Meet Child and Adolescent Behavioral Health’s Emily Sitzman, who is a Qualified Mental Health Specialist in the Plain Local School District.

Emily, who graduated from Louisville High School, went on to earn her bachelor’s degree in community/clinical psychology and minor in sociology from Walsh University.

Emily said, the best part of her job is, “meeting other people of all different backgrounds. I love hearing about other people’s experiences because they are all unique!”

**Hobbies:** I enjoy writing short stories, taking my dogs for walks, reading and playing video games.

**Favorite book:** *Wicked*

**Favorite movies:** *Knives Out*

---

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

---

For more information, call 330-433-6075

[www.childandadolescent.org](http://www.childandadolescent.org)
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
- Individual and Family Therapy
- Psychiatric Evaluations and Medication Management
- Substance Abuse Treatment Services
- Dialectical Behavior Therapy
- Trauma Informed Day Treatment
- Early Childhood Consultation and Treatment
- Sexually Inappropriate Behavior Remediation
- Comprehensive Diagnostic Assessment
- Trauma Focused CBT
- Qualified Mental Health Specialists (QMHS)
- Peer Mentoring Services
- Transitional Aged Youth Services
- MST and MST-PSB
- Parenting Skills Development
- 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
- 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