

Huron County Youth Resources

These resources are designed to support youth resiliency, anti-bullying, and general supports available.

Local Supports and Services

Reach Our Youth (ROY) is a one-to-one mentoring program that matches volunteers with local children in Huron County who need a role model & extra friend in life. Many of the youth are in need of a good role model and an extra friend to share life's experiences. ROY aims to help youth grow into well-adjusted adults who contribute positively to their community. We do this by matching caring volunteers with a child who needs some extra attention. Those volunteers meet with their mentee once a week and are encouraged to form a supportive friendship with the youths, as opposed to modifying the youth's behavior or character.

- **Requirements for youth:** Must be age 6-17 and reside in Huron County, Ohio
- **How to sign up your youth:** Visit <https://www.reachouryouth.org/enroll-your-child/application-form.html>
- **Requirements for mentors:** Must be age 16 or older; if under 18, must have parental consent
- **How to sign up to be a mentor:** Visit <https://www.reachouryouth.org/volunteer/over-18-volunteer-application.html>

Enrichment Centers for Huron County offer the Age Exchange program. Age Exchange is an intergenerational program that brings senior volunteers and youth together, for the purpose of enhancing the quality of life for both groups. Through the activities during each session, the senior volunteers share their time and talents with the children, while the children add value to the lives of the seniors. Senior volunteers are paired individually with youth, allowing for one-on-one attention that youth may not receive in other settings.

The Age Exchange program addresses the following:

- Mental and Emotional Support
- Positive Role Models
- Substance Abuse Awareness
- Individual Attention and Group Participation

How youth are enrolled: program coordinator works with the schools to select children that have challenging situations and may be at risk of exposure to substance abuse.

Locations: the Age Exchange program is available for Norwalk City School District and Willard City School District

OhioGuidestone's Early Childhood Mental Health Consultation Program (ECMH-C) can provide on-site support for challenging behaviors and social emotional concerns. As a solution-oriented program, their consultants can help you overcome these energy-consuming problems and return your focus to facilitating student learning and social emotional growth instead of behavior management.

Services available:

- *Classroom Consultation Service* focuses on the entire classroom and develops solutions to students' behavioral and social emotional problems faced by your teachers and staff. This includes child and classroom observation, assessment, and intervention planning, and staff support for group behavior management through modeling, coaching

and other methods of intervention. This program is provided over an 8-week period, and the consultant spends up to 4 hours per week in your classroom.

- *Family-Centered Consultation* is designed to help individual children with challenging behaviors and social emotional concerns with participation of the family unit. The consultant spends up to 12 hours spread over 6 sessions with the family to develop solutions and provide linkages and referrals.

Services are available to all Huron County school districts at no cost to the district; services may be virtual or in-person. Call [844.622.5564](tel:844.622.5564) for more information.

PROSPER. The Providing Resources and Opportunities Sustaining Prevention and Education for Resilience (PROSPER) coalition is made up of individuals from the community, representatives from local social services organizations, elected officials, and community leaders. PROSPER strives to support, empower, and advocate for the youth and families of Huron County by building resilience, promoting mental health wellness, and preventing substance abuse through collaborative strategies and education. PROSPER oversees multiple prevention programs including Developmental Assets, Start Talking, Be Present, Stomp Out Bullying, etc.

Huron County Family and Children First Council. The purpose of the Family & Children First Council is to streamline and coordinate existing publicly funded services to help families seeking assistance for their children. This initiative is a partnership of government agencies and community organizations committed to improving the well-being of children and their families. We evaluate and prioritize services, fill service gaps where possible, invent new approaches to achieve better results, and ensure ongoing input from a broad representation of the community.

- SERVICE COORDINATION
 - Basic Service Coordination: A process where immediate daily living needs are identified and resources are provided by the Service Coordinator to assist with those needs. The process encourages them to make helpful, caring connections in the community.
 - Team-Based Service Coordination: A process which develops and carries out plans for children, individuals, and their families who have complex needs or need immediate assistance to identify resources for daily living needs. Families who have used traditional services may find Team-Based Service Coordination helpful because it brings all supporting agencies together to assist the family. The Services Coordination process ensures that services are focused on the needs of the individual and his or her family by making referrals to appropriate agencies and aligning services/community supports.
- HIGH-FIDELITY WRAPAROUND
 - The wraparound process is a way to improve the lives of children with complex needs or Multi-System Youth (MSY) and are typically involved with multiple agencies within the county for supports and services (DJFS/MHAS/Behavioral Health/School Intervention/Juvenile Court, etc.). It is not a program or a type of service, but a team-based planning process used to develop plans of care that are individualized, and based on the strengths and culture of the children and their family. The plan is NEEDS-DRIVEN rather than service-driven, and includes a team of people that support the youth, including formal (professionals) and informal (family & community members) supports.

D.A.R.E. is a comprehensive K-12 prevention education program taught in thousands of schools in America, as well as many other countries. Taught by highly trained law enforcement officers, D.A.R.E. Education Programs deliver science/evidence-based curricula that teach students good decision-making skills that will help them lead safe and healthy lives and cope with high-risk circumstances including drugs, alcohol, violence, bullying, and internet safety.

Family Life Counseling offers comprehensive mental health and addiction outpatient services for adults and youth, including assessments, counseling, and case management services. School-based counseling and prevention services are also offered. Clients may be referred or self-admit. FLC accepts all payer sources.

- Adult & Youth Services
 - Diagnostic Assessments (Mental Health and Substance Use)
 - Counseling (individual, couples, family)
 - Psychiatric Services via telehealth
 - Case Management
- Youth Only
 - School based services
 - Impact Program
 - Evidence-based practices which recognize and restructure sexual behavior concerns. This program is certified by DYS.
 - Revive Play Therapy for children
 - Adventure Therapy
- Families/Parenting
 - Parenting 101
 - A series of classes designed to help caregivers understand their child’s emotional, physical, and psychological needs. Offered individually or as a group.
 - Family Mobile Response and Stabilization Services
 - Mobile crisis services for youth and families. Direct referral process to link families with services immediately.

Firelands Counseling & Recovery Services offers mental health services for all ages and comprehensive programs for substance abuse, psychiatric services, vocational rehabilitation, educational programs and crisis intervention including a 24-hour crisis line 800-826-1306. Clients may be referred or self-admit. Most insurances are accepted. Sliding fee scale is available.

| Service | Brief Description | MH/SU | Population | Day/Time |
|-----------------------|--|--------|---------------------------------------|-----------------|
| Diagnostic Assessment | Comprehensive assessment to clarify potential treatment needs and provide diagnosis and treatment recommendations as applicable | MH, SU | Youth, Adults | Day and evening |
| Counseling | Counseling by licensed therapists addressing a wide variety of treatment needs – such as, anxiety, depression, stress, trauma, substance use. Also have family counseling. Counseling can be provided in person or by video tele | MH, SU | Youth, Adults Couples, Families | Day and evening |
| | <i>***Therapists with specialized training in EMDR, DBT, Motivational Interviewing</i> | | | |
| Case Management | Case management services for those with severe and persistent mental health or substance use issues. Linkage to community resources. | MH, SU | Youth, Adults | Day and evening |
| Medication Services | Assessment & treatment with mental health medications by psychiatrist or psychiatric nurse practitioner. | MH | Youth, Adults | Day |

| Service | Brief Description | MH/SU | Population | Day/Time |
|---------------------------|---|--------|---------------|------------------------|
| | MAT - Vivitrol and Suboxone for adult SU clients | SU | | |
| Crisis Intervention | 24-hour Behavioral Health Hotline Assessment for psychiatric hospitalization | MH, SU | Youth, Adults | 24 hours/7 days a week |
| Youth MH Group Counseling | <p>Group scheduling varies throughout the year. Some groups offered may include:</p> <p>Adolescent Social Skills - to educate on ways to regulate emotions, problem-solving and health coping skills.</p> <p>Youth Grief - Assist youth to navigate the loss of someone close to them</p> <p>ADHD groups - parent and youth - For parents and caregivers of youth diagnosed with ADHD. Meets at the same time as the youth ADHD group which addressing coping skills, increasing frustration tolerance, and managing symptoms in a positive manner.</p> <p>Note: Firelands Counseling has group therapy and educational groups offered at the Norwalk site and other Firelands locations that are also made available to those of Huron Co. There are a variety of groups offered for adults as well.</p> | | | |

Starting Point Outreach offers a variety of services for Spanish-speaking youth in Huron County. Contact: Silvia Hernandez by calling 419-933-4100

The Nord Center provides industry-leading behavioral health programs, prevention, education and client advocacy that focuses on individual recovery and well-being. We focus on creating positive outcomes that lead to healthier lives and a stronger community. Offers sexual assault services by calling the hotline at 440-204-4359.

Family Health Services offers behavioral health services through their comprehensive behavioral health center, 419-502-2800.

Clear Minds Coaching and Counseling offers child-centered play therapy, LGBTQ and family services, mental health and substance use counseling. 567-424-6003

Boys and Girls Club New London Elementary inspires and enables young people to reach their full potential 425 Park Ave, New London.

Crisis Services

- **Huron County Crisis Hotline** (24/7/365) 800-826-1306
- **Mobile Response and Stabilization Services** (8am – 10pm) 567-274-8816
- **Crisis Text Line** (24/7/365) Text 4HOPE to 741741
- **Ohio Sexual Violence Helpline** (advocacy and support for survivors of sexual violence)(24/7) 844-644-6435
- **The Trevor Project** (counselors are understanding of LGBTQ+ issues and will not judge you)(24/7/365) 866-488-7386
- **Trans Lifeline** (trans-led organization that connects trans people to the community support and resources they need to survive and thrive): 877-565-8860
- **LGBT National Youth Talk Line** (youth through age 25) 800-246-7743
- **National Suicide Prevention Lifeline** (24/7) 800-273-8255

Support Groups

- Narateen
 - Grace United Methodist Church, 108 Maple St, Willard
 - 1st and 3rd Thursday of each month 6-7:30pm
 - Contact: Sandy Brinkmeier 567-224-1987
- Youth LGBTQ+ Support Group (Unity Support Group)
 - Zoom and In Person
 - Tuesdays at 4:30pm
 - Register by emailing hclgbtq@gmail.com
- Family/Ally Support Group
 - Monroeville United Church of Christ, 29 Chapel St, Monroeville
 - 1st Tuesday of each month at 6:30pm
 - Contact Wayne Chasney 419-465-2165

Trainings/Prevention Programs

- QPR (Question, Persuade, Refer) suicide prevention training for youth and staff. Call Firelands Counseling at 419-663-3737 to schedule.
- Mental Health First Aid: training to teach the skills needed to respond to the signs of mental health concerns and substance use. Available for youth and staff. Offered through MHAS, call 419-681-6268 or email admin@huroncountymhas.org to schedule. This training is free of charge.
- Self-care training. Offered through MHAS, call 419-681-6268 or email admin@huroncountymhas.org to schedule. This training is free of charge.
- Stress Management training. Offered through MHAS, call 419-681-6268 or email admin@huroncountymhas.org to schedule. This training is free of charge.
- [Our Whole Lives Training Schedule - United Church of Christ \(ucc.org\)](#) - "Our Whole Lives" is a comprehensive human sexuality curriculum developed by the UCC and the Unitarian Universalist Church.
- Human Rights Campaign: Welcoming Schools is a comprehensive bias-based bullying prevention program that provides LGBTQ+ and gender inclusive professional development training, lesson plans, booklists, and resources for the youth-serving professionals. <https://welcomingschools.org/>

- Sources of Strength: A best practice youth mental health promotion and suicide prevention program designed to harness the power of peer social networks to create healthy norms and culture, ultimately preventing suicide, violence, bullying, and substance misuse. The mission of Sources of Strength is to prevent adverse outcomes by increasing wellbeing, help-seeking, resiliency, healthy coping, and belonging. Sources of Strength moves beyond a singular focus on risk factors by utilizing an upstream approach for youth suicide prevention. This upstream model strengthens multiple sources of support, or protective factors, for young people so that when times get hard, they have strengths to rely on. <https://sourcesofstrength.org/>
- Safe Zone Training: foundational LGBTQ+ understanding and inclusion training <https://thesafezoneproject.com/resources/courses/self-guided-foundational-safe-zone-training/>.
- GLSEN Professional Development: this resource aims to empower educators to act in solidarity with LGBTQ+ students. This resource offers materials on LGBTQ inclusive school planning and school assessments and has a form to assist with using preferred pronouns of students. <https://www.glsen.org/professional-development>

Resources/Websites

<https://www.loveisrespect.org/>

<https://www.hcbmhas.org/youth>

<http://www.transyouthequality.org/>

<https://www.glbtnearme.org/>

<https://www.thetrevorproject.org/>

<https://ymhproject.org/resources/>

<https://www.onoursleeves.org/mental-health-resources/national-state-resources/ohio>

<https://www.stopbullying.gov/>

<https://www.namissw.org/#>