

---

## *Mentoring*

---

**Reach Our Youth (ROY)** is a one-to-one mentoring program that matches volunteers with local children in Huron County who need a role model & extra friend in life. Many of the youth are in need of a good role model and an extra friend to share life's experiences. ROY aims to help youth grow into well-adjusted adults who contribute positively to their community. We do this by matching caring volunteers with a child who needs some extra attention. Those volunteers meet with their mentee once a week and are encouraged to form a supportive friendship with the youths, as opposed to modifying the youth's behavior or character.

- **Requirements for youth:** Must be age 6-17 and reside in Huron County, Ohio
- **How to sign up your youth:** Visit <https://www.reachouryouth.org/enroll-your-child/application-form.html>
- **Requirements for mentors:** Must be age 16 or older; if under 18, must have parental consent
- **How to sign up to be a mentor:** Visit <https://www.reachouryouth.org/volunteer/over-18-volunteer-application.html>

**Enrichment Centers for Huron County offer the Age Exchange program.** Age Exchange is an intergenerational program that brings senior volunteers and youth together, for the purpose of enhancing the quality of life for both groups. Through the activities during each session, the senior volunteers share their time and talents with the children, while the children add value to the lives of the seniors. Senior volunteers are paired individually with youth, allowing for one-on-one attention that youth may not receive in other settings.

*The Age Exchange program addresses the following:*

- Mental and Emotional Support
- Positive Role Models
- Substance Abuse Awareness
- Individual Attention and Group Participation

**How youth are enrolled:** program coordinator works with the schools to select children that have challenging situations and may be at risk of exposure to substance abuse.

**Locations:** the Age Exchange program is available for Norwalk City School District and Willard City School District

---

## *Treatment*

---

### **Family Health Services**

- 265 Benedict Ave, Norwalk
- 419-502-2800

- [www.familyhs.org](http://www.familyhs.org)
- Contact: Renee Leber at [ReneeL@familyhs.org](mailto:ReneeL@familyhs.org)

### *Treatment for Children, Adolescents, and Adults*

- Mental health screenings and assessments
- Behavioral health outpatient counseling ages 5+ offering individual, couples, and family therapy
- Behavioral health school-based counseling
  - Huron County Schools: Monroeville and Western Reserve
- Psychiatry for medication management
- Case management as linkage and liaison to other inner agency or outside resources, as needed
- Medication Assisted Treatment (MAT) services for 18+ year olds
- Primary care, nutrition, and dental services with free transportation to/from appointments

**Family Life Counseling** offers comprehensive outpatient behavioral health (mental health and substance use) services for adults and youth, including assessments, group and individual counseling, and case management services. School-based counseling and prevention services are also offered. Clients may be referred or self-admit. FLC accepts all payer sources and has financial assistance available. For more details, please call 567-743-7199 Norwalk, 567-743-7199 Willard

- Adult & Youth Services
  - Diagnostic Assessments (Mental Health and Substance Use)
  - Intensive Outpatient Services for clients with addiction issues; collaboration with our courts.
  - Counseling (individual, couples, family)
    - Includes Emotionally Focused Therapy (EFT) for couples, EMDR for individuals
  - Case Management
- Youth Only
  - School based services
  - Impact Program
    - Evidence-based practices which recognize and restructure sexual behavior concerns. This program is certified by DYS.
  - Revive Play Therapy for children
  - Theraplay
    - Evidence based parent-child treatment with a focus on attachment.
  - Adventure Therapy – Prevention groups as well as adventure focused therapy groups.
  - Child focused EMDR for children and youth with a history of trauma
- Families/Parenting
  - Arukah
    - Evidence Based Structural-Strategic Family therapy
  - Mobile Response and Stabilization Services (MRSS)
    - Mobile crisis services for youth and families. Response within an hour to a family-defined crisis. De-escalation and stabilization services for up to 6 weeks provided by a multi-disciplinary team.

**Firelands Counseling & Recovery Services** offers a wide range mental health services for all ages and comprehensive programs for substance abuse, psychiatric services, vocational rehabilitation, educational programs and crisis intervention. They also have a mental health and substance abuse support line – the Hope Line, 567-867-HOPE which is available every day from 8 AM to Midnight. Medication Assisted Treatment is available. Clients may be referred or self-referred. Most insurances accepted, including Medicaid and Medicare.

Sliding fee scale and grant funding (depending on availability and criteria) are available to assist. Contact Firelands Counseling for additional information or to register for services by calling 419-663-3737.

<b>Service</b>	<b>Brief Description</b>	<b>MH/SUD</b>	<b>Population</b>	<b>Day/Time</b>
Diagnostic Assessment	Comprehensive assessment to clarify potential treatment needs and provide diagnosis and treatment recommendations as applicable	MH, SUD	Youth, Adults	Day and evening
Individual Counseling	Counseling by licensed therapists addressing a wide variety of treatment needs – such as, Anxiety, depression, stress, family counseling. Counseling can be provided in person or by video tele	MH, SUD	Youth, Adults Couples, Families	Day and evening
	<i>***Therapists with specialized training in EMDR, DBT, Motivational Interviewing and other evidenced based trainings are available.</i>			
Case Management	Case management services in the office or home to assist with supporting the client, linking to community services and extra assistance to meet treatment goals.	MH, SUD	Youth, Adults	Day and evening
Medication Services	Assessment & treatment with MH medications by psychiatrist or psychiatric nurse practitioner	MH	Youth, Adults	Day
Substance Use Treatment and Medication Assisted Treatment Services	Vivitrol or Suboxone as appropriate for those receiving substance use services with Firelands. There are a variety of services for substance use, including individual and groups	SU		Day and evening
Crisis Intervention	Crisis assessment to assess crisis needs and evaluate if needing inpatient psychiatric admission level of care	MH, SUD	Youth, Adults	8AM – 4:30 in the Norwalk Firelands office. 8AM – Midnight at Fisher Titus ER
<b>Mental Health Group Counseling</b>	<b>Note – Firelands Counseling &amp; Recovery Services has sites outside of Huron County. Specialty groups from other sites are also made available to clients open to the Huron County site.</b>			
Adolescent Social Skills	14-17-year-old teens with primary mood disorders or early traits of personality disorders. Education on how to regulate emotions, problem-solving, and healthy	MH	14-17-year-old	Locations and times vary. Contact the office for details.
Youth Grief Group	Assist youth to navigate the loss of someone close to them	MH	10-14-year-old	
ADHD Groups – Parent and youth	For parents and caregivers of youth diagnosed with ADHD. Meets at the same time as the youth ADHD group which addressing coping skills, increasing frustration tolerance, and managing symptoms in a positive manner.	MH	Parents and youth with ADHD	
ACT – Adults and Children Together	Teaches positive parenting skills. Developed and recommended by the APA		Parents of youth ages 6-10	

## **OhioGuidestone**

Early Childhood Mental Health Consultation Program (ECMH-C) can provide on-site support for challenging behaviors and social emotional concerns. As a solution-oriented program, their consultants can help you overcome these energy-consuming problems and return your focus to facilitating student learning and social emotional growth instead of behavior management.

Services available:

- *Classroom Consultation Service* focuses on the entire classroom and develops solutions to students' behavioral and social emotional problems faced by your teachers and staff. This includes child and classroom observation, assessment, and intervention planning, and staff support for group behavior management through modeling, coaching and other methods of intervention. This program is provided over an 8-week period, and the consultant spends up to 4 hours per week in your classroom.
- *Family-Centered Consultation* is designed to help individual children with challenging behaviors and social emotional concerns with participation of the family unit. The consultant spends up to 12 hours spread over 6 sessions with the family to develop solutions and provide linkages and referrals.

*Services are available to all Huron County school districts at no cost to the district; services may be virtual or in-person. Call 440-260-6100 for more information.*

Nurturing Parenting for Families Nurturing Parenting Program is an individualized parenting service for parents with children between the ages of 3 and 13. The program is offered in your home or community location of your choice for 12 weeks. It teaches families how to deal with stress and conflict, increase communication within your family, and better understand your child's needs.

Outpatient Behavioral Health Services OhioGuidestone provides outpatient counseling services in the home, community, and schools. Our behavioral health services include assessment, counseling, therapeutic behavioral services, case management for mental health and substance use.

- Youth and Adolescent services
  - Home-based/School-based Counseling
  - Juvenile Justice Programming- ProKids
  - Intensive Outpatient Group programming for adolescents with substance use disorders
  - Early Childhood Mental Health Services for children under 6
  - AFFIRM Youth: CBT based group designed to help LGBTQ+ youth manage stress
- Adults Services
  - Home-based services
  - Parenting Skill Building
  - Maternal Depression services for pregnant and postpartum women

<https://ohioguidestone.org/>

Call: 844.6.CALL.OG or fill out a referral online: <https://ohioguidestone.org/request-services/>



# AFFIRM

## — YOUTH —

**A group designed to help LGBTQ+ youth manage stress.**

AFFIRM is an affirmative CBT based group designed to help LGBTQ+ youth and adults manage stress. As an evidence based intervention, AFFIRM supports mental health, enhances coping skills and validates strengths of its participants.

**AFFIRM is an eight-session, manualized intervention. It is focused on reducing depression and improving coping and self-efficacy for LGBTQ+ youth by providing them with opportunities to identify their cognitions, moods, and behaviors and equipping them with the tools to manage and influence these factors by themselves.**

**AFFIRM CBT group for LGBTQ+ youth**

In person  
Erie County Office  
Starting June 12th  
Wednesdays, 1:00 pm - 3:00 pm

**For more information contact:**

Kathleen Donnelly  
[kathleen.donnelly@ohioguidestone.org](mailto:kathleen.donnelly@ohioguidestone.org)  
440.260.6468



OhioGuidestone  
WHERE NEW PATHS BEGIN



**Affirmative**  
RESEARCH





OhioGuidestone  
WHERE NEW PATHS BEGIN

# Adolescent Intensive Outpatient Program (IOP)

Unlock your path to lasting recovery



## Adolescent Intensive Outpatient Program

Adolescent Intensive Outpatient Programs (IOP) at OhioGuidestone don't just address substance use, but also the many issues and problems that may come with it.

Our Adolescent Intensive Outpatient Program (IOP) is a treatment where teens with substance use disorder meet as a group to talk about the connection between trauma and substance use and how to develop skills to understand and cope.

IOP is an outpatient program, two days per week with a 2 hour and 15 minutes commitment for each session. Weekly individual session and parent/family sessions are also required, for a total of six hours per week. We provide a safe, protective and supportive environment.

## Adolescent Intensive Outpatient Group Treatment offers:

- Matrix Model curriculum
- Three to six weekly sessions
- Includes individual services

The following group is  
available both in-person or  
virtually on Zoom:

## Adolescent IOP (ages 14-18)

1522 East Perkins Avenue,  
Sandusky, Ohio 44870

4:30pm–6:45pm

*Mondays & Tuesdays*



Scan the QR Code to  
learn more about our  
programs and services.

Please contact us with questions or to enroll in services.

To make a referral, email [IntakeErie@OhioGuidestone.org](mailto:IntakeErie@OhioGuidestone.org) or call our Intake Department at 844.622.5564.

## **Additional Treatment Providers in Huron County**

- A New Lease Counseling (Norwalk), 419-668-9675
  - CCFI Counseling (Wakeman), 440-839-2200
  - Clear Minds (Norwalk), 567-424-6003
  - Cornerstone Counseling (Bellevue), 419-483-9411
  - Hope 419 (psychiatry) 419-951-2020
- 

## ***Youth Detox Centers in Ohio***

---

- Windsor Laurelwood, 800-438-4673
  - Maryhaven, 614-445-8131
  - OSU Talbot Hall, 614-257-3760
  - New Directions, Cleveland, 216-591-0324
  - UTMC Detox (18+ but may make exceptions), 419-383-5695
  - Newport Academy, 888-977-2630
  - Columbus Springs, 614-259-6465
  - ASAP Cincinnati, 513-792-1272
  - Adult and Teen Challenge, 330-743-4673
  - Vertava Health, 844-461-0289
- 

## ***Prevention***

---

**Prevention Coalition of Huron County.** The Prevention Coalition of Huron County (PCHC) is made up of individuals from the community, representatives from local social services organizations, elected officials, and community leaders. PCHC strives to support, empower, and advocate for the youth and families of Huron County by building resilience, promoting mental health wellness, and preventing substance abuse through collaborative strategies and education.

**D.A.R.E.** is a comprehensive K-12 prevention education program taught in thousands of schools in America, as well as many other countries. Taught by highly trained law enforcement officers, D.A.R.E. Education Programs deliver science/evidence-based curricula that teach students good decision-making skills that will help them lead safe and healthy lives and cope with high risk circumstances including drugs, alcohol, violence, bullying, and internet safety.

---

## ***Support Services***

---

### **Huron County Family & Children First Council**

185 Shady Lane Drive, Norwalk, OH, 419.668.8126 ext. 3336

<https://www.huroncountycfc.org/copy-of-our-team>

### Basic Service Coordination:

A process where immediate daily living needs are identified, and resources are provided by the Service Coordinator to assist with those needs. The process encourages them to make helpful, caring connections in the community.

### Team-Based Service Coordination:

A process which develops and carries out plans for children, individuals, and their families who have complex needs or need immediate assistance to identify resources for daily living needs. Families who have used traditional services may find Team-Based Service Coordination helpful because it brings all supporting agencies together to assist the family. The Services Coordination process ensures that services are focused on the needs of the individual and his or her family by making referrals to appropriate agencies and aligning services/community supports.

### High-Fidelity Wraparound

The wraparound process is a way to improve the lives of children with complex needs or Multi-System Youth (MSY) and are typically involved with multiple agencies within the county for supports and services (DJFS/MHAS/Behavioral Health/School Intervention/Juvenile Court, etc.). It is not a program or a type of service, but a team-based planning process used to develop plans of care that are individualized and based on the strengths and culture of the children and their family.

The plan is NEEDS-DRIVEN rather than service-driven and includes a team of people that support the youth, including formal (professionals) and informal (family & community members) supports. Contact FCFC by calling 419-668-8126 ext. 3336.

**Harbor OhioRISE** provides Care Coordination for youth ages 0-21 with significant mental and behavioral health needs

- 567.366.7688
- Sarledge@harbor.org
- harbor.org/services/ohiorise-care-coordination

### **Huron County Board of DD**

- Healthy Families Huron County (OH050): Huron County Board of DD Help Me Grow
- 306 S Norwalk Rd W, Norwalk, 419.668.8840
- [angie@huronhmg.com](mailto:angie@huronhmg.com)
- <https://www.healthyfamiliesamerica.org/>

### Healthy Families America (HFA)

HFA is one of the leading family support and evidence-based home visiting programs in the United States. We believe early, nurturing relationships are the foundation for healthy development.

HFA programs, when implemented to fidelity, consistently yield positive outcomes for families because they are flexible and reflective, built around a robust evidence base, and designed to incorporate a wide range of tools proven to help cultivate healthy parent-child relationships, including:

- Child development Resources
- Family Goal Planning
- Maternal & Child Healthcare
- Service Planning



- Trusted Support
- Parent Support Groups
- Referrals to Community Resources

---

### *Crisis Services*

---

- **Huron County Hope Line** (8am – midnight, 7 days per week) 567-867-HOPE
- **Crisis Text Line** (24/7/365) Text 4HOPE to 741741
- **988** (24/7/365) Text, Chat or Call
- **Mobile Crisis Response Team** (9am – 5pm, Monday – Friday) 419-552-1254
  - Operated by Connections Recovery Services, the mobile crisis response team will respond to mental health and substance use related crisis calls in the community and will be available Monday through Friday from 9am – 5pm. Crisis referrals may be submitted through their crisis line at 419-552-1254.
- **Mobile Response and Stabilization Services** (8am – 8pm, Monday - Friday) 567-274-8816
  - Operated by Family Life Counseling, provides mobile crisis and stabilization services for Huron County youth and their families. MRSS will respond to any distressful situation the family identifies and provides services at no cost to the family. MRSS services are available Monday – Friday from 8am – 8pm. For more information, please call 567-274-8816
- Nord Center Sexual Assault Services (24/7) 440-204-4359
  - Sexual Assault Care Unit, 24/7 on call, anyone in need of forensic medical exams or non-acute child sexual abuse exams, all ages, free.
  - Additional services available 8:30a-4:30p include advocacy, support, crisis intervention, emergency support, referrals, and education for survivors of sexual violence.
  - Location: 257 Benedict Ave Building B, Norwalk OH

---

### *Support Groups*

---

- Narateen
  - Grace United Methodist Church, 108 Maple St, Willard
  - 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month 6-7:30pm
  - Contact: Sandy Brinkmeier 567-224-1987
- Unity Support Group
  - To be updated
- Recovery Riders
  - 5 week program for children ages 6-12 who have lost a loved one through death, offered with demand throughout the year
  - For more information or to sign up, call the Bereavement Department at Stein Hospice at 800-625-5269.
- R.U.O.K.
  - 5 week program for adolescents 13-18 who have lost a loved one through death, offered with demand throughout the year.
  - For more information or to sign up, call the Bereavement Department at Stein Hospice at 800-625-5269.

- **Tough Cookies**
  - 6 week program for children ages 6-12 who have had a loss through separation/divorce, a temporary or permanent placement out of their home or parents/caretakers have been incarcerated, offered with demand throughout the year.
  - For more information or to sign up, call the Bereavement Department at Stein Hospice at 800-625-5269.
- **Next Step**
  - 6 week program for adolescents ages 13-18 who have had a loss through separation/divorce, a temporary or permanent placement out of their home or parents/caretakers have been incarcerated, offered with demand throughout the year.
  - For more information or to sign up, call the Bereavement Department at Stein Hospice at 800-625-5269.
- **Club USA**
  - 11 week program for children and adolescents who have a loved one in the military who has been deployed, offered with demand throughout the year.
  - For more information or to sign up, call the Bereavement Department at Stein Hospice at 800-625-5269.
- **Camp Good Grief**
  - A weeklong summer day camp for children ages 5-13 who have experienced any type of loss.
  - For more information, contact Kathy Failor, Bereavement Coordinator, at [kfailor@steinhospice.org](mailto:kfailor@steinhospice.org) or 419-625-5269.

---

### *Basic Needs*

---

#### **Huron County Department of Job and Family Services**

- Helps with shelter/housing, clothing, and food.
- Medical, dental, mental health coverage.
- Employment, supportive services, and resource partnerships.
- Child Support and Child Care.
- Programs such as Medicaid, TANF (temporary assistance for needy families), Kinship, WIOA (Workforce funds for employment), PRC (prevention, retention, contingency) funds for crisis situations.

#### **Norwalk United Fund**

- Norwalk Area United Fund
- 2 E. Seminary St, Norwalk
- 419.668.0269
- <https://www.norwalkareaunitedfund.org/>

#### **First Call 211**

- First Call 211 is a free, confidential community service that is available 24/7.
- 211 can assist with a variety of resources including:
  - Mental Health and Substance Use Services
  - Child and Family Supports

- Employment Services
- Food Assistance
- Housing Assistance
- Misc. Assistance
- Senior Resources
- Shelters
- Rent and Utilities

**Starting Point Outreach** offers a variety of services for Spanish-speaking youth in Huron County. Call 419-933-4100 for more information.

**Huron County Community Resource List:** <https://firelandsforward.com/wp-content/uploads/2022/05/HURON-COUNTY-COMMUNITY-RESOURCE-GUIDE.pdf>

**Huron County Community Resources:** <https://www.glcap.org/programs/housing-assistance/community-resources/huron-county-community-resources/>

**Early Intervention Resource Guide:** <https://ohioearlyintervention.org/storage/ocali-ims-sites/ocali-ims-oei/county-contact-resources/Huron-County-Resource-Directory-2019.pdf>

### *Trainings*

- **QPR (Question, Persuade, Refer)** suicide prevention training for youth and staff.
  - Contact Lauren Robinson at 419-663-3737
- **Mental Health First Aid:** training to teach the skills needed to respond to the signs of mental health concerns and substance use. Available for youth and staff.
  - Contact admin@huroncountymhas.org
- **Mental Health and Substance Use 101**
  - Contact admin@huroncountymhas.org
- **Wellness & Resiliency**
  - Contact admin@huroncountymhas.org

### *Resources*

- <https://youthmoveohio.com/>
- <https://www.loveisrespect.org/>
- <https://www.hcbmhas.org/youth>
- <https://welcomingschools.org/>
- <https://childmind.org/>
- <http://www.transyouthequality.org/>
- <https://www.activeminds.org/>
- <https://www.glbtnearme.org/>
- <https://www.thetrevorproject.org/>
- <https://www.onoursleeves.org/mental-health-resources/national-state-resources/ohio>

- Warning signs of a mental health crisis: <https://mha.ohio.gov/get-help/prevention-services/suicide-prevention>
- Creating safe and supportive classroom modules: <https://www.classroomwise.org>
- PBIS strategies to combat stress in the classroom: <https://www.pbisapps.org/articles/10-strategies-to-combat-stress-in-the-classroom>
- Unmasking survival skills in youth: <https://www.youtube.com/watch?v=BaNAQIdb6dQ>
- The National Child Traumatic Stress Network: <https://www.nctsn.org/resources/child-trauma-toolkit-educators>
- Dr. Bruce Perry: [https://www.youtube.com/playlist?list=PLU5d15PFey\\_rqRjPAJRhX15j4e9y48W11](https://www.youtube.com/playlist?list=PLU5d15PFey_rqRjPAJRhX15j4e9y48W11)