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

## Katelyn Hampu, BA

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Meet Child and Adolescent Behavioral Health's Katelyn Hampu, who is a Qualified Mental Health Specialist covering the school districts of Massillon City Schools, Jackson and Tuslaw local schools. Katelyn, who graduated from St. Joseph Academy High School, went on to earn her bachelor's degree majoring in behavioral health and science and minoring in entrepreneurship from Walsh University.

Katelyn said, the best part of her job is, "spending time with kids and seeing them grow."

**Hobbies:** Dancing, writing, reading, exercising and baking

**Favorite book:** *The Series of Unfortunate Events, Reason to be Happy*

**Favorite movies:** *Perks of Being a Wallflower, Frozen*

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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](http://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  |                                       |