

Mission

The Bridge's mission is to assist youth and their families in developing and sustaining behavioral and emotional health through community-based services. A not-for-profit youth agency, The Bridge serves the northwest Chicago suburbs with the following core services: Counseling, Crisis Intervention and Prevention.

Volunteer Services

The Bridge is where you belong! The Bridge involves volunteers in every level of activity. Many volunteer opportunities are available, including:

- Mentoring at-risk youth
- Coordinating special events
- Working on committees or serving on the Board of Directors
- Share your special talents – we're open to ideas!

Sources of Revenue

The Bridge has diverse funding sources. Fifty percent of funding is from local, state and federal governments. Charitable contributions make up another 30 percent. The remaining funding comes from United Way, program fees and other sources.

Charitable Giving

The Bridge is a great investment! Funds are deployed in the most ethical and effective manner possible. All charitable gifts directly benefit the children and families in this community.

Fees for Service

Fees are based on family income and financial situation. No family will be turned away because of an inability to pay.

Bilingual Services

Early childhood services are available to Spanish-speaking families.

Service Area

The Early Childhood Program serves residents of Palatine Township, which includes all or part of Palatine, Inverness, Hoffman Estates, Rolling Meadows, Barrington, Arlington Heights, South Barrington and Schaumburg.



Early Childhood Behavioral Health Program



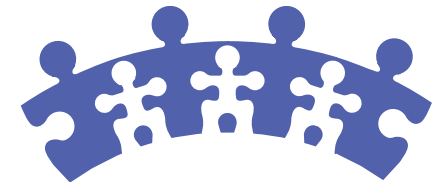
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Design Courtesy of Cheryl Loew



THE BRIDGE
YOUTH & FAMILY SERVICES

When Love Alone Isn't Enough

Many parents find that raising a child is much more difficult than they anticipated. They have tried "everything" and are still not able to handle challenging behaviors. The Bridge's caring, highly-trained therapists are here to help parents navigate through this frustrating process. With the right techniques and skills, parenting can become enjoyable and rewarding.

Early Childhood Program Overview

The Bridge provides counseling and therapy services that treat the many emotional and behavioral problems that face preschool children (through age 6) and their families. Examples of these issues include:

- Explosive or Emotionally Reactive Behavior
- Family Conflict
- Behavioral Problems
- Attention Deficit Problems
- Post Traumatic Stress
- Anxiety/Depression/Mood Disorders
- Anger Management
- Transition (divorce, death of a loved one, etc.)



Outline of Early Childhood Services

Child Assessments

This is the first step for a family entering the Early Childhood Program. A trained therapist performs a comprehensive assessment to identify behavioral problems and emotional distress. The family and therapist then create an individualized plan that includes treatment, referrals and follow-up.

Play Therapy

Play Therapy creates a non-threatening, fun environment where the child feels comfortable with the therapist and the therapeutic process. It is an essential tool for children who have yet to develop the cognitive ability to use traditional talk therapy as a means of exploring and resolving internal conflicts.

Family Counseling and Therapy

Working with the entire family unit is crucial to the child's ongoing success. The Early Childhood Program includes services such as Family Play Therapy: a technique used by therapists to enhance parent-child interactions and parental understanding of how children communicate, as well as encourage enjoyable family time.

Behavioral and emotional problems affect the entire family. Family Counseling is available to support the parents and siblings as they navigate this challenging process.

Parent Education and Training

Many mental health issues are preventable or minimized when the caregivers have the proper tools and support.

Therapists provide parents with proven techniques that help them to:

- Manage difficult behaviors (tantrums, hitting, etc.)
- Encourage positive behavior and self expression
- Break any negative bonds between the parent and child, and develop positive ones
- Prepare their child to be successful in school



Each therapist has an advanced degree in social work, counseling, or clinical psychology. On-site psychiatric consultation by a licensed psychiatrist is available in cases where medication or hospitalization may be required.

For more information, call (847) 359-7490, visit www.bridgeyouth.org or e-mail bridge1@bridgeyouth.org

"I couldn't take my son, Mark*, out in public. He was out of control. Then his preschool recommended The Bridge. Our counselor gave me ideas about how to handle his behavior. Mark really likes coming to The Bridge. I would recommend the program to anyone."

- Parent in the Early Childhood Program

* Name was changed to protect confidentiality.