



## Every child deserves the chance to thrive. *And Beech Brook is here to help.*

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### Our Mission

Helping children and families thrive by promoting healthy child development, strengthening the ability to overcome adversity, and enhancing family health and stability

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### School and Community-Based Services

**School-Based Mental Health Services** – Consists of two programs, School-Based Therapy and REACH. Therapists and clinical behavioral specialists work with children to address mental or behavioral problems that are getting in the way of learning. Includes individual and family counseling, support groups, parent support and education, and linkage with community resources. School-based services are provided in Cuyahoga, Summit, Lorain, and Geauga counties.

- **School-Based Therapy** – Licensed clinicians work with school systems to identify youth with mental health or behavioral issues that are impacting a youth's success through individual, family, or group counseling, consultation, and case management.
- **REACH – (Releasing Excellent Alternative Community Help)** - In schools, homes, and the community, mental health professionals help children and families learn critical life skills, such as recognizing and labeling their feelings, conflict resolution, and anger management.

**College Success Connection** – A partnership between Beech Brook, College Now and Say Yes Cleveland, this service provides mental health services to scholarship students at any Ohio college or other post-secondary education program at no cost to participants.

**SAFE – (Successful Alliance for Family Engagement)** – Support and wraparound services for children with serious mental health issues helps them live safely in families and in the community (also part of the Cuyahoga County Tapestry System of Care).

**Outpatient Mental Health Services** – Therapy is provided for children, teens and their families through Beech Brook's Outpatient Mental Health Clinic. Services include mental health assessment, safety and treatment planning, individual and family counseling, and access to psychiatric services.

**Behavioral Health Respite Program** – Vital support to families with children under the age of 21 who are enrolled in OhioRISE and managing behavioral or mental health challenges. Providers coordinate and deliver respite care tailored to the needs of individual families by engaging with children at home or within the community, supporting their participation in daily activities, and providing transport as needed.

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## Early Childhood Services

- **In-Home Mental Health Services** - Home-based therapy and early intervention for children ages 0-5 who are struggling with emotional, behavioral and/or developmental challenges
- **Childcare Consultation** - Training and site-based consultation for childcare centers to help provide resources, strategies and support teachers to preserve childcare placements. Assistance is also provided to identify and refer children with behavioral problems and/or developmental challenges to prevent expulsion from childcare centers. Serves children age 0-12.
- **CPP (Child Parent Psychotherapy)** - Therapy and support for families with children 0-5 who have experienced trauma to assist with developing and strengthening parent/caregiver relationships and heal from the trauma together. The sessions address trauma symptoms through play and interaction between the parent/caregiver and child. Sessions occur in three phases: foundation, play-therapy, and closure.

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## Foster Care/Adoption

- **Levels 1-3** - Foster care for troubled children and teens who have been removed from their homes because of abuse and neglect, exposure to violence or parental drug and alcohol addiction
- **Levels 4-5** - Strength-based therapeutic foster care for children and teens stepping down from or at risk of residential treatment because of serious emotional and behavioral challenges
- **Bridges** - Supportive services, including case management and housing, for youth aging out of foster care (at age 18) to help them successfully transition into adulthood
- **Adoption** - Foster-to-adoption assistance for families who choose to adopt their foster children

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## Education, Prevention and Early Intervention

The Family Center, located in the Central Neighborhood in Cleveland, is the hub of our education, prevention and early intervention services where families come for classes, resources and support.

### Parenting Support

- **Anger & Stress Management** - Classes provide parents with the tools they need to recognize the underlying causes for their anger and learn to manage their feelings in a healthier way at home and in their everyday lives.
- **Connect© Parenting Group** - An evidence-based 10-week group program for foster parents of pre-teens and teens who struggle with significant behavior problems and mental health issues. Connect© focuses on helping parents understand the core components of secure attachment and how that impacts teens during this phase of their development.
- **Fathers' Groups** - Interactive classes that provide education, support, resources, and referrals, just for dads. Topics include: the role of the father, positive communication, child development, child support, and more.
- **Healthy Relationships** - A 4-week series designed to strengthen communication and build nurturing connections for parents and families.
- **Nurturing Parenting** - Family-centered, trauma-informed curriculum that builds parenting skills and good child-rearing practices to prevent abuse and neglect.
- **Parent Café** - Provides parents with a chance to relax, make friends, and share worries and concerns with other parents during this 4-week long program held on Friday evenings. Dinner and childcare are included. Topics are decided upon by the participants themselves.

- **Parenting Classes** – Programs and classes to strengthen families by helping parents/caregivers understand their children at various developmental levels and improve discipline and communication.
  - **S.T.E.P.S. – (Security, Touch, Eyes, Play and Sound)** – Classes where parents learn to influence early brain development and stimulation through purposeful play and interaction with their infants and young children ages 0-5 years of age.
  - **Supportive Visitation** – Coaching for parents to support positive interactions during supervised visitation for both parent and child when children have been removed from their home.
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## Education & Supportive Services

- **Sexual Abuse Prevention Program** – A series of evidence-based/evidence-informed, age appropriate, lessons for students in K-5. Programming covers body safety (in the home, community, & school), safe and unsafe touches, self-protection skills and stranger safety. Uses the *Fight Child Abuse* (SB288 approved programming) and *Body Safety Training* curriculums.
  - **Comprehensive Sex Education** – Evidence-based, inclusive, medically accurate, age-appropriate curriculum for students in grades 5-12, including refusal skills and healthy decision-making, reproductive health and development, pregnancy and STD/HIV prevention, social and emotional development, healthy and unhealthy relationships, consent, and personal safety.
  - **Family Drop-In** – Drop-in hours for people in Cleveland’s Central Neighborhood with an immediate need to provide support and referrals for additional help.
  - **Health and Wellness** – Assessments, education and client-specific coaching help parents and children improve their physical health and well-being.
  - **HIV Prevention Programming** - Three evidence informed, medically accurate lessons for youth in grades 8-12. Lessons increase knowledge and awareness of HIV and focus on transmission, testing, prevention, and treatment.
  - **PAR (Police-Assisted Referrals)** – A program offered in cooperation with the Cuyahoga Metropolitan Housing Authority (CMHA) Police and other social service providers for CMHA residents support the child and family when police are called to prevent further acts of violence.
  - **Stewards of Children** – An adult-focused 2.5-hour training teaches adults to prevent, recognize, and react responsibly to child sexual abuse. Adults learn practical actions to reduce instances of child sexual abuse in their organizations, families, and communities.
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## Locations

Headquarters • 13201 Granger Rd., #8 • Garfield Heights, Ohio 44125  
Family Center • 6001 Woodland Ave., 2<sup>nd</sup> Floor • Cleveland, Ohio 44104

[www.beechbrook.org](http://www.beechbrook.org) • 216.831.2255 • 877.546.1225

To make a referral or for more information:

**Contact us at [info@beechbrook.org](mailto:info@beechbrook.org)**

Scan this QR code to visit our website:

