomplished that week, client's goals and plans for the following week, and areas for improvement.

BRIDGE THE GAP
— THERAPEUTIC MENTORING —

What is Therapeutic Mentoring?

Individuals and families often seek a therapeutic mentor when they or a loved one is in need of support beyond the therapy room to implement their therapeutic skills and reach their goals.

Getting support beyond the therapy room or treatment environment provides individuals with accountability and guidance in developing goals, breaking them down into reachable steps, and gaining empowerment to transition into doing this on their own. A therapeutic mentor will also relieve family members of their management role to be able to work on their familial relationships and family dynamics.

The therapeutic world can be daunting to navigate. Therapeutic mentors will facilitate this process by connecting everyone involved on an individual's support team by providing them with weekly updates to ensure collaborative, comprehensive, and optimal care.

BRIDGE THE GAP
— THERAPEUTIC MENTORING —

(805) 558-4599

BTG@bridgethegapservices.com
www.bridgethegapservices.com

BRIDGE THE GAP
— THERAPEUTIC MENTORING —

Bridging the gap between individuals,
families, and treatment providers.

Los Angeles & Ventura Counties



(805) 558-4599

BTG@bridgethegapservices.com
www.bridgethegapservices.com



Our mission at Bridge The Gap Services is to provide optimal and comprehensive support to individuals struggling with addiction and mental health afflictions. We provide therapeutic support that bridges the gap between individuals, families, and treatment providers. Such support allows individuals and their families to move out of crisis and into a solution.

BRIDGE THE GAP
THERAPEUTIC MENTORING

Providing Support to the
Los Angeles & Ventura Counties

Mentoring for Individuals

Our therapeutic mentors bridge the gap for clients from wherever they are to being able to live effectively in their community and live a full life. We facilitate our client's shift from the problem into their solution so they are able to reach their goals. Furthermore, our therapeutic mentors support individuals implementation of all the coping skills they've learned from their therapeutic community into their daily life. This support is essential when strengthening new behaviors in real time situations.

WEEKLY MEETING(S)

Each week, the client and the therapeutic mentor will have a singular hour long meeting to go over measurable goals, to-do lists, appointments, etc. These meetings can happen at our office or out in the community at a coffee shop, 12-step meeting, or the client's home.

DAILY CHECK-INS

Monday through Friday, clients will have both an evening and morning check-in with their therapeutic mentor. In the morning, clients discuss plans and goals for that day. In the evening, the client and therapeutic mentor will reflect back on the day.

CALENDARS JOURNALS

The planner will be used to plan client's weekly appointments and commitments and help them stay accountable with the therapeutic mentor's support. The journal will provide client's a singular space to keep track of their goals and tasks for each week.

Mentoring for Family Members

Bridge The Gap Services offers wrap around mentoring which is a way for all family members to get the support and education they need to make shifts in the roles they have been (sometimes unknowingly) taking on. We tailor to each family's needs depending on the acuity of the situation. Most commonly, this is a scheduled daily phone check-in, weekly family therapy and a weekly support group.

DAILY CHECK-INS

This offers support for establishing new boundaries with self and loved ones that can be difficult to establish in the beginning. Often self-care for family members is challenging because the focus has been on their loved one's wellness. It is important to have measurable goals so we can be confident desired outcomes are being achieved. At the outset, everyone will be involved in the psycho-education of the family situation and measurable goals will be set, both immediate and long term. This kind of wrap around service ensures the most optimal success when everyone is learning and shifting.

WEEKLY SUPPORT GROUP

Our Weekly Support Group is a safe and confidential solution focused group. It is a place for members to share their feelings, ask questions and express concerns. The facilitators and other members offer feedback that comes from their own experience, strength and hope. We keep the focus on offering productive coping tools and strategies to help family members built their tool box to draw upon for their own self-care, fostering change. All are welcome to our support group and it is free of charge.