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Get to know your school-based therapist

# Rebecca Chajkowski

## MA

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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*

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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



Child & Adolescent  
Behavioral Health

Improving Lives Since 1976.



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

#### Concerns addressed (include but not limited to):

Anxiety	Oppositional and conduct disorders
Autism Spectrum Disorders	Parent/child relationship issues
Bullying	Psychotic
Court/Legal involvement	School difficulties
Depression/mood disorders	Self-injured behaviors
Disruptive behaviors	Sexual behavioral problems
Divorce, separation and loss	Social/relationship issues
Emotional regulation/anger management	Substance use/abuse
Fetal Alcohol Spectrum Disorders	Suicidal ideation (non-crisis)
LGBTQ	Trauma – physical abuse, sexual abuse bereavement, grief and loss