

Center for Children and Families



Nurturing children
and families



Where they are

Dear Friends:

Since 1973, Center for Children and Families (CCF), a nonprofit mental/behavioral health agency, has been a safety net for children and families of Hamilton County. With approximately 160,000 Hamilton County residents affected each year by mental illness, CCF offers a place to turn for many who would not otherwise have access to treatment.

Formerly known as Mental Health Services East, CCF changed its name this year to better reflect the work we are doing. Central to that work is to serve families and children “where they are.” To us, that means addressing the community’s mental health needs where they lie clinically *and* being geographically and physically available to serve those needs.

That’s why CCF’s relationships with city and county schools is so important. With staff permanently assigned to over 40 schools in Cincinnati and Hamilton County, we work hand-in-hand with school staff to meet a common goal: to maximize each student’s ability and opportunity to learn.

In addition to our school-based programs, CCF staff are treating kids “where they are” through partnerships with public health clinics. There, we are able to deliver vital mental/behavioral health treatment to a typically underserved population. In the community we collaborate with local fire department personnel to offer our innovative “Firesetters” program. Also, our A Voice program brings treatment to children and families suffering from the aftermath of sexual abuse. Once our namesake and now a division of the agency, Mental Health Services East continues to serve east side adults and older adults.

In 2001, CCF corporately affiliated with Talbert House, the region’s largest social service agency. The partnership has been of mutual benefit, creating resources and efficiencies that continue to help us as we grow.

Unfortunately, as we have grown with the needs of our community, public funds have become more and more limited. For that reason, CCF will initiate an annual fund drive this year. In the past, CCF has relied fully on funding from public entities such as the Hamilton County Community Mental Health Board, Hamilton County Job and Family Services and local and state chapters of the Family and Children First Council. We are grateful for the public funding we receive, and believe it is a testimony to the quality of our services. Now, out of need, we invite individuals, families, corporations and foundations to help keep our safety net in place for children and families where they are.



Sincerely,

A handwritten signature in black ink that reads "Tom Palmer".

Tom Palmer
Chief Executive Officer

“Mary”

Fifth-grader “Mary” couldn’t follow her teacher’s instructions, she cried or giggled at inappropriate times in the middle of class, had poor social skills and strange quirks like a need to be last in line. Yet, academically, she was doing fine.

Her teacher was concerned, both for her well-being and for the rest of the class, who were constantly being disrupted by her behavior, so she referred her to CCF school-based services for an evaluation. At her evaluation, her counselor was able to identify an unusual combination of symptoms including an inability to express needs, identify emotions, initiate conversations or understand verbal directions.

Under the recommendation of CCF staff, the school administered a Multi-Factored Evaluation (MFE) and a CCF psychiatrist evaluated “Mary” for medication. It was determined that “Mary” was suffering from Asperger’s Disorder, a milder variant of Autistic Disorder. Her limitations went far beyond social or behavioral problems.

Once diagnosed, the psychiatrist prescribed an anti-depressant for “Mary.” This helped her to deal with the discomfort she experienced about the world around her, which in many

ways to her seemed chaotic and confusing. CCF staff also worked with her mother, teacher and classmates to modify how she was tested, how she was given instructions and even set up a “buddy” classmate. With a single designated classmate helping her, she was better able to communicate with her teacher and other classmates. Once her environment was modified to a way in which she could process things, her inappropriate behaviors subsided.

Asperger’s Disorder never goes away. Today, however, “Mary” is in high school, and not only functions at a much higher level, but has been able to enjoy extracurricular activities alongside her classmates.



Nurturing children and families...

In our community

“Tracy”

By the time 14 year-old “Tracy” told her parents that she had been sexually abused as a younger child, she was already experiencing major emotional difficulties as a result of the abuse. When she finally revealed what had happened to her, she fell apart completely.

She had been hospitalized for both psychiatric and physical symptoms because she was suffering from Anorexia and gastro-intestinal problems. “Tracy” could not function in school and had become a danger to herself. Her behavior was so unmanageable that her parents were considering placing her in a residence where she could receive full time treatment.

Referred to the A Voice program by Hamilton County Job and Family Services, “Tracy” and her parents met with a therapist specifically trained in trauma related treatment. In the beginning, “Tracy” went to individual and family therapy, while her parents went through the PACT program as well. PACT is an 18-week program for sexually abused children and their non-offending family members. The program includes gender and age-specific treatment for victims, siblings and parents. Initially, the PACT

program was too overwhelming for “Tracy.” After a year of individual treatment, however, she was able to complete the PACT program with her parents participating for a second time.

Today, “Tracy’s” counselors regard her recovery as “remarkable” and the entire family is doing well.



“Joey”

For several years “Joey” was treated for Attention Deficit/Hyper-activity Disorder (ADHD), but the treatment was clearly not working. He was hearing voices that told him to stab people, exhibited pressured speaking and symptoms of paranoia. In school, he was leaving class and trying to jump out windows. He was a danger to himself and those around him.

His mother was distraught and turned to his primary care physician for answers. Luckily, the Cincinnati public health clinic where his pediatrician had treated him since birth was a participant in the CCF Pediatric Integrated Care Project (PICP).

Together, “Joey’s” pediatrician and CCF mental health professionals were able to determine that “Joey” was actually suffering from Schizoaffective Disorder. His treatment was drastically changed to include appropriate medication and two and a half years of psychiatric treatment.

“Joey” was treated in partnership with his pediatrician. Because of this, his medical and family histories were available and helpful to the mental health staff working with him, his



mother was able to trust in the prescription of different medications and the family experienced a seamless continuum of care. Last year, “Joey” was able to complete a full year of school without any episodes—he even got straight As!

In our public health clinics

Nurturing children and families...

Community Outpatient Services

In five sites throughout Hamilton County, counseling and community support for children and adolescents is provided by CCF Community Outpatient Services. Confidential counseling from licensed therapists helps children and families with problems resulting from mental illness, abuse, family conflict, divorce, Attention Deficit Disorder, and school and behavioral issues. Psychiatric support for these services is also available when needed.



School-based Services

CCF school-based services provide prevention and education services to students and families in over 40 Cincinnati and Hamilton County public schools. Prevention services administered by licensed social workers include assessment, service referral, brief counseling crisis intervention, parent consultation and psycho educational groups. Outpatient treatment is also available at the school sites for children and families who need ongoing treatment. When necessary, referrals can be made to an agency psychiatrist or psychologist who can conduct further testing or prescribe medication.



CCF school-based services currently provide services to help over 1500 students every year.

Where they are

A Voice (child sexual abuse treatment)

The A Voice program serves children who have been sexually abused and their non-offending family members. Highly experienced therapists who undergo special training in child sexual abuse offer help through individual, family and group therapy. In addition, A Voice offers an 18-week program (PACT) which provides specific treatment for victims, siblings and parents. Service is available upon request and is most affective when treatment begins soon after the discovery of abuse occurs.



Out of 40 parents who went through the PACT program last year, 100% agreed the program helped them deal more effectively with their problems. (Internal survey.)

Health Clinic-based Treatment (Pediatric Integrated Care Project - PICP)

In place at 8 Cincinnati public health clinics, CCF psychiatrists and staff, provide expert clinical consultation and collaboration to clinic pediatricians and healthcare specialists. As necessary, CCF staff provide ongoing counseling services to clinic patients. The PICP has been nationally recognized by the Robert Wood Johnson Foundation as an example of successful integration of local public health and mental health care.

Many health clinic patients who need mental health care would not receive that care if it were off site. In a 2002 study by the University of Cincinnati Center for Quality Innovations and Research, 92% of surveyed parents who benefited from the PICP program answered yes to the statement: "My child received mental health services because the service was available at the pediatric clinic."

Juvenile Firesetters Prevention Program

This program, while innovative, is not new. For 13 years the Juvenile Firesetters Prevention Program (JFPP) of CCF has been helping fire officials and juvenile court officials distinguish between “curiosity fire setters,” who need to learn fire safety, and “troubled fire setters,” who may have serious underlying mental health issues. “Troubled juveniles” are referred to the agency’s outpatient program and receive clinical treatment. The program is unique and serves as a model for fire departments and mental health agencies working to create similar programs.



98% of children who complete the JFPP intervention program do not repeat their firesetting behaviors.

Mental Health Services East

(adult and older adult services)

Mental Health Services East provides psychotherapy and psychiatric services to adults in the Eastern Hamilton County area. Three target groups are treated by experienced, master level mental health therapists. Those groups are: adults who experience an episode of psychiatric illness such as anxiety or depression, adults with chronic mental illness, and older adults needing mental health care. The staff’s expertise in the treatment of older adults is exceptional and, for this reason, they often provide consultation to other social service agency’s who are treating older adults.



Mental Health Services East serves approximately 300 adults and older adults each year.

Board of Trustees



*Back, from left: Peter J. Clayton; Orly R. Rumberg, Esq.;
Jon Keel; Sara Simrall Rorer, Esq.; Celeste A. Stark;
Bruce Willis; Crystal L. Faulkner, CPA; Michael T. Brooks;
Front, from left: Kim D. Seaton, Esq.; Tom Palmer;
Karen A. Eller; Thomas D. Horninger*

Center for Children and Families



Mission

Our mission is to restore and maintain the mental/behavioral health of children, families and adults in need of our services by:

- developing quality, outcome-oriented programs and services;
- providing services that are cost-effective, accessible, and sensitive to the needs of a culturally and economically diverse community;
- providing comprehensive, coordinated services in collaboration with other community resources;
- advocating and providing system changes that will serve the interests of consumers and the general public.

Center for Children and Families



Locations

Walnut Hills

1501 Madison Road
Cincinnati, Ohio 45206
Phone: (513) 221-4673
Fax: (513) 872-5783

Western Hills

4966 Glenway Avenue
Cincinnati, Ohio 45238
Phone: (513) 557-2810
Fax: (513) 557-2814

Mt. Healthy

c/o Duval Center
1411 Compton Road
Cincinnati, Ohio 45231-3559
Phone: (513) 521-1154
Fax: (513) 521-1656

Norwood

c/o Special Center for Learning
5017 Marion Avenue
Cincinnati, Ohio 45212
Phone: (513) 396-5940

Madisonville

Mental Health Services East
4760 Madison Road
Cincinnati, Ohio 45227-1426
Phone: (513) 321-8286
Fax: (513) 533-5828

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For additional locations, please call
221-HOPE (4673)