



The Lorain County office provides a variety of outpatient, in-home and school-based treatment, including many of the services that are offered in Cuyahoga County.

## OUTPATIENT SERVICES

### Outpatient Therapy

Bellefaire JCB mental health professionals provide individual, family and group counseling. Using modern, evidenced-based practices, treatment plans are tailored to the specific needs of each client and family. Commonly addressed problems include:

- Parent-child conflicts
- Attention deficit-related disorders
- Oppositional behaviors
- Problems with mood, anxiety or motivation
- Victimization from sexual or physical abuse or neglect
- Aggression
- Adjustment to stressors

### Psychiatry Services

Ongoing outpatient psychiatry services are available for children and adolescents in need of medication to address mental health diagnoses. Psychiatry services include a complete psychiatric evaluation followed by ongoing psychiatry appointments.

## SCHOOL-BASED SERVICES

### Counseling

Bellefaire provides ongoing individual, family and group counseling in schools, allowing children and families to access behavioral services in a familiar, convenient setting. Teachers and other school staff are encouraged to provide frequent and direct input into treatment planning and interventions.

### Consultation/Education/Prevention

School-based consultation services allow mental health counselors to provide targeted behavioral interventions in schools. Services include consultation with parents and school staff; student observation; and participation in meetings related to youth, their functioning, and the impact their mental health issues have on the academic setting.

Bellefaire also facilitates groups for students, parents and school personnel on topics such as conflict resolution, grief recovery, anger management, divorce/separation, social skills, self-esteem, and coping with depression. Workshops for teachers and staff include managing mental health challenges in the classroom, de-escalating behaviors on the school bus, and designing behavioral interventions to deal with issues such as impulsivity and attention deficit behaviors.



## **SUBSTANCE ABUSE/MENTAL HEALTH TREATMENT**

### **Co-occurring Integrated Treatment**

Best practice research shows that providing combined mental health and substance abuse counseling is the most effective treatment for adolescents with co-occurring disorders. Our master's degree level counselors are dually trained/licensed in mental health and substance abuse treatment and provide individual and family counseling, group counseling, crisis intervention and case management services, which include linkage and advocacy with school, courts and other community resources. Held in the family's home or in the community, counseling sessions often include the entire family system to help adolescents heal.

### **Healthy Moms, Happy Families**

At Bellefaire, we understand that having a baby can be an overwhelming experience and that it is normal to feel conflicted. Approximately 10-15 percent of women, however, experience depression during pregnancy or in the first year after giving birth. Undiagnosed/untreated maternal depression can lead to chronic depression in mothers and have negative, lasting effects on the children. Our services are designed to meet the unique needs of moms-to-be and new moms who may be experiencing signs of stress, anxiety or depression. Offering a range of treatment options, our licensed counselors and therapists specialize in teaching women ways to cope with these feelings, manage family conflicts, and use local resources.

### **After School Program**

Bellefaire JCB's After School Program provides intensive group counseling to children ages 6-14 by licensed mental health clinicians with training and experience in child and family counseling. Children referred to the program must meet defined clinical criteria and demonstrate at least minimal ability to participate in group treatment.

## **IN-HOME SERVICES**

### **Intensive Home Based Treatment**

Intensive Home Based Treatment (IHBT) services are provided for children, youth and families. Clients are typically in the program for three to six months, receiving two to four hours of service per week. Afterwards, they are transitioned to less intensive outpatient care in the community in which they live. The program uses a multi-systems approach to help families creatively solve their problems and includes interventions for family preservation, cognitive behavioral therapy and wraparound services.

While working on family issues, the IHBT counselor coordinates services with the courts, schools, peers, therapists and other interested parties. The goal is to empower the family to help the youth operate functionally and safely within the community. The program includes:

- In-home assessment
- Individual and family therapy
- Collaboration with other professionals
- Ongoing consultation and monitoring
- Aftercare planning