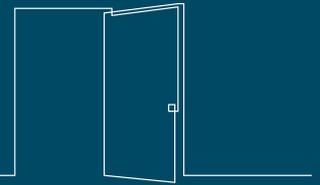




APPLEWOOD
CENTERS INC

Open your door
to endless possibilities...



After School Group Counseling

Applewood Centers' After School Group Counseling program provides intensive group counseling for children and adolescents age 7 up to age 18 who have severe emotional and behavioral difficulties, which could include but are not limited to:

- Extreme fears or excessive worries
- Anger
- Mood disturbance
- Depression
- Impulsivity
- Aggressive behaviors
- Single or complex trauma
- Multiple losses
- Relationship difficulties with peers and adults
- Environmental stressors related to the current pandemic

How the Program Works

Each day consists of a variety of activities and interventions centered on a therapeutic theme. The groups are led by therapists and other qualified mental health providers. The group process provides children and adolescents with opportunities to share their thoughts and feelings and to learn skills that will enable them to be more successful and better be able to function in different areas of their lives. The program assists children and adolescents with skill development in the following areas but is not limited to:

- Anger management
- Building positive relationships with others
- Identification and appropriate expression of feelings
- Impulse control
- Problem-solving and adaptive coping
- Conflict resolution
- Improve self-esteem and self-concept
- Self-advocacy and increased independence
- Goal setting and achieving personal goals

Program Platforms

- In person at our Children's Aid Society Campus located on Detroit Avenue in Cleveland.
- **NEW:** Via Telehealth (*currently utilizing the zoom platform*), clients will need to have the technology ability to access the group and the ability to participate in the group in a confidential location. Agree to the confidential terms as well as the group expectations when participating via telehealth.
- **NEW:** Hybrid model (*children who attend in person can also attend via telehealth if they are unable to attend program on a specific day due to extraneous factors out of their control.*)

Program Specifics

- The program runs Monday through Friday, with the exception of winter break, spring break, the observation of holidays, program planning breaks and summer programming. The program runs in the early evening for 2.5 hours. The current start and end time of the program have yet to be determined as we wait for more information from the local school districts on student's expectations for participating in virtual or hybrid modeling schooling.
- Transportation is available and coordinated on an individual basis. If your child is not within our transportation range, they now have the option to participate via telehealth.
- The children and adolescents that do participate in person are given a bagged lunch at the beginning of group, this is provided by the local Cleveland Food Bank.

New for Fall: Additional Therapy Groups provided through the ASP program.

- Depression Management
 - Stress Management
 - DBT: Dialectical Behavioral Therapy
- ◇ These groups are less intensive and time limited. The groups will run in the early evening starting mid-September for 1.5 hours. Groups will take place 1-2 times per week, depending on which groups you are participating in. Depression and stress management groups will run at a frequency of 2 times per week and DBT will 1 time per week
- ◇ These groups will run on a 8 to 16 week cycle utilizing specific evidence based CBT models to address these specific areas of concern with a focus of how the kid's ability to function has been impacted by the current pandemic.
- ◇ This platform will primarily be telehealth. It can be in person for those interested in that method and will be discussed on a case by case basis.

Cost: Currently, Medicaid covers the cost of participation in the After School Group Counseling program. Eligible Medicaid Managed Care Companies under this umbrella are: Buckeye, Paramount, Molina, Caresource and United Healthcare.

Who to Contact

- To make a referral or obtain additional information about how After School Group Counseling services might be beneficial for a child you know, please call us at the number below. Our professionals will talk with you confidentially about your concerns and determine if this program would be a good fit.
- **Contact:** Jessica Platt, Program Manager at 216.521.14.67 or at jlplatt@applewoodcenters.org.

How to Reach Applewood Centers

GENERAL INFORMATION

Intake 216.459.9827 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