

## Here's the Scoop on Medina County's Youth Resiliency & Counseling Center! (YRCC)

In order to address the unprecedented behavioral health concerns facing youth and families today, the Medina County Mental Health & Recovery Board (MHRB) created a vision, strategized and then put a plan in motion to build what is now the Youth Resiliency & Counseling Center (YRCC).

The MHRB partnered with OhioGuidestone, who has been an MHRB provider since 2017, to assist in the design of the facility; from the soothing color scheme to the layout of the space, to the modern technology, and child-friendly artwork. The YRCC opened in 2023 with an official ribbon-cutting ceremony that included local and state dignitaries, as well as the many collaborators that helped to bring the Medina County Mental Health & Recovery Board's YRCC vision to life for our community.



At the Youth Resiliency & Counseling Center, OhioGuidestone provides trauma-informed care for the many youth and families facing mental health, substance use, and emotional distress from traumatic events and experiences. The design of the YRCC keeps a trauma-informed environment at the forefront. The center is a state-of-the-art, 6,000 square foot space designed specifically for counseling, which involves unique therapies in addition to traditional counseling. The YRCC features creative rooms such as a sand room, art room, movement room, playroom and calming room, meant to engage youth in more ways than traditional talk therapy.





The facility boasts a spacious, modern kitchen where families can engage in positive interactions while preparing everyday meals, turning potentially stressful tasks into bonding opportunities and creating opportunities to work together cohesively. Additionally, an outdoor area features a playground for young children and a basketball court for youth and teens, creating a welcoming environment for all ages.

After the YRCC opened, OhioGuidestone sought artwork from youth in the community with a focus on resiliency. Resiliency is defined by the American Psychological Association as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress. Currently the YRCC has artwork that has been created and donated by OhioGuidestone patients, as well as a local student, and a youth who was residing in the Medina County Juvenile Detention Center. The YRCC would be very happy to accept additional pieces of artwork from the community, including items such as drawings, paintings, collages, or poems that could be displayed.

OhioGuidestone frequently hosts community meetings, events and training at the YRCC. Additionally, Community Action Wayne/Medina, Kidz Connected, the Early Childhood Resource Center, the Medina County SHARE Coalition, and the Youth Advisory Consortium hold meetings there. Community Action Wayne/Medina Home Based Head Start uses the space for its monthly socialization groups, where home-based head start families are able to get together to learn and play with one another, while teachers utilize the Head Start curriculum in a group setting.

At the YRCC, OhioGuidestone delivers trauma-informed and person-centered care that fosters hope and healing throughout each person's journey.



The Medina County Mental Health & Recovery Board is grateful for its partnership with OhioGuidestone and is pleased about what our Youth Resiliency & Counseling Center partnership is accomplishing. We are reducing stigma, improving access to care for youth, and supporting healing from trauma, mental health concerns, substance use, and other emotional distress.

The Medina County Mental Health & Recovery Board's mission is to decrease stigma and provide hope for a better life by assuring the availability of high-quality services in the areas of mental health, substance use, and recovery support to all Medina County residents through planning, purchasing cost effective services to the extent resources are available, coordinating, and evaluating these services.

**OhioGuidestone's Contact Information:**

**Phone:** (440) 260-2945

**Website:**

<https://ohioguidestone.org/locations/northeast-ohio/medina/>

**YRCC Address:**

177 Northland Dr. Medina, OH 44256



**Reception Area**



**Lobby**



**Calming Room**



**Movement Room**



**Spacious Kitchen**



**Sand Room**



**Basketball Court**



**Playroom**



### **MHRB Board of Directors**

**Terry Grice, Board Chairperson**  
**Melinda Rucinski, Vice Chairperson**  
**Michele Sherrin, Secretary/Treasurer**

**Beth Beal**  
**Lou DeLoss**  
**Melanie Kasten-Krause**  
**Susan Myers**  
**Dave Oas**  
**Kent Patterson**  
**Caleb Parker**  
**Kristine Quallich**  
**Stuart Root**  
**Jim Shields**  
**Matt Sturgeon**

### **MHRB Staff**

**Phillip Titterington,**  
**Executive Director**  
**Tiffany Shelton-Kinney,**  
**Associate Director**  
**Kristen Hoffert-Leja,**  
**Finance Director**  
**Anna Gibson,**  
**Office Manager**

**If you or someone you know is in crisis or needs behavioral health assistance, the Medina County Mental Health & Recovery Board wants to remind individuals they can contact:**

**Medina County's 24/7 Crisis & Behavioral Health Helpline**



**at:**

**(330)725-9195 or call 988**

**Additionally, if you are seeking recovery support, please call the 24/7 Hope Link peer line at (330) 952-3559**



**The Medina County Mental Health & Recovery Board's mission is to decrease stigma and provide hope for a better life by assuring the availability of high-quality services in the areas of mental health, substance use, and recovery support to all Medina County residents through planning, purchasing cost effective services to the extent resources are available, coordinating, and evaluating these services.**