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Get to know your school-based therapist

## Tara Flakes, MA, LMFT

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Meet Child and Adolescent Behavioral Health's Tara Flakes who is the school-based therapist at Marlinton Middle and High School.

Tara, who graduated from Massillon Washington High School, went on to earn her bachelor's of science degree in child and family community service from Bowling Green State University and her master's degree in marriage and family therapy from Capella University.

Tara said, the best part of her job, "is seeing the students smile and being able to recognize their own potential and strengths."

**Hobbies:** Spending time with family and doing yoga

**Favorite movies:** *The Best Man*

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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:

Case Management

Diagnostic Assessment

Dialectical Behavior Therapy

Early Childhood Consultation and Treatment

Individual and Family Therapies

Intensive home-based services /MST

Parenting Skills Development

Peer Mentoring Services

Prevention and consultation services

Psychiatric evaluation/ medication management

Sexually Inappropriate Behavioral Remediation

Substance Abuse Treatment

Transitional Aged Youth Services

Trauma Focused CBT

Trauma Informed Day Treatment

#### Concerns addressed (include but not limited to):

Anxiety

Autism Spectrum Disorders

Bereavement, grief and loss

Bullying

Court/Legal involvement

Depression/mood disorders

Disruptive behaviors

Divorce, separation and loss

Emotional regulation/anger management

Fetal Alcohol Spectrum Disorders

LGBTQ

Oppositional and conduct disorders

Parent/child relationship issues

Psychosis

School difficulties

Self-injured behaviors

Social/relationship issues

Substance use/abuse

Trauma – physical abuse, sexual abuse