

Counseling and Community Services

Outpatient Services

Youth and Family Counseling, Psychiatry and Psychological Evaluations



Counseling

Bellefaire JCB has a long tradition of providing effective outpatient and community-based behavioral health and substance abuse counseling in Northeast Ohio. Working continually to remain flexible and responsive, our services are designed to help meet the changing needs in our community. Available for youth and their families, all services can be paid through Medicaid, limited commercial insurance providers or self-pay. Outpatient therapy is provided by masters level, licensed professionals with training and experience in child and family counseling. Counselors working with substance abuse or co-occurring issues are mental health/addictions dually-licensed.

Therapeutic services address acute signs of behavioral/mental health symptoms and substance abuse disorders including those highlighted below. Individualized treatment plans are developed that meet the specific needs of each child and family.

Behavioral and Mental Health

- Parent-child or child-sibling relations
- Oppositional behaviors
- Depression, anxiety, self-esteem
- Sexual or physical abuse
- Teen dating violence
- School-related issues including bullying
- Life changing events including divorce
- Grief, loss or trauma
- Aggression or stress management
- Attachment disorders
- Adoption and foster care adjustment issues
- Attention deficit-related problems

Alcohol, Drug and Co-occurring Mental Health/Substance Abuse

In addition to the counseling services described above, Bellefaire has a program dedicated to assisting youth engaged in substance abuse. After assessment, services include:

- Individual, group and family therapy
- Case management and discharge planning
- Support for sustained sobriety and relapse prevention
- Linkage to community-based recovery programming

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.

Psychological Evaluation

Psychological testing can be helpful in determining the sources of emotional and behavioral issues and identifying effective treatment strategies. All psychological testing sessions are performed by, or under the direct supervision of, licensed psychologists. Commonly addressed issues include:

- Determining the presence or absence of a specific mental health condition
- Assessing cognitive abilities and IQ
- Determining the level of academic skills
- Screening for learning disabilities and level of functioning
- Determining how personality factors are affecting behavioral and emotional functioning
- Specific assessments for ADHD, trauma, developmental disabilities and Autism Spectrum Disorders



While the number of office visits required to complete a psychological evaluation varies with each client, most evaluations are accomplished in two or three office visits, lasting one to two hours each. Following completion of the evaluation, parents are invited back to the agency for a complete discussion of the results and recommendations.

Outpatient Locations

Bellefaire JCB has two convenient locations where our outpatient services are provided. Our 32-acre main campus in Shaker Heights provides a convenient location for clients and their families who find it easy to see our counselors and psychiatrists on the east side of Cleveland. Our office in the Carl B. Stokes building near downtown Cleveland is accessible from I-77, I-480 and I-90. All other services are delivered in the community.

Locations:

1. Main Campus
22001 Fairmount Boulevard, Shaker Heights
2. Carl B. Stokes Social Services Mall
6001 Woodland Avenue, Cleveland




Bellefaire JCB

for excellence... for wellness... for children

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Bellefaire JCB is accredited by The Joint Commission, has Hague Accreditation through the Council on Accreditation, and has commendation from the Ohio Step Up to Quality System. It is licensed by the Ohio Departments of Job and Family Services and Mental Health. It is certified by the Ohio Department of Mental Health and Addiction Services (OhioMHAS) and Ohio Department of Developmental Disabilities, and chartered by the Ohio Department of Education.