Meet Child and Adolescent Behavioral Health’s Rebecca Chajkowski, who is the school-based therapist at Lake high, middle and primary schools.

Rebecca, who was homeschooled, earned her bachelor’s degree in biblical studies and minor in psychology from Mount Vernon Nazarene University and her master’s degree in clinical mental health counseling from Walsh University.

Rebecca said the best part of her job is, “helping clients find solutions to their problems and giving them a safe place to talk about things that are going on in life.”

**Hobbies:** hiking, cooking, crafting  
**Favorite book:** Bridge to Terabithia  
**Favorite movies:** Inside Out

Child and Adolescent Behavioral Health’s (C&A’s) school-based consultation services include behavioral health screening and referral, crisis intervention, student social/emotional skill development and behavioral health and wellness education, community linkage and referrals, parent/guardian engagement/education, CARE team meetings and collaboration with school staff. When indicated, students may receive formal diagnostic and treatment services, provided at the school, by the school-based therapist.

- Students are referred to counseling by school staff and CARE teams to screen for mental health or substance issues
- Parents are asked to be engaged in the process
- C&A will assist with linking families to community resources as needed.
- C&A’s clinical staff collaborates closely with school staff to enhance a supportive social/emotional school environment

For more information, call 330-433-6075  
[www.childandadolescent.org](http://www.childandadolescent.org)
Services at a Glance

Child and Adolescent Behavioral Health (C&A)

Mission Statement:
Working together to be the premier resource for emotional and behavioral health services and products that help children, youth and families successfully meet life’s challenges.

Ages served:
Birth to 24-years-old

Locations:
Services are offered in homes, schools, C&A’s four Stark County offices, pediatric practices and other community locations throughout Stark County.

Services and programs available:
- Case Management
- Diagnostic Assessment
- Dialectical Behavior Therapy Program
- Early Childhood Consultation and Treatment
- Fetal Alcohol Evaluations
- Individual and family therapies
- Intensive home-based services
- MST & MST-PSB
- Parenting Skills Development
- Peer Mentoring Services
- Prevention and consultation services
- Psychiatric evaluation/medication management
- Sexually Inappropriate Behavioral Remediation
- Substance Abuse Treatment Service
- Transitional Aged Youth Services
- Trauma Focused CBT
- Trauma Informed Day Treatment

Concerns addressed (include but not limited to):
- Anxiety
- Autism Spectrum Disorders
- Bullying
- Court/Legal involvement
- Depression/mood disorders
- Disruptive behaviors
- Divorce, separation and loss
- Emotional regulation/anger management
- Fetal Alcohol Spectrum Disorders
- LGBTQ
- Oppositional and conduct disorders
- Parent/child relationship issues
- Psychotic
- School difficulties
- Self-injured behaviors
- Sexual behavioral problems
- Social/relationship issues
- Substance use/abuse
- Suicidal ideation (non-crisis)
- Trauma – physical abuse, sexual abuse
- Bereavement, grief and loss