

## Our Mission

*Behavioral Health Services of Greater Cleveland* believes that all the solutions to everyone's problems come from within. It is our mission to help clients explore alternatives and find solutions that work for them. Each person's truth is affected by the environment around them and by their own personal history.



We believe that helping people understand their personal history, while still focusing on present day issues is an important aspect of recovery.

No matter what the environmental stressors may be, no matter what their circumstances are, we believe that happiness is attainable, and we believe that we can help each client find their own personal truth that leads to long term success, peace, happiness, confidence, and recovery.

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BEHAVIORAL HEALTH SERVICES

OF GREATER CLEVELAND

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BEHAVIORAL HEALTH SERVICES

OF GREATER CLEVELAND



PROVIDING INDIVIDUAL,  
FAMILY AND GROUP  
COUNSELING & CONSULTATION



# BEHAVIORAL HEALTH SERVICES

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## OF GREATER CLEVELAND

### Who We Are

*Behavioral Health Services of Greater Cleveland* was founded by principal therapists Ruth Fiala, LISW-S, David Smith, LISW-S, LICDC and Aaron Ellington, PhD, LPCC-S, LICDC-CS. We draw from many decades of combined experience in counseling and therapeutic services to empower people to find their inner strength to meet the challenges they face on a daily basis. Personable in our approach, we share a philosophy of support that believes in compassionate honesty. If there are problems or challenges, we can help you find the solution that works for you.



### What We Do

*Behavioral Health Services of Greater Cleveland* is composed of dedicated professionals who serve individuals, couples, families and groups. Our professionals work with all ages from childhood to older adults who experience a wide array of mental health and substance abuse concerns; including:

- ◇ Mood Disorders
- ◇ Older Adult Issues
- ◇ Trauma and Grief Issues
- ◇ Anxiety Disorders
- ◇ Adjustment Disorders
- ◇ Child & Adolescent Disorders
- ◇ Personality Disorders
- ◇ Substance Related Disorders
- ◇ Gender Identity Disorders
- ◇ Anger Management Issues

### How We Work

*Behavioral Health Services of Greater Cleveland's* wide array of services accommodates a variety of schedules for easy access, and promotes a calm, accepting, problem solving approach. We collaborate with each person to explore strengths, help them work through challenges and encourage success through insight oriented techniques and behavioral change interventions.

We believe in collaborating with other professionals to ensure the provision of services in the community. We will work with all referral sources, ensuring that all professionals who are working with the client are on the same page, and working towards the same goals. These professionals include, but are not limited to:

- ◇ Case Workers
- ◇ Probation Officers
- ◇ Judges and Magistrates
- ◇ School Administrators
- ◇ Physicians