Dear Friends:

In 2015, Applewood Centers continued its tradition and commitment to the families and children who look to us for care. Again this year we found ourselves standing on the continuously shifting landscape of funding and policy changes that have become the norm in the field. But with the assistance of our dedicated Board and committed staff, we navigated the course successfully, emerging this year stronger than ever. We kept true to our mission by using insight and creativity and by being nimble in these rapidly changing times. What drives us through the many challenges is the hard reality that there are still so many children and families who need our help.

Through our array of community-based and campus-based services, Applewood Centers served more than 6,000 children, youth and their family members. We continued our work with the juvenile justice system, providing a series of program alternatives for youth in Northeast Ohio and across the state. Referrals to our residential programs for youth who have been involved with juvenile justice have increased considerably over previous years, particularly those from outside of Cuyahoga County, indicating a widespread understanding of the excellence in programming and positive outcomes provided by Applewood.

We continue to expand our footprint across the community with outpatient services in Cuyahoga and Lorain counties. In this report, you will learn more about the extraordinary impact we have had on families. Of the 6,000 reached this year, nearly 1,300 youth and families were served through outpatient counseling, which provides essential mental health assessments and therapeutic treatment.

We remain grateful for the support of our community, and as this year closes we can feel confident that our promise to our children and families has been kept and look forward to an even better year of providing excellent services to those who rely on us. On behalf of our clients, staff and Board of Directors, thank you for your ongoing interest and support of our work.

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Mission
Applewood Centers fosters solutions for children, youth, and families.

Vision
Applewood Centers is a leader in improving the lives of children in Ohio by providing high-quality behavioral healthcare and out-of-home services for children and families.

Commitment
• Embrace our Core Values in all we do
• Deliver high quality, results-focused programs and services
• Ensure the agency’s long-term economic viability
• Develop a diverse team of skilled professionals
• Build on over 175 years of excellence in service
• Serve a diverse population reflective of our community
• Monitor and ensure desired outcomes for children
• Employ training and technology to best support excellent service

Affiliations & Accreditations
Applewood Centers is licensed and certified by the Ohio Department of Mental Health and Addiction Services (OhioMHAS), and licensed by the Ohio Department of Job and Family Services and the Ohio Department of Education. We are accredited by The Joint Commission and American Psychological Association. Funding is provided in part by the Alcohol, Drug Addiction, and Mental Health Services Board of Cuyahoga County and the Lorain County Board of Mental Health.

All board members can be reached at the Applewood Centers, Inc. address.

* New Board members in bold
In 2015, Applewood Centers SERVED MORE THAN 6,000 YOUTH AND THEIR FAMILIES IN CUYAHOGA COUNTY, LORAIN COUNTY AND BEYOND – a number that continues to grow as the agency increases its breadth and depth of programming and geographic scope.

Our Day Reporting Program, a juvenile justice alternative for youth with behavioral health needs, experienced exponential growth this past year, SERVING 135 YOUTH OVER THE PAST 12 MONTHS. With previous service offered exclusively to male clients, we are proud to announce that we have recently opened service offerings to female Day Reporting Program clients, an expansion that is already seeing success. We continue to be proud of our strong relationship with the juvenile justice system and to support these youth with behavioral health needs.

Referrals to our residential programs for youth who have been involved with Juvenile Justice have increased considerably over previous years, particularly requests coming from outside of Cuyahoga County, indicating a widespread understanding of the excellence in programming provided by Applewood.

Nearly 1,300 youth and families have been served through our outpatient counseling service, providing essential mental health assessments and therapeutic treatment to youth and families, both in-office and in community-based settings.

The Gerson School, Applewood’s exceptionally successful educational alternative for youth who have been unsuccessful in traditional school settings, PROUDLY GRADUATED 10 STUDENTS ON JUNE 5, 2015 AS MEMBERS OF THE CLASS OF 2015. Gerson continues to grow each year and looks forward to the 2015-2016 academic year.
Program in the Spotlight: **Outpatient Counseling**

**OUTPATIENT COUNSELING**
At Applewood Centers Inc. is a varied and widespread program that reaches hundreds of families every year. Applewood counselors treat youth ages 3-18 for a variety of behavioral and mental health symptoms including:

- adoption or foster care transitions
- alcohol and drug abuse
- anger and depression
- anxiety
- divorce related issues
- grief, loss or trauma
- issues of abuse
- oppositional behavior
- school related issues including bullying
- sleep problems
- social problems
- stress

**HELPING THE ENTIRE FAMILY**
Applewood specializes in helping the entire family through face-to-face therapy and interactions with youth, as well as their parents and/or guardian, family members, significant others and caregivers.

**HIGHLY TRAINED COUNSELORS**
Outpatient therapy at Applewood is provided by Masters level, licensed professionals with requisite training and experience in child and family counseling. Those counselors addressing youth with substance abuse issues are dually certified with mental health and addiction treatment licenses.

Psychological testing can be helpful in determining the source of emotional and behavioral issues at play in the youth seeking outpatient counseling. Applewood psychology staff provides comprehensive psychological testing to better identify presenting symptoms and develop effective treatment strategies.

**GOING THE EXTRA MILE**
Extended evening hours, bilingual counseling services and a new program, Walk-In-Wednesdays, where no appointment is needed to obtain mental health assessments and counseling, all help youth and their families receive needed treatment.

Additionally, the Applewood Outpatient LGBT Satellite clinic is a specialized program within the LGBT Center that provides services for lesbian, gay, bisexual, transgender and questioning youth who would benefit from therapy. This clinic targets those with a variety of presenting issues specific to their LGBT status including identity, coming out, discrimination, bullying, stress, relationship problems and mental health symptoms.
Feeling angry and alone, Woojin began to act out. He would show defiance when asked to complete simple chores around the house or help with dinner. He often had difficulty sustaining attention and constantly misplaced his shoes, schoolwork and clothing. He was quick to blame others for the smallest of infractions and never took responsibility for his actions. His ADHD and hyper-activity had spilled over into insubordination at school, and the once obedient, rule-following child was getting in trouble at school and fighting with his peers. His mother’s instructions were blatantly ignored.

Applewood’s counselor, Irina, began outpatient counseling with Woojin and his mother by first re-establishing their relationship. Irina encouraged Woojin to express his feelings through drawing and other different activities. They would role-play different situations to encourage his use of words and expression. They also made rainbow loom bracelets to prolong his focus on an activity.

Working in conjunction with his mother, Irina set weekly goals for Woojin. If he complied, there were rewards; and if he didn’t follow through, there were consequences. They made visual charts to show Woojin the progress of his improved behavior. Trips to the zoo with his mom or a small toy served as positive rewards for accomplishing weekly goals.

With Irina’s help, Woojin’s mom was able to change the attention she paid to her son’s negative behavior into positive attention and praise for tasks and behaviors that were well done. Woojin’s mother appreciates her family’s experience at Applewood, “As a parent, I think I didn’t know too well about parenting, but whenever I went to Applewood, I learned. I learned how to discipline, how to make rules and follow through… our experience with Applewood was really helpful!”

All their work paid off and after a few months of behavioral therapy at Applewood, Woojin’s behavior in school improved. He was helpful and compliant around the house. He felt heard and listened to. He understood the consequences of his anger and previously disruptive behavior and was choosing new, positive and helpful behaviors.

Today, Woojin continues to be a curious, energetic and bright young boy. Both he and his mother benefited from outpatient therapy services at Applewood. Woojin’s mother concludes, “I am very, very thankful.”

*CHILD’S NAME CHANGED
Nolan began outpatient counseling with Applewood through a referral from his head start preschool program. He had a number of developmental concerns, including hyper-activity and a severe presentation of oppositional defiance disorder. He had problems with sensory issues, delays in speech and difficulties with eating. He showed signs of impulsivity and often got in trouble at school for being out of his seat. Understandably, Nolan had attachment issues and frequently expressed feelings of anxiety and worry.

His counselor, Rachael, worked with both Nolan and his great aunt to establish trust in their relationship through Parent Child Interactional Therapy (PCIT). PCIT is a behavioral parent training frequently used with children ages 2-7 that helps improve the parent child relationship. From the beginning, Rachael recognized that her therapeutic alliance with Nolan’s guardian was strong. His great aunt was willing to learn from the therapists at Applewood and work to apply the newly gained parenting skills at home. By observing the counselors enforce structure, rules, routine and compliance training, Nolan’s aunt learned modeling and parenting skills on site.

After more than two years in outpatient counseling, Nolan’s disruptive behavior greatly diminished, and “he and his aunt have an amazing relationship now,” his counselor said. “She loves this kid so much, and she is constantly remarking how fun it is to have him in her life!”

Nolan’s aunt has much praise for his counselors and for Applewood. “They were always willing to answer any questions I had. They would suggest books that I should be reading. I appreciated how they left decisions up to me and helped me feel like there was a light at the end of the rainbow.”


*Child’s name changed*
THE FOLLOWING INDIVIDUALS, CORPORATIONS, AND FOUNDATIONS CONTRIBUTED TO APPLEWOOD CENTERS BETWEEN JULY 1, 2013 AND JUNE 30, 2015. THANK YOU FOR YOUR SUPPORT AND TRUST AS WE HELP CHILDREN, YOUTH AND FAMILIES MANAGE LIFE’S CHALLENGES. WE MAKE EVERY EFFORT TO ENSURE OUR DONORS’ NAMES AND CONTRIBUTIONS ARE REPORTED ACCURATELY. IF YOU BELIEVE WE HAVE MADE AN ERROR, PLEASE ACCEPT OUR APOLOGY AND CALL THE DEVELOPMENT OFFICE AT 216.320.6827, AND WE WILL BE HAPPY TO MAKE A CORRECTION IN OUR RECORDS.

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