



Get to know your prevention therapist

Hannah Cowie, BS, OCPS, CDCA

Meet Child and Adolescent Behavioral Health's Hannah Cowie who is a Ohio certified prevention specialists for Early Childhood Mental Health Consultation, Alcohol and other Drug prevention services (AoD) and Stark County Youth Led Prevention program facilitator.

Hannah, who is graduate of North Canton Hoover High School, went on to earn her bachelor's degree in human development and family studies and minor in psychology from Kent State University. Hannah is working on her master's degree in public health for social and behavioral sciences.

Hannah said the best part of her job is, "collaborating with her amazing prevention team and getting to know her kiddos!"

Hobbies: playing cards, painting and going for walks

Favorite book: *Furiously Happy* by Jenny Lawson

Favorite movies: *Jumanji*

C&A's Prevention program offers a variety of services to the community, schools, preschools, daycares and families to help build resiliency skills to prevent the onset of substance use and mental health disorders. Prevention focuses on helping people develop the knowledge, attitudes, and skills they need to make good choices or change harmful behaviors. Substance use and mental disorders can make daily activities difficult and impair a person's ability to work, interact with family and fulfill other major life functions. Mental illness and substance use disorders are among the leading conditions that cause disability in the United States. In addition, drug and alcohol use can lead to other chronic diseases such as diabetes and heart disease. Preventing substance use disorders and related problems is critical to Americans' mental and physical health.



Child & Adolescent
Behavioral Health

Improving Lives Since 1976.



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 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	Prevention and consultation services
Diagnostic Assessment	Psychiatric evaluation/ medication management
Dialectical Behavior Therapy Program	Sexually Inappropriate Behavioral Remediation
Early Childhood Consultation and Treatment	Substance Abuse Treatment Service
Fetal Alcohol Evaluations	Transitional Aged Youth Services
Individual and family therapies	Trauma Focused CBT
Intensive home-based services	Trauma Informed Day Treatment
MST & MST-PSB	
Parenting Skills Development	
Peer Mentoring Services	

Concerns addressed (include but not limited to):

Anxiety	Oppositional and conduct disorders
Autism Spectrum Disorders	Parent/child relationship issues
Bullying	Psychotic
Court/Legal involvement	School difficulties
Depression/mood disorders	Self-injured behaviors
Disruptive behaviors	Sexual behavioral problems
Divorce, separation and loss	Social/relationship issues
Emotional regulation/anger management	Substance use/abuse
Fetal Alcohol Spectrum Disorders	Suicidal ideation (non-crisis)
LGBTQ	Trauma – physical abuse, sexual abuse bereavement, grief and loss