Directions for Youth & Families

A Resiliency-Oriented/ Trauma-Informed Agency



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



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



<u>DFYF is accredited by:</u> 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

Main Office:

1515 Indianola Avenue Columbus, OH 43201 P. 614. 294.2661 • F. 614.294.3247 www.dfyf.org • intake@dfyf.org



Inspiring hope. Strengthening families. Transforming communities.





Counseling and clinical services for youth, ages 10-22, who identify as lesbian, gay, bisexual, transgender, queer, questioning, intersex, asexual, or have gender identity issues (known as LGBTQIA)

For more information contact our Intake Department at 614.294.2661

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



YOUTH PRIDE

• Directions for Youth and Families' Youth Pride program is designed to identify and address challenges commonly associated with LGBTQIA by providing specialized counseling and clinical services.

• Services are provided on an outreach basis - in client's homes, schools, and other community settings.

An Individualized Service Plan is developed and services are provided 1-3 hours per week, depending n treatment needs, over a 6-9 month period.

• Counseling and community support services are provided by licensed staff. DFYF offers explicit training to staff for gaining knowledge, skills and practice for working with LGBTQIA youth. Our clinicians ensure patient confidentiality and fully support youth who are questioning, concealing, or are open with their sexuality.

• For more information, contact our Intake Department at 614-294-2661.

Many LGBTQIA youth are negatively subjected to bias, discrimination, family rejection, bullying and other stressors simply based on their sexual orientation.

YOUTH PRIDE SERVICES

Our Youth Pride program provides counseling and clinical services to youth ages 10-22, who identify as lesbian, gay, bisexual, transgender, queer, questioning, intersex, asexual, or have gender identity issues and who are experiencing emotional, mental health, family, school or community related difficulties as a result of their sexual or gender identity.

Services focus on:

- supporting LGBTQIA youth and their families
- addressing identity formation/development
- coping with oppression and discrimination
- overcoming isolation, loneliness, depression, anxiety and/or other emotional stressors
- addressing fears related to coming out
- developing healthy behavior patterns and reducing at risk behaviors
- establishing supports such as family acceptance and safe affirming environments in schools and other setting
- building upon the strengths of LGBTQIA youth to improve social, emotional, and behavioral functioning.



PRIDE GROUP •

Providing LGBTQIA teens and young adults with a safe space to discuss LGBTQIA issues with peers, process obstacles and promote self-awareness.



FAMILY PARTICIPATION

Family participation is strongly encouraged. By assisting families to develop supportive, caring, and healthy responses, youth are more likely to function and address external stress in a healthy manner.

Specific topics for family sessions may include:

- supporting emotional reactions related to disclosure
- understanding how to support youth who identify as LGBTQIA
- healthy communication patterns
- boundaries
- parenting skills
- advocacy
- abuse/neglect issues
- problem solving
- support systems
- family strengths