



# Olmsted Falls City School District

## Resources for Students and Parents\*\*

### Table of Contents

Mental Health Organizations	Page 1
Psychiatrists	Page 2
Neurologists	Page 3
Services Listed by Concern	Pages 3-6
Support Groups	Page 7
Hotlines	Page 8-9
Resources for Families	Page 9-10
Academic Supports	Page 10

\*\*This list is known providers of a particular service. The providers on this list are from a variety of sources. The list is being provided as a courtesy, for information only, and the user should understand that no assurances or guarantees regarding the providers on the list are being made by providing this list. Olmsted Falls City Schools neither endorses, approves, nor recommends any specific provider listed on this form. This list is not inclusive of all community agencies, services, or organizations that provide the particular services, and the omission of an agency, service, or organization from this list do not imply disapproval. It is the responsibility of the user of this list to determine whether any of the content is of value to them and whether or not the agency, service, or organization meets their specific needs.



## Mental Health Organizations

All of the following organizations serve all age ranges and offer comprehensive services, including group, individual and family counseling. This is a good place to start if your family is dealing with general mental health concerns or if family members of different ages are affected.

### Cuyahoga County

#### **BeechBrook Family Center**

Cleveland, OH 44124  
(216) 831-2255

#### **Behavioral Health Associates, Inc.**

North Olmsted, Ohio 44070  
(216) 831-2500  
[www.behavioralhealthassoc.com](http://www.behavioralhealthassoc.com)

#### **Family Counseling Center, Inc.**

North Olmsted, OH 44070  
(440) 779-9565  
[www.ohiofamilycounseling.com](http://www.ohiofamilycounseling.com)

#### **Oakview Behavioral Health Services**

Middleburg Heights, OH 44130  
(440) 816-8200  
[swgeneral.com](http://swgeneral.com)

#### **Ohio Guidestone**

Berea, OH 44017  
[intakegroup@ohioguidestone.org](mailto:intakegroup@ohioguidestone.org)  
Phone: (440) 260-8300  
Crisis #: 440-260-8595

#### **PsychBC**

North Olmsted, OH 44070  
Intake: 844-468-505  
[www.psychbc.com](http://www.psychbc.com)

### Lorain County

#### **Applewood Centers Inc.**

Lorain, OH 44055  
(440) 324-1300  
[www.applewoodcenters.org](http://www.applewoodcenters.org)

#### **Bellefaire JCB**

Lorain, OH 44055  
(440) 324-5701  
<https://www.bellefairejcb.org>

#### **Pathways Counseling & Growth Center**

Elyria, Ohio 44035  
(440) 323-5707  
[pathwayscounselingcenter.com](http://pathwayscounselingcenter.com)

#### **The Nord Center**

Lorain, OH 44055  
(440) 233-7232  
[www.nordcenter.org](http://www.nordcenter.org)



## Psychiatrists

Psychiatrists are medical practitioners that specialize in the diagnosis and treatment of mental illness. They can prescribe psychiatric medications. The organizations and doctors listed below treat children and adolescents. Your child's PCP or mental health counselor can provide additional referrals to psychiatrists.

### **Cleveland Clinic Behavioral Health**

Westlake, OH 44145  
(440) 835-1445  
Cleveland, OH 44195  
(216) 363-5860

### **Metrohealth: Behavioral Health**

Cleveland, OH 44109  
(216) 778-4428

### **University Hospital Pediatric Psychiatry**

Cleveland, OH 44106  
(216) 844-3881

### **VirtualPsych.com Telepsychiatry Service**

**Dr. Vinod Bhandari**  
Cleveland, OH 44122  
(216) 238-3998

**Dr. Razia Ahmed, MD**  
Westlake, Ohio 44145  
(440) 835-6131

**Dr. Diab Almhana, MD**  
Westlake, OH 44145  
(440) 703-6260

**Dr. George Pallotta, DO**  
Medina, OH 44256  
(330) 321-3408

**Dr. Kathleen Quinn, MD**  
**Cleveland Clinic**  
Cleveland, OH 441495  
(216) 444-5950

**Dr. William Rowane, MD**  
Chagrin Falls, OH 44023  
(440) 543-3400

**Dr. Samuel Tambyraja, MD**  
Fairlawn, OH 44333  
(330) 836-7702

**Dr. Terence L. Witham, MD**  
Brooklyn, OH 44144  
(216) 661-4577

**Dr. Rebecca Zarko, MD**  
Oakview Behavioral Health Services  
Middleburg Heights, OH 44130  
(440) 816-8200

**Dr. Sara Zuchowski, MD**  
Westlake, OH 44145  
(440) 835-6212



## Neurologists

Neurologists are doctors that diagnose and treat neurological conditions such as seizures, migraines, Alzheimer's disease, tic disorders, and strokes. The following list includes local neurologists that treat children and adolescents.

### **Dr. Irwin Jacobs, MD**

Cleveland Clinic  
(216) 778-3958  
Fairview Hospital  
(216) 476-7600

### **Dr. Sumit Parikh, MD**

Cleveland Clinic  
(216) 444-1994  
Fairview Hospital  
(216) 444-5559  
Cleveland, OH 44195

### **Dr. Max Wiznitzer (UH), MD**

Rainbow Babies & Children's Hospital  
Cleveland, OH 44106  
(216) 844-7700

### **\*Dr. Nevada Reed, MD**

**Autism Specialist**  
Kids Link NeuroBehavioral Center  
Twinsburg, OH 44087  
(330) 963-8600  
[www.kidslinkohio.com](http://www.kidslinkohio.com)  
\*out-of-network for all insurance



## Mental Health Services: Listed by Concern

Listed below are counselors and organizations that specialize in treating certain mental health concerns in children and adolescents. This list is not exhaustive. If you do not see your concern listed, the "Find a Therapist" tool on PsychologyToday.com is a good resource for searching for help by concern.

### Anger Management

#### **Integrative Psychological Health**

Westlake, OH 44145  
(216) 801-4656  
[Integrativepsychologicalhealth.com](http://Integrativepsychologicalhealth.com)

#### **New Leaf Counseling Services LLC**

Avon Lake, OH 44012  
(440) 742-1661  
[www.counselingwithnewleaf.com](http://www.counselingwithnewleaf.com)

Anxiety**Benhaven Counseling**

Brecksville, OH 44141

(440) 526-0468

**Gabriel Group Counseling**

Middleburg Hts., OH 44130

(440) 523-0370

**Family Alliance Counseling LLC**

North Ridgeville, OH 44039

(440) 462-1025

ADD/ADHD**Children + Adults with ADHD Org.**

CHADD Professional Directory

chadd.org/professional-directory

**Denise Eslinger, LPCC, NCSP****Friendship in Teams (FIT)**

Beachwood, OH 44122

(440) 525-2002

**Dr. Arthur LaPlace****MetroHealth**

Parma, OH 44130

(216) 255-6800

Adolescents**Emily Bunch, LPC, NCC****Serenity Counseling Solutions**

Rocky River, OH 44116

(833) 396-1218

**Matt Kay, LSW**

Rocky River, OH 44116

(216) 279-7717

**Cindy Walsh****Behavioral Health Services**

Rocky River, OH 44116

(866) 466-9591

Autism Spectrum Disorders**Autism Society of Greater Cleveland**[www.asgc.org](http://www.asgc.org)

(216) 556-4937

**Hopebridge Autism Therapy Center**

Westlake, OH 44145

(440) 871-6568

**Willow Arts & Wellness Center**

Westlake, OH 44145

(440) 969-6260

Depression + Self-Harm**Kristine Dence, LPC****Innovative Counseling**

Avon, OH 44011

(216) 350-0133

**Impact Counseling Solutions**

Westlake, OH 44145

(440) 455-1511

**Strongsville Psychological Services**

Strongsville, OH 44136

(440) 234-9955

strongsvillepsychological.com

Early Childhood**Sarah Betteley, LISW**

Rocky River, OH 44116

(216) 478-4864

**Dr. Victoria Kellermann, Psy.D.****Linden Behavioral Pediatrics, LLC**

Westlake, OH 44145

(440) 276-3633

**Meghan Barlow and Associates**

Rocky River, OH 44116

(440) 409-0307

**Allyson Weldon, PhD, LP**  
Westlake, OH 44145  
(440) 493-1331

Eating Disorders

**Nancy L. Breckenridge**  
Adolescents, 14+  
Westlake, OH 44145  
(440) 499-7896

**The Emily Program**  
Residential, Day Tx, Outpatient  
Cleveland Hts., OH 44106  
(216) 444-4640

**The Eating Management Center**  
Rocky River, OH 44116  
(216) 464-7809

**Serenity Counseling Solutions**  
Rocky River, OH 44116  
(833) 396-1218

Family Therapy

**Clinical Counseling Associates**  
Rocky River, OH 44116  
(440) 331-5570

**Horizons Counseling Services**  
Parma Hts., OH 44130  
(440) 845-9011

**Jacqueline Salter, MFT, LPCC-S**  
Westlake, OH 44145  
(440) 485-3931

**Dr. Jane Steckler, PhD**  
**Odyssey Psychology Group, Inc.**  
Brecksville, OH 44141  
(440) 342-4140

Chronic Illness + Grief Counseling

**Cornerstone of Hope**  
Independence, OH 44131  
(216) 524-4673  
www.cornerstoneofhope.org

**The Gathering Place**  
Westlake, OH 44145  
(216) 595-9546  
www.touchedbycancer.org

**P.A.L.S. for Healing**  
Westlake, OH 44145  
Beachwood, OH 44122  
(330) 518-8334

Inpatient Services

**Fairview Hospital - Cleveland Clinic**  
Cleveland, OH 44111  
1-800-468-3120

**Lakewood Hospital**  
Lakewood, OH 44107  
1-800-701-1707

**Windsor Laurelwood**  
Willoughby, OH 44094  
1-800-438-4673  
Windsorlaurelwood.com

Partial Day Treatment

**Highland Springs - Changes**  
Solon, OH 44139  
(440) 769-0950  
changeshighland.com

**Oakview Behavioral Health Services**  
Middleburg Hts., OH 44130  
(44) 816-8200

Psychological Assessment**Behavioral Health Associates**

North Olmsted, OH 44070  
(216) 245-3679

**Dr. Colleen McMahon, PhD, EdS**

Rocky River, OH 44116  
(440) 472-1699

**Integrative Psychological Health**

Westlake, OH 44145  
(216) 801-4656  
[Integrativepsychologicalhealth.com](http://Integrativepsychologicalhealth.com)

LGBTQ+ Youth**Colors+ Youth Center**

Fairview Park, OH 44126  
(330) 529-5667  
Email: [info@colorspplus.org](mailto:info@colorspplus.org)

**Antone F. Feo, Ph.D & Assoc., Inc.**

Westlake, OH 44145  
(440) 899-1300

**Laura Vajdich, LPCC, ATR**

Rocky River, OH 44116  
(440) 356-0083

**Lesbian/Gay Community Center**

Cleveland, OH 44102  
(216) 651-5428  
[LGBTcleveland.org](http://LGBTcleveland.org)

School Related Issues**Hanna Perkins Center**

**The Hadden Clinic**  
Shaker Heights, OH 44122  
(216) 991-4472

**Integrative Psychological Health**

Westlake, OH 44145  
(216) 801-4656  
[Integrativepsychologicalhealth.com](http://Integrativepsychologicalhealth.com)

Substance Abuse**Christy Sugarman, PCC, LICDC**

**Comprehensive Behavioral Specialists**  
Westlake, OH 44145  
(440) 295-5144

**Lakewood Teen Health Center**

Lakewood, Ohio 44107  
(216) 391-8336

**Lowrie and Associates**

Strongsville, OH 44136  
Cleveland Hts., OH 44106  
(440) 846-0862

**New Directions**

Cleveland, Ohio 44124  
(216) 591-0324  
[www.newdirect.org](http://www.newdirect.org)

**Recovery Resources**

Cleveland, OH 44114  
(216) 431-4131  
[recres.org](http://recres.org)

Trauma + PTSD**Tara Clemente, LISW**

Fairview Park, OH 44126  
(216) 242-1947

**Meghan Ritter, LPCC**

Lakewood, OH 44107  
(216) 238-3142

**P.A.L.S. for Healing**

Westlake, OH 44145  
Beachwood, OH 44122  
(330) 518-8334

**Claudia Taylor, LPCC-S**

**Impact Counseling Solutions**  
Westlake, OH 44145  
(440) 482-8614



## Support Groups + Group Therapy

A **support group** provides an opportunity for people to share personal experiences and feelings, coping strategies, or firsthand information about mental health concerns or treatments. These groups are often peer-led and free. **Group therapy** is a counseling group run by a mental health professional. Individuals can pay for group therapy out-of-pocket or through insurance.

### **ALATEEN - Teen Support Group**

#### **AL ANON - Adult Support Group**

Support for individuals with loved ones who struggle with alcoholism  
(216) 621-1381  
clevelandal-anon.org

### **The Balanced Living Center**

#### **Helping Children Through Divorce (\$)**

Ages 6-10  
Middleburg Heights, OH 44130  
(440) 745-4194

### **Connecting for Kids - Family Support**

Support Groups for Families  
(440) 250-5563  
connectingforkids.org

### **Depression + Bipolar Support Alliance**

DBSA Cleveland Support Group  
www.dbwasupport.org  
(440) 539-9415

### **Insights to Mindfulness Parenting Insight Learning & Wellness Center (\$)**

For parents of children with Autism  
Warrensville Heights, OH 44128  
(216) 600-1324

### **Joel's Place - Bay Presbyterian Church**

Grief Support for School-Aged Children  
Bay Village, OH 44140  
(440) 248-4412  
[www.joelsplaceforchildren.org](http://www.joelsplaceforchildren.org)

### **Monarch Center for Autism A Division of Bellefaire JCB**

Parent + Sibling Support Groups  
[www.monarchcenterforautism.org](http://www.monarchcenterforautism.org)  
(216) 320-8945

### **NAMI (Nat. Alliance of Mentally Ill)**

Support Groups  
namigreatercleveland.org  
(216) 875-7776

### **Parents, Families, and Friends of Lesbians and Gays (PFLAG)**

Local Support Group  
[www.pflagcleveland.org](http://www.pflagcleveland.org)  
(216) 556-1701

### **PsychBC**

#### **Adolescent IOP, 13-18 (\$)**

After School, 6-Week Group Therapy  
Avon, OH  
(844) 468-5050





## Hotlines

Hotlines are phone or text messaging services that provide 24/7, free, confidential access to mental health professionals and resources for therapeutic support and crisis services. More hotline numbers are available at [www.PleaseLive.org/Hotlines](http://www.PleaseLive.org/Hotlines).

**Bellefaire Homeless Youth Program**  
(216) 570-8010

**Bellflower Center  
Prevention of Child Abuse  
24/7 Family Helpline**  
(216) 229-8800

**Children Services  
Child Abuse Hotline**  
Confidential Info + Help  
(216) 696-KIDS

**Center for Prevention Dom. Violence  
Battered Women's Hotline**  
(216) 391-HELP  
[www.dvcac.org](http://www.dvcac.org)

**Cleveland Rape Crisis Hotline**  
(216) 619-6192

**Eating Disorder Prevention/Awareness  
Bulimia/Anorexia Hotline**  
1-847-831-3438

**Family Helpline**  
(216) 229-8800

**Frontline Mobile Crisis Unit  
24/7 Suicide Prevention + Intervention**  
(216) 623-6888  
(216) 953-TALK

**Laurelwood Hospital Victim Resources  
Sexual Abuse - 24/7 Hotline**  
Willoughby, OH 44094  
1-800-438-4673

**LGBT Comm. Center of Greater Cle.**  
(216) 651-5428

**National Runaway Safeline**  
1-800-RUN-AWAY

**National Suicide Prevention Lifeline**  
1-800-273-TALK (8255)

**Poison Control Center**  
(216) 231-4455  
1-800-222-1222

**Safe School Anon. Helpline 24/7**  
For threats of school violence/shooting  
800-418-6423 ext 359

**STI and AIDS Hotline**  
800-332-2437

**Textline (Suicide Prevention)  
24/7 Text Services**  
Text 4HOPE to 741741

**Tot Line**  
Info for Parents of 0-4 year olds  
(216) 431-8200

**United Way 211, 24/7**  
Referrals to Mental Health Services  
2-1-1

**Women Safe, Inc**  
**Battered Women and Children**  
1-888-285-5665

**Women Together Hotline**  
**Battered Women + Children**  
1-800-580-4879

**Youth Crisis Hotline (<18)**  
1-800-488-4663



## Resources for Families

Listed below are local resources for your family's needs, including local shelters, food banks, parenting resources, and other Cuyahoga County Services.

### Shelters + Homelessness

**Cleveland Mediation Center**  
Homeless Prevention Program  
Cleveland, OH 44113  
(216) 621-1919  
clevelandmediationcenter.org

**Frontline Services**  
216-623-6888

**Lakewood Christian Service Center**  
Lakewood, OH 44107  
(216) 226-6466  
www.lcsclakewood.org

**Next Step Youth Shelter**  
For homeless youth (13-17)  
Cleveland, OH  
(216) 941-0062

### Cuyahoga County Services

**Child Support Enforcement Agency**  
Cleveland, OH 44114  
(216) 443-5100

**Cuyahoga Metropolitan Housing Authority**  
(216) 348-5000  
www.cmha.net

**Board of Health**  
Parma, OH 44130  
216-201-2000  
Dental Options, Early Start Program,  
Environmental Health, Housing  
Inspection  
www.ccbh.net

**Department of Children and Family Services**  
Cleveland, Ohio 44115  
(216) 431-4500  
Hotline: (216) 696-5437

**Department of Senior + Adult Services**  
(216) 420-6700  
Support and benefits for grandparents  
raising children

**Cuyahoga Job and Family Services**  
(216) 987-7000

**Cuyahoga JFS Provides:**

Child Care Assistance  
 Healthy Start Program  
 (free insurance for children)  
 Home Energy Assistance  
 Food Stamps & Welfare Benefits

**Witness/Victim Service Center**

Department of Justice Affairs  
 (216) 443-7375  
 Free services for crime victims

Food/Necessities**Olmsted Community Church**

Food Pantry Distributions  
 (440) 235-3326

**Christians in Action**

Food Distribution (weekly)  
 (440) 954-4140

Parenting Education**Robert J. Reitman, MEd, LPCC-S**

North Olmsted, OH 44070  
 (440) 319-3019

**Fairview Hospital**

Cleveland, OH 44111  
 (440) 356-0347

**Family Connections**

[www.familyconnections1.org](http://www.familyconnections1.org)  
 Love and Logic Parenting Classes  
[www.chidseyseminars.com](http://www.chidseyseminars.com)

**Metro Health Medical Center**

Cleveland, OH 44109  
 (216) 778-4614

**West Side Ecumenical Ministry**

Cleveland, OH 44113  
 (216) 281-5854



## Academic Supports

The academic supports listed below include local tutoring services and learning centers that can help support your child in their academic success.

**Cuyahoga County Library****Homework Centers**

<http://www.cuyahogalibrary.org/homework-help.aspx>

**North Coast Tutoring Services**

(216) 247-1622  
<https://www.northcoasted.com>

**The St. Thomas Learning Center****St. Thomas Episcopal Church**

Grades 7-12  
 Berea, Ohio 44017  
 (440) 234-5241

**SYLVAN Learning Centers**

Strongsville, OH 44136  
 Westlake, OH 44145  
 (440) 249-6446