

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.

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



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 Dept 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



Additional Locations

East Office
3616 East Main Street
Columbus, OH 43213
P. 614.251.0103

Ohio Avenue Youth Center 657 South Ohio Avenue Columbus, OH 43205 P. 614.258.8043	The Crittenton Center 3840 Kimberly Parkway N. Columbus, OH 43232 P. 614.694.0203
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Main Office:

1515 Indianola Avenue
Columbus, OH 43201

P. 614. 294.2661 • F. 614.294.3247
www.dfyf.org • intake@dfyf.org

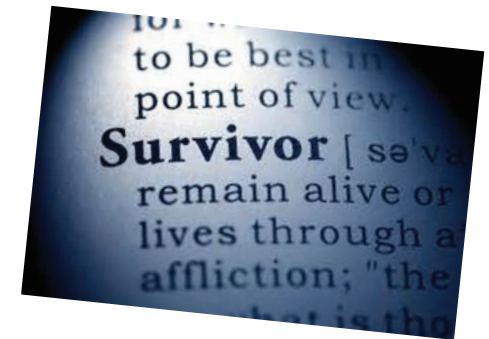
Directions

for Youth & Families

Inspiring hope. Strengthening families.
Transforming communities.

PROMISES

Serving Youth who are
Survivors of Sexual Abuse



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

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

• ABOUT DFYF •

- Directions for Youth & Families (DFYF) is a leading resiliency-oriented/trauma-informed agency providing counseling and prevention services, including after-school and summer programs.
- Since our establishment in 1899, through our predecessor Crittenton Family Services, we have been providing innovative, culturally sensitive and effective counseling and programming to the Franklin County community.
- We offer a variety of counseling programs that specialize in a range of issues including school concerns, truancy, anger management, sexual abuse, substance use, exposure to violence, grief/loss, abuse/neglect, family conflict, and juvenile delinquency.
- Services are provided on an outreach basis, in youth's homes, schools, and other community settings, to reduce barriers to treatment.



• PROMISES •

- PROMISES is an Outreach Counseling Program for youth, ages 5 to 18, who are survivors of sexual abuse or assault.
- We provide individual, family and group counseling.
- The program works to improve overall well-being by assisting clients and their families to develop skills and supports while they process their experiences and become more hopeful.
- Therapeutic services are based on the Attachment, Self-Regulation, and Competency Model (ARC) treatment framework which aims to foster resiliency in the youth and families served.



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• THERAPEUTIC GROUPS •

- Therapeutic group counseling works toward eliminating the isolated feelings associated with the traumatic experience while addressing symptoms that often arise as a result of sexual abuse.
- Groups are co-facilitated by two licensed professional staff.
- Youth are placed in age and gender specific groups that are closed and run for 8-10 sessions each cycle.
- Youth have the opportunity to work through their specific traumatic experiences and assist others in sharing their worries and fears.
- Groups are experiential and activity based to give an opportunity to practice skills learned.
- Physical, behavioral, and emotional problems commonly demonstrated by these survivors are identified, acknowledged, and processed by group members.