

All-New Staff Scoop



In this month's edition of Staff Scoop, the Side by Side e-News team had the pleasure of interviewing Sophia De La Cerda, a dedicated clinician in the East Bay.

How long have you been at Side by Side?

6 months

What brought you to the agency?

I had been working at a private practice and needed a change. Someone from our agency's hiring team knew I was looking for something new and contacted me. It was a hard decision to leave my clients, but I couldn't deny that I felt a pull to work at Side by Side. I immediately felt that the culture here was much more welcoming and genuine than other places I had previously worked in, and I was excited to work exclusively with my preferred age group.

What three words describe you?

Compassionate, strong-willed, and silly.

What has been your favorite project at Side by Side?

The Our Space gender-affirming closet. I love that we get to provide youth with clothing that helps them feel more comfortable in their skin and better express their identity. Never underestimate the power of a great outfit!

Why is it important to work with today's youth?

Because they need it. Our youth are actively trying to find their place in the world, figure out who they are, and enter an entirely new stage of life with all sorts of new responsibilities and challenges. Recent research tells us that despite being more connected to other humans than at any other point in history, today's youth are also the loneliest. Not to mention the fact that the population we serve is often also attempting to process past trauma and/or attachment disruptions. If we engage with today's youth now—teach them communication, healthy coping, and daily living skills, help them feel safe and supported, and show them that they are not alone—we can help them be

prepared, emotionally healthy, and successful as they enter adulthood.

Every month, the Side by Side e-News team shines a spotlight on one of our amazing staff members in the all-new *Staff Scoop*. Don't miss out—read this column monthly to discover the stories and talents of our incredible team!