

HEALING STARTS

with a Step *Forward*

Karla Smith BehavioralHealth
Every Step *Forward*

A guide to how **Karla Smith Behavioral Health at The Farm** can help with healing.

Care that never gives up.

At Karla Smith Behavioral Health, we believe healing begins with a single step. One small, courageous act toward change.

That belief is at the heart of Every Step Forward. Progress doesn't need to be perfect or fast... it just has to get started, and it looks different for everyone. We meet people where they are, support the next step in front of them, and walk alongside them through whatever comes next.

Our team of compassionate professionals supports not just the diagnosis, but the individual, their relationships, their goals, and their hesitations. We build trust at their pace, through honest connection and evidence-based care.

Founded by a family who has been there, we know that healing isn't linear, and that's why we don't offer quick fixes. We offer deep, sustainable support through an individual journey.



We care for individuals who are:

- Navigating anxiety, depression, PTSD, panic, and more
- Living with dysregulated moods or diagnosed mood disorders
- Experiencing compulsive and personality disorders
- Facing identity-related stress or isolation
- Reintegrating post-residential treatment
- Feeling stuck, withdrawn, or unsupported
- Experiencing grief, trauma, or relational strain
- Struggling with school, work, or general motivation
- Parents or guardians supporting a loved one through any of the above





We offer support that adapts, and care that endures.

Every care plan at Karla Smith Behavioral Health begins with listening and is built to fit each client's individual needs, pace, and goals. Our therapeutic environment gives us even more ways to personalize care through an experiential approach.

Our services are tailored to the specific needs of persons 13 years of age and older. The following services are available:

- Individual, Family, & Group Therapy
- Individual & Family Retreats
- Life Skills, Social Skills, & Coping Skills
- Treatment Navigation & Placement Support
- Case Management & Crisis Planning
- Relapse Prevention & Continuing Care
- Parenting Skills Groups & Workshops

Getting started is simple.

We know taking the first step can be the hardest part, but we encourage you to reach out, and we're ready to provide our support. We're here to meet you and your family wherever you are in the process.

So, let's have a quick conversation and determine what could come next. We promise no pressure, and that you'll walk away from KSBH feeling heard and fully supported.

Our goal is to make care easier for **everyone** involved.

Care goes beyond the therapy room.

Now home at The Farm in Belleville, Illinois, our therapeutic wellness campus gives healing more room to happen. Here, evidence-based care extends into nature, creativity, movement, life skills, and other hands-on experiences that help people put what they learn in therapy into practice.

Let's walk forward ...together.

When you or a loved one are ready for something different, **Karla Smith Behavioral Health** is here. At The Farm, we've created a place that feels welcoming, personal, and intentionally different because we believe mental health care should treat people like people.

Whether you're stepping into a therapy setting for the first time or returning after a setback or relapse, you will be met with care that holds steady and honors the work ahead.

Not sure if we're the right fit?
We'll help assess and refer if needed.
No pressure, *just partnership.*

Family-founded. Clinically grounded. With patients every step of the way.

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Our goal is to make our services available for anyone who needs them. We offer a number of ways to pay, from insurance reimbursement to a sliding scale model.
Contact us to learn more.