



Intensive Treatment Unit



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

Intensive Treatment Unit

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 units in a safe, secure setting where their path toward healing can begin. Based on a level system that rewards positive behavior, our highly individualized treatment services give youth the skills and support they need to overcome a range of emotional, behavioral and mental health challenges.

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
- A need for LGBTQ supports
- Been victims of human trafficking

PROGRAM HIGHLIGHTS

- Assessment and diagnosis
- On-campus staff psychiatry and psychological evaluation
- Weekly Individual therapy
- Partial hospitalization and group therapy
- Direct care staff-to-client ratio 1:3
- Fully accredited educational programming
- Cognitive Behavioral Therapy residential milieu
- Nursing and well-child care on campus
- Medication management
- Chemical dependency assessment and treatment
- Individual Service Plans
- Individual Crisis Management Plan

OUR TEAM

Our multidisciplinary treatment team includes:

- Dually-trained licensed mental health/AOD clinicians (with Co-occurring Integrated Treatment programs)
- Child and adolescent psychiatrists and psychologists
- Case managers
- Master-degreed licensed therapists
- Registered nurses
- Advance-degreed residential supervisors
- College-degreed residential staff

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



PARTIAL HOSPITALIZATION/GROUP THERAPY

Individualized group therapy helps clients build strong coping skills, as well as target specific treatment needs. Partial Hospitalization (intensive group therapy) groups cover a broad range of therapeutic topics in a variety of formats to support the differences in learning styles and interests of our clients.

Clients participate in daily small group therapy based on individual needs and assessment. Facilitated by licensed therapists, more than 25 different PH and counseling groups are offered each cycle. Group therapy services are designed to teach new skills, practice social interaction and support clients in making treatment gains.



FAMILY AND VISITATION

At Bellefaire, we consider families to be an important part of the treatment team. Families may also receive family therapy from their child's individual therapist. Residential staff work with families to plan and promote visitation, as well as advise parents on the communication and de-escalation techniques that work best for their child.

Sample Cottage Schedule:

Wake-Up, Hygiene, Shower, School Preparation

Breakfast, Medication, Make Bed, Clean Room

School

Lunch Groups

School

PH, Group Counseling, Activities

Independent Choice Activity

Dinner, Quiet Time, Chores

Evening Programming, Phone Calls

Snack

Lights Out