

About MBHG

Minority Behavioral Health Group (MBHG) is a community health agency that consists of psychologists, counselors, pastors, case managers, and administrative personnel who are committed to providing culturally appropriate and comprehensive behavioral health services to Summit, Portage, Stark, Franklin and Cuyahoga counties.

Minority Behavioral Health Group was established in 1998 and is the first and only African-American nationally accredited and state certified community mental health agency in the state of Ohio.

THE PRIMARY GOAL OF MBHG IS TO PROVIDE BEHAVIORAL HEALTH SERVICES TO AN OFTEN UNDER-SERVED AFRICAN-AMERICAN COMMUNITY; AND OTHER MINORITY COMMUNITIES.



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**Support For
Individuals, Children,
& Families**

www.mbhg.org

Our Services

Minority Behavioral Health Group offers a variety of services for individuals, children, and families.

School-Based Services

If your child struggles with anger, attention issues, domestic violence, family & peer conflict, truancy, divorce, feelings of sadness, anxiety, or stress, Minority Behavioral Health Group offers School-Based Services to help.

Types of Services offered to you and your child:

- Individual Therapy
- Group Therapy
- Consultation with school personnel
- Liaison with community agencies and organizations
- Advocacy and referral
- Conflict resolution
- Prevention groups and workshops
- Mental Health Assessments
- Psychological Testing
- Medical referrals

Core Benefits of School-Based Services:

- Therapists conveniently located in your child's school
- Opportunity to resolve conflicts when they occur
- Impact your child's ability to succeed academically, emotionally, and behaviorally
- Advocate for your child within the school setting

Prevention Services

Prevention promotes the health and safety of individuals and communities. It focuses on reducing the likelihood of or delaying the onset of behavioral health problems (i.e., substance abuse, mental illness, suicide, and gambling).

We offer educational and preventive programs that promote a holistic approach. The goal of these programs is to promote individual, family, and community awareness, collaboration, stability, and responsibility. We focus on raising awareness levels and education within individuals, families, institutions, and the community at large.

Prevention Core Values:

- Promote awareness about the dangers of drugs and alcohol
- Educate and strengthen families as the first defense to drug abuse
- Promote critical thinking and problem solving
- Promote emotional wellness

Types of MBHG Prevention Services:

- Assessment and Referrals
- Educational Workshops
- Professional Development Seminars



In-House Services

Community Psychiatric Supportive Treatment Services:

This service provides an array of services delivered by community-based, mobile individuals or multidisciplinary teams of professionals and qualified mental health specialists. CPST services are focused on increasing the individual's ability to succeed in the community, helping the client identify and access needed services, facilitating improvement in school, work, and family functioning, and helping to make integration and contributions within the community.

Counseling and Therapy:

Our counseling services are based on Belief Systems Analysis (BSA, Myers, 1988), a cognitive model grounded in African philosophy and an African-centered worldview. BSA therapy seeks to facilitate an increase in self-knowledge and intrinsic self-worth through monitoring thoughts, feelings, and behaviors using a variety of techniques.

Our counselors are trained in BSA and other treatment modalities, theoretical perspectives, and techniques.

Mental Health Assessments:

A trained professional counselor will gather information from the individual being served, through a face-to-face interview. This interview will include a discussion of various interrelated systems; relationship dynamics and patterns of interaction. We use a holistic approach to assess the impact of various systems and factors on the individual's emotional, psychological, spiritual, social, and physiological well-being.