



## Christina Anthony, B.A., QMHP-A Support Specialist

I graduated from Boise State University in 2012 with a Bachelor of Arts in Communication with a focus on family and interpersonal communication. Over the past 4 years, I gained knowledge and experience in providing behavioral health interventions within the educational, community, and residential settings. I have rendered community-based services and targeted case-management to children, adolescents, teens, and adults diagnosed with mental illness and developmental disabilities in rural areas of the Northwest.

My preferred intervention approaches include utilizing aspects of Cognitive Behavioral Therapy and Motivational Interviewing while focusing on strength-based and person-centered treatment. I believe that building rapport and understanding with each individual and allowing compassion, support, and connection to evolve is the stepping stone to success.

My relaxation pursuits include traveling and exploring new foods, mindful hiking and other outdoor ventures, and live music.