

MENTAL HEALTH RESOURCE GUIDE

Northwest Ohio

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Disclaimer

The material in this Resource Guide is intended to help members of the community to better understand mental illness, the resources available for individuals and their families, and advocate for support and acceptance from the community.

This Resource Guide provides information about all of these topics, but is not a complete review of the issues raised or services available for the support and treatment of mental health.

This Resource Guide is for general reference, and is intended to direct concerned parties to other, more complete sources of information about support and resources available. This Guide is not intended to cover every possible issue you may encounter when challenged with mental health concerns.

This Resource Guide is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Sources: National Alliance on Mental Illness; WebMD; www.stopbullying.gov; Children and Youth Mental Health Resource Guide.

	ADD/ADHD	Anger/Aggression	Anxiety Disorder	Autism Spectrum Disorder	Bipolar Disorder	Borderline Personality	Bullying	Conduct Disorder	Cutting/Self Harm
AUTISM SOCIETY OF NORTHWEST OHIO				●					
CARING AND RESTORING EACH OTHER SUPPORT GROUP (CARE)									
THE CENTER FOR CHILD AND FAMILY ADVOCACY		●							
CHILDREN'S RESOURCE CENTER	●	●	●	●	●	●	●	●	●
COMPREHENSIVE BEHAVIORAL HEALTH SERVICES, LLC	●	●	●	●	●	●	●	●	●
DOUBLE ARC									
EMPOWERED FOR EXCELLENCE BEHAVIORAL HEALTH		●	●	●	●	●		●	
GENACROSS LUTHERAN SERVICES		●	●						●
GOOD GRIEF OF NORTHWEST OHIO, INC.									
HARBOR BEHAVIORAL HEALTH	●	●	●	●	●	●	●	●	●
KOBACKER CENTER	●	●	●	●	●	●	●	●	●
LUTHERAN SOCIAL SERVICES OF NORTHWESTERN OHIO	●	●	●	●	●	●	●	●	●
MAUMEE VALLEY GUIDANCE CENTER	●	●	●		●	●	●	●	●
NATIONAL ALLIANCE ON MENTAL ILLNESS OF GREATER TOLEDO		●	●		●	●	●	●	●
NEW CONCEPTS	●	●	●		●	●		●	●
PROMEDICA BEHAVIORAL HEALTH SERVICES		●	●	●	●	●		●	●
PROMEDICA RUSSELL J. EBEID CHILDREN'S HOSPITAL THE CULLEN CENTER	●	●	●				●		●
PROMEDICA RUSSELL J. EBEID CHILDREN'S HOSPITAL PEDIATRIC PSYCHIATRY	●	●		●	●	●		●	●
RACING FOR RECOVERY									
RECOVERY SERVICES OF NORTHWEST OHIO	●	●	●	●	●	●	●	●	●
A RENEWED MIND	●	●	●		●	●		●	●
RESCUE MENTAL HEALTH & ADDICTION SERVICES	●	●	●	●	●	●	●	●	●
RFS CHARITABLE FOUNDATION	●	●	●	●	●	●	●	●	●
SENSORY SUPPORT OF NORTHWEST OHIO									
THOMAS M. WERNERT CENTER	●	●			●				
TOLEDO CENTER FOR EATING DISORDERS									
UNISON HEALTH	●	●	●	●	●	●	●	●	●
ZEPF CENTER	●	●	●	●	●	●	●	●	●
ZEPF RECOVERY HOUSING									

AUTISM SOCIETY OF NORTHWEST OHIO

6629 W. Central Ave., Suite 1
Toledo, Ohio 43617

419-578-2766

Fax: 419-725-6805

asno.org

Information and referral, educational workshops, family events, Sibshop for the brothers and sisters of children with autism, social group for young adults, presentations to professionals, visual supports made for parents by appointment, family events, Lace It, Face It Autism Walk, and e-newsletter.

POPULATION: Individuals, parents, family member, professionals affected by autism

FEES: Free

CARING AND RESTORING EACH OTHER SUPPORT GROUP (CARE)

Ronald McDonald House
3883 Monroe St.
Toledo, Ohio 43606

419-291-9475

A series of four meetings with topics and speakers that will be repeated four times a year.

POPULATION: Families who have experienced a miscarriage, still birth, or death of a baby during the first months of life.

FEES: Free

THE CENTER FOR CHILD AND FAMILY ADVOCACY, INC.

219 E. Washington St.
Napoleon, Ohio 43545

419-592-0540

theccfa.org

Provides comprehensive services through treatment, prevention, education, and advocacy.

POPULATION: Youth, adult

FEES: Medicaid, Medicare, self pay

CHILDREN'S RESOURCE CENTER

1045 Klotz Road
Bowling Green, Ohio 43402

419-352-7588

Fax: 419-354-4977

crcwoodcounty.org

Provides child-centered, family-focused mental health and co-occurring mental health and substance abuse services to all Wood County and nearby families.

POPULATION: Youth, young adults up to 24

FEES: Medicaid, private insurances, self pay

COMPREHENSIVE BEHAVIORAL HEALTH SERVICES, LLC

2770 Centennial Road, Building 7
Toledo, Ohio 43617

419-794-0567

Fax: 419-794-0569

comprehensivebehavioralhealth.com

Provides a wide array of mental health services to adults and youth including individual, couples, family and group counseling, psychiatric supportive treatment services, psychiatric services, transcranial magnetic stimulation (TMS) therapy, and integrated behavioral and physical healthcare coordination.

POPULATION: Youth, adults

FEES: Medicaid, private insurances, self pay

DOUBLE ARC

(Fetal Alcohol Spectrum Disorder)

5164 Monroe St.
Toledo, Ohio 43623

419-479-3060

doublearc.org

Serves children with Fetal Alcohol Spectrum Disorders (FASD) and their families through education, intervention, and advocacy. This includes diagnosis for children prenatally exposed to alcohol, ongoing case management, workshops and trainings on FASD for parents, education professionals, social service providers, medical and allied professionals. We are introducing an online parent support group and a video series of strategies for parents raising children with FASD.

POPULATION: Youth

FEES: Sliding fee scale

EMPOWERED FOR EXCELLENCE BEHAVIORAL HEALTH

3170 W. Central Ave.
Toledo, Ohio 43606

567-316-7253

Fax: 567-316-7232

efebhoh.org

Provides comprehensive and compassionate integrated mental health and substance abuse services. Our commitment is to deliver the highest quality of treatment through faith-based principles, education advocacy and service.

POPULATION: Youth, adults

FEES: Medicaid, self pay

GENACROSS LUTHERAN SERVICES

1905 Perrysburg Holland Road
Holland, Ohio 43528

419-693-1520

genacrosslutheranservices.org

Provides residential treatment, parental support, behavioral health, day treatment, and homemaker/personal care services to children, youth, families, and adults.

POPULATION: Youth, adult

FEES: Medicaid, Medicare, some private insurance, self-pay

GOOD GRIEF OF NORTHWEST OHIO, INC.

440 S. Reynolds Road, Suite D
Toledo, Ohio 43615

419-360-4939

goodgriefnwo.org

Provides free support groups for children, teens, young adults, and their families, who have experienced the death of someone significant in their lives.

POPULATION: Youth, young adults up to 19

FEES: Free





HARBOR BEHAVIORAL HEALTH

6629 W. Central Ave.
Toledo, Ohio 43617

123 N. 22nd St.
Toledo, Ohio 43604

1946 N. 13th St.
Toledo, Ohio 43604

800 Commerce Drive
Perrysburg, Ohio 43551

1010 N. Prospect St.
Bowling Green, Ohio 43402

7140 Port Sylvania Drive
Toledo, Ohio 43617

3909 Woodley Road
Toledo, Ohio 43606

1033 Devlac Grove
Bowling Green, Ohio 43402

309 S. Main St.
Bowling Green, Ohio 43402

6825 St. Rt. 66 N.
Defiance, Ohio 43512

419-475-4449

harbor.org

Counseling services for children, adults and families, group counseling, integrated care, alcohol and other drug assessment, treatment and prevention, adult day services for individuals with developmental disabilities, Employee Assistance Program, vocational programs for those with barriers to employment, developmental pediatrics, community psychiatric supportive treatment, community based therapy, psychiatric evaluations, psychological testing and health home services. Harbor is dedicated to providing trauma informed care.

POPULATION: Youth, adults

FEES: Medicaid, Medicare, many private insurances, self pay

KOBACKER CENTER

The University of Toledo
Medical Center

1400 E. Medical Loop
Toledo, Ohio 43614

419-383-3815

Fax: 419-383-3277

utmc.utoledo.edu/depts/kobacker/

Serving children with serious emotional and behavioral needs in either an inpatient or outpatient setting. The multi-disciplinary team provides comprehensive treatment and guidance to children and their families. Outpatient services provided include diagnostic assessment, individual therapy, family therapy, group therapy, psychological testing, medication management, and community support services.

POPULATION: Youth

FEES: Medicaid, Medicare, most private insurances

LUTHERAN SOCIAL SERVICES OF NORTHWESTERN OHIO

2149 Collingwood Blvd.
Toledo, Ohio 43620

419-243-9178
Fax: 419-243-4450

lssnwo.org

A faith-based social service agency that touches the lives of thousands of people each year through a variety of services – providing hope, compassion and stability to those in need. We offer behavioral health and counseling services, substance abuse treatment and emergency food pantries. Our Siemer Program works in conjunction with the Financial Opportunities Center. This program provides assistance to families who are at risk of becoming homeless. One goal is to keep children in the same school setting rather than moving them around.

POPULATION: Youth, adults

FEES: Medicaid, Medicare, private insurances, self pay

MAUMEE VALLEY GUIDANCE CENTER

211 Biede Ave.
Defiance, Ohio 43512

910 E. Maple St.
Bryan, Ohio 43506

407 Independence Drive
Napoleon, Ohio 43545

222 Depot St.
Wauseon, Ohio 43567

419-782-8856

maumeevalleyguidancecenter.org

Community behavioral healthcare center meeting the diverse behavioral health needs of residents in Defiance, Fulton, Henry and Williams Counties.

POPULATION: Youth, adults

FEES: Medicaid, Medicare, private insurances, self pay

NATIONAL ALLIANCE ON MENTAL ILLNESS OF GREATER TOLEDO (NAMI)

2753 W. Central Ave.
Toledo, Ohio 43606

419-243-1119
Fax: 419-243-4534

541 W. Wooster St., 2nd Floor
Bowling Green, Ohio 43402

419-352-0626
Fax: 419-376-3037

namitoledo.org (Lucas County)
namiwoodcounty.org (Wood County)

Support, education and advocacy for those individuals and their families who are living with mental illness.

POPULATION: Youth, adults

FEES: Free

NEW CONCEPTS

5301 Nebraska Ave.
Toledo, Ohio 43615

419-531-5544
Fax: 419-531-5117

newconceptsop.org

Provides quality treatment services for substance use and mental health disorders to individuals who desire a better quality of life.

POPULATION: Adults

FEES: Medicaid, self pay, sliding fee scale

PROMEDICA BEHAVIORAL HEALTH SERVICES

Inpatient:

ProMedica Flower Hospital:
419-824-1444

ProMedica Toledo Hospital:
419-291-4000

ProMedica Defiance Regional
Hospital: 419-783-6957

Outpatient:

ProMedica Physicians
Fremont: 419-332-7321

Findlay: 419-424-2011

ProMedica Defiance Regional
Hospital: 419-783-6957

ProMedica Memorial Hospital:
419-334-6619

ProMedica Toledo Hospital:
419-291-4000

promedica.org/behavioralhealth

For those struggling with depression, stress, anxiety or another mental health condition, the decision to seek help can be a difficult one. Our inpatient and outpatient programs are tailored specifically to meet the needs of those whose symptoms require care in a setting that provides safety and security during crisis stabilization. Our multidisciplinary team provides a wide range of programming and services that are personalized to meet each individual's needs. We help others learn how to manage their symptoms in a confidential, safe, and therapeutic environment and offer support to individuals and families.

POPULATION: Adults

FEES: Medicaid, Medicare, private insurances, self pay

PROMEDICA RUSSELL J. EBEID CHILDREN'S HOSPITAL THE CULLEN CENTER

2150 W. Central Ave., 2nd Floor,
Toledo, Ohio 43606

419-291-7919
Fax: 419-479-3273

promedica.org/cullencenter

Outpatient therapy clinic affiliated with the National Child Traumatic Stress Network (NCTSN.org). Provides services for youth (infants to eighteen years) and their families who have been impacted by trauma or loss. Such experiences include, but are not limited to: serious accidents, house fires, child abuse, witnessing violence, bullying, physical illness or injury, displacement, crime victimization and natural disasters. Committed to providing trauma-informed, evidenced-based assessment and therapy to help children and families heal and thrive. There is a significant emphasis on working with and supporting the whole family, which helps the child heal faster.

POPULATION: Youth

FEES: Medicaid, private insurances, self pay

PROMEDICA RUSSELL J. EBEID CHILDREN'S HOSPITAL PEDIATRIC PSYCHIATRY

2142 N. Cove Blvd.
Harris McIntosh Tower, 5th Floor
Toledo, Ohio 43606

419-291-4681

promedica.org/toledo-childrens-hospital/Pages/specialty-services/pediatric-psychiatry.aspx

16 bed acute care inpatient unit. Services provided include: crisis stabilization, psych education, medication evaluation and management, and planning for outpatient follow-up care. Admission to the unit is by a Board Certified Child and Adolescent Psychiatrist. Care is provided by a multidisciplinary team of nurses, mental health professionals, social workers and activity therapists. The unit provides services for youth referred from 28 counties in NW Ohio and Southern Michigan, 6 – 18 years old (18 and still in high school). The family-centered philosophy is vital to the treatment of the children. All parents and/or guardians participate in the child's plan of care.

POPULATION: Youth 6 – 18

FEES: Medicaid, private insurances, self pay

RACING FOR RECOVERY

6202 Trust Drive
Holland, Ohio 43528

419-824-8462
Fax: 419-517-0514

racingforrecovery.org

Racing for Recovery works to improve quality of life for addicts and their loved ones by promoting a lifestyle of health, fitness, and sobriety. Every day. Our life-saving mission includes free ongoing support for those recovering as well as their loved ones. Todd Crandell (founder) remains active in the center's daily operation, providing one-on-one and group counseling services.

POPULATION: Adults

FEES: N/A

RECOVERY SERVICES OF NORTHWEST OHIO

511 Perry St.
Defiance, Ohio 43512

560 W. Linfoot St.
Wauseon, Ohio 43567

419-782-9920
Fax: 419-784-2523

rsnwo.org

Mental health services and substance abuse.

POPULATION: Youth, Adults

FEES: Medicaid, private insurance, self-pay, sliding fee scale



A RENEWED MIND

1832 Adams St.
Toledo, Ohio 43604
419-720-9247
Fax: 419-931-6765 or 419-720-0304

1624 Tiffin Ave., Suite B1
Findlay, Ohio 45840
419-422-7800

1776 Tremainsville Road
Toledo, Ohio 43613
419-214-0606

5164 Monroe St.
Toledo, Ohio 43623
419-359-5300

885 Commerce Drive
Perrysburg, Ohio 43551
419-330-1349

735 Haskins Road
Bowling Green, Ohio 43402
419-359-5621

1895 Oakwood Drive
Napoleon, Ohio 43545

1254 S. Main St.
Bryan, Ohio 43506
419-633-0705

138 N. Fulton St.
Wauseon, Ohio 43567
419-359-0110

201 E. Second St.
Defiance, Ohio 43512
419-359-0336

arenewedmindservices.org

Provides quality community and office-based treatment to those in need. Treatment is provided in a confidential, comfortable setting. Array of mental health and addiction services are provided on an outpatient basis to children, youth and adults along with residential services for adolescent males and females (Synergy Program) and adult males (Fresh Start Program). Support services for individuals and families who are experiencing difficulties with depression, anxiety, trauma, substance abuse or addiction. Medication assisted treatment, psychiatry services, housing assistance and school-based services are also available.

POPULATION: Youth, adults

FEES: Medicaid, Medicare, most private insurances, self pay

RESCUE MENTAL HEALTH & ADDICTION SERVICES

3350 Collingwood Blvd.
Toledo, Ohio 43610

419-255-9585
Fax: 419-324-0234

Rescue Urgent Care:

Open Monday-Friday (Age 13–Adult)
9 a.m. – 5 p.m.
419-255-3125

rescuemhs.com

Provides 24/7 crisis mental health services for Lucas County residents for children, adolescents and adults regardless of insurance or ability to pay. Crisis services include assessment, hospital pre-screening, community based outreach and crisis stabilization residential for youth and adult clients in crisis. Central Access program provides non-crisis assessment and referral if appropriate to outpatient mental health or alcohol and drug treatment services.

POPULATION: Youth, adults

FEES: Medicaid, Medicare, private insurances, self pay

RFS CHARITABLE FOUNDATION

830 N. Summit St., Suite 2
Toledo, Ohio 43604

419-693-9600
Fax: 419-693-9650

rfstackle.com

We are a behavioral health agency that specializes in school-based and outpatient services both mental health and substance abuse. Our clinicians are all trained in trauma informed care.

POPULATION: Youth, adults

FEES: Medicaid, private insurance, self pay

SENSORY SUPPORT OF NORTHWEST OHIO

Rehab Dynamics
3160 Central Park West
Toledo, Ohio 43617

419-340-3241

Parent support group meets every third Thursday at 6:45 p.m. – 8 p.m.

POPULATION: Parents

FEES: Free

THOMAS M. WERNERT CENTER

208 W. Woodruff Ave.
Toledo, Ohio 43604

419-242-3000
Fax: 419-242-0750

wernertcenter.org

To improve the quality of life for persons living with mental illness through peer-driven and focused programs which address recovery through education, advocacy and support.

POPULATION: Adults

FEES: Free

TOLEDO CENTER FOR EATING DISORDERS

5465 Main St.
Sylvania, Ohio 43560

419-885-8800
Fax: 419-885-8600

toledocenter.com

Full range of cost-effective, specialized, and evidence-based treatments for adults, adolescents, and children with eating disorders, such as anorexia nervosa and bulimia nervosa. Adolescent residential, partial hospitalization, intensive outpatient and outpatient services.

POPULATION: Youth, adults

FEES: Medicaid, private insurances, self pay

UNISON HEALTH

1425 Starr Ave.
Toledo, Ohio 43605

1212 Cherry St.
Toledo, Ohio 43608

544 E. Woodruff Ave.
Toledo, Ohio 43604

1011 Sandusky St., Suite C
Perrysburg, Ohio 43551

1084 S. Main St., Suite A
Bowling Green, Ohio 43402

419-693-0631

unisonhealth.org

40 years of experience and the community's recognized and preferred leader in caring for the integrated mental health and substance abuse.

POPULATION: Youth, adults

FEES: Medicaid, Medicare, private insurance, self pay

ZEPF CENTER

6605 W. Central Ave.
Toledo, Ohio 43617

419-841-7701

zepfcenter.org

Provides behavioral health and vocational services to youth and adults with severe and persistent mental illness in Northwest Ohio. Services include child and adolescent psychiatric, medical, residential, and therapy services, as well as career development. Alcohol and other Drugs treatment for both youth and adult.

POPULATION: Youth, adults

FEES: Medicaid, Medicare, private insurances, self pay

ZEPF RECOVERY HOUSING

2465 Collingwood Blvd.
Toledo, Ohio 43620

419-841-7701 ext. 7050

zepfcenter.org/zepf-recovery-housing/

Provides an alcohol and drug free living environment, peer support, and connection to recovery assistance for people with substance use disorders. Recovery Housing provides newly sober people with the timed and support needed to change behaviors as they move from a culture of addiction to one of recovery. It is a place where people fit in, have common experiences and goals and can be authentic without having to explain their addiction or recovery needs.

POPULATION: Men and women ages 18 and over with substance dependence problems

FEES: Medicaid, Medicare, private insurances, self pay



ADD/ADHD

LOCAL RESOURCES

- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- Lutheran Social Services of Northwestern Ohio
- Maumee Valley Guidance Center
- New Concepts
- ProMedica Russell J. Ebeid Children's Hospital
The Cullen Center
- ProMedica Russell J. Ebeid Children's Hospital
Pediatric Psychiatry
- Recovery Services of Northwest Ohio
- A Renewed Mind
- Rescue Mental Health & Addiction Services
- RFS Charitable Foundation
- Thomas M. Wernert Center
- Unison Health
- Zepf Center

ADD/ADHD stands for attention deficit disorder or attention deficit hyperactivity disorder, a condition with symptoms such as inattentiveness, impulsivity, and hyperactivity. The symptoms differ from person to person. Both children and adults can have ADHD, but the symptoms always begin in childhood. Adults with ADHD may have trouble managing time, being organized, setting goals, and holding down a job.

The symptoms include:

- Trouble paying attention (easily side-tracked)
- Doesn't like or avoids long mental tasks (such as homework)
- Trouble staying on task during school, at home, or even at play
- Disorganized and seems forgetful
- Doesn't appear to listen when directly spoken to
- Doesn't pay close attention to details
- Loses things often
- Makes careless mistakes
- Struggles to follow through with instructions

ANGER/AGGRESSION

LOCAL RESOURCES

- The Center for Child and Family Advocacy
- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC
- Empowered for Excellence Behavioral Health
- Genacross Lutheran Services
- Harbor Behavioral Health
- Kobacker Center
- The University of Toledo Medical Center
- Lutheran Social Services of Northwestern Ohio
- Maumee Valley Guidance Center
- National Alliance on Mental Illness of Greater Toledo (NAMI)
- New Concepts
- ProMedica Behavioral Health Services
- ProMedica Russell J. Ebeid Children's Hospital The Cullen Center
- ProMedica Russell J. Ebeid Children's Hospital Pediatric Psychiatry
- Recovery Services of Northwest Ohio
- A Renewed Mind
- Rescue Mental Health & Addiction Services
- RFS Charitable Foundation
- Thomas M. Wernert Center
- Unison Center
- Zepf Center

Anger is a very powerful emotion that can stem from feelings of frustration, hurt, annoyance or disappointment. It is a normal human emotion that can range from slight irritation to strong rage. Anger can be harmful or helpful, depending upon how it is expressed. Knowing how to recognize and express anger in appropriate ways can help people reach goals, handle emergencies and solve problems. However, problems can occur if people fail to recognize and understand their anger.

Suppressed, unexpressed anger can be an underlying cause of anxiety and depression. Anger that is not appropriately expressed can disrupt relationships, affect thinking and behavior patterns and create a variety of physical problems. Chronic (long-term) anger has been linked to health issues such as high blood pressure, heart problems, headaches, skin disorders and digestive problems. In addition, poorly managed anger can be linked to problems such as alcohol and substance abuse, crime, emotional and physical abuse and other violent behavior.





ANXIETY DISORDER

LOCAL RESOURCES

- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC
- Empowered for Excellence Behavioral Health
- Genacross Lutheran Services
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- Lutheran Social Services of Northwestern Ohio
- Maumee Valley Guidance Center
- National Alliance on Mental Illness
of Greater Toledo (NAMI)
- New Concepts
- ProMedica Behavioral Health Services
- ProMedica Russell J. Ebeid Children's Hospital
The Cullen Center
- Recovery Services of Northwest Ohio
- A Renewed Mind
- Rescue Mental Health & Addiction Services
- RFS Charitable Foundation
- Unison Health
- Zepf Center

Anxiety is defined as a feeling of unease. When the level of anxiety is great enough and persistent enough to interfere with everyday activities, it is considered an anxiety disorder.

Parents may notice that their child is fearful or nervous. This can be associated with a stressful event, such as public speaking or writing a test. It is normal for a child to worry or feel nervous about these single events.

Children or adolescents may have anxiety disorder if they are frequently nervous or worried and find it hard to cope with any new situation or challenge.

AUTISM SPECTRUM DISORDER

LOCAL RESOURCES

- Autism Society of Northwest Ohio
- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC.
- Empowered for Excellence Behavioral Health
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- Lutheran Social Services of Northwestern Ohio
- ProMedica Behavioral Health Services
- ProMedica Russell J. Ebeid Children's Hospital
Pediatric Psychiatry
- Recovery Services of Northwest Ohio
- Rescue Mental Health & Addiction Services
- RFS Charitable Foundation
- Unison Center
- Zepf Center

Autism spectrum disorder (ASD) is a disability that affects development. The word spectrum refers to the range of symptoms and their severity.

Kids with ASD have problems with social skills, language, communication and behavior. They may behave differently or repeat the same activities over and over again, like touching the same objects or flipping them repeatedly. Not all children with ASD have the same problems or behaviors. The usual signs of ASD usually show up when a child is between 2 and 3 years old, but experts think it begins much earlier, when the brain is starting to develop.

What Is the Autism Spectrum?

In the past, experts talked about several disorders as subtypes of autism. The American Psychiatric Association decided to simplify it and call all of them "autism spectrum disorder."

The spectrum has a wide range. People who are "on the spectrum" could have very different abilities and experiences. Some people with ASD also have special skills in specific areas like math, music or art.

BIPOLAR DISORDER

LOCAL RESOURCES

- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC
- Empowered for Excellence Behavioral Health
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- Lutheran Social Services of Northwestern Ohio
- Maumee Valley Guidance Center
- National Alliance on Mental Illness
of Greater Toledo (NAMI)
- New Concepts
- ProMedica Behavioral Health Services
- ProMedica Russell J. Ebeid Children's Hospital
Pediatric Psychiatry
- Recovery Services of Northwest Ohio
- A Renewed Mind
- Rescue Mental Health & Addiction Services
- RFS Charitable Foundation
- Thomas M. Wernert Center
- Unison Health
- Zepf Center

Bipolar disorder (also known as manic-depression) is a serious but treatable medical illness. It is thought to be a chemical imbalance in the brain marked by extreme changes in mood, energy, thinking and behavior. Symptoms may be present since infancy or early childhood, or may suddenly emerge in adolescence or adulthood. Until recently, a diagnosis of the disorder was rarely made in childhood. Doctors can now recognize and treat bipolar disorder in young children.

Early intervention and treatment offer the best chance for children with emerging bipolar disorder to achieve stability, gain the best possible level of wellness, and grow up to enjoy their gifts and build upon their strengths.

Proper treatment can minimize the adverse effects of the illness on their lives and the lives of those who love them.

Everyone has ups and downs in mood. Feeling happy, sad and angry is normal. Bipolar disorder, or manic depressive illness, is a serious medical condition causing people to have extreme mood swings that affect their entire outlook in all areas of life. These swings affect how people think, behave and function.

BORDERLINE PERSONALITY DISORDER

LOCAL RESOURCES

- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC.
- Empowered for Excellence Behavioral Health
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- Lutheran Social Services of Northwestern Ohio
- Maumee Valley Guidance Center
- National Alliance on Mental Illness of Greater Toledo (NAMI)
- New Concepts
- ProMedica Behavioral Health Services
- ProMedica Russell J. Ebeid Children's Hospital Pediatric Psychiatry
- Recovery Services of Northwest Ohio
- A Renewed Mind
- Rescue Mental Health & Addiction Services
- RFS Charitable Foundation
- Unison Health
- Zepf Center

Borderline personality disorder (BPD) is a condition characterized by difficulties in regulating emotion. This difficulty leads to severe, unstable mood swings, impulsivity and instability, poor self-image and stormy personal relationships. People may make repeated attempts to avoid real or imagined situations of abandonment. The combined result of living with BPD can manifest into destructive behavior, such as self-harm (cutting) or suicide attempts.

People with BPD experience wide mood swings and can display a great sense of instability and insecurity. Signs and symptoms may include:

- Frantic efforts to avoid being abandoned by friends and family.
- Unstable personal relationships that alternate between idealizations – “I’m so in love!” and devaluation – “I hate her.” This is also sometimes known as “splitting.”
- Distorted and unstable self-image, which affects moods, values, opinions, goals and relationships.
- Impulsive behaviors that can have dangerous outcomes, such as excessive spending, unsafe sex, substance abuse or reckless driving.
- Suicidal and self-harming behavior.
- Periods of intense depressed mood, irritability or anxiety lasting a few hours to a few days.
- Chronic feelings of boredom or emptiness.
- Inappropriate, intense or uncontrollable anger – often followed by shame and guilt.
- Dissociative feelings – disconnecting from your thoughts or sense of identity, or “out of body” type of feelings – and stress-related paranoid thoughts. Severe cases of stress can also lead to brief psychotic episodes.





BULLYING

LOCAL RESOURCES

- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Medical Center
- Lutheran Social Services of Northwestern Ohio
- Maumee Valley Guidance Center
- National Alliance on Mental Illness
of Greater Toledo (NAMI)
- ProMedica Russell J. Ebeid Children's Hospital
The Cullen Center
- Recovery Services of Northwest Ohio
- Rescue Mental Health & Addiction Services
- RFS Charitable Foundation
- Unison Health
- Zepf Center

Kids who are bullied can experience negative physical, school and mental health issues. They are more likely to experience:

- Depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns and loss of interest in activities they used to enjoy. These issues may persist into adulthood.
- Health complaints
- Decreased academic achievement – GPA and standardized test scores – and school participation. They are more likely to miss, skip or drop out of school.

A very small number of bullied children might retaliate through extremely violent measures. In 12 of 15 school shooting cases in the 1990s, the shooters had a history of being bullied.

Kids who bully others can also engage in violent and other risky behaviors into adulthood. They are more likely to:

- Abuse alcohol and other drugs in adolescence and as adults
- Get into fights, vandalize property and drop out of school
- Engage in early sexual activity
- Have criminal convictions and traffic citations as adults
- Be abusive toward their romantic partners, spouses or children as adults

CONDUCT DISORDER

LOCAL RESOURCES

- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC
- Empowered for Excellence Behavioral Health
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- Lutheran Social Services of Northwestern Ohio
- Maumee Valley Guidance Center
- National Alliance on Mental Illness of Greater Toledo (NAMI)
- New Concepts
- ProMedica Behavioral Health Services
- ProMedica Russell J. Ebeid Children's Hospital
Pediatric Psychiatry
- Recovery Services of Northwest Ohio
- A Renewed Mind
- Rescue Mental Health & Addiction Services
- RFS Charitable Foundation
- Unison Health
- Zepf Center

Conduct disorder is a repetitive and persistent pattern of behavior in children and adolescents in which the rights of others are violated (or they are behaving in a socially unacceptable way). The child or adolescent usually exhibits these behavior patterns in a variety of settings – at home, at school and in social situations, and they cause significant impairment in his or her social, academic and family functioning. Many youth with this disorder have trouble feeling and expressing empathy or remorse and reading social cues. Some may have been rejected by peers as young children. They often misinterpret the actions of others as being hostile and respond by escalating the situation into conflict.

The disorder is more common among boys than girls. It can have early onset, before the age of 10, or in adolescence.

Many factors can contribute to a child developing conduct disorder. Although it is more common in the children of parents who themselves exhibited conduct problems when they were young, other factors such as brain damage, child abuse, school failure and traumatic life experiences are also believed to contribute to development of the disorder.

CUTTING/SELF HARM

LOCAL RESOURCES

- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC
- Genacross Lutheran Services
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- Lutheran Social Services of Northwestern Ohio
- Maumee Valley Guidance Center
- National Alliance on Mental Illness of Greater Toledo (NAMI)
- New Concepts
- ProMedica Behavioral Health Services
- ProMedica Russell J. Ebeid Children's Hospital
The Cullen Center
- ProMedica Russell J. Ebeid Children's Hospital
Pediatric Psychiatry
- Recovery Services of Northwest Ohio
- A Renewed Mind
- Rescue Mental Health & Addiction Services
- RFS Charitable Foundation
- Unison Health
- Zepf Center

Cutting is when a person intentionally makes cuts on his or her body with a sharp object. The cuts may be small or large, shallow or deep. They may cause a little bleeding or a lot of bleeding and require stitches. The person cuts to try to feel better. This is not a suicide attempt. Some people use other methods to hurt themselves – burning, scratching, head banging, pulling out hair, biting or hitting themselves, etc. At schools in Waterloo Region they are known as "EMO's" ("emotional") and sometimes they hang around in groups. The EMO subculture is associated with EMO music (emotional rock or indie music) but also extends into appearance, behavior and perspectives on life.

Both sexes may cut themselves, but more females do this. They may cut at any age but most people start as teens or young adults. It could be short term or go on for years. Background, race and income level does not appear to have any influence.

DEPRESSION

LOCAL RESOURCES

- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC
- Empowered for Excellence Behavioral Health
- Genacross Lutheran Services
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- Lutheran Social Services of Northwestern Ohio
- Maumee Valley Guidance Center
- National Alliance on Mental Illness of Greater Toledo (NAMI)
- New Concepts
- ProMedica Behavioral Health Services
- ProMedica Russell J. Ebeid Children's Hospital
The Cullen Center
- ProMedica Russell J. Ebeid Children's Hospital
Pediatric Psychiatry
- Recovery Services of Northwest Ohio
- A Renewed Mind
- Rescue Mental Health & Addiction Services
- RFS Charitable Foundation
- Thomas M. Wernert Center
- Unison Health
- Zepf Center

Parents may notice that their child is sometimes sad or blue. Sadness is part of living. It helps us understand our inner world and gives meaning to events. Children or adolescents may have a problem, however, if they are frequently sad and it begins to interfere with a child's ability to function in daily life. Depression is not a weakness or character flaw and you cannot just "snap out of it".

Depression is treatable. Early identification, diagnosis and treatment will help the child or adolescent reach full potential. Any child, youth or adult who abuses substances should also be evaluated for depression.

Dysthymia is a mood disorder that falls within the depression spectrum. It is considered a chronic depression, but with less severity than a major depression. This disorder tends to be a chronic, long-lasting illness.



DUAL/CONCURRENT/CO-MORBID

LOCAL RESOURCES

- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC
- Empowered for Excellence Behavioral Health
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- Lutheran Social Services of Northwestern Ohio
- Maumee Valley Guidance Center
- National Alliance on Mental Illness of Greater Toledo (NAMI)
- New Concepts
- ProMedica Behavioral Health Services
- ProMedica Russell J. Ebeid Children's Hospital Pediatric Psychiatry
- Recovery Services of Northwest Ohio
- A Renewed Mind
- Rescue Mental Health & Addiction Services
- RFS Charitable Foundation
- Thomas M. Wernert Center
- Unison Health
- Zepf Center

"Dual diagnosis" has been used to refer to the occurrence of both a mental illness and a developmental disability (see the reverse for a definition) in the same person. Some examples of developmental challenges are: intellectual disability, (also known as mental retardation); learning disability; Down syndrome; Prader-Willi syndrome and autism spectrum disorder.

Concurrent diagnosis refers to the presence of an addiction as well as a mental illness. However, in the United States, they use the term dual diagnosis to refer to this condition. Co-morbid, or co-occurring disorders means they are commonly found together in the same person, (i.e. AD/HD plus obsessive-compulsive disorder).

For our reference and for many other professionals, dual diagnosis is referring to a developmental disability PLUS a diagnosis of a mental health disorder.

EATING DISORDERS

LOCAL RESOURCES

- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC
- Empowered for Excellence Behavioral Health
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical
- Lutheran Social Services of Northwestern Ohio
- Maumee Valley Guidance Center
- National Alliance on Mental Illness of Greater Toledo (NAMI)
- New Concepts
- ProMedica Behavioral Health Services
- ProMedica Russell J. Ebeid Children's Hospital Pediatric Psychiatry
- Recovery Services of Northwest Ohio
- A Renewed Mind
- Rescue Mental Health & Addiction Services
- RFS Charitable Foundation
- Toledo Center for Eating Disorders
- Unison Health
- Zepf Center

Eating disorders include anorexia, bulimia and binge eating disorder. Food restrictions, food rituals, binge eating, starving, purging or compulsive physical activity are some of the behaviors of people with eating disorders.

Eating disorders can be difficult to detect. Glamorization of so-called ideal bodies, coupled with the view that dieting is a normal activity, can obscure a person's eating problems. It can be difficult for a person with an eating disorder to admit they have a problem, let alone someone whose life is inhibited by weight preoccupation. Gaining an understanding of these conditions is the first step in the journey to wellness. Education and awareness activities are crucial.

Someone with an eating disorder may be:

- Obsessed with their appearance
- Severely preoccupied with food, weight and exercise
- Weighing themselves frequently
- Avoiding eating with others
- Making abusive remarks about themselves
- Depressed or irritable

FETAL ALCOHOL SPECTRUM DISORDER

LOCAL RESOURCES

- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC
- Double ARC
- Empowered for Excellence Behavioral Health
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- Lutheran Social Services of Northwestern Ohio
- ProMedica Russell J. Ebeid Children's Hospital
Pediatric Psychiatry
- Rescue Mental Health & Addiction Services
- RFS Charitable Foundation
- Unison Health
- Zepf Center

Fetal alcohol spectrum disorder is an umbrella term used for fetal alcohol syndrome (FAS), partial fetal alcohol syndrome (pFAS) and alcohol-related neurodevelopmental disorder (ARND).

FASD is an invisible disability. It lasts a lifetime, but it may change over time. It cannot be cured, but can be prevented. This disorder affects how information is processed in a person's brain. The disorder is a spectrum disorder because of the range of effects from mild to severe.

FASD may also look like:

- Attachment disorder
- Attention deficit disorder (ADD or ADHD)
- Autism or pervasive developmental delay
- Conduct disorder
- Hyperactivity
- Learning disabled
- Oppositional defiant disorder
- Sensory integration dysfunction

Diagnosis of this disorder will provide parents/caregivers and educators with direction and guidance for interventions. Proper treatment and accommodations will help to prevent secondary disabilities such as cognitive disorders, psychiatric illness and psychological dysfunction. A diagnosis helps people involved with these children's care and education to establish realistic expectations based on child's strength and weaknesses.





GRIEF

LOCAL RESOURCES

- Caring and Restoring Each Other Support Group
- The Center for Child and Family Advocacy
- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC
- Empowered for Excellence Behavioral Health
- Genacross Lutheran Services
- Good Grief of Northwest Ohio, Inc.
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- Lutheran Social Services of Northwestern Ohio
- Maumee Valley Guidance Center
- National Alliance on Mental Illness
of Greater Toledo (NAMI)
- New Concepts
- ProMedica Behavioral Health Services
- ProMedica Russell J. Ebeid Children's Hospital
The Cullen Center
- ProMedica Russell J. Ebeid Children's Hospital
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- Recovery Services of Northwest Ohio
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- Rescue Mental Health & Addiction Services
- RFS Charitable Foundation
- Unison Health
- Zepf Center

Grief is a natural response to a loss of something or someone such as a death of a family member or friend, loss of a pet, divorce, retirement and many other situations. Every person responds to loss differently. Some stages of grief are denial, shock, thoughts of "what if," anger and finally, acceptance. The grieving process is longer or shorter depending on the person and the circumstance.

There is no specific time or way that grief is expressed. Sometimes the healing process is hindered by actions such as avoidance, overworking or turning to alcohol or drugs. To help with the healing process, time should be given to process and work through the emotions. It may help to find a confidante with whom you can talk things through. Sometimes, a counselor may also be of help.

LEARNING DISABILITIES

LOCAL RESOURCES

- Children's Resource Center
- Empowered for Excellence Behavioral Health
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- Lutheran Social Services of Northwestern Ohio
- Recovery Services of Northwest Ohio
- RFS Charitable Foundation
- Unison Health
- Zepf Center

Learning disabilities result from impairments in one or more psychological processes related to perceiving, thinking, remembering or learning. These include, but are not limited to: language processing; phonological processing; visual spatial processing; processing speed; memory and attention; and executive functions (e.g. planning and decision-making). Learning disabilities are specific, not global impairments and as such are distinct from intellectual disabilities.

Learning disabilities range in severity and invariably interfere with the acquisition and use of one or more of the following important skills:

- Oral language (e.g., listening, speaking, understanding)
- Reading (e.g., decoding, comprehension)
- Written language (e.g., spelling, written expression)
- Mathematics (e.g., computation, problem solving)

Learning disabilities are due to genetic, other congenital and/or acquired neurobiological factors. They are not caused by factors such as cultural or language differences, inadequate or inappropriate instruction, socio-economic status or lack of motivation.

Learning disabilities may also cause difficulties with organizational skills, social perception and social interaction.

MOOD DISORDERS

LOCAL RESOURCES

- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC
- Empowered for Excellence Behavioral Health
- Genacross Lutheran Services
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- Lutheran Social Services of Northwestern Ohio
- Maumee Valley Guidance Center
- National Alliance on Mental Illness
of Greater Toledo (NAMI)
- New Concepts
- ProMedica Behavioral Health Services
- ProMedica Russell J. Ebeid Children's Hospital
The Cullen Center
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Pediatric Psychiatry
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- RFS Charitable Foundation
- Unison Health
- Zepf Center

Mood problems affect everything about a person, the way they think, the way they feel about themselves and the way they act. The most common mood problem is depression. Please see information under that category.

Mood disorders include:

- Major depression – long-lasting and disabling (see depression)
- Dysthymia – chronic low-level depression lasting for at least two years (see depression)
- Bipolar disorder (see bipolar disorder)



OBSESSIVE COMPULSIVE DISORDERS

LOCAL RESOURCES

- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC
- Empowered for Excellence Behavioral Health
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- Lutheran Social Services of Northwestern Ohio
- Maumee Valley Guidance Center
- National Alliance on Mental Illness
of Greater Toledo (NAMI)
- New Concepts
- ProMedica Behavioral Health Services
- ProMedica Russell J. Ebeid Children's Hospital
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- RFS Charitable Foundation
- Unison Health
- Zepf Center

When obsessions and compulsions happen over and over again they are called obsessive-compulsive disorder (OCD).

People may notice that they worry sometimes. When these worries consume a person they are called "obsessions." These are uninvited thoughts, urges or images that repeat themselves in a person's mind over and over again. When they act out one of these thoughts in the same way every time it is called a ritual. The individual can become stuck on this ritual and need to do it over and over again. Then it is called a "compulsion."

OPPOSITIONAL DEFIANT DISORDER

LOCAL RESOURCES

- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC
- Empowered for Excellence Behavioral Health
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- Lutheran Social Services of Northwestern Ohio
- Maumee Valley Guidance Center
- National Alliance on Mental Illness
of Greater Toledo (NAMI)
- New Concepts
- ProMedica Behavioral Health Services
- ProMedica Russell J. Ebeid Children's Hospital
The Cullen Center
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- RFS Charitable Foundation
- Unison Health
- Zepf Center

All children from time to time are oppositional when tired, hungry or under stress. They talk back, disobey, defy teachers and parents and argue with other adults. This is normal for two to three year olds and early teens.

Oppositional defiant disorder however occurs when the behavior is so often and consistent that it affects the family, school and social life of the child. There will be an ongoing pattern of defiant and hostile behavior towards anyone seen as an authority figure and it will interfere with the day to day functioning of the child.

PSYCHOSIS

LOCAL RESOURCES

- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC
- Empowered for Excellence Behavioral Health
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- Lutheran Social Services of Northwestern Ohio
- Maumee Valley Guidance Center
- National Alliance on Mental Illness
of Greater Toledo (NAMI)
- New Concepts
- ProMedica Behavioral Health Services
- ProMedica Russell J. Ebeid Children's Hospital
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- RFS Charitable Foundation
- Unison Health
- Zepf Center

Psychosis is defined as persistent changes in behavior, functioning or personality. Psychosis is treatable.

Psychosis can happen to anyone and usually develops during teen years.

RE-ACTIVE ATTACHMENT DISORDER

LOCAL RESOURCES

- Children's Resource Center
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- Lutheran Social Services of Northwestern Ohio
- Maumee Valley Guidance Center
- National Alliance on Mental Illness
of Greater Toledo (NAMI)
- ProMedica Behavioral Health Services
- ProMedica Russell J. Ebeid Children's Hospital
The Cullen Center
- ProMedica Russell J. Ebeid Children's Hospital
Pediatric Psychiatry
- Recovery Services of Northwest Ohio
- A Renewed Mind
- Rescue Mental Health & Addiction Services
- RFS Charitable Foundation
- Unison Health
- Zepf Center

Re-active attachment disorder is most often used to describe emotional and behavioral problems of children related to the inability to form healthy attachments to caregivers. Reactive attachment disorder (RAD) of childhood is a very specific diagnosis that can only be made by a qualified psychiatrist, psychologist or physician, as with other formal diagnoses. RAD refers to the very limited set of circumstances in which a child is thought to not have the opportunity to develop any attachment to a caregiver. Diagnostic criteria have not yet been agreed on. RAD can be broken into two types – inhibited and disinhibited. Many children have both.



SCHIZOPHRENIA

LOCAL RESOURCES

- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC
- Empowered for Excellence Behavioral Health
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- Lutheran Social Services of Northwestern Ohio
- Maumee Valley Guidance Center
- National Alliance on Mental Illness of Greater Toledo (NAMI)
- New Concepts
- ProMedica Behavioral Health Services
- ProMedica Russell J. Ebeid Children's Hospital Pediatric Psychiatry
- Recovery Services of Northwest Ohio
- A Renewed Mind
- Rescue Mental Health & Addiction Services
- RFS Charitable Foundation
- Thomas M. Wernert Center
- Unison Health
- Zepf Center

Schizophrenia is a complex illness that affects a person's behavior. It causes strange thinking, strange feelings, and unusual behaviors. It is uncommon in children and is hard to recognize in its early phases.

The cause of schizophrenia is not known. Current research suggests a combination of brain changes, bio-chemical, genetic and environmental factors may be involved. Early diagnosis and medical treatment are important. Schizophrenia is a lifelong disease that can be controlled but not cured.

The behavior of children with schizophrenia may start slowly over a period of months or years. For example, children who used to enjoy relationships with others may start to become more shy or withdrawn and seem to be in their own world. They might begin talking about strange fears and ideas. They may start to cling to parents or say things, which do not make sense.

The following symptoms and behaviors can occur in children or adolescents with schizophrenia. The behavior must persist for at least 6 months.

- Seeing things and hearing voices which are not real (hallucinations)
- Odd and eccentric behavior, and/or speech
- Unusual or bizarre thoughts and ideas (delusions)
- Confusing television and dreams from reality
- Confused thinking (thought disorder)
- Extreme moodiness
- Ideas that people are out to get them, and or talking about them (paranoia)
- Severe anxiety and fearfulness
- Difficulty relating to peers, and keeping friends
- Withdrawn and increased isolation
- Decline in personal hygiene

SCHIZOAFFECTIVE DISORDER

LOCAL RESOURCES

- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC
- Empowered for Excellence Behavioral Health
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- Maumee Valley Guidance Center
- National Alliance on Mental Illness
of Greater Toledo (NAMI)
- New Concepts
- ProMedica Behavioral Health Services
- ProMedica Russell J. Ebeid Children's Hospital
Pediatric Psychiatry
- Recovery Services of Northwest Ohio
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- RFS Charitable Foundation
- Thomas M. Wernert Center
- Unison Health
- Zepf Center

Schizoaffective disorder combines the problems of schizophrenia with those of a mood disorder. As with schizophrenia, victims lose touch with reality. However, schizoaffective disorder is more likely to come and go, like depression and mania tend to run in cycles. The condition affects more girls than boys. Look at bipolar disorder and schizophrenia descriptions for more information.

SCHOOL PSYCHOLOGICAL OR SUICIDE ASSESSMENTS

LOCAL RESOURCES

- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- Maumee Valley Guidance Center
- National Alliance on Mental Illness
of Greater Toledo (NAMI)
- New Concepts
- Recovery Services of Northwest Ohio
- Rescue Mental Health & Addiction Services
- RFS Charitable Foundation
- Unison Health
- Zepf Center

SENSORY INTEGRATION DYSFUNCTION/ SENSORY PROCESSING DISORDER

LOCAL RESOURCES

- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- RFS Charitable Foundation
- Sensory Support of Northwest Ohio
- Unison Health
- Zepf Center

Sensory integration dysfunction (SID), also called sensory processing disorder is a neurological disorder causing difficulties with processing information from the five classic senses (vision, auditory, touch, smell and taste), the sense of movement (vestibular system) and/or the positional sense (proprioception). They vary from person to person in characteristics and how severe the symptoms are. Some symptoms may include tags on clothing, bright lights, noises and smells.

There is no known cure; however, there are many treatments available. Not everybody agrees that this is a disorder and it is only diagnosed when the sensory behavior interferes significantly with all activities of daily living. Co-morbid conditions are common-anxiety, ADHD, fragile X and autism spectrum disorders to mention just a few. There are three types classified:

- Type I – sensory modulation disorder – under or over response to stimuli or trying to find stimulation.
- Type II – sensory based motor disorder – output is disorganized due to processing information incorrectly.
- Type III – sensory discrimination order – sensory discrimination challenges.

STRESS

LOCAL RESOURCES

- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- Lutheran Social Services of Northwestern Ohio
- Maumee Valley Guidance Center
- National Alliance on Mental Illness
of Greater Toledo (NAMI)
- New Concepts
- ProMedica Behavioral Health Services
- ProMedica Russell J. Ebeid Children's Hospital
The Cullen Center
- ProMedica Russell J. Ebeid Children's Hospital
Pediatric Psychiatry
- Recovery Services of Northwest Ohio
- A Renewed Mind
- Rescue Mental Health & Addiction Services
- RFS Charitable Foundation
- Unison Health
- Zepf Center

Stress affects people in different ways and they handle stress differently. Stress can be positive as well as negative. There are many factors that influence this. Some people internalize stress.

Signs of stress

- Physical – headaches, stomach aches, vomiting, bed-wetting
- Emotional – sadness, irritability, fear
- Behavioral – losing temper, nervous tics, crying
- Interactions with others – teasing or bullying, shyness, withdrawal

Sources of stress in youth

- Being away from home and missing caregivers
- Worry about getting lost in school hallways
- Worry about getting along with peers
- Worry about school work
- Worry about being last chosen on a team

Other sources of stress

- Major family change – divorce of parents, etc.
- Move to new town or city
- Serious illness

SUBSTANCE ABUSE COUNSELING

LOCAL RESOURCES

- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC
- Empowered for Excellence Behavioral Health
- Genacross Lutheran Services
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- Lutheran Social Services of Northwestern Ohio
- Maumee Valley Guidance Center
- New Concepts
- ProMedica Behavioral Health Services
- ProMedica Russell J. Ebeid Children's Hospital
Pediatric Psychiatry
- Recovery Services of Northwest Ohio
- A Renewed Mind
- Rescue Mental Health & Addiction Services
- RFS Charitable Foundation
- Thomas M. Wernert Center
- Unison Health
- Zepf Center

Kicking the prescription drug abuse habit – or any other addiction – is a major accomplishment. But for most people with opioid addiction, detox is only the beginning of a long-term battle against craving and relapse.

Opioid addiction is more than a physical dependence on drugs. Even after detox, when physical dependence has resolved, addicts are at high risk for relapse. Psychological and social factors are often powerful stimuli for prescription drug abuse relapse:

- Stress, especially sudden life stresses
- Cues in the environment, like visiting a neighborhood
- Social networks, like spending time with friends who continue to use drugs

These factors can create ongoing, nearly irresistible urges to use drugs. Prescription drug abuse counseling helps addicts escape craving and learn to cope with life, without using drugs.

Counseling is an essential part of drug abuse treatment for many people. Cognitive behavioral therapy, family counseling and other therapy approaches can help people recovering from opioid addiction stay clean. Psychotherapy can also treat the other mental health conditions that often contribute to prescription drug abuse.

SUICIDE

LOCAL RESOURCES

- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- Lutheran Social Services of Northwestern Ohio
- Maumee Valley Guidance Center
- National Alliance on Mental Illness
of Greater Toledo (NAMI)
- New Concepts
- ProMedica Behavioral Health Services
- ProMedica Russell J. Ebeid Children's Hospital
The Cullen Center
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- Unison Health
- Zepf Center

Nobody likes to talk about this topic. It is difficult to think that someone you love may be at risk. People often leave a trail of warning signs but often do not make a direct plea for help. If you can pick up these warning signs you may be able to do something.

Warning signs include:

- Withdrawal from friends, family and activities
- Change in eating patterns
- Preoccupation with death (e.g. music, movies, reading, writing, artwork)
- Giving away valued personal possessions
- Glorification of someone's completed suicide – often famous people – musicians, etc.
- Suicide pact or suicide of significant other
- Changes in schoolwork: lower grades, missing classes
- Increased use of drugs and/or alcohol
- Excessive risk taking
- Sudden change of behavior – either positive or negative
- Depression, moodiness or hopelessness
- Excessive anger and impulsivity
- Previous attempts of suicide
- Serious illness of family or friend

TOURETTE SYNDROME

LOCAL RESOURCES

- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- National Alliance on Mental Illness of Greater Toledo (NAMI)
- ProMedica Russell J. Ebeid Children's Hospital
Pediatric Psychiatry
- Recovery Services of Northwest Ohio
- Rescue Mental Health & Addiction Services
- RFS Charitable Foundation
- Unison Health
- Zepf Center

Tourette syndrome is a hereditary neurological movement disorder that is characterized by repetitive motor and vocal tics. Symptoms may include involuntary movements of the extremities, shoulders, and face accompanied by uncontrollable sounds and, in some cases, inappropriate words.

Tourette syndrome is neither a progressive nor degenerative disorder; rather, symptoms tend to be variable and follow a chronic waxing and waning course throughout an otherwise normal life span. The specific symptoms associated with Tourette syndrome often vary greatly from case to case. The exact cause of Tourette syndrome is unknown.

TRAUMA/PTSD

LOCAL RESOURCES

- The Center for Child and Family Advocacy
- Children's Resource Center
- Comprehensive Behavioral Health Services, LLC
- Empowered for Excellence Behavioral Health
- Genacross Lutheran Services
- Harbor Behavioral Health
- Kobacker Center
The University of Toledo Medical Center
- Lutheran Social Services of Northwestern Ohio
- Maumee Valley Guidance Center
- National Alliance on Mental Illness of Greater Toledo (NAMI)
- New Concepts
- ProMedica Behavioral Health Services
- ProMedica Russell J. Ebeid Children's Hospital
The Cullen Center
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- RFS Charitable Foundation
- Unison Health
- Zepf Center

Post-traumatic stress disorder, also known as PTSD, is among only a few mental illnesses that are triggered by a disturbing outside event, unlike other psychiatric disorders such as clinical depression.

Many Americans experience individual traumatic events ranging from car and airplane accidents to sexual assault and domestic violence. Other experiences, including those associated with natural disasters, such as hurricanes, earthquakes and tornadoes, affect multiple people simultaneously. Simply put, PTSD is a state in which you "can't stop remembering."

ADDITIONAL RESOURCES

Service Databases

First Call for Help unitedwaytoledo.org
Ohio Mental Health & Addiction Services..... mha.ohio.gov
United Way 2-1-1 Toledo navigatorsources.net/toledo/

Housing

St. Paul's Community Center 419-255-5520
Neighborhood Properties Inc. 419-473-2604
Beach House. 419-241-9277
Family House. 419-242-5505
Lucas County Metropolitan Housing Authority. 419-259-9400
Preferred Properties..... 419-389-0361 ext. 313
LaPosada. 419-244-5931

Legal

Advocates for Basic Legal Equality Inc. (ABLE) 800-837-0814
Lawyer Referral Service..... 419-242-9363
Legal Aid Line 888-534-1432

Support Agencies

Ability Center of Greater Toledo 419-885-5733
Area Office on Aging 419-382-0624
Bright Horizons Advocacy and Consulting 419-491-0500
Lucas County Board of Developmental Disabilities 419-380-4000
Mental Health and Recovery Services Board
of Lucas County 419-213-4600

Alcohol & Drug Abuse Prevention

Adelante..... 419-244-8440
Urban Minority Alcoholism and Drug Abuse
Outreach Programs (UMADAOP)..... 419-255-4444
Big Brothers Big Sisters of Northwestern Ohio 419-243-4600
Swanton Area Community Coalition..... 419-826-1222
Sylvania Community Action Team (SCAT) 419-824-8588
The Learning Club of Toledo 419-360-2842

Bullying Prevention

Teen PEP (Peers Educating Peers)..... 419-291-8922

Suicide Prevention

National Suicide Prevention Lifeline 800-273-8255
Crisis Text Line Text HOME to 741741



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