

Our services are designed to help our clients cope with life's difficulties including:

- Depression
- Mood Disorders
- Personality Disorders
- Anxiety & Panic Disorders
- Trauma or Stress Related Issues
- Sexual Abuse
- Alcohol & other Drug Addiction Problems
- Family Conflict
- Child & Adolescent Problems
- Problems Associated with Aging
- Psychotic Disorders
- Severe Mental Disabilities
- Anger Issues

About The Guidance Center

Maumee Valley Guidance Center is a Behavioral Healthcare Center serving adults, children, adolescents and families. We are here to meet the diverse needs of individuals in our community. We strive to meet those needs by determining with you what services will benefit you the most and by delivering services professionally, positively, and ethically. Our mission is to provide the tools and assistance needed for individuals to enhance their quality of life on a day-to-day basis.

Clinical Staff

The professionals at Maumee Valley Guidance Center work together as a team and bring together the resources of their various disciplines.

- Psychiatrists
- Registered Nurses
- Counselors/Therapists—Master Level Clinicians
- Social Workers
- Licensed Chemical Dependency Counselors
- Other Professionals



Continuous Quality Improvement

Maumee Valley Guidance Center believes in the principles associated with continuous quality improvement as supported by various health care accrediting agencies and consistent with organizations committed to excellence. The purpose of continuous quality improvement is to provide a mechanism whereby ongoing and systematic monitoring and evaluation of the quality of client services can be accomplished. Continuous quality improvement activities provide direction for the development and implementation of change toward improved quality of care and client outcome.

Service Locations

Defiance

419-782-8856 | Fax: 419-784-4506
211 Biede Avenue, Defiance, Ohio 43512

Bryan

419-636-2932 | Fax: 419-636-1982
203 N. Lynn St, Bryan, OH 43506

Napoleon

419-592-5981 | Fax: 419-592-4522
407 Independence Drive, Napoleon, OH 43545

Wauseon

419-337-5941 | Fax: 419-337-6439
222 Depot Street, Wauseon, OH 43567



TOLL FREE NUMBER: 800-569-3980
WEB SITE: maumeevalleyguidancecenter.org
EMAIL: mvgc@defnet.com



A contract agency of the Four County
ADAMhs Board
Four County Board of Alcohol, Drug Addiction and Mental Health Services



Call Toll Free: 800-569-3980



Enhancing The Quality Of Life For Those We Serve



A Behavioral Healthcare Center
serving residents in
Defiance, Fulton, Henry and Williams Counties.

maumeevalleyguidancecenter.org

Behavioral Healthcare Services

Outpatient Therapy

Maumee Valley Guidance Center has Masters Level Clinicians to provide therapy to our clients. These clinicians are highly trained to deal with most problems or mental illness. This service is available for youth as well as adults. If therapy alone is not enough to decrease symptoms, then the counselor can refer clients to one of our psychiatrists.

- Individual Counseling
- Family Counseling
- Youth Counseling
- Marital/Couples Counseling
- Grief Counseling
- Divorce Counseling
- Short term Counseling

Psychiatry and Medication Management

Maumee Valley Guidance Center has experienced psychiatrists on staff to assist clients with their mental health needs. Our psychiatrists treat people with depression, anxiety or a severe and persistent mental illness such as schizophrenia. Psychiatry services are also provided to children with needs in addition to adults.

- Psychiatric Assessment & Diagnosis
- Psychiatric Medication Evaluation & Management
- Consultation
- Treatment

Anger Management

Maumee Valley Guidance Center offers an Adult Anger Management group to those individuals experiencing problems with anger, substance abuse, and/or domestic violence.

- Open to anyone who struggles with anger issues
- Led by Masters level clinicians
- Teaches anger management skills
- Minimum of 13 sessions and 1 individual session
- 1 time per week for 2 hours
- Pre and post test given to insure that skills are learned and practiced

Dual Diagnosis Group

This group is for those individuals that have both a mental health diagnosis and an alcohol or drug problem.

- Team approach with access to psychiatric and Community support treatment
- Must agree to maintain sobriety for length of program
- Led by Masters level clinicians
- Meets client at their stage of change
- Minimum of 12 sessions and 1 individual session
- 1 time per week for 2 hours
- Random drug screens
- Aftercare program available

Community Psychiatric Supportive Treatment

Maumee Valley Guidance Center offers case management services to adults and youth with severe behavioral issues or mental disabilities. The goal is to assist these individuals so they may remain independently functioning in the community. Some of the services provided include:

- Coordinating services for client
- Advocating for client goals
- Assisting with community living
- This service is on-call 24 hours per day

Wellness Management & Recovery

WMR is an evidence based program that teaches people with a severe and persistent mental illness to take charge of their own recovery.

- Focuses on the development of skills, positive expectations, and promoting self efficacy
- Ten week program
- New behaviors are learned through modeling and practicing new skills
- Meets 1 time per week
- Small group format
- Alumni group available once graduated

Clubhouse Services

Maumee Valley Guidance Center offers a clubhouse program designed to support the client's desires and goals to remain in the natural community environment.

- Supportive environment
- Daily living skills development
- Wellness activities
- An environment of staff and clients

Healthy ideas

This is an evidence based prevention program for older adults to reduce the severity of depressive symptoms. Educating the older adult, caregivers, and professional caregivers on depressive symptoms and providing depression screenings are part of this program. Healthy Ideas is a national model with measurable results.

- Fewer symptoms of depression
- Decreased physical pain
- Better ability to recognize and self treat early symptoms
- Improved well being through achievement of personal goals

Critical Incident Stress Management (CISM)

CISM is a service that responds to a disaster that has happened in the Four County Area. The disaster can range from a fatal or near fatal accident at a factory or business to a severe weather incident that has claimed lives. It is for people who have been exposed or participated in a traumatic event. Trained therapists and case managers go to the site and assist those traumatized to share their experience, vent emotions, and learn about stress reaction and self care. It is best to call in the CISM team within 48 hours of an incident.