

To make a referral or for program questions, contact:

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NationwideChildrens.org



When your child needs a hospital, everything matters.



When your child needs a hospital, everything matters.

What is the Family Support Program?

The Family Support Program, a program of Big Lots Behavioral Health Services at Nationwide Children's Hospital, offers mental health services for children and adolescents who have experienced:

- Sexual abuse
- Physical abuse
- Childhood traumatic grief
- Family violence

Our licensed therapists use treatment methods that have been effective in improving daily life by treating and reducing trauma. We offer outpatient treatment at The Center for Family Safety and Healing, in the community or in the home.

What does the Family Support Program do?

The Family Support Program is made up of a team of licensed mental health therapists that focus on child maltreatment. The Family Support Program works with the family to improve daily life and reduce symptoms related to trauma and victimization. The Family Support Program does this through patient-specific services and evidence-supported treatment models.

What does trauma-focused therapy entail?

All Family Support Program licensed therapists are trained in trauma-focused Cognitive Behavioral Therapy (TF-CBT). This treatment model works with children who have experienced maltreatment and involves participation with their nonoffending caregivers. Through TF-CBT, children and families:

- Learn to understand their experiences
- Discover how to manage anxieties and fears
- Cope with stress
- Improve self-esteem
- Develop strategies to maintain safety in their environments.

They also learn the skills to form healthy relationships with others and find ways to heal from their trauma.

What can a family expect from the Family Support Program?

Children, adolescents and their families will be provided services regarding child maltreatment and trauma. The Family Support Program offers victim trauma treatment groups four times a year in 10-week cycles. One-on-one and family therapy is provided on a weekly basis in 60- to 90-minute sessions over three to four months.

What makes a child or family a good fit for the Family Support Program?

- The family has at least one child (ages 3 to 18) who has experienced maltreatment and/or traumatic grief.
- They are willing to meet in office, via telehealth or in the community on a weekly basis.
- The child and family are ready and willing to address the trauma and/or maltreatment.

What services are provided by the Family Support Program?

- Individual and family therapy
- Victim trauma treatment group counseling
- Community-based programs
- Psychiatric services

