



The Nord Center

Comprehensive Behavioral Healthcare

# The Nord Center: Child and Adolescent Services

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# Access to Services

- Call the main number for The Nord Center: **440-233-7232**
- Ask for Intake
- Intake phone screener will briefly assess request for service and obtain insurance information
- Appointment will be given

# Programs

- DBT
- Anger Management
- Drug Court Program
- Counseling
- Support Groups

# DBT

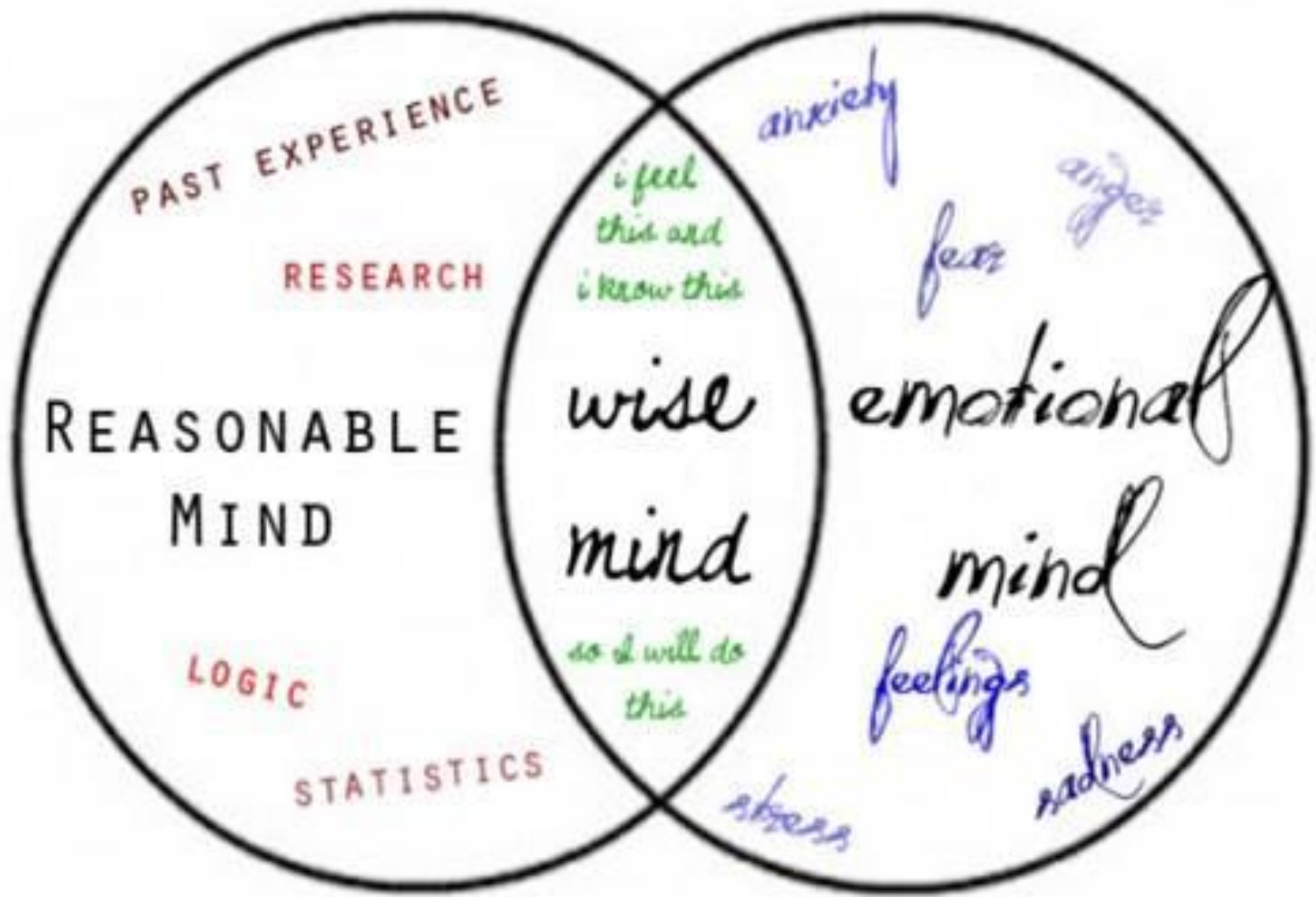
DBT's treatment model for adolescents requires 5 components:

1. **Individual therapy**
2. **Skills Group**
3. **Phone Consultation**
4. **Therapist Supervision**
5. **CPST**

- The 3 primary books used as source materials for Nord's Skills Group are written by Linehan, Rathus and Miller, and Moonshine. All three present DBT differently and we have found that using all three is effective to allow client's to approach the skills in ways that are the most accessible to them. Supplemental source materials are often found on the Internet. These materials are carefully vetted to insure their appropriateness for Nord's population.
- DBT Skills group is run Wednesdays from 5:00pm until 6:30pm. The group is available to adolescents ages 13-18. Group Orientation happens the first Wednesday of the month. This is the standard day clients begin Skills Group. However, acuity level can dictate any start date. As previously stated, an adult must attend with the client. This adult should be a major part of the client's life to assist client in using skills.

# Diary Card

- Core Mindfulness
- Distress Tolerance
- Emotional Regulation
  
- See handout



# VALIDATION

what is it?

- communicates to another person that his/her feelings, thoughts, and actions make sense and are understandable
- you can validate yourself by perceiving your own feelings, thoughts, and actions as accurate and acceptable
- validation does not mean agreement; it means that you understand where the other person is coming from

## WHAT?

should we validate

feelings  
thoughts  
behaviors

(in ourselves & others)

## WHY?

should we validate

improved relationships  
shows that:  
we are listening  
we understand  
we are nonjudgmental  
we care



# **FEATURES OF MINDFULNESS**

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<b>Self-awareness</b>	<b>Focal point of experience</b>
<b>Feeling</b>	<b>Capacity to experience emotional tone of an event or situation.</b>
<b>Foresight</b>	<b>Capacity to predict outcomes.</b>
<b>Courage</b>	<b>Capacity to step outside the bounds of convention</b>
<b>Skepticism</b>	<b>Capacity to suspend judgement</b>
<b>Language</b>	<b>Capacity to abstract</b>
<b>Memory</b>	<b>Capacity to reassess knowledge &amp; feeling</b>
<b>Temporality</b>	<b>Appreciation of linear &amp; cyclical time</b>
<b>Spirituality</b>	<b>Appreciation of universal interconnectedness</b>
<b>Imagination</b>	<b>Capacity to simulate</b>
<b>Loving-kindness</b>	<b>Appreciation of universal compassion</b>
<b>Agency</b>	<b>Capacity to act ethically on &amp; in the world</b>



# Anger Management

- Ages 14-18, meetings every Tuesday from 5:00 p. to 6:00 p.
- Current curriculum: Anger Management for Substance Abuse and Mental Health Clients
- From the Department of Health and Human Services: Substance Abuse and Mental Health Services Administration [SAMHSA]
- Using the Cognitive Behavioral Manual and the Participant Workbook created by Patrick M. Reilly, Ph.D. & Michael S. Shopshire, Ph.D.
- **DAY 1:** Overview of Anger Management Treatment
- **DAY 2:** Anger Events and Cues
- **DAY 3:** Anger Control Plans
- **DAY 4:** The Aggression Cycle
- **DAY 5:** Cognitive Restructuring
- **DAY 6:** Review Session
- **DAY 7:** Assertiveness and the Conflict Resolution Model
- **DAY 8:** Anger and the Family
- **DAY 9:** Review
- **DAY 10:** Closing Session and Graduation

# Drug Court

- Diversion Program offered by Lorain County Juvenile Court to meet needs of youth whose chemical dependency concerns have led to criminal charges
  - It is a Voluntary program, allowing youth/parents to choose to participate in program. The identified benefits of the program include: treatment for client and family to address AOD concerns and the charges are dropped after successful completion of program
  - Adjudicated youth between ages of 12-18 (upon entering program) whom meet substance dependency criteria
- Open group format
  - Group Curriculum: Matrix Model for Teens and Young Adults: Intensive Outpatient Alcohol and Drug Treatment Program with supplemental various EBP youth treatment activities based on current needs of group. Groups focus on:
    1. Psychoeducation of addiction
    2. Identifying Triggers/Stressors and impact on addiction
    3. Emotions associated with use and recovery
    4. Building Trust and accountability
    5. Peers/Social interactions as it relates to use/recovery
    6. Relapse Prevention Planning

# Drug Court cont.

- **Five phases:**

- **Compliance Phase/Phase I (minimum 28 days, after a clean drug screen):**

- 1x weekly individual therapy session
- 1x weekly family therapy session
- 1x weekly group session for client, biweekly parent education group session
- Weekly court appearance for status review
- Random Drug Testing
- house arrest.

- **Program Engagement Phase/Phase II (minimum of 45 days)**

- 1x weekly individual therapy session
- 1x weekly family therapy session
- 1x weekly group session for client, biweekly parent education group session
- Bi weekly court appearance for status review
- Random drug testing
- Gradually increased free time: 4 hours for two weeks, 8 hours per day for two weeks, after 6 weeks, juvenile released from house arrest.

- **Growth and Development Phase Part One/Phase III: (minimum 45 days)**

- Weekly therapy sessions, alternating between family or individual
- 1x weekly group session for client, biweekly parent education group session
- Court appearance for status review every three weeks
- Random drug testing
- Positive activity expectation: employment, educational, recreational, etc.

- **Growth and Development Phase Part II/Phase IV (minimum of 8 weeks)**

- Weekly therapy sessions, alternating between family or individual
- 1x weekly group session for client, biweekly parent education group session
- Court appearance for status review every four weeks
- Random drug testing
- Positive activity expectation: employment, educational, recreational, etc.
- Increased expectation for client's compliance and engagement.

- **Maintenance Phase/Phase V (minimum 16 weeks)**

- No required treatment sessions, access to treatment if desired
- Continued Drug Testing
- Graduation Date scheduled

# Counseling

- Individual and Family sessions
- Use of evidence based practices



Questions?