



SARAH BURROWS

Supervisor, Prevention Counselor

Sarah Burrows is a Licensed Mental Health Counselor in the State of New York and Massachusetts. She was named the New York State Licensed Mental Health Addictions Counselor of the Year in 2012. She attended Connecticut College and Lesley University where she earned her Master's in Counseling Psychology. Her areas of specialization include: substance abuse, trauma, health psychology/behavioral medicine, expressive arts therapies, youth and families.

Sarah began working for CAPE in February 2002. She started as the Student Assistance Counselor in the Hyde Park Schools and then relocated to Red Hook High School in 2004. She was promoted to CAPE's Student Assistance Counselor Supervisor in 2006. While living in the Hudson Valley, she has also worked in the Children's Home of Kingston and McQuade Residential Treatment Center for Adolescents. Sarah was an adjunct professor at the Culinary of America where she taught Psychology to the chefs.

Originally from Boston, Sarah enjoyed working in the Behavioral Medicine and Biofeedback Department at the world renown, Graham Headache Centre, the Deaconess Beth Israel Hospital and American Whole Health, a holistic medical center. She gave many presentations throughout the Boston area including being a panelist at the Harvard/MIT and at the Advanced Clinical Training in Behavioral Medicine sponsored by the Deaconess Beth Israel Hospital's Mind Body Institute and Harvard Medical School. Sarah ran the Expressive Arts Therapies Program at Wild Acres Inn, a half-way house for adult women recovering from trauma. She also worked in outpatient mental health, both at the Human Resource Institute and in Mass Bay Counseling, a group private practice. During this time, Sarah served people of all ages.

Sarah enjoys many hobbies. She is a former gymnast and dancer, coach and choreographer. In the Boston area, she was in the Riolama Dance Theatre Co, Credo Liturgical Dance Co and Boston Playback Theater. She currently is a ski instructor at Belleayre Mountain on week-ends in the winter. She is a Licensed Maine Sea Kayak Guide and works for Aquaterra Adventures in Bar Harbor, Maine in the summer. Sarah rows crew recreationally in the Rondout Rowing Club. An avid gardener, Sarah advises the Red Hook High School Beautification Society. Finally, Sarah enjoys being an officiant for weddings.