

ABOUT US

The Mental Health Center of Florida (MHC Florida) was founded by Dr. Ann Monis in an effort to integrate the mental health needs of today's individuals with state of the art care at affordable prices. At MHC Florida, our staff of fully credentialed therapists, offer comprehensive psychological care for a broad spectrum of mental health issues and disorders. Our office staff and clinical team are multi-lingual (English, Spanish, Hebrew, Russian and Hindi) and sensitive to the unique cultural diversity of South Florida's residents and their needs. Our clients not only value our skills, but also the timely, respectful and compassionate manner with which their cases are handled. We respect and honor our client's commitment to their health and well-being by treating our clients, their families and our treatment professionals with the utmost care and respect.

The MHC Florida clinical team is Broward Sheriff's Office Certified to provide services throughout Broward County's jails. We also work extensively with ChildNet® (including being a contracted provider for human trafficking cases), Department of Children and Families and various child welfare social services agencies, helping children and families in crisis.

MHC Florida, in conjunction with Dr. Ann Monis, P.A. and Visiting Mental Health, P.A. are also glad to report that we come to you! Serving assisted living facilities, skilled nursing homes and adult daycare centers throughout Florida. We expertly treat disorders such as Schizophrenia, Bi-Polar Disorder, Substance Abuse Disorders, Depression, Anxiety, Loss of Ability, Sexual Dysfunction and more.

MHC Florida therapists are Licensed Psychologists, Licensed Clinical Social Workers, or License Eligible Therapists completing hours toward Florida licensure. We have many talented bilingual therapists experienced in the fields of geriatrics, children and adolescents, cognitive impairment, forensics and the chronically mentally ill.

WHAT IS CLINICAL PSYCHOLOGY?

The field of Clinical Psychology focuses on the intellectual, emotional, biological, psychological, social, and behavioral aspects of human functioning across the life span, in varying cultures, and at all socio-economic levels. The field integrates science, theory, and practice to understand, predict, and alleviate maladjustment, disability, and discomfort as well as to promote human adaptation, adjustment, and personal development.

WHAT IS FORENSIC PSYCHOLOGY?

Forensic Psychology is the application of psychological knowledge and principles to legal matters. Simply, it is the intersection of mental health and the law. Forensic Psychologists use various methods such as forensic interviewing and standardized psychological tests to help courts, judges, and attorneys answer important legal questions. Psychologists are the only mental health professionals specifically trained in the use of psychological tests. These tests are one scientific tool that Forensic Psychologists use to measure any given characteristic in an objective and standardized way.

For example, Psychologists can use tests to quantify an individual's intellectual abilities and/or personality traits. Forensic Psychologists commonly work in criminal, civil and family courts.

WHAT ARE INTERVENTIONS?

Interventions in Clinical Psychology are directed at preventing, treating, and correcting emotional conflicts, personality disturbances, psychopathology, and the skill deficits underlying human distress or dysfunction. Examples of intervention techniques include psychotherapy, psychoanalysis, behavior therapy, marital and family therapy, group therapy, biofeedback, cognitive retraining and rehabilitation, social learning approaches, and environmental consultation and design. The goal of intervention is to promote satisfaction, adaptation, social order, and health.

WHAT DOES ASSESSMENT ENTAIL?

Assessment in Clinical Psychology involves determining the nature, causes, and potential effects of personal distress; of personal, social, and work dysfunctions; and the psychological factors associated with physical, behavioral, emotional, nervous, and mental disorders. Examples of assessment procedures are interviews, behavioral assessments, and the administration and interpretation of tests of intellectual abilities, aptitudes, personal characteristics, and other aspects of human experience and behavior relative to disturbance.

Our Mission...

At Mental Health Center of Florida we strive to provide every client with affordable state of the art mental health treatment services, while addressing the ever-changing holistic needs of today's individuals and families.

SERVICES OFFERED BY MHC FLORIDA:

- Therapy (*jail-based, in-office or on-site*)
- Parenting Education
- Co-Parenting
- Domestic Violence
- Batterer's Intervention (*DCF approved*)
- Anger Management Groups and Individual Modalities
- Supervised and Therapeutic Visitation
- Marriage/Couple Therapy
- Individual Therapy (*children, adolescents, adults*)
- Substance Abuse Counseling
- Social Skills Training
- Family Therapy
- Human Trafficking Victim Therapy
- Sexual Offender Therapy
- Hypnotherapy
- Victims of Sexual Abuse Therapy

ASSESSMENT FOR CHILDREN AND ADULTS

(*jail-based, in-office or on-site*)

- Neuropsychological
- Psychological
- Psychosexual
- Ability to Parent
- Psycho-Educational
- Substance Abuse
- Anger Management
- Domestic Violence
- Attachment
- Autism
- Disability (*ASPD*)
- Bio-Psychosocial
- Risk Assessment
- IQ and Adaptive Functioning
- Human Trafficking
- Child Custody Evaluations

WE ALSO OFFER...

- FL Supreme Court Certified Family Mediation
- Qualified Parent Coordination
- Mental Health Medical Expert Testimony
- Social Investigations
- Guardian Ad Litem Services for Private Family Cases

ON-SITE STAFF WORKSHOPS AND TRAINING

We are additionally delighted to offer in-service staff training. Our goal is to help staff improve relationships with clients, as well as enhance communication with management and co-workers. These programs are offered at no charge and may be scheduled at any time. We conduct in-service workshops on-site to meet your specific training needs. Training sessions run approximately one to two hours, depending on the topic(s) addressed.

APA ACCREDITED INTERNSHIP PROGRAM

MHC Florida in conjunction with Dr. Ann Monis, P.A. is proud to present the Mental Health Center of Florida Internship Program. This program offers training, knowledge and first-hand experience to a select group of Pre-Doctoral Interns and Post-Doctoral Residents. For more information, visit MHCFlorida.com. Questions related to the program's accreditation status should be directed to the Commission on Accreditation:

Office of Program Consultation and Accreditation
American Psychological Association
750 1st Street, NE, Washington, DC 20002
Phone: (202) 336-5979
Email: apaaccred@apa.org



Mental Health Center of Florida
We Help You Be You. Improved.

1848 SE 1st Avenue, Fort Lauderdale, FL 33316

T 954.885.9500 • F 954.885.9444

Toll Free 800.771.2165 **MHCFlorida.com**

184 Treemonte Drive, Orange City, FL 32763

T 407.479.3050 • F 407.479.3052

EOE. For employment opportunities email: info@MHCFlorida.com

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