

Columbus Behavioral Center
for Children and Adolescents



CONTACT INFO:

For any questions, regarding admissions or services, please contact **Michelle Orr, RN** Admissions Director
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View our website for more information on our programs, FAQ's, directions to the facility as well as pictures at: <http://www.columbusbehavioral.com>

Columbus Behavioral Center is a 61-bed residential treatment facility for youth ages 8 to 18. We provide a therapeutic, secure environment focusing on individualized treatment goals for adolescents who have had multiple inpatient and outpatient treatments, substance abuse problems, or repeated behavioral concerns. Our programs are Medicaid, County or private insurance funded.



The Columbus Behavioral Center Quarterly Chronicle



An Update on Events and Programming at CBC

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AT Room Renovation



Environmental Services Director Dennis Richardson and CEO Kelly Ulreich have worked in conjunction to deliver a living area that enhances our existing programming by creating a leisure environment for the residents to use and enjoy. Improvements include new laminate flooring, new furniture (including 3 sofas, 2 chairs and a love seat), a large, L-shaped countertop with cabinetry for storage, swiveling stools, a sink, 52" plasma TV, a Nintendo Wii and 37" LCD, an air hockey table, a foosball table, organs, accent curtains and new tables and chairs for art therapy. These additions complement the existing items such as the FRP wall covering, ping pong table, karaoke machine, and a carnival-style popcorn maker. When combined, it creates an atmosphere that compliments the structured milieu back on the units. Dennis worked hard on laying the flooring by hand, creating the bar from scratch and fabricating the countertops. Our future plans include new lighting fixtures, a customized entertainment system and window coverings. It's a mix of fun and function!



The Activity Therapy room is where our residents can go to relax, have groups and get a change of scenery. It was remodeled during the third and fourth quarter of this year and has met with positive feedback from not only residents, but staff and visitors alike.



2008 Programming Wrap-up

With 2008 almost behind us, it's time to look back on all we have done... We completed our JCAHO tri-annual survey and came through with flying colors! We initiated the position of Lead MHT on each unit to improve daily unit activities and communication between staff members in the various treatment modalities. We hired Idunnu Tomori as a full-time therapist in order to meet the treatment needs of our increasing population. We hired a new Community Liaison, Mike Frye, who is responsible for customer service contacts in the area. We completed an 8-week Equine Therapy Program with the Sunflower Unit (special thanks goes to Director Kim Hofelich). We expanded upon our current CD program after evaluating best practices in order to unify our program and ensure we are providing top quality treatment to our residents. We developed and initiated the collaborative Adolescent Matrix CD IOP Program with Centerstone. We rolled out Trauma Informed Care as an education piece for our staff in order to reduce seclusion / restraint and will continue to build on this in 2009. *submitted by Tena Stone, Program Director*



Above, the Sunflower girls participating in therapeutic horseback riding groups at Trails of Hope.

Columbus Behavioral Center - "A Center for Positive Growth"

...Because It's the Most Wonderful Time of The Year

We recently held our annual Halloween party which included face painting, a costume contest, talent show and of course lots of food. On Thanksgiving, we had a family-style meal with residents' families. Upcoming themed activities again range from making gingerbread houses to Christmas caroling. We will hold our annual Christmas Extravaganza where youth showcase their talents by singing, dancing and

acting. Each resident will again receive gifts from a staff supported Angel Tree and one organized by local churches and other individual organizations. We will have hundreds of presents to open around a roaring fire on Christmas morning in the new AT room and the staff are about to start their Secret Santa activities. The beginning of winter always proves to be a wonderful time of year. *-submitted by Stacy Prior, AT*

Professional Profile: Kathryn Kabe

My name is Kathryn Kabe, and I am a teacher for students in grades four through eight here at CBC. I grew up in northern Michigan near the Canadian border and graduated from a tiny K-12 school in 1977. (Only 15 in my graduating class!) After earning my BA in speech from Northern Michigan University, I married my husband, Greg. We moved to Bloomington 25 years ago, where I worked as a substitute teacher and for a publishing company. I spent two years working in Indiana University's social research department, where I was able to help out with their NASA research project.



Kathryn Kabe, School Teacher

When my children started school, I began to work as a teaching assistant at Brown County Junior High School. I realized I was enjoying the experience so much that I decided to go

to school to get my teaching license and master's degree in education.

After completing my studies at Indiana University, I worked as a special education teacher at Columbus' Northside Middle School before teaching for two years here at CBC. Last year, I worked at Schmitt Elementary, but realized that I missed the challenge of working with our CBC kids and was able to return.

I'm thoroughly enjoying teaching again at Columbus Behavioral Center. It is especially gratifying to have a hand in helping our kids make enormous progress in learning how to rejoin their peers at their home schools. It's wonderful to watch them learn to love school and the learning process. Their successes are really amazing, and I'm glad to be back!

Lunch & Learn



On September 24, CBC, in conjunction with Valle Vista Health Systems hosted a Lunch & Learn on Motivational Interviewing. It was presented by Dr. Theresa Costello and was held in our newly renovated Activity Therapy room. A big thanks goes to our Environmental Services Director, Dennis Richardson for all his hard work in completing the upgrades. The environment is warm and inviting. The event was co-hosted by Mike Frye (Columbus Behavioral Center) and Tina Snider (Valle Vista), both Community Liaisons along with our CEO, Kelly Ulreich.



Lunch & Learn attendees were greeted by our hosts (left-right): Kelly Ulreich, Tina Snider and Mike Frye.

Resident's Corner: Poetry

Sitting Still in the Sun

How many more sunsets will slap my face?
As I sit and wish my way out of this place...

Life of contentment, a need for much more,
Every day's passing as I try to ignore.
Friends and family hold love that is dear,
Like chains, it is love that binds me here.
I look to the distance and want can't deny,
The need to spread wings and finally fly...

How many more sunsets will slap my face?
As I sit and wish my way out of this place...

A past and a present, but its future I see,
Knowing for sure there's much more to be.
A westward breeze that calls out my name,
Reminding me there's treasure to claim.
Life is too short to sit still in the sun,
It's God's greatest gift and he grants only one...

I spread my wings as the sun hits my face,
Knowing someday I'll come back to this place.

- submitted by "S," a 17-yr-old on the Sunflower Unit.

We welcome all referral sources to visit our facility at any time. Please call (800) 562-5213 to schedule a tour.

* **HAPPY HOLIDAYS!** * 

