



"Peace is within my reach"

Creating Changes That Last

Uncover your true potential and lead life worth celebrating!



Who We Are

About Us

Innovative Supportive Services, LLC is a mental health agency. We are committed to providing therapeutic services for **children, adolescents, adults, couples, and families**. We offer flexible and convenient hours, including weekends. **Please email referrals to info@isscounseling.com.**

Our Staff

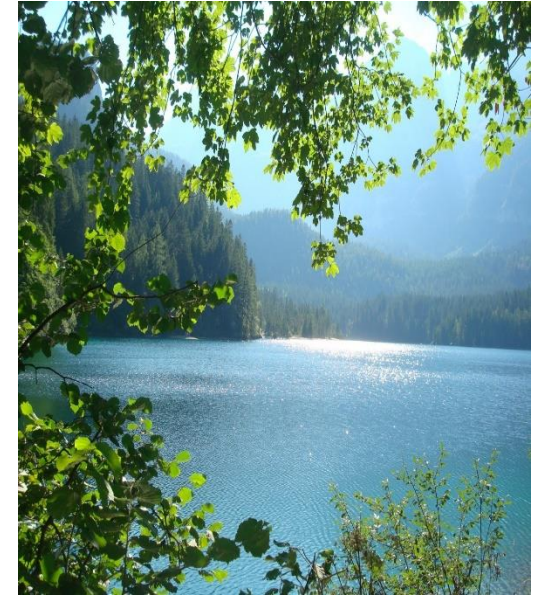
Yemisi T. Abiona, LCSW, LCADC
Aakhirah S. Lewis, MS, LPC, HS-BCP

Professional Affiliations

American Psychological Association
American Counseling Association

Contact Us

Innovative Supportive Services, LLC
350
Springfield Avenue,
Suite#200
Summit, NJ
07901




Innovative Supportive Services LLC
INNOVATIVE SUPPORTIVE SERVICES, LLC
 350 SPRINGFIELD AVE, SUITE #200
 SUMMIT, NJ 07901
 (908) 444-2525
 WWW.ISSCOUNSELING.COM

"Making treatment accessible and relevant to the world"

Counseling & Psychotherapy for Children, Adolescents, Adults, Couples, and Families



“Breathe, and breathe again”

Our Mission

Innovative Supportive Services, LLC

Our mission is to provide professional and the highest quality behavioral healthcare services to the community using a broad range of treatment modalities. Our goal is to restore hopefulness.

Treatment Approaches

- Cognitive Behavior Therapy (CBT)
- Solution Focused Brief Therapy (SFBT)
- Person-Centered Brief Therapy (PCBT)
- Acceptance and Commitment Therapy (ACT)
- Motivational Interviewing (MI)
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Dialectical Behavior Therapy (DBT)
- Rational Emotive Behavior Therapy (REBT)
- Mindfulness

Individual Therapy/Family Therapy

- One-on-one therapy
- Family therapy
- Supportive and confidential environment
- Explore feelings, beliefs, and behaviors
- Focus on strengths and goal setting



“It is our role to respect your values and goals, while being authentic and objective throughout the therapeutic process”

Adolescents

- Feeling understood and respected
- Dealing with social pressures
- Sorting through confusing emotions
- Finding healthy ways to cope
- Having someone to talk to



“Tranquility”

Through counseling and psychotherapy, individuals can receive emotional support to assist them working through difficult challenges, conflicts with others, understanding feelings, and setting personal goals.

Our Services

- Intensive In-Community Therapeutic Services
- Needs Assessments
- Crisis Intervention
- Depression
- Anxiety
- Alcohol/Drugs
- Sexual Assault
- Anger Management
- Sexual Orientation
- Relationships
- Adolescent Issues
- Divorce
- Blended Families
- Body-Image
- Self-Esteem
- Grief
- Helplessness