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Get to know your school-based therapist

## Dr. Karita Nussbaum, PhD, LISW-S, LICDC

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Meet Child and Adolescent Behavioral Health's Dr. Karita Nussbaum, who is the school-based therapist at BVA Timken in Canton City.

Karita, who graduated from Central Christian High School in Kidron, went on to earn her bachelor's degree in social work from Taylor University and her master's degree in social work from The University of Akron. She earned her doctoral degree in counseling psychology from Walden University.

Karita said the best part of her job, "is to watch people grow and change to be the people they were created to be."

**Hobbies:** reading, adventure travel, backpacking, spending time in nature, being creative

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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:**

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|--|---|
| 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<br>bereavement, grief and loss |