



Arubah Emotional Health Services

"At Arubah our mission is to make mental health services accessible to all."

We work to partner with agencies that are in need of mental health services for their clientele. We seek to provide integrative services. Our professionals dedicate and invest time and energy into holistic care of the client. We collaborate with other professionals and providers to ensure that our clients' needs are met. We build a personalized treatment plan designed specifically for an individual, couple, or family's needs, and then take you through the process at our own pace.

Arubah is a Hebrew word meaning "restoration to sound health." Here at Arubah we seek to enable, empower and help facilitate personal restoration. We provide services to individuals, couples, families and groups. We walk along, sit with and process difficult times. We believe relationships are a key component to healing. We seek to not only serve those that are survivors of trauma but also look to explore what other life possibilities are in store for them. We offer psychotherapy, CTSS, ARMHS, and counseling services, helping people overcome life's challenges.

Learning opportunities at Arubah fall under three tracks - Administrative, Foundational, Clinical Hybrid, and Clinical Concentration. The administrative track is an introduction to working in a mental health agency, focused on learning the important behind the scenes work alongside our office support staff. Foundational students will work in our CTSS and ARMHS programs, learning and teaching clients mental health skills while developing their own skills with clients and documentation. These students will be focused on rapport and actionable goals with clients. They will be trained in completing Functional Assessments, LOCUS, CASII, Safety Plans, Treatment Plans, WHODAS, SDQ, and session notes. Clinical Hybrid students will begin their learning along the same foundational track for their entrance into the agency, transitioning to providing therapy after the first few months as they are trained in the initial documentation. As these students transition to providing therapy, they will shadow and complete clinical interviews and diagnostic assessments.

Clinical hybrid and foundational track students will have the potential to work with individuals, families, and couples. Services will most often be provided in the client's home and their community. There may be opportunities to utilize partnership sites. Clients serviced through Arubah come from a wide array of racial/ethnic, gender/sexual identity, socioeconomic, chemical health, and family structure backgrounds. Thus, students may be provided an opportunity to work with interpreters, foster families, and outside client supports. All students will have access to a multidisciplinary staff for consultation and professional growth. Supervision is provided through weekly meetings with their direct supervisor and a monthly meeting split between all staff training and a consultation meeting.

Students interested in working with Arubah should be open and curious. Desirable qualities also include willingness to meet client's where they are at, willingness to work toward cultural awareness and being willing to have difficult conversations.