Overview of Beech Brook Programs

Campus-Based Treatment

Residential Treatment – 24-hour treatment and support program for children and teens struggling with severe emotional and behavioral problems, including Juvenile Court-involved youth with co-occurring diagnoses

Day Treatment – campus-based therapy, support and education for children and teens, often used to help youth make the transition from residential treatment to community living

Intensive Treatment Unit – 24-hour locked unit providing immediate intervention and stabilization for children and teens in crisis, with stays ranging from just a few days up to 30 days; often used as an alternative to or step down from psychiatric hospitalization

Partial Hospitalization – intensive group therapy program to help children and teens develop the skills they need to return to their homes and community schools

Education and Prevention

Family Health Programs

- Family Drop-In Center Parenting Classes – classes to strengthen families by helping parents/caregivers understand their children at various developmental levels and improve discipline and communication; includes groups for teen parents, fathers, recovering parents and anger management

- Seminars for Divorcing Parents – educational program to help parents support their children through the stages of divorce, including training in age-appropriate responses and identifying children at risk

- Family Drop-In Center – anger management, parent education, resources and referrals for parents in Cleveland’s Central Neighborhood

- Comprehensive Sex Education – abstinence-based, age-appropriate curriculum for students in grades 4-8; includes goal-setting, development, self-esteem, prevention and emotional issues related to sexuality

- Moms and Mentors – mentoring, education, support and activities for pregnant teens and young mothers ages 17-21 who are in foster care or have recently aged out of foster care

- North Coast Academy – life skills training for students at this alternative credit recovery high school, including anger management and parenting for teens with children

- Anger Management – provides parents with the tools to better manage their anger, not only as it relates to their children, but also day-to-day stress triggers. Anger management is also taught to children and teens.
• **Homeless Prevention Program** – case management and referral services for families with children who live in Famicos low-income housing units

**PREP (Personal Responsibility Educational Program)** – a “train the trainer” program focused on teaching a responsible sexual behavior curriculum for staff who work with youth in residential treatment setting, foster care and juvenile detention centers in Ashland, Richland and Medina Counties

**STRIDE** (Skill Building, Teaching, Role Modeling, Independence, Development and Empowerment) – mentoring program that provides role models for at-risk youths to help increase stable home or foster care placement stability & reduce risk of out of home placement. Mentors provide emotional support, build trust and develop positive, healthy interests

### Homes for Children and Teens

**Foster Care**

- **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
- **Level 4** – 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

**Adoption** – adoption services for older children and teens, sibling groups and those traumatized by abuse, neglect and multiple placements. Waiting family and foster-to-adopt assistance for families who choose to adopt their foster children.

**Passages to Independence** – provides older foster teens with the skills and support needed to transition from county custody to life on their own. Groups also treat clinical issues that may interfere with successful emancipation and provide teens with the practical tools needed to face the demands of independent living.

### Community-Based Treatment

**Outpatient Mental Health Services** – therapy and support services for children, teens and their families through Beech Brook’s Outpatient Mental Health Clinic, including individual and parent counseling, mental health assessment, safety and treatment planning, and access to psychiatric services

**Early Childhood Services**

- **Outpatient Mental Health Treatment** – Office-based therapy for children ages 3-6 who have behavioral and/or developmental issues
- **In-Home Mental Health Services** – Home-based therapy and early intervention services for children ages 0-5 who are struggling with emotional, behavioral and/or developmental challenges
- **Child Care Consultation** – training and site-based consultation for child care centers to help identify and refer children with behavioral problems and/or special developmental challenges
- **LIFT (Learning and Intervention for Families in Transition)** – early intervention services, including social skills, positive reinforcement and child development for children ages 0-5 and their families while they are living in transitional housing shelters
- **PCIT (Parent Child Interaction Therapy)** – live coaching to parents/caregivers provided in a 12-14 week treatment program focused on improving parent-child interactions and promoting positive behavior.
Family Preservation – short-term, in-home therapy and crisis intervention services to stabilize and support the family when a child is at risk of an out-of-home placement because of severe emotional or behavioral problems; available 24 hours a day/ seven days a week

School-Based Mental Health Services – mental health support and services for struggling with emotional and behavioral issues in school; includes individual and family counseling, support groups, parent support and education, and linkage with community resources

REACH – (Releasing Excellent Alternative Community Help) - mobile Community Psychiatric Support Treatment assistance to emotionally and behaviorally troubled children, teens and their families in schools, homes and neighborhoods

Therapeutic Tutoring – a program to help improve the reading skills of students involved in Beech Brook’s Bedford Heights School-Based Mental Health Program

SAFE – (Successful Alliance for Family Engagement) – support and wraparound services for children with serious mental health issues to help them live safely in families and in their communities; part of the Cuyahoga County Tapestry System of Care

Outpatient Drug and Alcohol Services – drug and alcohol services for the ACT Team and select Residential Treatment clients (certified by the Ohio Department of Alcohol and Drug Addiction Services)

ACT Team – (Assertive Community Treatment for Transitional Youth) – community-based treatment and support for youth and young adults (ages 16-25) who have ongoing mental health issues to help them make the transition into adulthood and independent living

Lorain County Programs

Outpatient Mental Health Services – therapy and support services for children, teens and their families, including individual and parent counseling, mental health assessment, safety and treatment planning, and access to psychiatric services

Intensive Home-Based Treatment – immediate, short-term and intensive mental health treatment and support services for children or teens returning from an out-of-home stay or at risk of placement in a residential treatment program or psychiatric hospital

Youth Crisis Program - a partnership with Lorain County Emergency Stabilization Services to respond to children, adolescents and families struggling with acute mental health crises; also serves as a resource for linking families with ongoing mental health care, with the hope of preventing future crises

Mental Health Court – on-site consultation with Mental Health Court staff to address mental health issues of adjudicated youth in Lorain County; linkage to community resources for youth and families

Assessment for Youth in Detention Centers – risk assessment for youth deemed at risk or in crisis in the juvenile detention home to determine what safety precautions are required to keep them safe while in detention; collaboration with detention home staff to implement strategies to manage mental health issues while youth are living in the detention home

School-Based Mental Health Services – mental health support and services for children struggling with emotional and behavioral problems in school

REACH – (Releasing Excellent Alternative Community Help) - mobile Community Psychiatric Support Treatment assistance to emotionally and behaviorally troubled children, teens and their families in schools, homes and neighborhoods

Caring for Children Who Have Experienced Trauma – an eight-week workshop designed to give parents the tools they need to help their children overcome the devastating emotional impact of a traumatic experience that can
seriously affect their healthy development and ability to function successfully

**STRIDE** (Skill Building, Teaching, Role Modeling, Independence, Development and Empowerment) – mentoring program that provides role models for at-risk youths to help increase stable home or foster care placement stability & reduce risk of out of home placement. Mentors provide emotional support, build trust and develop positive, healthy interests

**Summit County Programs**

**Outpatient Mental Health Services** – outpatient counseling for children and teens struggling with emotional or behavior problems

**School-Based Mental Health Services** – mental health support and services for children struggling with emotional and behavioral problems

**REACH – (Releasing Excellent Alternative Community Help)** - mobile Community Psychiatric Support
Treatment assistance to emotionally and behaviorally troubled children, teens and their families in schools, homes and neighborhoods

**Lucas County Programs**

**School-Based Mental Health Services** – mental health support and services for children struggling with emotional and behavioral problems

**REACH – (Releasing Excellent Alternative Community Help)** - mobile Community Psychiatric Support
Treatment assistance to emotionally and behaviorally troubled children, teens and their families in schools, homes and neighborhoods

**Geauga County Programs**

**School-Based Mental Health Services** – mental health support and services for children struggling with emotional and behavioral problems in school

**REACH – (Releasing Excellent Alternative Community Help)** - mobile Community Psychiatric Support
Treatment assistance to emotionally and behaviorally troubled children, teens and their families in schools, homes and neighborhoods