



Counseling for Caregivers

Adult Behavioral Health Services

Counseling for Caregivers is an office based mental health treatment program. This service is available to parents/ caregivers of children currently receiving services from The Children's Home of Cincinnati.

The goal of this service is to enhance the lives of the participants, the children and the overall family unit.

Participants may receive:

- Diagnostic Assessment
- Individualized Treatment Planning
- Individual Therapy
- Group Therapy
- Medication Management

Who is eligible?

- Parent/caregivers of a child currently receiving services from The Children's Home of Cincinnati
- A minimum of 18 years old
- Medicaid active (no dual insurance coverage available)

For more information, contact:

Behavioral Health Intake Department
5050 Madison Road
Cincinnati, OH 45227
(513) 272-2800
www.thechildrenshomecinti.org

Therapists utilize a variety of evidence based approaches, dependent on the individualized needs of the participant.

Cognitive Behavioral Therapy

This is the most effective, evidence based intervention used to identify and explore the relationship between thoughts, feelings and behaviors.

Motivational Interviewing

This therapeutic method is used to strengthen internal motivation towards change. This goal oriented, client-centered counseling style allows individuals to explore and resolve barriers to personal growth.

Mindfulness

Provides a platform for individuals to increase their self-awareness, acceptance of self and achieve empowerment.

Client-Centered Therapy

Creates a therapeutic environment that is comfortable, non-judgmental and empathetic. This approach allows the client to lead the session with an emphasis on unconditional positive regard.



"It's an incredible program and I feel fortunate to be a part of it. It's helped me to find myself. I've become a better me and a better mom."

"This service has helped me look at myself more clearly and notice the things that work for me and the things that don't work for me. I don't let the little things bother me as much anymore. I feel like I'm less likely to overreact. It's definitely improved my relationship with my daughter and helped me to better understand her needs."