



1945 S. La Cienega Blvd. Los Angeles, California 90034

Business: (310) 271-9999 • info@tmcc.org

www.maple4counseling.org

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Fact Sheet

ABOUT MAPLE COUNSELING

Maple Counseling is a non-profit community mental health center that provides treatment services to anyone regardless of their ability to pay. We offer programs throughout Los Angeles County and beyond to clients of all ages - from infants through the advanced elderly. Mental health services are available to individuals, couples, families, and groups. In addition, we offer services in-schools to youth ages 2-18. Available six days a week, Maple Counseling therapists treat a range of issues, including depression, anxiety, trauma, grief and loss, stress, and relational problems, among other mental health needs.

MISSION

The mission of Maple Counseling is to provide low-cost comprehensive mental health services to individuals of all ages, couples, and families, and to provide training for graduate and postgraduate students who are working towards licensure in the mental health field.

HISTORY

With its genesis in 1972, the Center was originally opened in response to an increase in substance use identified by concerned parents and community members. Over the years, Maple Counseling expanded its focus and programs to all ages and all areas within Los Angeles County, as well as throughout the State of California with the implementation of tele-health. Since its inception 50 years ago, Maple Counseling has helped over 300,000 people of all ages.

CLIENTS & GEOGRAPHIC REACH

Maple Counseling serves a diverse client base of almost 4,000 individuals each year who come from over 135 zip codes. Using HUD guidelines for Los Angeles County, over 87% of our counseling clients are defined as low income with 52% defined as extremely low income with annual wages of less than \$20,000. Over 30 percent of our clients are unemployed, underemployed, disabled or retired. The average therapy session only costs \$25 and are offered free to youth in school programs.

TRAINING PROGRAM

Maple Counseling develops the mental health workforce through its structured program for completion of experience required for licensure as a Marriage and Family Therapist (MFT), Licensed Clinical Social Worker (LCSW), and Psychologist (PhD, PsyD). Maple Counseling programs and services are provided by over 140 interns annually who work under supervision of highly experienced licensed clinicians. Maple Counseling's training program is well known and highly respected amongst its peers in the industry.

AT A GLANCE

QUICK FACTS

- Established in 1972.
- Provides 27,000+ hours of quality low cost mental health care annually to all ages.
- Average counseling fee: \$25.
- Our wide range of services includes individual, family, couples, group, and children's therapy.
- 300,000+ people of all ages and backgrounds helped since our founding.
- 3,700 clients served annually, including those in community programs.
- Professional staff of 12 clinical supervisors and 75 therapists.
- 6,000+ local students from pre-school to high school are eligible for FREE counseling in schools each year.
- 1,040 training hours annually for our counselors who are graduate and post-graduate students working towards licensure in the mental health field.
- Gold-standard training to approximately 140 therapists each year.
- Over 87% of our clients are low-income; 52% extremely low-income (HUD LA County guidelines)

LEADERSHIP

- Varina Bleil, M.Ed,
Chief Executive Officer
- Marianne Callahan, Ph.D, LMFT
Chief Clinical Officer
- Hon. Myra Lurie
Chair, Board of Directors



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Programs & Services

INDIVIDUALS

Issues such as depression, anxiety, relationships, grief or loss, trauma, and life transitions are addressed in a therapeutic setting.

COUPLES COUNSELING

Couples meet in a private therapeutic settings to discuss their relationship issues with a trained counselor. They learn how to communicate more effectively and become a more cohesive family unit.

GROUPS

Maple Counseling offers a range of interpersonal therapy groups for people of different ages and backgrounds including, BIPOC, LGBTQ+, and Parenting support series.

CHILDREN, ADOLESCENTS, AND FAMILIES

Maple Counseling offers a range of services for families, adolescents and children, which include consultations and evaluations in individual and family therapy settings, as well as at schools and within community organizations. Children and adolescents are given the opportunity to explore a wide range of developmental issues, from expression to challenges with self-esteem, peer relationships, depression and anxiety. Family members learn to develop more effective communication, establish or re-establish common family goals, strengthen bonds, and learn and practice conflict resolution.

BRISKIN|WILDER WELCOME CENTER

The Briskin|Wilder Welcome Center helps individuals and families navigate the complex and often frustrating world of finding the right mental health care. As both a program and a place at our Center, anyone seeking mental health care for oneself or a loved one will receive support to find the appropriate mental health care they need, either at Maple Counseling or through our referral process to other support services available in LA County.

THE TED AND HEDY ORDEN AND FAMILY COMMUNITY-BASED PRESCHOOL MENTAL HEALTH PROGRAM

Services are offered at schools and community-based sites including those that target underserved populations impacted by poverty, homelessness, trauma, family dysfunction, mental illness, and substance use. Maple Counseling associates and trainees work closely with the preschool staff to identify and address behavior challenges and provide intervention strategies.

PARENT EDUCATION

The four-part weekly sessions emphasize understanding development, increasing awareness of how parents' own early experiences impact parenting choices, development of improved communication and conflict resolution skills, and ways to incorporate positive change into family functioning.

SCHOOL-BASED SERVICES

High school and Middle school students participate in individual and group counseling sessions focusing on various issues, including academic struggles, social and peer challenges, depression, anxiety, low self-esteem, and drug and alcohol experimentation.

COMMUNITY CIRCLE

For more than 40 years, the Community Circle program has been held in scores of pre-K elementary and middle school classrooms in the Beverly Hills and Los Angeles Unified School districts, helping students learn to discuss sensitive topics, while respecting the needs of others in safe and confidential settings.

