



OhioGuidestone

SOLUTIONS FOR CHILDREN, FAMILIES  
& COMMUNITIES

SEEDS

of Hope

Agency Newsletter  
October 2016

## An Interview with Dr. Ross Greene

By Corinne Lange



OhioGuidestone hosted a day-long workshop presented by Ross W. Greene, Ph.D., at LaCentre Conference and Banquet Facility in Westlake, Ohio this past September. Hundreds of educators, therapists and school administrators from Northeast Ohio attended. The seminar on Dr.

Greene's Collaborative and Proactive Solutions (CPS) model provided tools to help prevent children from falling through the cracks.

I was lucky enough to catch him for a brief phone interview as he was in the airport walking to his departure gate. Dr. Greene presents his workshop worldwide, on a mission to spread the word that there is a better way to deal with behaviorally challenged children. He believes in a more humane way, which truly helps the child and benefits society. He talked about his recently released book, *Raising Human Beings*. The book discusses the same CPS model but applies it to "regular ol' kids, not the behaviorally challenged." Dr. Greene proudly tells me he has two teenage children who were raised on this model.

The CPS model also described in his books, *The Explosive Child* and *Lost at School*, helps with understanding and helping behaviorally challenging children. It is based on two major concepts. First, challenging behavior in children is the result of lagging cognitive skills. And second, the best way to reduce challenging behavior is to work together with the child to solve the problems. Dr. Greene promotes collaboration rather than imposing adult will, as well as the use of rewards and punishments. The key themes of the CPS model are "kids do well if they can" and "rewards and punishments don't teach kids the skills they lack." This is an exciting approach and differs drastically from the theory that challenging behavior is the result of lax parenting, attention getting or poor motivation. The psychologist believes that educators need to identify the various lagging skills that lead to challenging behavior to be able to collaboratively help kids solve their problems.

I asked him how often he still comes across the zero tolerance policy being used in schools these days and he answered "all the time." He believes the policy is still being clung to because it is an "old bad habit." He stated that the research

Continued on page 2

OhioGuidestone serves more than 27,000 children and families in nine counties throughout Ohio every year, but we can't do it without your help. Support OhioGuidestone today by calling 440.234.2006, 800.639.4974 or visiting [www.OhioGuidestone.org](http://www.OhioGuidestone.org).

## President's Message



Richard R. Frank,  
President and CEO

This past September OhioGuidestone hosted nationally recognized psychologist and author, Dr. Ross Greene, who shared his work with OhioGuidestone and Stepstone Academy in addition to educators, clinicians, and legislators throughout Cuyahoga County. His philosophy supports our commitment to provide each child resources to reach his or her full academic, social and emotional potential, as well as our work with local school districts in all communities we serve.

Dr. Greene's model of care helps children and families proactively identify and build critical skills to overcome challenging behaviors. Adoption of this model in schools across the country has proven effective in helping students overcome learning obstacles. These continued collaborative efforts will serve as the catalyst for positive change in educational outcomes throughout the state.

We are grateful for the support which affords us the ability to go further, reach higher, and serve as the launching pad for schoolchildren as they pursue their dreams because our commitment to establishing educational equity extends far beyond the development of Stepstone Academy.

*An Interview with Dr. Ross Green, Continued from page 1*

on these policies tells us it made things worse, not better.

Dr. Greene believes that “with better understanding and an enlightened view of the issues causing children to be challenging, it is difficult to conclude that zero tolerance policies would make anything better.” He wants to spread the word, educate, enlighten and help people know that there is a better way. “It is proven in the research and it is more humane and compassionate. So, there is no downside,” he added.

His message is simple: we should help, not punish, behaviorally challenged children. His CPS model gives us the tools to let go of outdated ways of thinking and adopt better ways to help children succeed and live productive lives. Clevelanders were very fortunate to have the opportunity to attend one of his workshops. Those who could not attend will find plenty of useful information in his books, and on his website: [Livesinthebalance.org](http://Livesinthebalance.org).

### About Dr. Greene



Ross Greene, Ph.D, is the founding director of the nonprofit Lives in the Balance, the originator of the empirically supported CPS approach, and New York Times bestselling author of the influential books *The Explosive Child*, *Lost at School*, *Lost and Found*, and *Raising Human Beings*.

## Teach Children to Solve Problems for Durable Solutions

By Bethany Studenic

When we see a child misbehave, or even when our child displays behavior that is detrimental, our first thought is usually, “How do I make this stop?” Many times, in our rush to make the behavior stop, we miss the cues that children give us. We placate, we chastise, we bargain, in hopes of getting back on track. Many times, we see challenging behavior through pre-defined categories. We see the child as “limit testing” or “manipulating.”

What would be the result if we stopped explaining behavior for children and started looking to the children themselves to find out what these behaviors are saying, without pre-judgment? This is what Dr. Ross Greene, a psychologist and author, urges us to do. (See accompanying article.) Dr. Greene says “challenging behavior occurs when the demands of the environment

exceed a kid’s capacity to respond adaptively.” Dr. Greene has found, through years of research, that children often display troublesome behaviors when they don’t have the skills to manage a situation.

Dr. Greene’s method of intervention is, on its face, quite intuitive. “Kids do well if they can. Doing well is preferable to not doing well.” Dr. Greene insists that we take a step back, evaluate the situation and how it has overwhelmed a child. If we then work with the child to solve the problem, we not only see maladaptive

Since challenging behavior occurs in response to highly predictable unsolved problems, then the goal is to solve those problems.

behaviors reduce, we teach children how to solve problems calmly and independently. “Since challenging behavior occurs in response to highly predictable unsolved problems, then

the goal is to solve those problems. But if we solve them unilaterally, through imposition of adult will, we increase the likelihood of

Continued on page 5



## Building Foundations for Success

When Abby came to OhioGuidestone she was 17. Her treatment was not voluntary. She was referred by the juvenile court to see a therapist at OhioGuidestone. When she began seeing a therapist, Abby was hesitant to invest in the process. Her counselor gave her time to open up and explore what tools would be most helpful for her. They set goals, talked through the process of achieving success, and began a guided reflection to help Abby learn from experiences to make plans for the future. As Abby started using these tools, she began to achieve little victories. As these successes piled up, Abby felt more confident in her ability to achieve goals.

Today, Abby says she feels “wonderful”! As a smile spreads across her face, she adds, “Everyone I’ve worked with is so nice. I have matured a lot through this experience.” When Abby began her treatment here, she was more than a year behind in her high school classes. With the help of her therapist, she set

goals to graduate high school, earning her high school diploma earlier than expected.

Now 19, Abby has started college, and is the first in her family to do so. While her juvenile justice involvement is behind her, she hasn’t stopped setting goals. The college student who is majoring in social work, also plans to secure her own apartment soon.

OhioGuidestone staff are very proud of Abby.

“The progress she has made is wonderful. I’ve had the pleasure of seeing her work so hard to meet goals and then continue toward more,” states Abby’s therapist.

Because of the support she received, Abby is now able to manage her own education and to share her success with others.



## Gary Barnidge Delivers Shoes, Hope and Joy to OhioGuidestone Clients!

For the fourth year in a row, OhioGuidestone is thrilled to be the recipient of Cleveland Browns Tight End and 2015 Walter Peyton Man of the Year, Gary Barnidge's Shoe Delivery program for the 2016 -2017 Browns season. The highlight is an on-field experience with Barnidge. There the star athlete presents the child with his game cleats, a brand new pair of shoes and poses for a photo. Selected clients of OhioGuidestone's various programs also receive tickets, parking passes, T-shirts and food vouchers to Browns home games.

OhioGuidestone client recipients of this once-in-a-lifetime experience are working with OhioGuidestone program staff to reach their fullest potential by overcoming an acute crisis such as a house fire, passing of a loved one or loss of a job. This experience provides a special bonding opportunity for the child and family members. It also offers the child an incentive to push forward in the healing process to continue to grow stronger and thrive.

"The relationship Gary has built with OhioGuidestone is nothing short of special," says Richard Frank, President and CEO of OhioGuidestone. "He has demonstrated a true spirit

of giving back to the community by donating his time to our clients. We are grateful and honored to be a part of his endeavor to give back to the community."

Throughout the past four years, Gary has offered his time to other initiatives at OhioGuidestone, including a Holiday Shopping Spree at Toys-R-Us for Stepstone Academy students, as well as a special visit to OhioGuidestone's Residential Treatment Campus where Gary taught football skills to the children.

If you would like to learn more about ways to provide hope and joy to the children and families we serve, please contact Arian May, Church and In-kind Giving Coordinator, at 440.260.8212 or [arian.may@OhioGuidestone.org](mailto:arian.may@OhioGuidestone.org).



Gary Barnidge and shoe recipient

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*Teach Children to Solve Problems for Durable Solutions , Continued from page 3*

challenging episodes, without solving any problems durably. Dr. Greene recommends collaborative problem solving that involves the child as a fully invested participant. He believes these solutions are then more long-term, helping to teach skills needed into adulthood.

Dr. Greene's model seems instinctive. However, when we

are personally faced with a child who displays these behaviors, our urgency to problem solve often supersedes our ability to teach a child to do so. By implementing his approach, we are giving professionals, teachers, parents and children healthy strategies for reaching success that will build a foundation of collaborative resolution to last their lifetimes.

# OhioGuidestone: Treating, Supporting, Growing

OhioGuidestone is a community solutions organization. We offer a unique blend of behavioral health treatment services, skill-building programs and prevention opportunities for children and families. At OhioGuidestone, many of our clients struggle with a lack of education and life skills, and don't know how to access personal or community resources to help them improve their situations. We not only help resolve problems that already exist, but teach skills to help individuals become self-sufficient and prevent future obstacles to success. Each of our locations works on a continuum of these three important services to help the communities they serve.

## Lorain County: Growing Prevention Services

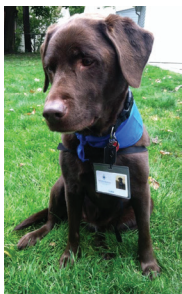
Lorain County has launched a new evidence-based program, IHBT (Intensive Home-based Treatment). This program began in May and is doing well to reach the most severe youth in the county. Lorain County also expanded its continuum of care with the launch of the ProKids program with the Lorain County Juvenile Court in August. Emmanuel Detres, who is bilingual, has been hired to reach the Spanish-speaking community.

## Erie County: Expanding the Treatment of Mental Health Services

OhioGuidestone serves Erie County with in-home community counseling and Early Childhood Mental Health services. Personal Family Counseling Services has recently signed agreements with Carroll County Juvenile Court and Carroll County Family and Children First Council to provide Parent Mentoring services to clients referred by these agencies.

## Summit and Stark Counties: Growing Prevention Services in Akron

OhioGuidestone will expand to provide prevention services from fifth to ninth grades in Akron Public Schools' junior high and high school grades this year thanks to the collaboration with Summit ADM (Alcohol, Drug Addiction and Mental Health Services Board) and Akron Public Schools. Ohio Guidestone is also collaborating with Stark MHAR (Stark County Mental Health and Addiction Recovery), the Stark County Educational Service Center iCARE program, and eight school districts across Stark County to provide prevention services to junior high and high school-aged students and families. Through the Whole Child Matters Initiative, OhioGuidestone provides family-centered and center-based consultation services to young children and their families in Summit County.



## Central Ohio: Growing Our School-based Services

OhioGuidestone Central Ohio expanded north into Delaware County in 2016, bringing school-based services to Big Walnut Local School District. Jessica Englehart, therapist with OhioGuidestone, began providing counseling and art therapy (with the help of a K9 dog) to students at two elementary schools in March. OhioGuidestone's Central Ohio office is pleased to announce the expansion of these services to include an additional elementary school and to increase staff assigned to address the growing needs in Big Walnut schools. In the spirit of Ross Greene's collaborative approach, OhioGuidestone Central Ohio staff

are honored to partner with Big Walnut Local Schools staff, Delaware County social services agencies, and parents, to reach every child in need. Personal Family Counseling Services has agreements to provide school-based services to Star Alternative, Conotton Valley Union Local, Newcomerstown Exempted Village, Garaway Local and Indian Valley schools.



### Cuyahoga County: US Bank Service Project

OhioGuidestone was honored to be chosen as the Cleveland nonprofit that the U.S. Bank Community Possible Relay mobile baton stopped at during its 38-city tour across the United States! Community Possible, is a nationwide initiative to inspire more than

153,000 volunteers across the country to take part in rebuilding and revitalizing their communities. In July, we welcomed Cleveland-area U.S. Bank employees and the Relay's very own Dixey Sulisty and Jibreel Black to our campus. The two-day event kicked off with U.S. Bank volunteers cooking a huge pancake and egg breakfast for our Workforce 360° participants, serving them and eating with them. The next day brought a formal financial literacy presentation, concluding with our very own tour of the 45-foot #CommunityPossible bus! We are so grateful for everyone who participated in this inspiring event.



### Cuyahoga County: OhioGuidestone's Residential Picnic was a Huge Success

To help children in our Residential Treatment program transition back into their home lives, OhioGuidestone held its sixth annual picnic on its OhioGuidestone's Residential Treatment Campus in July. The agency invited the City of Berea's service workers to stop by

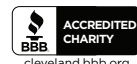
including firemen, policemen and emergency medical service workers, as well as city officials, community friends, donors and supporters.

### Tuscarawas County: Growing a Healthy Community

In September, Personal Family Counseling Services hosted the First Annual Tuscarawas United Addiction Awareness Rally. This event created an opportunity to come together to increase understanding about addiction and the importance of prevention, treatment and recovery. This is an effort to highlight the services available in Tuscarawas County and become unified in our efforts to create a healthier, drug-free community.

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Approved Health & Welfare Organization of the East Ohio Conference of the United Methodist Church

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**OhioGuidestone**

SOLUTIONS FOR CHILDREN, FAMILIES  
& COMMUNITIES

### **Our Vision**

Future generations are educated, self-reliant and contributing members of strong communities.

### **Our Mission**

To provide pathways for growth, achievement and lifelong success.

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## GET INVOLVED!



### **Thanksgiving Food Boxes**

OhioGuidestone will provide Thanksgiving food boxes to families in need this November. We will collect non-perishables and monetary donations starting November 1. Please consider providing a warm meal to our children and families. Contact Arian May at [Arian.May@OhioGuidestone.org](mailto:Arian.May@OhioGuidestone.org) or 440.260.8212.



### **#GivingTuesday**

Join the #GivingTuesday movement with OhioGuidestone. This fifth annual global day of giving is Tuesday, November 29, and we cannot wait to make an impact! Forget Black Friday and Cyber Monday because OhioGuidestone will put a twist on what it means to give back on #GivingTuesday. We have planned an exciting campaign, packed with activities and community engagement to help raise funding for beds for our children and families in need. Please contact Jessica Kanelos at [Jessica.Kanelos@OhioGuidestone.org](mailto:Jessica.Kanelos@OhioGuidestone.org) or 440.260.8362.



### **Adopt-a-Family**

Calling all holiday fanatics! If you love that warm fuzzy feeling you get from giving gifts, please consider participating in our Adopt-a-Family program this December. We have many families who have experienced crisis and cannot afford to provide gifts for their family members this holiday season. Be the reason for smiles on Christmas morning by purchasing gifts for a family in need. Please contact Arian May at [Arian.May@OhioGuidestone.org](mailto:Arian.May@OhioGuidestone.org) or 440.260.8212.