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**INNOVATIVE ALTERNATIVES, INC.**

Sharon K. Bayus  
President & CEO

**Central Office:**

18333 Egret Bay Blvd Ste 540  
Houston TX 77058  
832-864-6000

**Pasadena Office:**

4116 Pasadena Blvd.  
Pasadena TX 77503

*All appointments are booked through the central office.*

**Contact:**

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For more information log onto:

[www.innovativealternatives.org](http://www.innovativealternatives.org)

**Services:**

Innovative Alternatives, Inc. is a non-profit United Way agency that specializes in outpatient mental health services. IAI offers a variety of counseling services in the treatment of children, adolescents and adults, who are survivors of crime or who are experiencing emotional, behavioral or developmental issues. IAI provides individual and group counseling services by licensed and supervised therapists, allowing clients to receive services equivalent to those in a private practice setting. The most common mental health concerns presented by clients are clinical depression, bipolar disorder, anxiety disorders, adjustment problems and victim issues with post-traumatic stress disorder. IAI also helps many clients with issues related to eating disorders, self-injury, anger management, stress management, grief, loss and chronic illness. Children receive help with emotional, psychological or developmental problems in a play therapy setting. Couples and families achieve immediate crisis stabilization through mediation of safety and treatment plans which are placed in the form of written agreements carry out in counseling and/or psycho-educational classes.

The goal of all services is for individuals, couples and families to experience a decrease in symptoms and to learn to cope independently with the demands of social, occupational and/or academic life.

**Treatment Formats Offered:**

English  
Spanish  
Secular  
Christian Counseling (on request/definition of client)  
Play Therapy for Children

**Outpatient Counseling Services**

Individual Counseling  
Family/Couples Counseling

**Mediation Services**

Family Reconciliation Mediation  
Family Intervention Mediation  
Divorce & Custody Mediation  
Blended Family Mediation  
Mediated Parenting Plans  
Mediated Discipline Planning  
Post-Divorce Parenting Plans  
Personnel Grievance Mediation in the Workplace

Victim Assistance Programs: Free counseling for any crime victim, regardless of when the crime occurred & whether or not charges were filed, or the crime was prosecuted.

**Group Offerings**

Adult and Adolescent Trauma Resolution Groups  
Adult & Adolescent Anger Management Groups  
Parents of Imprisoned Children  
Divorce Recovery Group  
Adult Recovery from Childhood Sexual Abuse  
Recovery from Marital Infidelity  
Coping with Chronic Illness  
Allies in Healing—Spouses of Sexual Assault Victims

**Psycho-Educational Classes**

Family Conflict Resolution Skills  
Parenting Prodigals  
Protecting Your Children from Bullies  
General Parenting & Parenting After Divorce Classes  
Protect Your Kids from Sexual Abuse  
Recognizing Trauma In Children  
Protecting Against Violence in the Creating & Family

**Organizational & CEU Trainings**

Maintaining Positive Workplace Culture  
Multicultural Mediation as Diversity Training  
Conflict Resolution Skills Training (for the Workplace, Teams or Church)  
Bully-Proofing Your School & Program Implementation  
Peer Mediation Training Program Implementation  
Ethics of Management  
Ethics for Mediators  
Licensed Professional Counselor Ethics  
Basic 40-Hour Mediation Training & Organizational Mediation Program Implementation  
Family Mediation Training: \_Reconciliation & Divorce & Custody (Basic Mediation Training is prerequisite)  
Personnel Grievance Mediation Training (Basic Mediation Training is prerequisite)

**Clients:** Since it's creation in 1989, Innovative Alternatives, Inc. has served children, adolescents and adults throughout Harris, Galveston and Brazoria counties, as well as organizational clients such as businesses, churches and schools. The only populations we cannot serve effectively are those which cause people to be out of touch with reality or emotions due to active psychoses and/or active substance abuse. However, once psychosis is stabilized by medications or an individual is sober for 30 days; IA can assist these individuals with the mental health issues involved in these disorders as well.

**Total Number of Healthcare Providers:** Innovative Alternatives professional staff includes psychologists, licensed professional counselors, LPC-Interns and clinical interns. A staff of 22 professionals works to help individuals, couples and families reach personal goals of decreasing symptoms and learning to cope independently with the demands of life.

**Community Outreach Programs: \_Financial Opportunity Center** located in the United Way building at 1300-A Bay Area Blvd. Houston, TX 77058. IAI provides free Employability Training for the unemployed. Call 281-282-6000 for information.

**Mission Statement:** Innovative Alternatives, Inc. has been "Serving our community through mediation, counseling & training since 1989. We find solutions to life's most difficult people problems!"

