



Crossroads

Specialty Programs:

Crossroads provides a wide range of specialty programs to meet the changing needs of our clients. Our current offerings include:

Families

- ♦ **Family Connections:** Families with attachment and bonding disruptions learn positive relationship skills by exploring issues of trust, boundaries, grief and trauma.
- ♦ **Younger Connections:** Males and females aged 4-7 with attachment difficulties learn healthy coping and relationship skills to interact with people appropriately.
- ♦ **Older Connections:** Males and females aged 8-12 with attachment difficulties learn about and practice ways to overcome the negative attachment cycle and establish positive ongoing relationships.
- ♦ **Trauma Play Therapy:** Males and females aged 4-8 learn how to understand and manage traumatic experiences and regain a sense of safety through therapeutic play.

Parenting

- ♦ **Love & Logic:** Parents and adult caregivers learn effective parenting skills. Group activities are available for children while parents attend.

Waging Peace

- ♦ **Waging Peace Education:** Families learn to understand anger and the impact of violence and aggression.
- ♦ **Waging Peace II:** Adolescents and their families address aggressive patterns through negotiation and relationship skills, physical awareness, lifestyle choices, beliefs and values.

Chemical Abuse

- ♦ **Chemical Dependence Parent Forum:** Parents and adult caregivers learn basic skills on effective parenting to help their children through recovery.
- ♦ **Chemically Dependent Teen Recovery:** Males and females aged 13-18 learn to build recovery skills in this support group.
- ♦ **Chemical Abuse, Multi-Family:** Adolescents and their families focus on recovery, coping and relationship skills in this treatment group.
- ♦ **Discovery:** Adolescents and their families are educated on chemical abuse, progression in harmful use patterns, negative consequences, and options for change.

Social Skills

- ♦ **Middle Social Skills:** Males aged 8-10 with Attention-Deficit/ Hyperactivity Disorder, and parent and adult caregivers, learn to increase self-confidence in order to be successful with peers.
- ♦ **Junior Social Skills:** Males aged 11-12 with Attention-Deficit/ Hyperactivity Disorder, and parents and adult caregivers, learn to increase self-confidence in order to be successful with peers.
- ♦ **Advanced Social Skills:** Males aged 13-18 and parents and adult caregivers develop strong social, coping, and problem-solving skills.

Self-Image

- ♦ **Junior Images:** Females aged 11-13 learn to increase self-understanding, improve self-esteem, communication and relationship skills, and reinforce positive value system.
- ♦ **Images:** Females aged 14-17 learn to increase self-understanding, improve communication skills and self-esteem, and reinforce positive values.

Community Based Court Liaison Services

- ♦ **Ladies Charge Your Head:** Females aged 11-17 exhibiting anti-social values and peer association, court involvement, and criminal behavior will focus on thoughts, attitudes, self-control, anger management, and triggers for disruptive behavior.
- ♦ **Man Up I & II:** Males aged 11-17 exhibiting anti-social values and peer association, court involvement, theft, and criminal thinking focus on relationship skills, anger management, and triggers for disruptive behavior.
- ♦ **Liberate:** Adolescents and parents take part in a program for youth identified as having substance abuse or addiction as a criminogenic risk/need.
- ♦ **Safe Family Access:** Monitored exchange and supervised visitation program for children involved in stressful family situations.

Community Support

- ♦ **Kreative Kidz:** Males and females aged 6-12 increase positive achievements and decrease behavior problems by strengthening healthy coping skills through art, yoga, music and movement.

Early Childhood Services

- ♦ **Socialization:** Males and females to age 3 and parents and adult caregivers receive support during parent-child interaction based on developmental goals.
- ♦ **Incredible Years:** Parent Enrichment and Dinosaur School – Parents and children ages 2-6 share dinner followed by a parent enrichment program and social skills training for children.
- ♦ **Incredible Years:** Teacher Training – Teachers and daycare staff learn best practices and become certified in the “Step Up to Quality” program.
- ♦ **Respite 0-5:** For parents who need a short break from the kids. Must have a referral from a community provider that indicates a need. Open to children up to age 5 and siblings up to age 8.
- ♦ **Laugh, Listen & Learn:** Males and females aged 12-36 months and parents take part in a developmental playgroup led by Early Childhood Mental Health Specialists focusing on free play, art, circle time, fine and gross motor skills and language.
- ♦ **Purposeful Play:** Males and females aged 3-5 and parents take part in a developmental playgroup led by Early Childhood Mental Health Specialists focusing on free play, art, circle time, fine and gross motor skills and language.

- ♦ **Behavioral Solutions for Young Children:** For toddlers and preschoolers who are experiencing difficulty in managing their behavior in preschool/child care settings. Early Childhood Mental Health Specialists serve children, their families, and teachers/caregivers in preschools and child care centers in Lake County.
- ♦ **Red Raider Preschool Mental Health Consultation:** Focus on children with difficulty managing their behavior in preschool/child care settings. Consultation services provided by Early Childhood Mental Health Specialists.
- ♦ **Therapeutic Interagency Preschool:** Interagency collaboration with Lake-Geauga United Head Start and Lake County Department of Job and Family Services providing 4.5 days a week of center-based preschool services that support education, development, health, nutrition, social/emotional wellbeing and special needs. Bi-weekly home visits and other support included.
- ♦ **Head Start Consultation Mental Health Consultation:** Focus on children with difficulty managing their behavior in preschool/child care settings. Consultation services provided by Early Childhood Mental Health Specialists. Bi-weekly home visits and classroom support included.

Community Consultation Training and Education

- ♦ **Olweus Bullying Prevention:** An in-school program for K-12 to encourage a climate that does not accept bullying and works proactively to eliminate it.
- ♦ **Lake County Suicide Prevention Coalition:** Offers free programs on depression and suicide that can be tailored to the needs of any school or community group.

School Based Services

- ♦ Group programs are identified and conducted as needed and requested by schools on topics including social skills, anger management, grief and loss, coping skills, and art and music therapy.



Crossroads

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

**8445 Munson Road
Mentor, Ohio 44060
(440) 255-1700**

**Para información
en Español llame:
(440) 205-2444**

www.crossroads-lake.org

