



Get to know your school-based therapist

Cynthia Ha, Ph.D.

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

Cynthia, who graduated from Manchester High School, went on to earn her bachelor's degree in psychology and minor in child development and master's degree in community counseling from the University of Akron. She earned her Ph.D. in counseling psychology from Kent State University. She is working on her psychology postdoctoral fellowship.

Cynthia said, the best part of her job, "is when a child feels safe enough with me to share from their heart."

Hobbies: following my two sons to their musical performances - one son plays theatre organ and the other son is in a rock band.

Favorite book: *Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst

Favorite movies: All the Marvel Spiderman movies! "*With Great Power Comes Great Responsibility.*"

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
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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