



*Bellefaire JCB's Summit County office provides a variety of outpatient, in-home and group 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.

## FAMILY COUNSELING PROGRAM

The **Parents and Children Together (PACT)** family counseling program provides intensive counseling services to families who are experiencing stress due to many factors including those identified below.

- There may be a child or teen who is experiencing social or emotional problems such as ADHD, depression or anxiety.
- A family may be overwhelmed with financial, housing and childcare responsibilities.
- A child may be acting out with aggression or have self-control problems.
- A family may have experienced a trauma, separation or loss.
- A child may be struggling with school problems, juvenile court involvement or conflicts within the neighborhood.
- Parents may be frustrated and/or tired of trying to deal with problems on their own.

Our program supports children and adolescents in coping with mental health diagnoses and help parents to understand and manage their child's emotional and behavioral problems. We train parents and youth in improving effective communication skills through:

- Anger management
- Conflict resolution
- Stress/anxiety management
- Improving self esteem

The PACT team advocates with schools, juvenile courts, community agencies and other mental health professionals. We refer families to community resources, mental health services and positive social and recreational activities.



## AFTER SCHOOL PROGRAM

Bellefaire JCB's After School Program is intensive group counseling offered to children ages 6-13 and facilitated by licensed mental health clinicians who have training and experience in child and family counseling. Children who are referred to the program must meet defined clinical criteria and must demonstrate at least minimal ability to participate in group treatment.

Clinical issues address include, but are not limited to:

- Coping Skill Development
- Anger Management
- Impulse Control Development
- Feelings Identification and Verbalization
- Communication Skill Development
- Interpersonal Skill Development
- Self-Esteem
- Trauma and Crisis

Funded by Medicaid (including Buckeye Community Health Plan, CareSource, Molina Healthcare of Ohio, Paramount Advantage and United Healthcare Community Plan of Ohio), the After School Program runs year-round, Monday through Friday, with the exception of holidays, four quarterly breaks for staff training, and one week in December. Group hours during the school year are 4-6:35 p.m. and in the summer group hours move to 9:30 a.m.-1:15 p.m. The transition dates between sessions are based on local school calendars and vary from year to year. Children attend the program on their designated days.

The program will provide limited transportation to Bellefaire JCB's location, where groups are held, throughout Akron. Routes are approximately one hour in length prior to and after the group. Parents are required to be at home when their children are dropped off. During the academic year, children are generally picked up from their school.

**Questions regarding transportation? Please call 234.208.4320.**



## 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.

*For all intakes, please call 800.879.2522 or email [Intake@bellefairejcb.org](mailto:Intake@bellefairejcb.org).*