



Contact: Karen Mess Frashier, APR
kfrashier@mhcinc.org
813-817-4476

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Gracepoint Wellness and Behavioral Health Center Opens in Wesley Chapel Wiregrass Area

(Tampa, Fla.) — Soothing music twining through the gurgle of a water feature greets adults as they enter Gracepoint — a behavioral and wellness counseling center opening this week in the Wesley Chapel Wiregrass area to serve adults, teens and children. The spa-like area encourages visitors to rest, become calm and prepare for their group or personal therapy.

This family-friendly atmosphere is especially helpful for children, who usually need play and stimulation before, and sometimes during, their therapy to get the most from their sessions. Gracepoint hits the right note with children and their parents with a playroom and observation area on the opposite side of its new office.

“Children and adults want to feel better, release stress and banish as much anxiety as possible,” said Dr. Marlene Hart, a board-certified general psychiatrist and winner of the Humanitarian HOPE Award and Provider of the Year from the National Alliance on Mental Illness, Pasco Chapter. “Before we opened Gracepoint, we talked candidly with our potential clients and built everything to suit their wants and needs. Taking care of ourselves — body, mind and soul — is a positive choice. We’re honored to be a source of healing.”

Gracepoint is a new source for wellness and behavioral health services that is buttressed by a full spectrum of services to schools, families and individuals. Its parent company, Mental Health Care, Inc., has been a resource to the Tampa Bay region for more than 60 years.

Gracepoint’s Grand Opening
Wednesday, January 18, at 10 a.m.
2740 Windguard Circle, Ste. 101
Wesley Chapel, Florida 33544

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To celebrate their grand opening, Gracepoint is offering a **free educational seminar**, "Parenting Children with ADHD," February 23, from 6:30 p.m. to 8 p.m., that will address truths and myths about ADHD, along with offering practical advice on positive parenting of an ADHD children. The session will include tips on diet, meaningful dialogue with the child's school, medication and its effects, and handling the parental stress associated with the child's condition. Presenter Gladys Salas is a bilingual licensed clinical social worker, specializing in play therapy and child-centered care. She will address questions in both Spanish and English at this event. **RSVP to 813-239-8526 before Feb. 17** to reserve a space.

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Since it was founded by the Junior League, physicians and dedicated parents in 1949, Mental Health Care, Inc. has pioneered many of the region's innovative behavioral health therapies. Today, 26 psychiatrists and 650 employees assist clients in 32 locations through 45 programs. This team serves more than 270,000 client visits each year. They also manage inpatient units for adults and children in crisis. The mission of this private, non-profit is to educate, advocate and give hope to all people touched by behavioral health and developmental challenges. Soon this mission will expand as the organization launches inclusive behavioral health programs through Gracepoint.