



Get to know your school-based therapist

Theresa Buczek

Meet Child and Adolescent Behavioral Health's Theresa Buczek, who is the school-based therapist at Alliance High School.

Theresa, who graduated from University High School (Morgantown, W.Va.), went on to earn her bachelor's degree in psychology with a minor in creative writing from Allegheny College and her master's degree in applied clinical psychology from Penn State Behrend College.

Theresa said the best part of her job is, "using creative ways to help students cope through whatever challenges they may be facing together."

Hobbies: creative writing, reading, videogames, and kayaking

Favorite book: *The Song of Achilles* by Madeline Miller

Favorite movies: *Spirited Away*

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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For more information, call 330-433-6075
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	