

## Service Locations

### **Defiance**

211 Biede Ave. Defiance OH 43512  
419-782-8856 / Fax 419-784-4506  
MWF 8 am - 5 pm; TTh 8 am - 8 pm

### **Bryan**

910 E. Maple St. Bryan OH 43506  
419-636-2932 / Fax 419-636-1982  
MThF 8 am - 5 pm; TW 8 am - 8 pm

### **Napoleon**

407 Independence Dr. Napoleon OH 43545  
419-592-5981 / Fax 419-592-4522  
Weekdays 8 am - 5 pm

### **Wauseon**

222 Depot St. Wauseon OH 43567  
419-337-5941 / Fax 419-337-6439  
Weekdays 8 am - 5 pm

**Toll Free Number 800-569-3980**

**Email:** [mvgc@defnet.com](mailto:mvgc@defnet.com)

**Website:**

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

Find us on 

A contract agency of:



Onsite medical services provided by:



## Who We Are

A Behavioral Healthcare Center serving residents in Defiance, Fulton, Henry & Williams Counties for over 55 years. Our services are designed to help our clients cope & manage life's various difficulties.

We are here to meet the diverse needs of individuals in our community and we strive to meet those needs by delivering services professionally, positively, and ethically. Our trained staff works together as a team to ensure the best client care.

### Clinical Staff:

Psychiatrist  
Psychiatric Nurses  
Counselors/Therapist/Masters Level  
Clinicians  
Social Workers  
Licensed Chemical Dependency Counselors  
Other Professionals

### Fees and Payments

We accept all insurances including Medicare and Medicaid, please make sure to bring your insurance card to each visit. If you do not have insurance, we may be able to work with you to reduce your fees. Please speak to our staff about the necessary paperwork and information you will need in order to get assistance.



Maumee Valley Guidance Center Seeking Safety Program  
211 Biede Ave  
Defiance. OH 43512



**Maumee Valley  
Guidance Center  
Seeking Safety  
Program**

*Enhancing the quality of  
life for those we serve.*

## Seeking Safety

Seeking Safety is an *evidence-based*, present-focused counseling model to help people attain safety from trauma and/or substance abuse.

It can be conducted in group and/or individual modality. It is an extremely safe model as it directly addresses both trauma and addiction, but without requiring clients to delve into the trauma narrative (the detailed account of disturbing trauma memories), thus making it relevant to a very broad range of clients.

Seeking Safety can been conducted in group or individual format; for men and women; adults or adolescents; any type of trauma, any type of substance. Clients do not have to meet formal criteria for PTSD or substance abuse-- it is often used as a general model to teach coping skills.

**25 topics, each a safe coping skill**

- ♥ Introduction/Case Management
  - ♥ Safety
  - ♥ PTSD: Taking Back Your Power
  - ♥ When Substances Control You
  - ♥ Honesty
  - ♥ Asking for Help
  - ♥ Setting Boundaries in Relationships
  - ♥ Getting Others to Support Your Recovery
  - ♥ Healthy Relationships
  - ♥ Community Resources
  - ♥ Compassion
  - ♥ Creating Meaning
  - ♥ Discovery
  - ♥ Integrating the Split Self
  - ♥ Recovery Thinking
  - ♥ Taking Good Care of Yourself
  - ♥ Commitment
  - ♥ Respecting Your Time
  - ♥ Coping with Triggers
  - ♥ Self-Nurturing
  - ♥ Red and Green Flags
  - ♥ Detaching from Emotional Pain (Grounding)
  - ♥ Termination.



## The key principles of Seeking Safety

- 1) Safety as the overarching goal (helping clients attain safety in their relationships, thinking, behavior, and emotions).
  - 2) Integrated treatment (working on both trauma and substance abuse at the same time)
  - 3) A focus on ideals to counteract the loss of ideals in both trauma and substance abuse
  - 4) Four content areas: Cognitive, Behavioral, Interpersonal, Case management