

## More about A Renewed Mind

*A Renewed Mind is committed to the innovative evolution of psychological change, which in effect changes the heart giving one a new attitude and a new disposition in life.*

A Renewed Mind (ARM) is in the service of caring for the whole person in their present environment wherever that may be...in other words, we provide community based services to youth, adults, and families where they can feel most comfortable. ARM staff strives to help clients discover their strengths and the resources within our community to inspire meaningful change. Better decision making follows, and marks progress. A changed life unfolds...and results in that of *A Renewed Mind*.

Our commitment to serve those suffering from mental illness and chemical dependency stems from a core belief system that all persons, regardless of financial status, deserve quality prevention, intervention and treatment services. Our philosophy of providing quality care is supported by the utilization of evidence based curriculums, a culturally competent staff committed to reducing disproportionate minority contact, and swift access to services. We recognize that no single client is alike and each plays an integral role in developing their treatment plan.

Classified as a private not for profit 501(c3) corporation/behavioral health care organization, A Renewed Mind is a vital resource to Lucas County and Northwest Ohio and has been in existence for over five years. Under the leadership of founder and CEO, Mr. Jonathon J. James, the reputation for providing quality services has grown. We have continued to expand our treatment offerings which now include a medical division and vocational service. Finally, we continue to operate the only ODMH/ODADAS licensed and CARF accredited residential facility in the area.

We accept a variety of public and private insurance plans, and offer a sliding scale fee.

Visit us on Facebook: [www.facebook.com/arenewedmind](http://www.facebook.com/arenewedmind)

**Toledo Site:**  
Business Technology Ctr  
1946 N. 13th St  
Toledo, OH 43604

**Perrysburg Site:**  
1090 W. S. Boundary  
Suite 600  
Perrysburg, OH 43551

**Synergy Site:**  
Compass Annex Building  
2465 Collingwood Blvd.  
Toledo, OH 43620

**Findlay Site:**  
1624 Tiffin Ave.  
Findlay, OH 45840

## A Renewed Mind Programming:

A Renewed Mind provides a variety of Mental Health and Substance Abuse Treatment, including:

- Individual, Group, and/or Family Counseling
- Dual Diagnosis
- Diagnostic Assessment
- Trauma Focused Care
- Foster Care Support Group
- Geriatric Supportive Services
- Crisis Resolution/ Family Stabilization
- Parenting Skills Development
- CPST- Case Management
- Guided Paths: Independent Living Program 17-24; Teen Pregnancy Prevention
- One Step Further: Vocational Rehabilitation Training
- Aggression Interruption Training
- P.A.S.S: Providing Athletes with Specialized Skills
- Medication Assisted Recovery
- Synergy: Residential Substance Abuse Treatment, Teen Males
- Intensive Outpatient Programming
- "SA2" Substance Abuse-Self-Awareness (Step Down, After Care)
- Shining Paths: Adult Day Services

Various Evidence Based Curriculums and Staff trained in the following:

- Motivational Interviewing
- Seeking Safety
- Target-A
- Hazelton- Recovery Planning
- Matrix Model
- 12 Step Facilitation Therapy
- Seven Challenges
- Beyond Trauma
- ACT-Adults & Children Together
- Cognitive Behavior Therapy
- Restorative Practices Intervention Program

## A Renewed Mind



## Help Is Here

The Leader through Quality & Service in Mental Health and Substance Abuse Treatment for Youth, Adults, and Families

Call for intake  
419-720-9247 Toledo

419-873-8280

Perrysburg/Findlay

[www.arenewedmindservices.org](http://www.arenewedmindservices.org)

## Substance Abuse Treatment

### Synergy (Youth Males)

Synergy is a residential program offering comprehensive addiction treatment located in the Compass Annex in downtown Toledo. Youth may receive weekly over 25 hours of group and individual therapy focused on quitting drugs and alcohol, choosing sober supportive activities, family & friends, social skills development, and preventing relapse.

### Intensive Outpatient Program (Youth & Adult)

IOP is an intensive outpatient program serving youth and adults who are struggling with alcohol/and or drug use. IOP runs for 12 weeks meeting 3-4 days a week, approximately 3 hours each day. Clients receive recovery skills education, support, and an environment conducive to motivating lasting change. Clients are also connected to sober support activities in the community.

### SA2 (Youth and Adults)

SA2 (Substance Abuse - Self Awareness) is a combination of twice weekly individual/group counseling and case management services that provides guidance and support for youth and adults at risk of alcohol and/or drug use. Clients who have not developed a substance use dependency or have sustained a substantial amount of "clean time" receive ample sober support along with intense recovery skills development, and maintenance where appropriate.

## New Medical Support Available

### Med Som/ Psychiatric Services

#### Medication Assisted Treatment Therapy

A Renewed Mind provides pharmacotherapy utilizing SUBOXONE or ZUBSOLV to combat opiate addiction. Additionally, ARM provides concurrent psychosocial counseling to achieve cognitive behavioral changes supporting a lifestyle of recovery.

These services begin with a comprehensive diagnostic assessment. Psychiatrists and nursing staff work with a team of clinicians to comprehensively treat mental health/substance use disorders.

## Mental Health Treatment

*A Renewed Mind Mental Health Treatment is provided to clients who experience a wide range of mental health difficulties including: depression, anxiety, Post Traumatic Stress Disorder, mood disorders, behavioral problems, problems managing stress and the demands of daily life, and other mental health related issues.*

### Counseling

Counseling sessions are conducted either individually, as a group or as a family unit. The treatment is provided in a confidential and comfortable setting, whether that is in the office, in various community locations, or in the client's home.

### Trauma Focused Care

A Renewed Mind takes an educational and therapeutic approach for the prevention and treatment of traumatic stress disorders. The treatment is designed to enable clients with an understanding of trauma and the ability to gain control of trauma related reactions triggered by current daily life stresses. Therapy both empowers and challenges trauma survivors to become highly focused and mindful to make good decisions and build healthy relationships. ("Beyond Trauma" Women's Support Group, Seeking Safety)

### Guided Paths: Independent Living Program

Guided Paths is a client-centered, holistic, community based-therapeutic treatment designed to assist young adults, ages 17-24 years of age, progress independently into adulthood. GP will help clients develop self-esteem, pregnancy prevention, basic survival skills, social and leadership skills, and community/peer support networks to learn the skills necessary to further their educational goals and/or become job ready.



Call Today: 419.720.9247

### Guided Paths: One Step Further

A Renewed Mind has partnered with the Ohio Bureau of Vocation Rehabilitation (BVR) and/or Pathways to provide vocational rehabilitation services for individuals with psychiatric disabilities who want to work. One Step Further is a person centered comprehensive approach that consists of 4 core services to help clients reach their employment goals. These services include: Community Based Assessment, Personal Adjustment Skill Building, Transitional Work Skill Building, and Job Development.

### P.A.S.S. Providing Athletes with Specialized Skills

A Renewed Mind wants to help keep student athletes on the field and off the streets. We are working with coaching staff, parents, and student athletes who may be struggling with high risk behaviors, eligibility issues, or are in danger of suspension or dismissal from the team.

### Shining Paths: Adult Day Services

Shining Paths serves adults 18 years and older who have developmental disabilities. Individuals may choose daily program activities based on personal abilities, interests, and goals. SP will assist in developing the skills necessary to achieve the highest possible level of personal and community independence and consists of recreational, social, educational, employment, and behavioral skills training.



*\*Ohio Department of Mental Health  
and Addiction Services, Licensed*

*\*Carf, Accredited*