Our Specialized Programs

Alternatives to Sexual Assault Program
The Alternatives to Sexual Assault Program's (ASAP) mission is to educate, support, and provide professional treatment services to families that have been affected by sexual abuse. The ASAP team of therapists are committed, compassionate, and skilled in their interventions to reduce victimization, to empower youth and their families, and to re-build safety in families and in the community.

The Primary ASAP provides treatment that may involve individual, family, and group therapy services, depending on an individual family’s needs. There are not any age ranges specified for the ASAP. Youth, both male and female, are evaluated on an individual basis and are treated with developmental considerations in mind. Youth are placed in the Primary ASAP, the Relapse Prevention Program, the ASAP-PLUS Program or the Healthy Relationship Module. Some youth participate in a combination of services.

The ASAP Relapse Prevention Program is a supportive maintenance program designed for youth that have already completed their initial treatment and could benefit from ongoing supportive therapy. The Relapse Prevention Program assists youth in focusing on how they can apply what they have learned in their initial treatment and supports youth in creating and maintaining productive goals for their future.

The ASAP-PLUS program is designed to treat youth with limited skills or other difficulties. Given the cognitive limitations among the youth, the family is a central focus in treatment to enhance safety. ASAP PLUS also has a maintenance group component for youth that require ongoing support.

The ASAP Healthy Relationship Module is a 6 week group that is designed to provide education to youth regarding aspects in relationships. This educational group provides information on STD’s, the effects of pornography on adolescents, the building blocks of forming relationships, as well as information related to decision making in relationships.

CHOICES
The CHOICES program’s mission is to therapeutically guide youth to promote the development of healthy feelings management and self-regulation. This program is based on the following two principles:

a) With knowledge about the causes of our feelings and the many problems associated with strong and persistent feelings, motivation to change increases

b) Change itself comes from guided, reinforced practice of new behaviors.

The CHOICES program offers an open ended, ongoing group experience as well as individual and family sessions. Most youth referred to CHOICES are between the ages of 12-18 years old, but younger youth may also be able to receive services through CHOICES depending on their needs.

Social Skills Program for Kids
The Social Skills Program for Kids’ mission is to improve a child’s social competence and enhance their self esteem. Basic social skills are the foundation of cognitive, emotional, and social development. Kids who lack social confidence tend to struggle in all areas of their lives ranging from academic success to peer relationships. Social skill development is the foundation of building ultimate success.

This program offers an exciting approach to learning and practicing daily social skills. The youth will practice skills in group by the use of games, role plays, and activities. This program has a 10 week group component that allows kids to practice in a safe environment. Individual and family therapy is also available to families with additional ‘clinical needs. Youth with Autistic Spectrum symptoms are welcome. Boys and girls between the ages of 5-17 are accepted.

Girls Empowered Program
The Girls Empowered Program’s mission is to support adolescent girls in gaining a better understanding of who they are, how to communicate their needs assertively, and how to achieve their goals in life. Girls Empowered therapists are dedicated to helping girls find their personal strengths that will help them along the pathway to becoming successful women.

This program offers individual, family, and group therapy; however, the treatment might vary with each individual youth and family. The group program is open ended, meaning that girls can enter at any time as opposed to being placed on a waiting list. Girls view this program as a supportive.

Basic Information
Each youth and family are assessed initially by a Program Director to determine the best course of treatment. A treatment plan is then co-created with the family at that initial meeting.

Program Leaders:
ASAP Director:
Christina Diorio, Ph.D.
Social Skills Director:
Christina Diorio, Ph.D.
Social Skills Coordinator:
Jennifer Bosch, MSW, APSW
CHOICES Director:
Kimberly Young, Ph.D.
Girls Empowered Director:
Kimberly Young, Ph.D.
Our Vision

“Our vision is to bring specialized psychological care to children, adolescents, and families through a relaxed friendly environment. Whether developing new programs to meet clients’ needs or hiring new staff to expand our specialized services, this vision is our focus throughout all aspects of our practice.”

Our Services

- Individual and Family Therapy
- Play Therapy
- Couples Therapy
- Psychological Evaluations
- Sexual Abuse Assessments
- Forensic Assessments
- Risk Assessments
- Assessment for Learning Disabilities
- Intervention for Learning Disabilities
- Trainings for Parents and Professionals
- Consultation

If you have any questions about any of our services, please call us at 414-431-4444 or send us an email to info@familyoptions.com

Please be sure to visit our website www.familyoptions.com

Our Location

Family Options Counseling

3015 N. 114th Street
Wauwatosa, WI 53222

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www.familyoptions.com

Specialized Psychological Care