



# Adolescent Group Therapeutic Behavioral Services (Day Treatment)



Bellefaire JCB provides Adolescent Group Therapeutic Behavioral Services (Day Treatment) at its main campus in Shaker Heights.

## Adolescent Group Therapeutic Behavioral Services (TBS)

Bellefaire JCB's Adolescent Group TBS (Day Treatment) program is offered to youth 13-18 who meet defined clinical criteria and demonstrate at least minimal ability to participate in group treatment. Funded by Medicaid (including Buckeye Community Health Plan, CareSource, Molina Healthcare of Ohio, Paramount Advantage and United Healthcare Community Plan of Ohio), groups are facilitated by experienced mental health clinicians. Clinical issues addressed in the group setting may include:

- Coping Skill Development
- Conflict Resolution
- Interpersonal Skill Development
- Anger Management
- Self-Esteem
- Impulse-Control Development
- Grief and Loss

### LOCATION AND TRANSPORTATION

The Adolescent Group TBS program is held year-round at Bellefaire JCB's main campus at 22001 Fairmount Blvd. in Shaker Heights.

The program provides transportation to various locations throughout Cleveland's Eastside and surrounding suburbs. Routes are approximately one hour in length prior to and after the group. Clients will be provided with a light meal. Please be sure to indicate if your child has special dietary needs.

### Days/Times

- Monday through Thursday (Students attend on their designated days)
- Hours during the school year: 4-6:31 p.m.
- Summer Hours: 10:30 a.m.-1:01 p.m.

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For more information or to make a referral, contact **Rebecca Doman, LPCC-S, ATR:**

**216.320.6803 | [domanr@bellefairejcb.org](mailto:domanr@bellefairejcb.org)**

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# 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.

## OUTPATIENT SERVICES

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.

## 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.

## 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.

## SCHOOL-BASED COUNSELING SERVICES

Clinical counselors and social workers are located in Cleveland Metropolitan School District, suburban schools and Jewish day schools to address the mental health needs of students. Bellefaire JCB staff work with students in individual and group settings, and services are delivered year-round in the school and at home.

## FAMILY COUNSELING

Our Parents and Children Together (PACT) program provides counseling to families who are experiencing stress or conflict by identifying the family's concerns and needs and developing an individualized program. Services may include counseling, crisis stabilization, and advocacy with schools, the legal system and other community resources. 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.

## AFTER SCHOOL PROGRAM

This program provides intensive group therapy for children ages 6-13 and group counseling for adolescents ages 13-18. Many participants live in environments with chronic stressors such as verbal/physical/sexual abuse, neglect, poverty, drug exposure, aggression, loss, multiple home and school placements or removal from their primary family.

