



Crossroads

School-Based Services

Crossroads offers a variety of services to Lake County school districts. These services can be tailored to meet the needs and desires of individual districts or individual schools. School-based services fall into two categories: clinical services and prevention services.

Clinical Services:

Clinical services are longer-term, ongoing services for students that have emotional or behavioral issues. Clinical services begin with a mental health assessment and the development of specific goals and objectives in an Individual Service Plan (ISP), which is used to guide ongoing services.

- ♦ **Diagnostic Assessments:** Licensed mental health professionals conduct structured assessments of mental health and behavioral problems. Following an assessment, specific goals and objectives are identified in an Individual Service Plan (ISP), which is used to guide ongoing services.
- ♦ **Individual Counseling:** Crossroads staff provide ongoing regularly scheduled individual counseling to address identified goals to improve functioning at home and school.
- ♦ **Group Counseling:** Certain issues are more effectively addressed in the context of a group. Ongoing groups serve to address issues such as anger management, social skills, coping skills and problem solving. These differ from prevention groups in that they are longer in duration and more in depth.
- ♦ **In-Home Family Services:** Families are very important to the treatment process. Families may be involved in ongoing treatment sessions which can be offered at home. These sessions can address issues related to a child's progress and help support parents in supporting their child's treatment.

Family sessions can also involve aiding families in learning better communication and problem-solving skills, as well as improving the quality of relationships among family members. Services are also available in an office setting.

- ♦ **Parent Guidance/Consultation Services:** Education, guidance and consultation with parents to assist them in developing their parenting skills, effective behavioral management techniques, and gaining a better understanding of their child.
- ♦ **Specialized Screening and Assessments:** Crossroads conducts specialized assessment and screening in the areas of Attention Deficit - Hyperactivity Disorders, Depression, Chemical Dependency and Violence Risk Assessments.

Prevention Services:

Offered through Crossroads Dept. of School-Based Services

Prevention services are designed to be short term in nature and target students identified as at risk or who may be struggling with a particular issue that may be managed in a short period of time. Prevention services may be provided on an individual level, in a small group or through building-wide initiatives.

- ♦ **Problem Identification and Referral:** Individual consultation regarding concerns, assessment and referrals can be provided. The goal of this service is to either resolve a short-term problem or make a referral for ongoing services to better address the issue or problem.

- ♦ **Short-Term Groups:** Skill building groups address such areas as anger management, social skills, coping skills, self-esteem and problem solving. Short-term support groups address such topics as grief and loss, divorce, relationships and gender specific issues.

- ♦ **Staff Training and Consultation:** Workshops on topics such as mental health diagnosis, medications, behavior management, chemical abuse, suicide and self mutilation. Consultation with staff on Intervention Assistance Teams, Positive Behavioral Support/Ohio Integrated System Model, and Response to Intervention.

- ♦ **Educational Services for Parents and Families:** Crossroads provides services to parents and families through educational presentations on various topics, parenting skills classes and consultation and referral services.

- ♦ **Life Skills:** Promotes effective social skills for students in K-8 along with tobacco and alcohol prevention.

- ♦ **Extra Steps Program:** An eight-session support/education group for Lake County elementary school children.

Prevention Services:

Offered through Crossroads Dept. of Consultation, Training and Education

- ♦ **Olweus Bullying Prevention:** A School-based program to encourage a climate that does not accept bullying and works proactively to eliminate it.
- ♦ **Conflict Mediation Training:** Two days of training for students from K- 12 designed to promote positive peer interactions, effective social skills and school bonding. Students are trained in active listening, conflict cycles and the language and procedures of basic mediation.
- ♦ **Peer Prevention:** Crossroads assists schools and community groups with peer driven drug- and alcohol-free groups, such as Students Against Dangerous Decisions, and Teen Institute. We also assist Leadership Lake County Youth with a program for sixth graders.
- ♦ **Prevent Childhood/Underage Drinking:** Crossroads takes part in two statewide programs to discourage adolescent alcohol use. The Red Ribbon Campaign targets students, and Parents Who Host Lose the Most stresses the consequences for parents who supply alcohol to minors. In addition, Crossroads participates in underage drinking initiatives and efforts to change local ordinances regarding keg laws and clerk/server training.
- ♦ **Leadership Camps:** Crossroads works with the Geauga Educational Service Center, and Lake County Narcotics PLUS to provide three leadership camps: Challenges and Decisions for seventh graders, the Golden Ticket to Life for eighth graders, and Camp Burton for high school youth.

- ♦ **Developmental Assets Training:** Training in the Search Institute 40 Developmental Assets for Healthy Youth Development. We can provide workshops for schools, PTA's and other community organizations on this model of building healthy and successful youth. We also provide Asset Development Trainings for middle school and high school youth.

Custom Designed Services:

Crossroads will work with individual school districts and schools to develop specialized services to meet their programming needs and desires.



Crossroads

**Making a Brighter, Happier
and Healthier World for Children**

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