

The Genesis PrimeCare Behavioral Health Hope and Recovery Center Provides:

Individual Counseling
for Children, Adolescents
and Adults

Family and Group Therapy

What Do We Treat?

- PTSD and Trauma Recovery
- Depression
- Grief
- Anxiety and Panic
- ADHD
- Phobias
- Bipolar/Mood Disorders
- Disruptive & Oppositional Behaviors
- Parenting Skills
- School Behavior Issues
- Adjustment Issues
- Stress
- Self-Esteem
- Relationship Issues
- Addictions
- Sexual Assault
- Abuse Issues

What To Expect At Your First Visit:

It is perfectly normal to be nervous about your first visit. Trauma often affects your ability to trust others and feel safe.

We strive to help our patients feel safe, accepted and cared for.

We are compassionate, gentle, and non-judgmental and our patients report having a very positive experience after visiting with us. We provide patients with evidence-based coping skills to help manage and decrease symptoms.

If you have any questions about treatment you can call us and we would be happy to assist you.

Open Monday through Friday
8 A.M. - 5 P.M.

We accept Medicaid, Medicare, as well as
Private/Commercial Insurance.
We also offer a Sliding Scale Payment System.

CALL US TODAY.
903.791.1110
(Press 5 for Behavioral Health)

GENESIS
PRIMECARE

1400 College Drive | Texarkana, TX 75503



GENESIS
PRIMECARE
Behavioral Health
Hope and
Recovery Center

Our Mission:

Our program is designed to help people recover from overwhelming and hurtful experiences. We provide excellent support, healthy coping skills and evidence-based care in a safe and healing environment

Trauma is a result of overwhelming or terrifying events or situations. A person may experience an actual event or be a witness to an incident. The person may become overwhelmed emotionally, physically and mentally. Exposure to traumatic events can cause feelings of terror, intense fear, helplessness, and physical reactions. These events can often produce lasting changes in your emotions, thoughts, your body's stress response and how your body feels. The impact of traumatic stress if unaddressed can be long lasting and can have a significant impact on emotional and physical health. Children are more vulnerable to the effects of trauma due to their dependence on adults for their care and safety. Children often find it hard to manage their behavior and calm themselves down. Some people may develop Post Traumatic Stress Disorder which will require specialized treatment.

What Type of Treatment Approach Do We Use?

All of our providers have extensive training in the recovery of traumatic experiences. We use a variety of evidence-based and recovery techniques.

- Psycho-education
- Traditional Psychotherapy
- Trauma-Focused Cognitive Behavior Therapy
- Eye Movement Desensitization and Re-processing (EMDR)
- Mindfulness
- Somatic Experiencing

Will I Recover?

Each person is impacted differently by their experiences with trauma. Trauma can have a huge impact on a person's ability to control their emotions, make decisions, and develop plans. There are wonderful treatments available that have had great results with helping people fully recover from traumatic experiences. The sooner you can start specialized treatment, the better chances you have at a speedier recovery.

Common Examples of Traumatic Events

- Car Accidents
- Medical Procedures
- Sexual Assault or Molestation
- Life-threatening Illness
- Abuse or Neglect
- Death of a Loved One
- Exposure to Violence
- Being Robbed or Mugged
- Natural Disasters
- Physical Injuries
- Combat
- Being Bullied

Symptoms of Traumatic Stress/PTSD

- Jumpy/Easily Startled
- Nervousness/Anxiety/Panic
- Sleep Disturbance
- Depression/Feeling Numb
- Irritability
- Appetite Changes
- Flashbacks
- Nightmares
- Physical Complaints
- Stomach Issues
- Avoiding Reminders of Event
- Not Feeling Safe
- Loss of Control of Emotions
- Trouble Concentrating
- Crying Spells