

# Counseling and Community Services

## In-home Family Counseling Services

At Bellefaire JCB, we reach beyond our campus to pursue our mission of providing children with excellent care, treatment and advocacy. Through our community-based In-home Family Counseling services, we provide several programs that assist families in dealing with and resolving stress while strengthening the family unit from the inside out. It is our philosophy that children and teens respond best when treated in a familiar environment that allows parents, siblings, guardians and teachers to comfortably participate and collaborate.

### Family Counseling Program

The Parents and Children Together (PACT) Family Counseling Program provides intensive counseling services to families who are experiencing stress due to many factors including those identified below.

- There may be a child or teen who is experiencing social or emotional problems such as ADHD, depression or anxiety.
- A family may be overwhelmed with financial, housing and childcare responsibilities.
- A child may be acting out with aggression or have self-control problems.
- A family may have experienced a trauma, separation or loss.
- A child may be struggling with school problems, juvenile court involvement or conflicts within the neighborhood.
- Parents may be frustrated and/or tired of trying to deal with problems on their own.

Our program supports children and adolescents in coping with mental health diagnoses and help parents to understand and manage their child's emotional and behavioral problems. We train parents and youth in improving effective communication skills through:

- Anger management
- Conflict resolution
- Stress/anxiety management
- Improving self esteem

The PACT team advocates with schools, juvenile courts, community agencies and other mental health professionals. We refer families to community resources, mental health services and positive social and recreational activities.

### Substance Abuse Treatment Programs

Our Substance Abuse Treatment (SAT) Programs are based on an integrated treatment model designed to address the complex needs of children and adolescents with co-occurring mental health and substance abuse disorders.

#### Integrated Co-Occurring Treatment (ICT)

Offers individual and family counseling, crisis intervention and case management services. The program is provided by master's level ICT counselors dually trained and licensed in mental health and substance abuse treatment.

#### Mothers and Children Together (MACT)

Provides intensive, in-home, relapse prevention and treatment services to recovering mothers and their children.

#### Adolescent Substance Abuse Program (ASAP)

Provides intensive, in-home family-based counseling services to adolescents and their families. Adolescents learn the following skills and begin the process of healing family relationships.

- Establish and maintain sobriety
- Prevent relapse
- Improve communication
- Deal with anger management and coping skills

#### Integrated Treatment and Aftercare (ITAP)

A treatment program for adolescents in Bellefaire's Residential Mental Health Treatment Program who have a co-occurring substance abuse diagnosis.



# HOW IN-HOME FAMILY COUNSELING CAN HELP YOU

At Bellefaire JCB, we believe that Strong Families Build Strong Kids. Our services are provided in the familiar surroundings of the family home or community. Services are provided up to six hours per week for three months and may be extended on a less intensive basis for up to six months. Family sessions are scheduled to be convenient for the family and accommodate their schedule. Crisis services are available 24 hours a day, 7 days a week.

A licensed counselor and the family work together to identify the family's concerns and needs and develop an individualized program of services to address those issues. Services may include counseling, case management, crisis prevention, advocacy with schools, and linkage to the legal system and other needed services and community resources. Our goal is to help families find solutions so they can live together with health and happiness.



## About Bellefaire JCB Counseling and Community Services

Bellefaire JCB is a leading provider and innovator of wellness, advocacy and behavioral healthcare for youth and their families. We reach beyond our campus to pursue our mission of providing children in our community with excellent care and treatment. Counseling and community services are provided in a variety of locations, including one of Bellefaire JCB's offices, in a client's home, in the community, and in the school. It is our philosophy that children and teens respond best when they are treated in a familiar environment where parents, siblings, guardians, teachers and other significant people are able to collaborate. Services include:

- Psychological Evaluation
- Psychiatry Services
- School-based Counseling Services
- Family Counseling
- After School Program

## 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.

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*

One Pollock Circle  
22001 Fairmount Boulevard  
Shaker Heights, Ohio 44118  
p 216.932.2800 / 800.879.2522  
f 216.932.6704  
www.bellefairejcb.org

  @bellefairejcb

For more information or to make a referral contact:  
216.320.8502 / 800.879.2522 / [intake@bellefairejcb.org](mailto:intake@bellefairejcb.org)

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.