

Directions for Youth & Families

A Resiliency-Oriented/
Trauma-Informed Agency

Resiliency

the ability to return to being healthy & hopeful after difficult things happen in your life.

Trauma

any past event, situation, or experience resulting in distress.



We believe all individuals have rights and a voice in treatment that will be met with respect and dignity.

We believe children and families thrive best in physically and emotionally safe environments.

We believe all children and families have unique strengths, abilities, and talents and that with the right supports and encouragement youth can achieve their full potential.

We know parent involvement is critical in helping children learn to interact in a healthy way with others, manage their emotions, and communicate their feelings and needs.



DFYF is accredited by:
the Council on Accreditation for
Children and Family Services (COA)



DFYF is certified by:
Ohio Mental Health and Addiction
Services Department

DFYF is a member of:

- Family Service Council of Ohio
- Ohio Council of Behavioral Healthcare Providers
- Ohio Association of Nonprofit Organizations

DFYF collaborations include:

- United Way of Central Ohio
- ADAMH Board of Franklin County
- Franklin County Department of Job & Family Services
- City of Columbus
- Franklin County Juvenile Court
- Ohio Attorney General's Office
- Columbus City Schools
- South-Western City Schools
- The Columbus Foundation



Directions

for Youth & Families

Inspiring hope. Strengthening families.
Transforming communities.

Build and inspire hope, healing, and
resilience for youth, families,
and communities through
counseling and education

Office Based Counseling Program

Counseling, Psychological,
and Psychiatric Services
for adults and children

For more information
contact our
Intake Department
at 614.294.2661 or
intake@dfyf.org



DFYF is 1 of 27 members
of The National Crittenton
Foundation family of agencies.
Operating in 31 states, DFYF
is the only one in Ohio.

Main Office:

1515 Indianola Avenue
Columbus, OH 43201

P. 614.294.2661 • F. 614.294.3247

www.dfyf.org • intake@dfyf.org

- Counseling & Clinical Services •
- Kindergarten Readiness Program •
- Prevention & Parenting Services •
- After-School / Summer Programs •

● OFFICE BASED COUNSELING ●

The overall goals of the Office Based Counseling Program are to:

- Improve personal mental health
- Strengthen family relationships
- Improve family security and stability



● COUNSELING, PSYCHOLOGICAL, and PSYCHIATRIC SERVICES ●

Our Office Based Counseling Program provides a range of counseling, psychological, and psychiatric services to adults and children.

- Counseling is done on an individual, group, family, and/or couple basis. Family members are always included in counseling when appropriate and agreed upon by the client.
- Mental health and substance abuse assessments are provided within the framework of a strengths-based family systems approach.
- Psychological assessments are available as needed.
- Psychiatric evaluations and ongoing consultations are also available for clients who may need medication.

● OUR CLIENTS ●

DFYF's Office Based Counseling Program serves adults and children in Franklin County who have issues affecting family, home, school, or work environment such as:

- behavioral and/or emotional problems
 - domestic violence
 - children going through the process of divorce or separation
 - parenting problems regarding child abuse or neglect
 - family dysfunction
 - developmental difficulties
 - substance abuse issues
 - work related issues
- Services are personalized to meet the client's individual needs and are provided from a family-focused strengths-based approach.
- We build upon the assets and resources of the clients/families and partner with them to establish and reach their goals.
- Our model of service is resiliency-oriented and trauma-informed.

● OUR LOCATIONS ●

For information, call our Intake Department at 614.294.2661.

East Office:

3616 East Main Street
Columbus, OH 43213
P. 614.251.0103

Home office:

1515 Indianola Avenue
Columbus, OH 43201
P. 614. 294.2661

● OUR SERVICES ●

Services include:

Diagnostic Assessment Services: assessment of client assets and strengths as well as needs and concerns are determined. A thorough assessment evaluates the mental health and emotional aspects of the client individually and in relation to the environment around him/her, i.e.: family peers, co-workers, home, etc. Psychological and psychiatric assessments are also available, with the possibility of medication prescribed if warranted.

Individualized Service Plan: an ISP is developed jointly between the counselor and client. It includes 1 to 4 clearly defined goals, with practical objectives. Practical objectives provide the "map" for clients to follow towards meeting their goals. These goals and objectives are what the client and counselor agree will lead to enhanced functioning of the client, thus increasing his/her satisfaction with their life and improving relationships with family members and others.

Linkage and referral: linkages and/or referrals are made to ensure social and emotional supports. They are made to community, mental health and AOD system providers and psychiatrist as needed.

Advocacy: workers advocate on behalf of their clients with collateral or government agencies to ensure that clients understand their rights and opportunities.

Supportive and educational services: workers provide an array of supportive and educational services to clients in order to improve their level of functioning.