



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. This is a multi-family group for children and adolescents aged 3-18.
- ♦ **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.
- ♦ **Parenting Wisely:** Families learn to deal with adolescents aged 11-18 with aggressive and disruptive behaviors.

Anger Management

- ♦ **Anger Management 101:** Families learn to understand and appropriately manage anger, violence and aggression.

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

- ♦ **Stop and Think:** Co-ed program for children aged 7-11 focusing on social skills including listening, following directions, asking for help, dealing with teasing, consequences, goal setting and understanding feelings.
- ♦ **What Color is Your Hurt:** Co-ed program for children aged 3-6 focusing on dealing with trauma.
- ♦ **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 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.
- ♦ **Safe Family Access:** Monitored exchange and supervised visitation program for children involved in stressful family situations.

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

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