QUICK FACTS

Rise Up Resiliency Center — Olathe, Kansas

MISSION

Our goal is to normalize the counseling experience for all people by providing a non-judgmental therapeutic relationship that empowers individuals, families, and groups to rise up to resiliency.

SERVICES WE OFFER

Individual Adult Counseling • Adolescent Counseling • Trauma Recovery • Grief Counseling • ADHD-Related Support • Family / Parent Support • Group Services

Telehealth (virtual) appointments are also available.

OUR APPROACHES

Person-Centered (Client-Centered) Therapy • Family Systems Therapy • Cognitive Behavioral Therapy (CBT) • Dialectical Behavior Therapy (DBT)-informed skills • EMDR • Trauma-Informed Care • Child-Parent Relationship Therapy (CPRT)

SPECIALTIES

Women's mental health • Adolescent counseling • Trauma • Anxiety • Grief • ADHD-related concerns • Family relationships • Life transitions

OUR APPROACH TO HEALING

At Rise Up Resiliency Center, we believe healing is personal, relationships matter, and everyone deserves a space where they feel heard, understood, and supported.

Our work is rooted in Person-Centered Therapy and Family Systems approaches, recognizing that personal experiences, family relationships, cultural identity, and life circumstances all play a role in emotional wellness.

We integrate evidence-based and trauma-informed approaches, including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT)-informed skills, EMDR, and Child-Parent Relationship Therapy (CPRT), according to each client's needs and clinician qualifications.

We provide compassionate, culturally responsive care that honors your experiences, supports personal growth, and helps you build the tools to move forward.

At RURC, you don't have to have it all figured out to begin healing. We're here to help you rise.

WHO ARE THE PRACTITIONERS?

- Licensed Clinical Professional Counselors (LCPC)
- Licensed Professional Counselors (LPC)
- Master Level Counselors
- Interns

HOW TO SCHEDULE AN APPOINTMENT

- Book online at riseupresiliencycenter.com
- Call (888) 913-7872 • Local: (913) 583-6464 • Fax: (913) 273-4820

RATES

Individual	**$130 / session**
Family	**$150 / session**
Intake	**$150 / session**

PAYMENT OPTIONS

- Cash
- Credit / Debit
- HSA / FSA
- PayPal & Cash App
- Insurance accepted

INSURANCE ACCEPTED

- Aetna
- Cigna / Evernorth
- Blue Cross Blue Shield of Kansas City (Blue KC)
- Blue Cross Blue Shield of Kansas
- UnitedHealthcare / Optum
- Ambetter
- Kansas Medicaid: Healthy Blue and Sunflower

CANCELLATION POLICY

- 24-hour notice required
- Late cancellations = full session fee charged
- Session fees are due before the session

IF YOU ARE IN CRISIS

Call 911 | Text or call 988 (Suicide & Crisis Lifeline) | Johnson County Mental Health Crisis Line
(RURC does not offer 24-hour services.)

LOCATION

MAIN OFFICE: 2140 E Santa Fe St, Olathe, KS 66062
VIRTUAL — Telehealth (virtual) services also available.

OFFICE HOURS

- Monday to Friday: 9 AM – 8 PM
- Saturday: 8 AM – 1 PM
- Closed on Sundays