

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

1325 Woodlawn Ave. Napoleon OH 43545
419-592-5981 / Fax 419-592-4522
Weekdays 8 am – 5 pm

Wauseon

1190 N. Shoop Ave. Wauseon OH 43567
419-337-5941 / Fax 419-337-6439
Weekdays 8 am – 5 pm

Toll-Free Number 800-569-3980

Email: mvgc@mvgcoho.org

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
211 Biede Ave
Defiance, OH 43512



Maumee Valley
Guidance
Center

Healthy IDEAS

Enhancing the quality of life
for those we serve.

Healthy IDEAS

Maumee Valley Guidance Center, with funding from the Four County ADAMHS Board, offers the Healthy IDEAS prevention program to older adults.

This is an evidence-based community depression program. Healthy IDEAS is designed to detect and reduce the severity of depressive symptoms in older adults with chronic health conditions and functional limitations. Existing community based case management services are used to obtain this goal.

Healthy IDEAS is a national model with measurable results and demonstrated benefits for older adults. Some of these benefits include:

- *Fewer symptoms of depression*
- *Decreased physical pain*
- *Better ability to recognize and self-treat symptoms.*
- *Improved well-being through achievement of personal goals.*



Symptoms of Depression

- Change in sleep.
- Low Energy or fatigue.
- Feelings of worthlessness or excessive guilt.
- Restlessness or slowed movement.
- Thoughts of death or suicide.
- Depressed mood or an inability to enjoy life.
- Symptoms persist for two weeks or longer.



Nearly 1 in 5 Americans age 65 or older experience symptoms of depression.

Goals of the Program

- Identify and address depression in older adults.
- Educate older adults and caregivers about depression.
- Reach the intended population of frail, high-risk elders, who are often overlooked and under-treated.
- Improve the linkage between community aging service providers and health care professionals through appropriate referrals, better communication and effective partnerships.
- Prevent recurrence of depression through regular ongoing depression screening.
- Empowering older adults to manage their depression through a behavioral activation approach that encourages involvement in meaningful activities.