Meet Child and Adolescent Behavioral Health’s Rachel Moushey who is a prevention specialist for Early Childhood Mental Health Consultation and Alcohol and other Drug prevention services (AoD).

Rachel, who is graduate of Malvern High School, went on to earn her bachelor’s degree in social work from Malone University and is working on her master’s degree in social work at Cleveland State University.

Rachel said the best part of her job is, “making a difference in the lives of students throughout Stark County.”

**Hobbies:** boating, watching football and basketball and spending time with family and friends  
**Favorite book:** Fear is a Choice by James Conner  
**Favorite movies:** Means Girls and Sweet Home Alabama

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

Concerns addressed (include but not limited to):

- Anxiety
- Autism Spectrum Disorders
- 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
- Psychotic
- School difficulties
- Self-injured behaviors
- Sexual behavioral problems
- Social/relationship issues
- Substance use/abuse
- Suicidal ideation (non-crisis)
- Trauma – physical abuse, sexual abuse, bereavement, grief and loss