Bellefaire JCB



Residential services are provided at Bellefaire JCB's 32-acre campus in Shaker Heights, a suburb of Cleveland, Ohio.

Intensive Treatment Unit (ITU)

Short-term Residential Care

For youth 11 through 17 with acute crises and/or prolonged and pervasive behavioral problems, Bellefaire JCB offers two self-contained, co-ed, LGBTQ+ friendly units in a safe, secure setting where their path toward healing can begin. Bellefaire specializes in intensive dialectical behavior therapy (DBT)—a cognitive behavioral treatment approach that emphasizes the development of four skill sets: mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance.

The ITU provides a short-term therapeutic setting for youth who have:

- Significant mental health and psychiatric needs
- Demonstrated self-injurious, risk-taking and aggressive behaviors
- Co-occurring mental health and substance abuse
- Broad IQ ranges, including those lower than 70
- Experienced trauma and abuse
- Attachment issues
- Borderline personality traits

Program Highlights

- **Assessment and diagnosis**
- **Weekly Individual and family therapy**
- **Partial hospitalization and group therapy**
- **Day treatment and DBT skills training**
- **Direct care staff-to-client ratio 1:3**
- **Fully accredited educational programming**
- **Nursing, dental, and pediatric medical care on campus**
- **Medication management**
- **Chemical dependency assessment and treatment**
- **Individual Treatment Plans**
- **Individualized Crisis Support Plans**
- **Dialectical Behavioral therapy (DBT) integrated into all aspects of treatment**

Our Team

Our multidisciplinary treatment team includes:

- **Advanced-degreed mental health and dually trained clinicians**
- **Board certified Child and Adolescent Psychiatrists**
- **Registered Nurses and LPNs**
- **Licensed social workers and counselors**
- **Board-certified behavior analysts**
- **Nursing, dental and pediatric care on campus**

For more information or to make a referral, please call 216.320.8502 or 800.879.2522, or email admissions@bellefairejcb.org.



Treatment Approach

An Individualized Treatment Plan is developed and services are prescribed to target skill development and generalization. Acceptance and change strategies are used to increase client's motivation for treatment.

Clients will participate in individual psychotherapy, group psychotherapy, day treatment/skills training, and therapeutic behavioral support services. Client's in need of SUD treatment are provided an assessment and SUD services are prescribed based on the ASAM level of care.

Family and Visitation

At Bellefaire, we consider families to be an important part of the treatment team. Families are encouraged to visit weekly, attend family therapy as prescribed, and attend the weekly multi-family skills group, all of which can be done virtually. Families will learn the skills to improve treatment outcomes and support skills generalization upon discharge.

Sample Schedule:

7:30am: Wake-Up, Hygiene, School Preparation

8:30am-2:45pm: School

2:45pm-5:20pm: Skills Training

5:20pm-6:30pm: Independent Choice Activity: Yoga, Mindfulness Practice, Chess Club, Gardening Group, Journaling Club

6:30pm: Dinner, Quiet Time, and Chores

7:15pm: Evening Programming, Phone Calls

9:00pm: Bedtime

Bellefaire JCB

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