Community Psychiatric Supportive Treatment (CPST) helps families meet the challenges associated with a young person’s emotional and behavioral difficulties. CPST is effective in helping youth with chronic, serious emotional problems or behaviors including:

- Severe depression and anxiety
- Frequent and severe outbursts
- Destruction of property
- Aggression toward others
- Behaviors resulting in school exclusions
- Thoughts or acts of self injury or harming others

This program is particularly effective for youth where less intensive interventions have been unsuccessful or who have had multiple psychiatric hospitalizations. CPST emphasizes long-term change that families can maintain following treatment. Any combination of services may be provided to the youth and family including:

- Family interventions
- Individual sessions with youth
- Individual sessions with parents
- Assistance with management of crises
- Consultation with schools
- Coordination of activities with school systems, juvenile court and other social service agencies
- Arrangement of comprehensive assessment services including psychiatric and psychological evaluations
- Facilitation of individually tailored care

**How the Program Works**

A team of professionals provides intensive treatment and case management services to help families discover and use personal strengths and other sources of support such as relatives, friends and community resources. Treatment is provided in the home, at school, and throughout neighborhood and community settings.

Treatment focuses on helping parents build supportive social networks and empowering them to address their child’s needs more effectively. The program emphasizes long-term change that families can maintain following treatment. Parents also learn skills that allow for effective parenting after treatment is ended. The intended result is that the youth will successfully remain in his or her own home, school and community.

**The Team**

The family is matched with a team of Applewood therapists, who are available 24/7, that includes a clinical supervisor and a CPST specialist trained in family systems and wrap-around concepts. Family supports are considered part of the team — including relatives, friends and professionals involved with the family. Because interventions are intensive, families receive weekly contact (at a minimum).
About Applewood Centers

Applewood Centers is a private, non-profit agency providing behavioral health services to children and youth from birth to age 21, and their families. Services are provided from our offices, at clients’ schools, and in your home.

At Applewood Centers we are dedicated to helping youth and their families address a variety of behavioral, emotional, and learning problems. We provide a continuum of care from outpatient counseling and psychiatry services to residential treatment.

Our community-based services include foster care, adoption, and The Gerson School, which is a co-educational alternative day school for students who have not been successful in standard educational settings.

How to Make a Referral

To make a referral or obtain additional information about how Community Psychiatric Supportive Treatment might be beneficial for a youth you know, please call us at the following numbers. Our professionals will talk with you confidentially about your concerns and determine if this program would be a good fit.

Lorain County 440-324-1300

Office Locations

LORAIN COUNTY OFFICE
Midway Plaza Building
347 Midway Boulevard, Suite 306
Elyria, OH 44035
440-324-1300 / fax 440-324-0070

How to Reach Applewood Centers

GENERAL INFORMATION
Cuyahoga County 216-696-5800 | Lorain County 440-324-1300 | www.applewoodcenters.org

RESIDENTIAL TREATMENT - INTAKE
Phone 216-741-2241 ext. 1011 or 1721
Fax 216-741-2632
Email referrals@applewoodcenters.org

PSYCHIATRY SERVICES 216-696-6983
BECOME A FOSTER PARENT 216-696-6815
BILINGUAL SERVICES 216-741-2241
THE GERSON SCHOOL 216-694-7200

Licensed and certified by the Ohio Department of Mental Health and Addiction Services (OhioMHAS); licensed by the Ohio Department of Job and Family Services and the Ohio Department of Education. Accredited by The Joint Commission and the American Psychological Association.

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