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Get to know your school-based therapist

## Brooke Whittaker, MA

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Meet Child and Adolescent Behavioral Health's Brooke Whittaker, who is the school-based therapist at Massillon East Elementary School.

Brooke, who graduated from Rushville-Industry High School (Ill.), went on to earn her bachelor's degree in psychology and minor in biology from Illinois Wesleyan University. She earned her master's degree in clinical psychology with an emphasis in child and adolescent psychology from Adler University. She is working on her doctorate of psychology from Adler.

Brooke said, the best part of her job, "I love being able to meet children, adolescents and their families where they are at by truly seeing them, hearing them and helping them feel understood. Watching them grow, open-up and find their own strengths over time is incredibly rewarding."

**Hobbies:** Reading, crocheting, going on walks with my dog

**Favorite book:** *Yours Truly*

**Favorite movies:** *Inside Out 2*

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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.



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:

Case Management	Prevention and consultation services
Diagnostic Assessment	Psychiatric evaluations/medication management
Dialectical Behavioral Therapy	Sexually Inappropriate Behavioral Remediation
Early Childhood Consultation and Treatment	Substance Abuse Treatment
Individual and Family Therapies	Transitional Aged Youth Services
Intensive home-based services/MST	Trauma Focused CBT
Parenting Skills Development	Trauma Informed Day Treatment
Peer Mentoring Services	

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

Anxiety	LGBTQ
Autism Spectrum Disorders	Oppositional and conduct disorders
Bereavement, grief and loss	Parent/child relationship issues
Bullying	Psychosis
Court/Legal Involment	School difficulties
Depression/mood disorders	Self-injurious behaviors
Disruptive behaviors	Social/relationship issues
Divorce, separation, and loss	Substance use/abuse
Emotional regulation/anger management	Trauma - physical, sexual abuse
Fetal Alcohol Spectrum Disorders	