



# Anchored

C O U N S E L I N G   A N D   C O N S U L T I N G

*“Where Healing is an Art”*

**Training and Consultation  
Offerings**



The **VISION** at Anchored Counseling and Consulting is to revolutionize the way therapy is approached, embracing **creativity and individuality** as essential components of the healing process. We envision a world where mental health treatment **transcends traditional boundaries**, offering diverse modalities that cater to the unique needs of each individual. Through a holistic approach, we aim to **inspire personal growth, resilience, and authentic living** in all those we serve.



# Meet the Facilitator

## Melanie Stargell, MA, LCPC

Melanie Stargell is a Licensed Clinical Professional Counselor whose expertise spans behavioral health, legal systems, and policy reform. Her work integrates clinical depth with institutional knowledge, allowing her to design expressive arts frameworks that are both innovative and sustainable within complex systems.



As Founder and Clinical Director of Anchored Counseling & Consulting, Melanie is committed to revolutionizing therapy by honoring creativity as essential to the healing process. She believes healing is not one-size-fits-all, and that expressive modalities create meaningful access points beyond traditional talk based models.

Her professional background includes serving as a Correctional Treatment Coordinator, Problem Solving Courts Coordinator, and Policy Analyst, where she worked extensively with system impacted youth and adults, re-entry participants, court mandated clients, and community organizations. This experience enables her to translate trauma responsive, expressive arts approaches into practical implementation models for agencies, courts, and leadership teams.

Melanie's work is grounded in evidence informed practice, criminal legal systems awareness, and a core belief that healing is an art and that creativity is a direct pathway to healing ourselves and others.



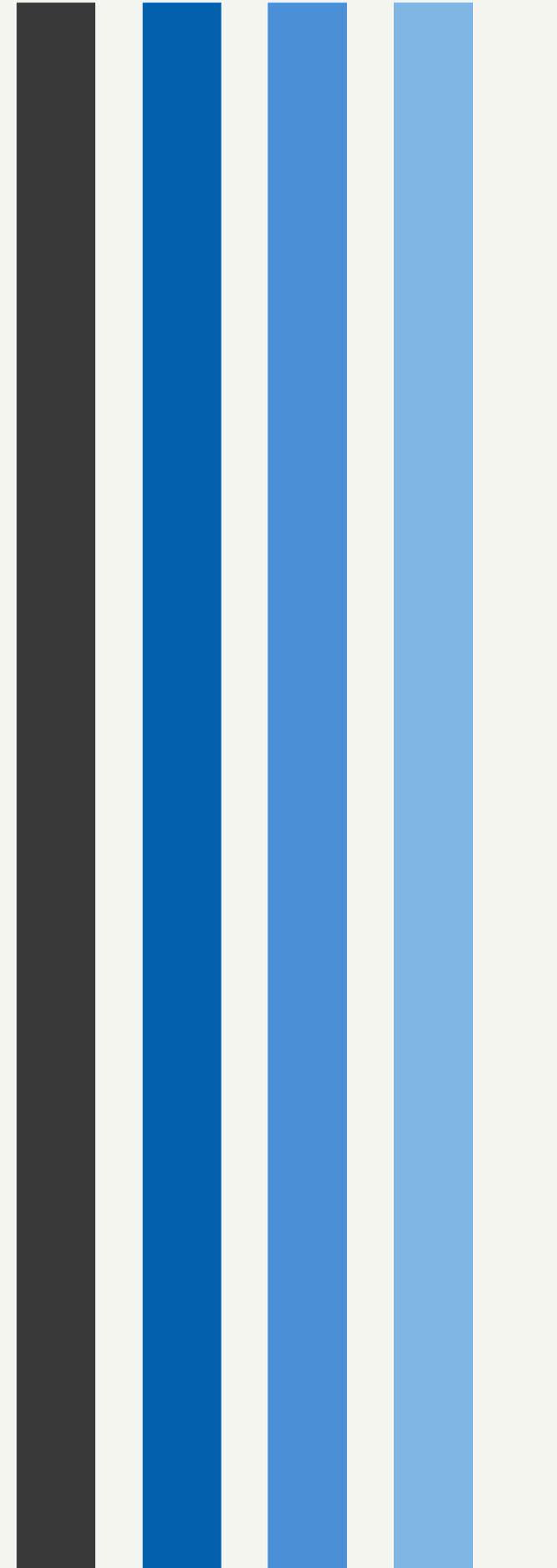
## Anchored Counseling and Consulting services are ideal for:

- Reentry and community supervision programs
- Diversion programs
- Violence interruption initiatives
- Family strengthening programs
- Department of Corrections programming
- Behavioral health agencies
- School based mental health teams
- Community based non-profit organizations

### To help programs:

- Integrate trauma informed creative approaches into existing services
- Build staff and clinician confidence in using expressive arts
- Demonstrate outcomes and engagement to funders
- Create sustainable, evidence based programming
- Support the healing and wellness of participants, staff, and the community

# **Training and Consultation Offerings**





# Program Assessment & Integration

## What it includes:

- Site visit to observe current programming and client population
- Staff interviews to understand barriers, strengths, and culture
- Review of existing curriculum and service models
- Assessment report with recommendations for integrating expressive arts
- Implementation roadmap (phased approach tailored to your resources)
- Materials list and budget guidance

**Best for:** Programs wanting to start using expressive arts systematically

**Timeline:** 2-3 site visits over 4-6 weeks

**Deliverable:** Written report + 1-hour presentation to leadership



# Staff Training Series

## What it includes:

- Foundational expressive arts training
- Advanced skills training (deep dives into specific modalities such as music techniques, visual arts for trauma processing, drama/role play for conflict resolution, movement and body based approaches)
- Skill-building workshops (hands-on practice with feedback)
- Case consultation (bring real cases, work through challenges together)

**Best for:** Programs wanting to build staff confidence and competence over time



# Curriculum Development

## What it includes:

- Custom curriculum design for your specific services (examples below):
  - Anger management groups with expressive arts
  - Fatherhood programs with creative components
  - Trauma informed individual sessions using arts
  - Peacebuilding circles with collaborative art
- Session-by-session guides with objectives, materials, scripts
- Handouts and worksheets for participants
- Staff training on the curriculum (3-4 hours)
- Implementation support (check-ins during rollout)

Timeline: 6-8 weeks development + 2 training sessions

Deliverable: Binder/digital folder with complete curriculum



# Clinical Consultation

## What it includes:

- Individual consultation for complex cases
- Real-time troubleshooting (email/phone support between sessions)
- Case reviews with clinical recommendations
- Documentation support (how to write about expressive arts in clinical notes)

**Best for:** Programs already using expressive arts but need ongoing expert support

**Format:** Retainer model

**Can include:** Crisis consultation when challenging content emerges



# Program Evaluation & Outcomes Measurement

## What it includes:

- Design evaluation framework for expressive arts programming
- Create measurement tools (pre/post assessments, engagement tracking)
- Data collection protocols that staff can actually use
- Analysis and reporting to funders
- Success stories documentation (case examples, youth testimonials)

**Best for:** Programs needing to prove effectiveness to funders or stakeholders

**Timeline:** Ongoing over 6-12 months

**Deliverable:** Quarterly reports and annual summary for grant applications



# Leadership Coaching

## What it includes:

- One-on-one coaching for program directors/clinical supervisors
- Change management support (how to introduce expressive arts to resistant staff)
- Funder communication strategy
- Strategic planning (where does expressive arts fit in your theory of change?)
- Sustainability planning (how to keep this going long-term)

**Best for:** Leaders championing expressive arts integration

**Format:** Monthly 1-hour calls and email support



# Co-Facilitation & Modeling

## What it includes:

- On-site support and co-facilitation of groups with your staff
- Real-time modeling of techniques, responses, boundary-setting
- Debrief immediately after (what worked, what to adjust)
- Shadowing (staff observe me facilitating, then I observe them)
- Gradual release (I lead → we co-lead → you lead, I support)

**Best for:** Staff who learn by doing and need to see it in action

**Timeline:** 4-8 sessions over 2-3 months



# Investment & Partnership

Anchored Counseling & Consulting offers customized service packages based on your program's size, scope, and goals. Below are general investment ranges to help you plan:

Program Assessment & Integration: \$4,500 - \$7,500

Staff Training Sessions: \$3,500 - \$5,000 (Half-day) \$5,500 - \$8,500 (full day)

Curriculum Development: \$7,500 - \$15,000

Clinical Consultation: \$2,500 - \$4,000/month (Retainer)

Program Evaluation & Outcomes Measurement: \$5,000 - \$10,000

Co-Facilitation & Modeling: \$8,000 - \$15,000

## Payment Options:

Net-30 invoicing | Payment plans available for extended engagements | Sliding scale consideration for small nonprofit organizations | Grant funded payment structures supported



# Next Steps

1

## Organizational Inquiry Form

Begin by completing a brief inquiry form so that we can better understand your program, population services, and implementation goals.

*Scan for form*



2

## 30-Minute Strategic Consultation

Once your form is submitted, you will receive a link to schedule a free 30-minute consultation. During this conversation, we will clarify goals and priorities, identify implementation barriers, explore which services best fit your needs, and discuss scope and investment expectations.

3

## Customized Proposal and Scope of Work

Within 3-5 business days of our consultation, you'll receive a recommended service package tailored to your needs, a detailed scope of work, clear investment breakdown, timeline and deliverables, and payment structure.



# Healing is an Art and a path forward!

Expressive arts are a strategic, evidence based engagement tool that transforms how programs connect, regulate, and retain the people they serve.

If your organization is ready to build programming that is innovative, trauma responsive, and outcome driven, we invite you to begin the conversation.

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