



Get to know your Qualified Mental Health Specialist

Sarah Baiera, BA

Meet Child and Adolescent Behavioral Health's Sarah Baiera, who is a Qualified Mental Health Specialist covering the school districts of Massillon City, Jackson Local, Northwest Local and Tuslaw Local Schools.

Sarah, who graduated from Islip High School (N.Y.), went on to earn her bachelor's degree in psychology with a minor in religious studies at Lee University (TN).

Sarah said, the best part of her job is, "the cutest little kids."

Hobbies: hiking, playing sports and spending time with friends

Favorite book: *Pride and Prejudice*

Favorite movies: *Sweet Home Alabama*

A Qualified Mental Health Specialist works with clients to:

- Resolve conflict with others
- Manage emotions including anger, minor social or performance anxiety, disappointment, frustration, occasional sadness
- Coping with change, uncertainty, death, loss
- Positive parenting strategies and support
- Linkage to mental health services and other indicated medical/support services
- Linkage to natural and community supports
- Reinforcement and rehearsal of skills taught in therapy.

A therapist is indicated when the presentation of symptoms warrants a clinical (medical) diagnosis and are leading to impairment of daily functioning:

- Significant anxiety
- Depression
- Significant oppositional/conduct behavior
- Trauma
- Suicidal ideation or self-harm behaviors
- Homicidal ideation or harming others
- Substance abuse
- Resolve the complex roots of each individual's client's unique struggles



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 – 24 years old

Locations: Services may be offered in homes, schools, C&A's four Stark County offices, and other community locations throughout Stark County.

Services and Programs Available:

Prevention and Consultation Services	Comprehensive Diagnostic Assessment
Individual and Family Therapy	Trauma Focused CBT
Psychiatric Evaluations and Medication Management	Qualified Mental Health Specialists (QMHS)
Substance Abuse Treatment Services	Peer Mentoring Services
Dialectical Behavior Therapy	Transitional Aged Youth Services
Trauma Informed Day Treatment	MST and MST-PSB
Early Childhood Consultation and Treatment	Parenting Skills Development
Sexually Inappropriate Behavior Remediation	Intensive Home-Based Services

Concerns Addressed (include but are not limited to):

Trauma including physical abuse, sexual abuse, bereavement, grief and loss	
Depression/Mood Disorders	Emotional regulation/anger management
Anxiety	Oppositional and conduct disorders
Substance Use/Abuse/Dependence	Suicidal Ideation
Disruptive behaviors	Self-injury behaviors
Autism Spectrum Disorders	Sexual behavior problems
Psychotic disorders	Court/Legal Involvement
Divorce, separation, and loss	ADHD
Parent/child relationship issues	LGBTQ
Social/relationship issues	Bullying
School difficulties	