Meet Child and Adolescent Behavioral Health’s Amber Nash, who is a Qualified Mental Health Specialist covering the school districts of Alliance and Louisville City schools and Lake and Marlington Local schools.

Amber, who graduated from Mathews High School, went on to earn her bachelor’s degree in elementary education (K-6) and minored in special education (K-6) at the University of Charleston.

Amber said, the best part of her job is, “being able to build positive relationships with children and their families. Helping children find their true selves and empowering them to shine bright.”

**Hobbies:** running, hiking, painting, skiing, anything outdoors  
**Favorite book:** *Where the Crawdads Sing* by Delia Owens  
**Favorite movies:** *Gone with the Wind*

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 unique struggles

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**Get to know your Qualified Mental Health Specialist**

**Amber Nash, BA, QMHS**

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:

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<th>Prevention and Consultation Services</th>
<th>Comprehensive Diagnostic Assessment</th>
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<td>Individual and Family Therapies</td>
<td>Trauma Focused CBT</td>
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<td>Psychiatric Evaluations and Medication Management</td>
<td>Qualified Mental Health Specialists (QMHS)</td>
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<td>Substance Abuse Treatment Services</td>
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<td>Sexually Inappropriate Behavior Remediation</td>
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### Concerns Addressed (include but are not limited to):

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