

# The Nord Center

Comprehensive Behavioral Healthcare



*Opening the door to hope & health...*

*recovery is ahead*



# The Nord Center

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Comprehensive Behavioral Healthcare

## **Vision**

To be the best and do the best for our patients and our community — to excel

## **Mission**

The Nord Center provides comprehensive, behavioral healthcare services that are culturally competent and evidenced-based, and that promote recovery, dignity, and well being for our clients, their families and the community we serve.

## **Core Values**

To provide care with the highest level of compassion, to be accountable for that care, and to practice integrity in each and every interaction we have with those we serve.



# Clients Served

- Adults
  - Individuals ages 18+
  - Individuals struggling with mental illness, substance use, grief, trauma, family or relationship concerns
- Children and Adolescents
  - Individuals ages 5-18
  - Juveniles and their families struggling with mental illness, substance use, family issues, grief, trauma



# Number of Clients Served

- 6359 clients served in FY 2014
  - 630 children served in outpatient services
  
- 3165 Emergency Assessments conducted
  - 829 child emergency assessments



# Adult Services

- Diagnostic Assessment
- Individual and Group Counseling
- Psychiatry and Medication Management
- Sexual Assault Services
- Partial Hospitalization
- Outpatient Addiction Services
- Pharmacy/Patient Assistance Programs
- Vocational Services/  
Supported Employment
- Short-stay Crisis Stabilization
- Dual Diagnosis
- Supportive Housing
- Case Management/  
Community Support
  - Bilingual Services
  - Africentric Services
  - Substance Abuse/Mental Illness (SAMI)



# Emergency Stabilization Services

- **Crisis Stabilization Unit**
    - Short stay residential unit to provide individuals with further stabilization following a mental health crisis
  - **Mobile Crisis Unit**
    - Clinician go into the community to meet with clients for pre-hospital assessments and assistance with stabilization
  - **24-hour Crisis hotline**
    - Anyone in the community can call if they or a loved one are experiencing a mental health crisis
- \* **Crisis Hotline Number is 1-800-888-6161**



# 24/7 Sexual Assault Services

- Lorain County Rape Crisis
  - Advocacy and ongoing support to survivors of sexual assault
  - Prevention education programs in the community
- Sexual Assault Care Unit of Lorain County
  - Medical assessment, treatment and collection of evidence
  - Legal advocacy (if the individual chooses to report)
- Children’s Advocacy Center
  - Coordinated interviews with representatives from CPS, law enforcement, mental health, advocacy and medical field
  - Advocacy Services and supportive counseling
  - Prevention education available to schools, families and general public



- The Nord Center houses the National Alliance on Mental Illness Lorain County branch.
- NAMMI is a nonprofit, support and advocacy organization of consumers, families and friends of people with mental illness.
- NAMMI offers support group meetings for families, loved ones and individuals impacted by mental illness





# Child and Adolescent Services

- Individual and Group Counseling
- Psychiatric Services
- Addiction Services
- Children's Advocacy
- Emergency Services
- Case Management



# Target Clients

- School age children and adolescents (ages 5-18)
- Common presenting concerns
  - Rule breaking behavior
  - Threats to harm self or others
  - Eating Disturbances
  - Sleeping Disturbances
  - Drug Use
  - Anxiety
  - Excessive Sadness
  - Extreme Irritability
  - Trauma
  - Difficulty Adjusting to Changes
  - Family Issues



# Specialty Programs

- Dialectical Behavioral Therapy
- Trauma Focused Behavioral Therapy
- Anger Management Program
- School Based Programs



# Dialectical Behavioral Therapy

- DBT is an evidenced-based therapy that has proven to be very effective for high-risk adolescents who are struggling with emotion regulation and related problems, including suicidal ideation, self harm behavior, and disorganized thoughts
- DBT program includes weekly individual and group counseling. One cycle lasts for 16 weeks.
- The DBT skills group runs on Wednesday evenings from 5-6:30pm
- DBT program also includes a crisis procedure to reduce hospitalizations



# Trauma-Focused Cognitive Behavioral Therapy

- TF-CBT is an evidenced-based practice designed to help children and their parents overcome the negative effects of trauma.
- The program offers a structured process to assist the clinician while working with the families to treat the symptoms related to the trauma.



# Anger Management Program

- The Anger Management program uses empirically-supported anger management strategies to assist clients 13-17 in learning to cope with a variety of anger producing situations.
- The Anger Management group runs Tuesday evenings from 5-6pm
- Court referrals and community referrals are accepted



# School-Based Programs

- The Nord Center offers school-based programs in conjunction with the Lorain County Board of Mental Health
- We offer consultation and prevention services in schools across the county
- We also offer some school based counseling services



# Intake and Referrals

- Routine referrals to all Nord Center services can be made by calling the Intake Department at 440.204.4161. The client or parent/legal guardian can call to set up an appointment for a diagnostic assessment.
- Individuals will need to provide some information at the time of the call
  - Full legal name
  - Social Security Number
  - Insurance
  - Reason for services





# Intake and Referrals

- If there are any issues with the intake process or if there are any questions regarding if The Nord Center has the needed services for an individual please contact:
  - Daniel Pilarski LISW-S Director of Intake and Adult Services at 440.204.4333
  - Melissa Wheeler LISW-S Child and Adolescent Coordinator at 440.204.4189



# Questions?

Feel free to contact me with any other questions.

Athena Dukes M.Ed., PCC

440.204.4392