



Jessica Clary, B.S., QMHP-A, QMHP-C

I graduated with my Bachelor's Degree in Health Sciences with a major in Health Education from the University of Alaska Anchorage. Following my Bachelor's, I earned national credentials as a Certified Health Education Specialist and am currently in my Master's program for Clinical Social Work. I have experience working with children and adolescents in the home, residential, substance abuse treatment, shelter, school, and community settings and adults in the home, substance abuse treatment, and community settings. I use a person-centered, strengths-based approach when working with others towards their goals in their journey. I draw from theories such as Family Systems Theory, Cognitive Behavioral Theory, and Psychodynamic Theory to formulate creative and appropriate interventions. I practice through a trauma-informed lens and have training in de-escalation, attachment, ACES, grief and loss, and family assessment and intervention. I enjoy trying new activities, traveling when possible, and volunteering in the community.