

Prevention Programs

Early Childhood Programs

TAPS **Toddlers and Preschoolers Succeeding**

A program offering consultation and support for preschool teachers, families, and children through modeling, professional development, and parent interactions. TAPS is proven to strengthen children's social-emotional skills, prepare them for school success, and decrease the number of children who are suspended or expelled from childcare and preschool. For ages 0-5.

BRIC **Building Resiliency in Children**

A school-aged consultation program to help prepare children for school and later success. Skills include following directions and staying on task, improved communication, developing positive relationships with other children and adults, and improving self-esteem. For Grades K-2.

IY[®] **Incredible Years[®]**

This program for educators in school classrooms grades K-12 equips them with the expertise to proficiently manage their classrooms which cultivating children's social, emotional and academic skills. A developmentally based program to promote emotional,

social, and academic competence and prevent, reduce, and treat behavioral and emotional problems in young children. Caregivers and children meet simultaneously in separate groups with a coordinated curriculum. Programs are offered for babies (0-1 year), toddlers (1-3 years), preschoolers (3-6 years), and school age children (6-8 years). Program groups run 4-18 weeks per session.

Triple P[®] **Positive Parenting Program**

Sessions offering tools and strategies for caregivers to develop confidence and skills in areas such as managing fighting and aggression, bedtime routines, and getting teens to cooperate. For caregivers of children ages 0-12 and 13-18. 2 hour sessions; can attend one or multiple sessions.

Individual Early Childhood Mental Health Consulting

Knowledgeable Early Childhood Mental Health Consultants can provide valuable advice virtually, by phone or in person when children's behaviors are of concern. They will assess your family's individual needs and provide information about typical child development, behavior management and building positive caregiver-child attachments.

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Prevention Programs

Programs for Schools

LifeSkills®

An evidence-based program with modules for elementary, middle, and high school students. The focus is on teaching resilience skills, social skills, and self-management to promote positive youth development. Additional education is presented on violence and substance use prevention.

Sources of Strength

This school-based program addresses employs peer leaders to improve school engagement, connectedness to adults and adaptive norms regarding suicide. For grades K-12.

Too Good For Violence

This school-based program provides students with skills, knowledge and attitudes they need to form relationships and meaningful connections, resolve problems, deescalate conflict and manage bullying situations.

TTST-R

Trauma Systems Therapy for Refugees

Skill-based prevention groups for school-aged refugees struggling with a sense of belonging and juggling multiple cultures. Groups teach social/emotional skills and positive peer/teacher interactions. Community outreach and education are also included.

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Toddlers and Preschoolers Succeeding | TAPS



What is TAPS?

TAPS is classroom support for teachers, families, and children through on-site modeling, professional development, and parent interactions.

TAPS strengthens a child's social-emotional skills, prepares them for school success, and decreases the number of children who are suspended or expelled from childcare/preschool.

TAPS is delivered by trained Early Childhood Mental Health Consultants on site in childcare and preschool settings.

Why TAPS?

TAPS provides parents and teachers with support and resources to improve school readiness by addressing a child's development of skills and behaviors.

Teachers want kindergartners to communicate their needs, wants, and thoughts, be curious and enthusiastic

about new activities, and understand the importance of skills such as following directions, not being disruptive in class, and understanding the feelings of others.

Is My Child School-Ready?

Research shows that a child's readiness for school can be measured and address across 5 related areas:

- Physical well-being and motor development
- Social and emotional development
- Language development
- Approaches to learning
- Cognition and general knowledge

TAPS provides support to help children build the skills they need to succeed in preschool and beyond.

For more information, contact Child Guidance & Family Solutions' TAPS Coordinator at (330) 762-0591.

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Building Resiliency in Children | BRIC



What is BRIC?

BRIC is an early childhood mental health consultation program delivered in Grades K-2 classrooms in schools.

Like the TAPS Program for preschool classrooms, BRIC helps prepare children for school success by equipping them with skills such as following instruction, staying on task, communicating well, developing positive relationships with other children and adults and feeling good about themselves.

What is BRIC?

Not all children are ready for kindergarten. When a child is struggling with behavior at school, it can be frustrating and overwhelming for the child, the family and the school.

Our trained Early Childhood Mental Health Consultants are available for support in the classroom.

They can assist with:

- Screening and assessment (DESSA)
- Modeling and coaching effective behaviors
- Resiliency and school readiness for all children
- Linking families to additional community resources
- Classroom support for teachers
- Professional development training for teachers
- Promoting wellness and retention for school staff

For more information, contact Child Guidance & Family Solutions' Early Childhood area at (330) 762-0591.

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Incredible Years[®]



What is Incredible Years?

The Incredible Years[®] (IY) Program helps ensure that parents and infants form strong bonds and helps parents learn and practice parenting skills.

The program is designed for children from birth to 8 years of age and their parents or caregivers. This award-winning parent, teacher and child social skills training program helps with early onset conduct problems and development of prosocial behaviors.

Incredible Years is delivered in a group format, once weekly, over a period of 12-18 weeks, in a school or office setting.

The Incredible Years[®] Program addresses:

- Aggressiveness
- Ongoing tantrums
- Acting out behaviors such as whining, yelling, hitting, kicking, swearing, refusing to follow rules

- Difficulty interacting with others
- Potential removal or expulsion from a childcare center or school
- Hyperactivity and impulsivity
- Inattention and inability to focus

Companion Group for Parents and Caregivers

IY includes a companion group for parents and caregivers. This group provides a confidential, supportive setting in which to learn how to strengthen your child's social and emotional regulation skills. Caregivers receive guidance for using praise and incentives effectively, setting limits and using positive discipline techniques. It also offers parents and caregivers to share their experiences and learn from each other.

For more information, email us at IncredibleYears@cgfs.org or call (330) 762-0591.

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Positive Parenting Program | Triple P[®]



What is Triple P?

Triple P or Positive Parenting Program is a series of parenting skills classes designed to give caregivers the skills to raise confident, healthy children and teenagers.

Triple P provides strategies that parents and caregivers can adapt for their family based on their values, beliefs, and needs.

How Does It Work?

Programs on various topics for specific age groups are presented in 2-hour sessions at a school or other community location. Participants can register for one or several sessions and receive a take-home workbook for each session

Discussion Groups For Ages 0-12:

- Hassle Free Meal Time
- Managing Fighting and Aggression
- Dealing with Disobedience
- Developing Good Bedtime Routines
- Hassle Free Shopping with Kids

Discussion Groups for Teens Ages 13-18:

- Getting teenagers to cooperate
- Building teenagers' survival skills
- Coping with teenagers' emotions
- Reducing family conflict.

To register or learn more, contact Child Guidance & Family Solutions at (330) 762-0591.

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Individual Early Child Mental Health Consulting



Why Individual Early Childhood Mental Health Consulting?

Are you a parent or caregiver for a child aged 18 months to 3-1/2 years old? Are you concerned about the child's behavior and not sure what to do?

Individual Early Childhood Mental Health Consulting Can Help

Just call us. We will listen to your concerns about your child, assess your needs, and help link your family to appropriate services. You may not need to register for individual counseling sessions at this point, but will benefit from this advice from someone experienced in managing early childhood behaviors.

What else should I know?

Up to 3 consultations per family are available.

This service is free to Summit County residents.

For more information, call Child Guidance & Family Solutions at (330) 762-0591 to schedule an individual early childhood mental health consultation today.

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LifeSkills®



What is LifeSkills?

LifeSkills is a school-based prevention program aimed at reducing the risks of alcohol, tobacco and drug abuse as well as violence. It targets social and psychological factors and provides school staff and students with the confidence and skills needed to manage challenging situations.

How Does It Work?

The program focuses on Drug Resistance Skills, Personal Self-Management Skills, and General Social Skills. Research has shown developing skills in each of the three areas decreases the likelihood of engagement in high-risk behaviors.

Program content is delivered in a school-based group setting and will:

- Teach students the necessary skills to resist social (peer) pressures to smoke, drink and use drugs
- Help students develop greater self-esteem and self-confidence

- Enable students to effectively cope with anxiety
- Increase students' knowledge of the immediate consequences of substance abuse
- Enhance cognitive and behavioral competency to reduce and prevent a variety of health risk behaviors

Program Options

Middle School

High School

Train the Trainer

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Sources of Strength



What is Sources of Strength?

Sources of Strength is a strengths-based suicide prevention program based in the school setting.

Sources of Strength is considered the first suicide program to demonstrate effectiveness using Peer Leaders to enhance protective factors associated with reducing suicide across school populations.

Sources of Strength is available for Elementary School and at the Secondary School level.

Sources of Strength Elementary (Kindergarten-6th grade)

This version utilizes a classroom curriculum. Lessons are designed to increase student and adult connections, invite students to identify personal strengths, understand the brain and body connection, increase emotional vocabulary, learn and practice emotion regulation strategies, and empower students and staff to be change agents.

Sources of Strength Secondary

This version works to change unhealthy norms and culture, and prevent suicide, bullying, and substance use through peer social networks. Sources of Strength Secondary focuses on building a positive change culture by training Adult Advisors and Peer Leaders in the school who implement strategic messaging campaigns.

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Trauma Systems Therapy for Refugees

| TST-R

What Is Trauma Systems Therapy for Refugees?

Trauma Systems Therapy for Refugees (TST-R) is a mental health intervention which addresses refugee youth who are struggling with a sense of belonging and who are juggling multiple cultures.

How Does It Work?

Skill-building TST-R groups for students focus on social skills, emotional regulation, conflict resolution, peer interaction and coping skills. Group participation can lead to a higher sense of school belonging and the ability to build stronger relationships with the students' communities and with others.

Students who may benefit are identified by school staff and referred to the Cultural Broker, a co-leader of the group who is

from the culture and who has personal refugee experience. The Cultural Broker meets with the student's family to explain the process and purpose of the group and can help the families complete necessary forms for group participation.

How is TST-R Presented?

TST-R student groups run for 8-12 weeks, once a semester for about 90 minutes per session. Groups are co-facilitated by the Cultural Broker and a mental health clinician. Groups can be adapted for all grade levels.

For more information, contact Child Guidance & Family Solutions' Refugee Services Coordinator at (330) 762-0591.

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Too Good for Violence



What Is Too Good for Violence?

Too Good for Violence is a comprehensive evidence-based substance use and violence prevention program. The program assists children to develop skills to set reachable goals, make responsible decisions, identify and management emotions, effectively communicate and resolve conflict.

How Does It Work?

The Too Good program provides universal prevention interventions for Grades K-12 that are designed for a classroom-style setting. They align with the frameworks for Response to intervention or Positive Behavioral intervention and Support.

Who Can Use It?

Too Good interventions can be implemented by:

- Teachers
- School Counselors
- Prevention Specialists
- Community Youth Educators
- Mental Health Professionals
- Law Enforcement Officers
- Student Peers
- Other youth-focused mentors, guides and educators

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