

Prevention and Community Services

SAY - Social Advocates for Youth

SAY SCHOOL-BASED PROGRAM

Bellefaire JCB's SAY – Social Advocates for Youth is a program that was developed to help prevent and reduce the use of alcohol and other drugs, and to decrease the incidence of social and behavioral health problems such as teen violence, depression and suicide. SAY services also provide support to teens and their families who are experiencing difficulties with the inherent tensions of adolescence. Services are built upon evidence-based principles of prevention.

SAY is a grant-funded program and there is no cost to teens and their families in the identified communities. School staff, parents, students or local police departments in conjunction with their juvenile diversion programs, can initiate referrals for service. Since 1999, SAY has received funding from a variety of sources including the Ohio Department of Mental Health and Addiction Services (OhioMHAS), Ohio Department of Education, Substance Abuse & Mental Health Services Administration (SAMHSA), Drug Free Community grants, and Alcohol, Drug Addiction and Mental Health Services Board (ADAMHS) of Cuyahoga County.



SAY High School Students Volunteering at The Cleveland Foodbank

SAY provides prevention and early intervention services for high school students in the following school districts:

- Beachwood
- Chagrin Falls
- Cleveland Heights-University Heights
- Mayfield
- Orange
- Shaker Heights
- Solon (*Middle school only*)
- South Euclid-Lyndhurst

Bellefaire JCB SAY master's level social workers and counselors are located in the schools where accessibility to students is the greatest. Working in cooperation with school administration, counselors and teachers, SAY services include, but are not limited to the following:

- Consultation with teachers, school counselors and administrators
- Providing prevention information and education in individual, group and class settings
- Screening for substance abuse, depression and other risk behaviors
- Brief intervention and support to individuals and families
- Student groups dealing with topics such as social skills development, anger management, grief and loss and peer counseling
- Parent education groups
- Collaboration with school staff, parent groups and police departments on educational programs with a focus on prevention

SAY COALITION

The SAY Coalition reaches beyond the schools and into the communities to support existing prevention programs and new initiatives that aid in strengthening families and youth. The Coalition consists of schools, parents, youth, health professionals, law enforcement, those working in the judicial system, business professionals, elected officials, and religious and community leaders.

To maximize our mission to strengthen families and youth, the SAY Coalition offers the programs listed below. Additionally, it offers an annual Youth Forum for middle school students and mails Your Teen Magazine to families in the SAY school districts. Parent education seminars and opportunities for professional continuing education are also provided and are free and open to the public.

SAY Student Leadership Council*

The SAY Student Leadership Council brings students together from area high schools to develop leadership skills, learn how to make healthy decisions and choose a positive path. Students meet monthly at Bellefaire JCB to discuss teen issues, plan and participate in volunteer activities and promote events that support healthy adolescent behavior.

SAY Summer Leadership Institute*

SAY Summer Leadership Institute is a three-week program in the summer that offers students the opportunity to cultivate leadership skills through community service. The institute is an interactive program in a fun and relaxed environment. Students participate in activities and hear speakers that are targeted to enhance the knowledge and awareness of healthy teen behaviors. The students also begin exploring positive messages they feel are important and how to convey these messages to their peers.



SAY Parent Roundtable

The SAY Parent Roundtable is a group of parents who meet monthly to discuss teen issues, promote parent education and community events, and provide guidance and support in connecting to teens in positive and healthy ways. The committee's mission is to strengthen the relationship between parents and youth as well as the connection to their school and community.

SAY Collaborative Group

This group is comprised of professionals from organizations across northeast Ohio who meet quarterly at Bellefaire JCB to share information, resources and ideas with the purpose of supporting healthy families, youth and strengthening communities.

* *The mission for the SAY Leadership Programs is to enhance youth's knowledge, awareness and ability to make healthy decisions. Development of leadership skills and involvement in community service work are proven to be protective factors for young people. Community service hours are provided for participation in any SAY Leadership program.*

**Bellefaire JCB**

for excellence... for wellness... for children

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SAY
SocialAdvocatesforYouth
A Program of Bellefaire JCB

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Bellefaire JCB is accredited by The Joint Commission, has Hague Accreditation through the Council on Accreditation, and has commendation from the Ohio Step Up to Quality System. It is licensed by the Ohio Departments of Job and Family Services and Mental Health. It is certified by the Ohio Department of Mental Health and Addiction Services (OhioMHAS) and Ohio Department of Developmental Disabilities, and chartered by the Ohio Department of Education.