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JFS of WNC Announces ‘Healing Solutions Counseling’ Mental Health Services *Offers Support and Tele-Counseling Services During the Pandemic*

Jewish Family Services of Western North Carolina (JFS), a nonprofit social service agency open to people of all faiths, announced today that its mental health counseling program has been rebranded as “Healing Solutions Counseling.” Healing Solutions Counseling offers short-term support/crisis intervention, long-term support, and counseling for individuals and couples over the age of 18, with special emphasis on older adults.

Still a part of the JFS family, Healing Solutions now has its own unique brand identity. Healing Solutions will use the tagline “Hope and Healing for All,” supporting JFS’s unique value proposition, that counseling is open to people of all faiths and backgrounds in Western North Carolina.

All professional counseling services are offered during the pandemic through a secure and HIPAA-compliant tele-counseling platform, in-person or in-residence visit as warranted. “What we do is going to be needed not just now, but for a long, long time,” notes Jessica Whitehill, JFS Executive Director. “The economic impact, the job loss, the new opportunities for training, and the long-term mental health impacts – we are going to be dealing these issues with for months and maybe years. Mental health counseling at Healing Solutions supports clients as they find their own path to hope and healing.”

As everyone faces increasing social isolation during the pandemic, its impact is often felt very heavily by seniors. JFS works with families and seniors near and far to help get what they need.

Healing Solutions offers professional counseling with Licensed Clinical Social Workers (LCSW) and/or a Licensed Clinical Addiction Specialist (LCAS).

The clinical staff specializes in treating depression, addiction, anxiety, parenting challenges, grief and loss, trauma, adjustment disorders, relationship problems, stress management, healthy aging, LGBT support, and generational trauma including Holocaust survivorship. The center’s approach is strengths-based and tailored to each unique individual client. Therapy sessions are safe, private, and confidential. Staff always meets clients where they are.

Healing Solutions accepts Medicare, Blue Cross Blue Shield, United Healthcare, Aetna, Cigna, and other insurance. There is also a sliding scale payment structure for those without health insurance.

The Healing Solutions Counseling mental health program at JFS receives support from The Leon Levine Foundation, Carolina Foundation for Jewish Seniors, Buncombe County Aging Services, the Community Foundation of Western North Carolina, and the Dogwood Health Trust.

JFS, located at 2 Doctors Park, Suite E in Asheville, provides unique and integrated services that engage community members in identifying their needs, strengths, and goals. Other JFS programs include case management, the Elder Club Group Respite Program, food pantry and Jewish holiday meal delivery service for isolated older adults.

For more information about Healing Solutions Counseling, visit www.jfswnc.org

