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Get to know your school-based therapist

## Sofia Goltsberg, MA

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Meet Child and Adolescent Behavioral Health's Sofia Goltsberg, who is the school-based therapist at Barr Elementary School.

Sofia, who graduated from Leon M. Goldstein High School for the Sciences (N.Y.), went on to earn her bachelor's degree in psychology from Hunter College (N.Y.) and her master's degree in clinical psychology from the University of Hartford (Connecticut).

Sofia said, the best part of her job is, "working with children is a unique experience. I'm always fascinated by their inner world and thoughts, and I feel a great sense of pride when I witness their resilience and ability to grow and heal."

**Hobbies:** putting together jigsaw puzzles, playing board games with friends and family, outdoor activities (hiking, water sports)

**Favorite book:** Harry Potter book series by J.K. Rowling

**Favorite movies:** *The Lion King* (1994)

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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
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Child & Adolescent  
Behavioral Health

Improving Lives Since 1976.



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 – 24 years old

**Locations:** Services may be offered in homes, schools, C&A's four Stark County offices, and other community locations throughout Stark County.

#### Services and Programs Available:

Prevention and Consultation Services	Comprehensive Diagnostic Assessment
Individual and Family Therapy	Trauma Focused CBT
Psychiatric Evaluations and Medication Management	Qualified Mental Health Specialists (QMHS)
Substance Abuse Treatment Services	Peer Mentoring Services
Dialectical Behavior Therapy	Transitional Aged Youth Services
Trauma Informed Day Treatment	MST and MST-PSB
Early Childhood Consultation and Treatment	Parenting Skills Development
Sexually Inappropriate Behavior Remediation	Intensive Home-Based Services

#### Concerns Addressed (include but are not limited to):

Trauma including physical abuse, sexual abuse, bereavement, grief and loss	
Depression/Mood Disorders	Emotional regulation/anger management
Anxiety	Oppositional and conduct disorders
Substance Use/Abuse/Dependence	Suicidal Ideation
Disruptive behaviors	Self-injury behaviors
Autism Spectrum Disorders	Sexual behavior problems
Psychotic disorders	Court/Legal Involvement
Divorce, separation, and loss	ADHD
Parent/child relationship issues	LGBTQ
Social/relationship issues	Bullying
School difficulties	