

## Adult & Youth SUD Counseling

Substance Use Disorder services have become a much greater demand over the past few years with the average age of the clients served widening. Harbor provides both adolescent as well as adult SUD services in the form of assessment, individual counseling, group services, and case management services. Group services will be recommended to clients based on the severity of their symptoms, also taking into consideration other mental health diagnoses that the client is receiving treatment for. While many are hesitant or resistant to group recommendations, evidence shows the importance of psychoeducation and group as a part of an individual's recovery. SUD services are very intensive to provide the level of support that our clients need to achieve and maintain sobriety. Our youth programming includes use of the Seven Challenges curriculum. We also offer a specialized group to address marijuana use. Our SUD therapists work closely with the medical department that provides ambulatory detox and medication assisted treatment services. Another unique component to working with our SUD team is that many of our therapists have the opportunity to work on coalitions, in close coordination with different legal entities, in advocacy with other boards (such as the Board of Developmental Disabilities and the Mental Health and Recovery Services Board), and on special task forces to be a voice for our clients for many events and services in our community.

**A TOP REASON TO WORK AT HARBOR:  
Tuition and Professional License Reimbursement**

## Adult Mental Health Counseling

Harbor's adult mental health counseling services is fortunate to have the opportunity to work with clients with a whole array of different presenting problems. With a blend of private insurance clients, board funded clients, and Medicaid clients, we are able to utilize different modalities as well as evidence based practices to help clients improve their quality of life. While Cognitive Behavioral Therapy is one of the foundations of most therapy, we are also able to utilize a variety of different techniques, such as solution-focused therapy, EMDR, Dialectical Behavioral Therapy, trauma informed, and person-centered approaches. No two days look the same and it is not the same techniques used all day long, making our days go by fairly quickly. All of our staff are also on Physician Led/Patient Centered Teams, which gives clinicians an hour each week to staff cases within their team for consultation, feedback, celebrating victories, coverage, and working as a team to support each other.

**A TOP REASON TO WORK AT HARBOR:  
Medical, Dental and Vision Coverage  
6% Employer Match Retirement Plan**

## Residential Services

Chrysalis to Monarch and Devlac Hall are Harbor's Women's Residential Substance Abuse treatment facilities that help women establish solid foundations for a sober life. While all women are welcome, we have the ability to accommodate pre- and post-natal mothers seeking sobriety. Our services utilize evidenced based practices in our group and individual therapies, provide case management, medication assisted treatment (MAT), and psychiatric services to help the women reach their goals.

## Crisis Program

The Crisis Program entails meeting with clients who find themselves in a position where they do not have the skills to cope with a stressor(s), and are therefore said to be in crisis. Substance use, lack of access to medications, and an inability to meet basic needs can also be identified as crisis situations. These barriers could include lack of transportation, support from family and friends, and limited knowledge of resources available. Options for our clients include detailed safety plans or hospitalization if safety cannot be assured in a less restrictive manner. With the opening of Harbor's Urgent Care we will now be able to provide ambulatory detoxification, emergency medication, and resources to help clients meet their basic needs.

The employee who is best suited for the Crisis Program is one who finds fulfillment in meeting clients on some of the worst days of their life and restoring hope that life can be worth living. This program can often be unpredictable and requires characteristics of a clinician that is patience, willing to explore the various options of care for each individual, comfortable with ambiguity, and can remain calm in the face of challenging behavior and/or crisis situations.

**A TOP REASON TO WORK AT HARBOR:  
Employee Referral Bonus Program up to \$1,500**

## Harbor (doing business as) Lighthouse Employee Assistance Program (EAP)

The Lighthouse Employee Assistance Program (EAP) provides contracted organizations with easy to access, confidential, and quality solution-focused counseling to employees and their family members. Organizations who utilize Lighthouse EAP also have access to 24-hour mental health support, crisis response in the event of a critical incident, and workplace wellness and compliance trainings. Since the organization pays for the service, the employees have the benefit of accessing no-cost counseling services when they need it the most, and without a financial burden. Services are offered in-person, video, and telephone by licensed professional clinicians. In addition, a diagnosis is not required to access services, which allows a person to seek help in a preventative manner.

**A TOP REASON TO WORK AT HARBOR:  
Opportunities for Personal Growth and Development**

## Youth and Family Counseling

Harbor offers assessment, diagnosis, and treatment services to youth and their families. In-person and Tele services are available. Parent/guardian involvement in the treatment process is essential, and communication and feedback related to the treatment process can help clinicians make adjustments when and where needed. Our goal is to reduce the intensity and frequency of the identified problematic behavior, and increase the amount of positive behavior and interaction with people in the client's environment. Positive, sustainable change will require the client and their support system to recognize and celebrate small victories and changes, so a constant theme throughout treatment is to make sure energy is dedicated to spotting these changes.

## School-Based Counseling and Programs

Harbor maintains partnerships with several charter schools and school districts within the region. Through these partnerships, school staff can refer students to Harbor, and our clinicians facilitate outreach and engagement with parents/guardians, and coordinate intake and assessment if services are desired. Coordinating time to work with clients in the schools, during the school day, is done in conjunction with school staff, so that clients are not being removed from critical classes in order to see their counselor.

**A TOP REASON TO WORK AT HARBOR:  
Make a Difference in your Community**

## Tele-Health Counseling

While tele-health counseling has become so much more widely accepted and available since the onset of the pandemic, Harbor has actually been providing tele-counseling services for over ten years. One of the many benefits of tele-counseling is that we are able to recruit and retain therapists from all over the country (as long as they obtain an Ohio license) to offer more specialty services as well as some non-traditional appointment times. Some of our clients struggle with coming on site for services due to mobility issues, lack of childcare, lack of transportation, or the severity of their mental health symptoms. Even with participation in tele-counseling, we are able to gently work on challenging symptoms of depression and anxiety, as well as working through past traumas, all while the client is able to stay in an environment where they feel safe. For some of our clients we even set goals of the client eventually being able to come on site for additional services once they feel they have improved symptom management. Our tele-health therapists are also part of our Patient-Centered Teams, with weekly meetings to staff cases, coordinate services, offer consultations, celebrate client successes, plan for coverage, and offer support to one another. Many of our clients who have shown hesitancy toward participating in virtual services, report after a few sessions that they have built a therapeutic relationship with their therapist and are actively working on their therapy goals.

# APPLY TODAY!