



## 2026 Agency Plan

### **Mission**

Cadence Care Network provides innovative treatment services supporting kids and families in pursuing their best possible life.

### **Vision**

Cadence Care Network strives to meet the needs of every child, family and individual referred to us. It is our goal to evolve, providing quality services to meet the ever-changing needs of our community.

### **Values**

- Collaboration:** We will best achieve our organizational vision through continued **collaboration** with our community partners.
- Acceptance:** We will **accept** those we serve for who they are and where they are in life, without judgement.
- Diversity:** We are dedicated to supporting a **diverse** workforce that reflects the communities we serve and creates an equitable and inclusive work environment.
- Evidence-based:** We value **evidence-based** methods of helping children and families achieve their goals.
- Nurturing:** We **nurture** the importance of relationships not only in our clients' lives but in the lives of our staff and their families.
- Creative:** We embrace **creative** approaches to meet community needs that allow us to stretch and grow as an organization.
- Empowerment:** We believe people function and feel their best when they are **empowered** to meet their own needs and advocate for themselves.



## **Table of Organization**

(See Attached)

## **Affiliations and Accreditation**

In striving to meet our mission and values Cadence Care Network has many affiliations/memberships with local, state, and national organization and/or committees. These include:

- The Council on Accreditation
- Trumbull County Family and Children First Council
- Mahoning Valley Regional Chamber of Commerce
- Ohio Children's Alliance
- Mahoning County Family and Children First Council

## **Population Served**

Cadence Care Network provides mental health services to children, families, and individuals located mainly in Trumbull, Mahoning, Ashtabula, Geauga, Lucas, Wood, Franklin, Portage, and Columbiana Counties. These services are provided primarily to children residing in several settings, including their biological family home, adoptive home, family foster home, treatment foster home, and/or group home. Adult Individuals, although rare, are also able to receive mental health services from CCN, specifically transition aged young adults.

Mental health services are targeted to serve at risk youth and the families which care for them. A small percentage of these at-risk youth may be placed in Cadence Care Network's Treatment Foster Care Program. In these cases, services are also provided to biological family members to facilitate the reunification process and foster caregivers as they work toward attaining a youth's mental health treatment goals.

The current client population ranges in age from 3 to 60 and are of multi-ethnic backgrounds. Clients receiving services have a number of presenting problems, which include but are not limited to sexual, physical, emotional abuse; disrupted attachments and/or attachment disorders; sexual offending behaviors and sexual reactivity; Paraphilias; ADHD; Conduct Disorder; Bipolar Disorder; severe behavioral problems requiring special education services; and drug and alcohol abuse and/or dependence.



Initial focus of service is on timely resolution of the presenting problems and/or crisis situations. Once stabilized, intervention focuses on client and family change.

When persons served are diagnosed as having co-occurring mental health and substance abuse disorders, Cadence Care Network provides integrated treatment through active involvement with a cooperating service provider.

Services demonstrate respect for sociocultural values, personal goals, lifestyle choices and complex family interactions.

### **Mental Health Services Description**

Cadence Care Network is certified by the Ohio Department of Behavioral Health (ODBH) to provide the following: General Services (Behavioral Health Counseling and Therapy services, Pharmacological Management, and Mental Health Assessment services) Community Psychiatric Supportive Treatment services (CPST) which includes Therapeutic Behavioral Services and Psychosocial Rehabilitation, Prevention services and Intensive Home Based Treatment services. All services are provided in accordance with the rules and regulations of ODBH. In addition, all service programs of the agency function with the philosophical belief of the Mission, Vision, and Values of Cadence Care Network.

### **Mental Health Assessment**

Diagnostic Assessment services are provided upon admission to Cadence Care Network's mental health program. Upon completion of the mental health assessment, recommendations will be made for service provision based on client functioning and identified need. For those youth that have had a diagnostic assessment within the last year, a review of the assessment is conducted, and any revisions or updates noted. Agency resources for the completion of diagnostic assessments include social workers, and counselors.



## **Community Psychiatric Supportive Treatment Services (CPST)**

- **Including Therapeutic Behavioral Services and Psychosocial Rehabilitation**

The CPST services (CPST, TBS, and PSR) at Cadence Care Network focus on providing services to clients and their families within the natural setting of their homes and communities and in the least restrictive setting as clinically indicated. Services are provided to children and adolescents who evidence a primary mental health diagnosis and who are experiencing difficulties at home, in school and/or in the community. Priority access is afforded to those youth:

- Who has a mental health diagnosis.
- Evaluated as unstable and thereby at risk of significant decompensation
- Who are likely to regain stability through CPST services.
- Who do not require more restrictive interventions to prevent harm to self or others.
- Youth assessed as at-risk for a more restrictive setting
- Youth with multiple system involvement

Primary Community Support staff may be licensed by the Ohio Counselor and Social Worker Board and provide services under the supervision of an independently licensed individual. They act as the team leader and services include but are not limited to face-to-face contacts, case monitoring and coordination with significant others, skill training, symptom monitoring, advocacy, support, and aftercare planning. Cadence Care Network also employs behavioral support workers that are non-licensed, typically with a bachelor's or master's degree in social work, psychology, or other related field. CPST, TBS and PSR staff duties vary depending on staff credentials and amount of experience.

The length of service varies depending on the client's need. Those clients experiencing severe and persistent mental health issues may receive services for a number of years, differing from a client who may just be suffering from a mental health issue that is a result of their current life situation. Discharge criteria are clearly agreed to in the Initial Service Plan and can range in length from a few weeks to a few years.



## **Behavioral Health Counseling and Therapy Services**

Counseling and psychotherapy (individual, group, and family) services are provided to children and adolescents and their families when clinically indicated. Community providers, custodial agencies, schools, their families, or other agencies may refer youth for services.

Counseling and therapy services focus on helping families understand their problems and learn different ways to cope while resolving their issues in a healthy manner. Counseling services provide targeted interventions for youth and their families experiencing mild to moderate areas of difficulty in the least restrictive service environment possible. This service is available to youth and is provided in a variety of locations to enhance accessibility of services.

Criteria include: An Axis I diagnosis; mild to moderate behavioral problems as evidenced by Ohio Scales scores; and the youth and family's willingness to participate.

If a counselor assesses the need for more intensive services as the client's behavior is not improving and/or stabilizing through counseling services alone, they may recommend more intensive services including, but not limited to increased counseling services, CPST services and psychiatric assessment.

In addition, Cadence Care Network has counselors and social workers formally trained in a wide range of evidence-based treatments for child and adolescent mental health issues.

## **Pharmacological Management**

Pharmacological Management services are offered to those children served by CCN that need an evaluation for or management of psychiatric medication. Services are provided by a certified nurse practitioner (CNP), after referral from the community or CCN staff.

Pharmacological services are utilized to diagnose and treat the symptoms of psychiatric disorders in children. Through the appropriate use of medication, the treating physician can help the child and family manage the child's symptoms, most often in concert with other mental health services.

After a thorough evaluation by a trained mental health professional, a child may be referred for evaluation by a CNP at CCN if the staff believes the child may show evidence of a



psychiatric disorder that may respond to the use of psychiatric medication. The child will receive a complete evaluation from the physician to ascertain if continued care may be needed.

Children in need of continued care will be seen by the psychiatrist on a regular basis for medication monitoring and adjustment.

### **Intensive Home-Based Treatment Services (IHBT)**

IHBT is a comprehensive service provided to youth ages 7-12 and his or her family that integrates intensive community psychiatric supportive treatment (CPST) service, mental health assessment, crisis response, behavioral health & family counseling, and social services with the goal of either preventing the out-of-home placement of the youth or facilitating a successful transition back home. Intensive mental health services are provided in the home, school, and community settings, and will address and improve the mental health functioning of the youth in each of these domains.

The purpose of IHBT is to enable a client with severe emotional or behavioral impairments to live successfully in the least restrictive, most normative environment. IHBT services focus on the mental health issues that put the youth at risk, while promoting positive development and healthy family functioning.

Service is flexibly delivered at a time that is convenient for the entire family, is available around the clock and includes ongoing weekly case consultation with IHBT assigned staff. Each case is assessed for the level of treatment required and all cases are tracked with measurable outcomes.

Admission Criteria for youth served by the IHBT program are as follows:

- Have returned within the previous thirty days from an out-of-home placement or are transitioning back to their home within thirty days.
- Are at risk for out-of-home placement.
- Require a high intensity of mental health interventions to stabilize potential safety concerns.
- CSB involvement and/or legal involvement.
- Marked to severe emotional behavioral impairment.
- Fits the criteria for Severe Emotional Disturbance.
- Impairment that seriously disrupts family or interpersonal relationships.



- Marked to severe behavioral impairment. (School refusal, poor self-care, aggression, suicidal ideation, oppositional.)
- Mental health hospitalization within the last six months.

### **Multi-Systemic Therapy (MST)**

MST is an intensive family and community-based treatment program that integrates intensive community psychiatric supportive treatment (CPST) service, mental health assessment, crisis response, behavioral health & family counseling, and social services with the goal of either preventing the out-of-home placement of the youth or facilitating a successful transition back home. Treatment is based on the core principles of the model:

- Focuses on addressing all environmental systems that impact chronic and violent juvenile offenders – their homes, families, schools and teachers, neighborhoods, and friends.
- Recognizes that each system plays a critical role in a youth's world, and each system requires attention when effective change is needed to improve quality of life for youth and their families.
- MST works with the toughest offenders aged 12 through 17 who have a very long history of arrests.
- Utilizes a strength-based, trauma-informed, client-centered approach to address the behavioral health concerns of children, adolescents, and their families.
- Clinicians go to where the child is and are on call 24 hours a day, seven days a week. Includes ongoing weekly case consultation with MST assigned staff. Each case is assessed for the level of treatment required. All cases are tracked with measurable outcomes.

Youth accepted into the MST program:

- Between the ages of 12 – 17
- Have returned within the previous thirty days from an out-of-home placement or are transitioning back to their home within thirty days.
- Are at risk for out-of-home placement.
- Juvenile Court involvement.
- Require a high intensity of services and interventions to stabilize potential safety concerns and re-incarceration.
- Impairment that seriously disrupts family or interpersonal relationships.
- Marked to severe behavioral impairment. (School refusal, poor self-care, aggression, suicidal ideation, oppositional, legal involvement.)



- If over 18 but under 21 – is still living at home and/or in the custody of a public child serving agency and/or under the jurisdiction of juvenile court and/or in the custody of the Ohio Department of Youth Services.

### **Juvenile Sex Offender and Sexually Abusive Behavior Treatment Program (JSO and SAB)**

CCN provides Assessment, Treatment, and Transition Services to youth who are registered sexual offenders or exhibiting sexually abusive behavior as defined by Ohio Revised Code.

The JSO and SAB Treatment Program at CCN is a six-phase program utilizing cognitive behavioral strategies to assist participants in reconciling issues attached to sexual trauma they may have experienced and sexually abusive behaviors which they may have perpetrated. Motivational Enhancement Therapy serves as a treatment construct to assist clients on the road to recovery.

Treatment takes on a multi systemic approach from day one, with clinicians carefully corresponding and gathering pertinent information from the juvenile court, the children services board, previous and current mental health providers, and the participants' family. Participants are engaged in group therapy, individual therapy, and case management (CPST Services) upon entering the program which takes approximately 18 months to complete. The focus of individual therapy is to create an avenue in which the participant examines processes and redefines shame and guilt, which are often the biggest hurdles in sex offender treatment. Individual therapy provides the participant with coping skills necessary to lead a healthy life, restructure negative thought processes and behavior patterns, and an outline for the successful completion of phase work.

Group Therapy is structured to provide participants with the opportunity to share new initiatives in honor, confront personally destructive behaviors, learn healthy responses to difficult interpersonal situations, and receive support for successful initiatives. Group Therapy is open in structure and allows participants to present their phase work in a forum that provides supportive and constructive feedback. Group Therapy is normally co-facilitated and should not exceed ten members, 14-18 or older in the case of clients who are developmentally delayed and in the care of the state of Ohio and at various levels of their step work. Acceptance into group, as into the program considers the age of group members, developmental level, individual risk factors, and sexual behavior patterns.



The group for clients with Sexually Reactive Behaviors will consist of no more than ten members ages 6–9 and 10–13. The groups will be gender specific for males and female youth who have been determined to be Juvenile Sex Offenders or who have been determined to be demonstrating sexually reactive behaviors with a male and female professional engaged in a facilitator role. Enrollment into the group will not be determined by any one criterion and accommodation will be made for each individual participant based on developmental level. The groups will utilize both behavioral and cognitive behavioral strategies of treatment as well as expressive and other modes of treatment.

The focus of case management is to coordinate all the services received by the participant. The case manager reinforces education and the implementation of coping skills that occur in both individual and group therapies. Case Management serves as the conduit between the therapist, various systems, and family unit. Case Management provides education to the family, conducts family meetings, and reinforces the parents' role as primary caretaker of the participant.

As Community Safety is paramount to successful treatment, a participant's initial interaction with the program is very intensive in order to ensure that community safety is achieved. Upon entering the program, clients will attend individual sessions twice weekly for one hour and group one time a week for one- and one-half hours for the first 6 months of the program. The clients step down to individual therapy weekly and group one time weekly for the next 6 months or until they have completed all the phase work necessary to be considered a participant in aftercare. In the aftercare phase, clients will reduce to individual twice monthly and group once per month for three months.

The Cadence Care Network JSO and SAB Treatment Program is a specialized service within the mental health program designed to assist recovering male and female youth with sexually abusive behaviors (adjudicated and non-adjudicated of a sexual crime) and children with sexually reactive behavior. Treatment is provided through CPST services, individual counseling, and group counseling, with all service providers having received specialized training and certification to work with juvenile sexual offenders.

The program is structured around a six-step recovery process with separate programs for male and female clients. It is a strengths-based program that deals with the client's trauma(s) versus their sex offending behavior only.



## **Prevention Services**

Cadence Care Network provides prevention services to schools and communities throughout Trumbull County. Services focus on increasing knowledge, building skills, and strengthening protective factors that support healthy decision making and reduce the risk of substance use and related behavioral health concerns. Prevention services utilize evidence-based and evidence-informed strategies, including educational programming and community-based approaches. Educational services are designed to influence knowledge, attitudes, and behaviors, while community-based strategies are implemented through collaboration with schools, local boards, and community partners.

Cadence Care Network provides both universal and selective prevention services. Universal prevention programming is delivered to general student populations through classroom or grade level programming. When students are identified, selective prevention interventions are provided to subgroups of students who may be at increased risk based on identified needs, school or community data, or referral by school personnel. Programming is delivered using evidence-based curricula and toolkits that address substance use prevention, vaping prevention, and the promotion of healthy lifestyles. When implementing prevention services, Cadence Care Network considers age and developmental appropriateness, cultural relevance, trauma-informed practices, and input from schools and community stakeholders to ensure services meet the needs of the populations served.

Prevention Services are provided by qualified staff who work within their professional scope of practice and receive appropriate supervision. Staff participate in ongoing training and professional development to remain current with best practices in prevention science. If additional needs are identified during prevention services, Cadence Care Network has procedures in place to connect individuals and families to appropriate resources. Program effectiveness is evaluated through participant surveys administered at the conclusion of prevention services. Survey results are reviewed to inform program improvement and ongoing workforce development.

## **Ohio Rise Case Management Entity**

Cadence Care Network is a provider of care coordination services through the OhioRISE program. All children and youth enrolled in OhioRISE have access to care coordination and a range of behavioral health services and supports designed to address the needs of multi-system youth with complex behavioral health needs to remain close to their homes and



natural supports whenever possible. The intensity of care coordination provided and services and supports mobilized will be based on an assessment of the youth and family's needs in the Initial Comprehensive CANS and the Initial Assessment Supplement. Once the youth's needs have been identified, the care coordinator will work with the youth and/or guardian to initiate a Child and Family Team (CFT) that includes the youth and/or guardian, natural supports (e.g., family, friends, neighbors, etc.) and service providers who are working with the youth. The CFT will identify the youth and/or guardian's treatment goals, needs, preferences, strengths and assets and will use these to develop a Child and Family-centered Care Plan (CFCP) that will be used to link youth to needed treatment interventions, services and supports and help the youth and/or guardian to develop a Crisis Safety Plan. The care coordinator and CFT will monitor changing needs of the youth and progress being made toward CFCP goals, and will update the CANS, CFCP and Crisis Safety Plan, as needed to both address changing needs and ensure the youth is achieving care plan goals.

## **Placement Services**

### **Treatment Foster Care Program**

Treatment Foster Care provides out-of-home care for children up to the age of 18. Services for children 18 - 22 must show the need through documentation of a child's mental health or physical handicap. This service intends to provide for the physical, psychological, and emotional needs of the child in placement. It is designed as a short-term solution for children and families who have special needs or problems. Cadence Care Network stresses the importance of the youth's biological family and supports these individuals in all aspects of their child's placement. Cadence Care Network is prepared for time limited placement for all youth and begins discharge planning on day one of placement. Cadence Care Network's Treatment Foster Care program has the goal of helping the child have the best life possible and participating in preparing for their future. Children placed in Treatment Foster Care may move on to an adoptive home if they are legally free for adoption.

### **Program Components**

Children placed in Treatment Foster Care may receive specialized treatment from any of the following programs: Community Psychiatric Supportive Treatment (CPST), Independent Living, and/or Juvenile Sex Offender and Sexually Abusive Behavior Treatment.

Treatment is provided through a cohesive team approach that may include: CPST Worker or Case Manager, Therapist, Treatment Foster Caregivers, Biological Family Members, Placing



Agency Representatives, and/or Probation Officer.

## **Post Emancipation Services**

### **Bridges**

Bridges is a voluntary program available to young adults who left foster care in Ohio at ages 18 – 20 and who are in school, working, participating in an employment program, or have a medical condition that prevents them from going to school or working. The program provides guidance and support as they transition to adulthood.

Bridges provides a wide range of supportive services tailored to participants' unique needs. Through regular meetings with Bridges representatives, participants develop goals, learn skills and access services related to everything from employment and education to health care and household maintenance. All services are designed to help former foster youth become successful, self-sufficient adults. Most of these services fall into Housing, Education, Employment and Well- Being. Bridges provides the following participant benefits: Provides assistance in finding and maintaining gainful employment, ensures there is access to safe, stable and healthy housing, links to appropriate physical and behavioral health services and provides guidance in skill-building for lifelong self-sufficiency.

Young adults may be eligible for Bridges if they are not yet 21 and left the Ohio foster care system at ages 18- 20. In addition, the young adult must meet at least one of the following criteria:

- Completing secondary education or a program leading to an equivalent credential
- Enrolled in college or other post-secondary school
- Participating in a program or activity designed to promote, or remove barriers to, employment
- Employed at least 80 hours a month
- Incapable of doing any of the above activities due to a physical or mental health condition

### **Hours of Operation and Service Sites**

Cadence Care Network provides services based on the needs of the youth and families served. Mental Health Assessment Services are provided at 165 E. Park Ave., Niles, Ohio 44446; Monday through Friday from 8:30 AM to 4:30 PM, and in evenings by appointment. Assessments may also be provided in the client's home by appointment.



Pharmacological Management is provided at 43 N. Main St, Niles, Ohio 44446 Monday – Friday, 8:30am – 4:30 pm and evenings by appointment.

Community Psychiatric Supportive Treatment Services (CPST, TBS and PSR), IHBT/MST, and Ohio Rise CME Services are provided at various locations, based on client need, and are available 24 hours a day, 7 days a week.

Behavior Health Counseling and Therapy Services are provided at 43 N. Main St., Niles, Ohio 44446, 165 E. Park Ave., Niles, Ohio 44446 and 4822 Market St., Suite 300, Boardman, Ohio 44512 and 4410 Collins Blvd, Ste 3, Ashtabula, Ohio 44004, 5330 Heatherdowns Blvd., Suite 100, Toledo, Ohio 43614 and 2323 W. Fifth Ave., Columbus, Ohio 43204 Monday through Friday from 8:30 AM to 4:30 PM, and in the evenings by appointment. Counseling Services may also be provided in the client's home by appointment. Cadence Care Network also provides therapy in schools during school hours.

Placement Services (non-mental health) and Post Emancipation Services are provided year-round, 24 hours per day at a variety of locations.