

A LETTER FROM OUR FOUNDERS

the
Hope
Institute

The idea for **The Hope Institute** came about in the Fall of 2020. The pandemic was in full swing, facilities were at their breaking point (as were clinicians), and there were waiting lists ranging from three to six months out for ongoing outpatient mental health services.

The question that had to be answered was, **how do we provide crisis stabilization without continuing to burden a system that is already overburdened?** We couldn't continue sending more people to hospitals, and clinicians didn't have room on their caseloads.

What we have found is that we **can** create a short-term solution to **address suicidality and stabilize those most in need.**

Individuals struggling with suicidal ideation can come to The Hope Institute to reduce suicidal risk, increase hope, and obtain the ability to safely wait for ongoing outpatient care through stabilization. Our approach is unique, as it is based in the **Collaborative Assessment and Management of Suicidality (CAMS)** and **Dialectical Behavioral Therapy (DBT)**, two of the most effective, evidence-based models currently available for treating suicidality.

The Hope Institute provides short-term outpatient care (6-12 weeks) that includes individual counseling as well as intensive outpatient options, offering up to four contact points per week for those most in need. Our team of highly trained clinicians has a proven track record of **reducing suicidal ideation in six weeks or less.**

At The Hope Institute, we are here to make sure that **you are not alone** in your struggles. Our goal is to offer an appointment **within 24 business hours** of referral to provide the life-saving help our client's need.



Derek Lee
CEO, MRC, CRC, LPCC-S,
C-DBT



David Jobes
Ph.D., ABPP, Creator and
Developer of CAMS



Andrew Evans
President & COO of CAMS-Care

Sincerely,

Derek Lee, CEO

David Jobes, Ph.D.

Andrew Evans, COO



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