



Mai Chavis, B.S., QMHP-A

I graduated from Virginia State University with a Bachelor of Science in Psychology in 2011. Over the course of my almost fifteen year career in mental health, I have worked with children, adults, and families in various areas to include Intensive In-Home, Mental Health Skill Building, Crisis Stabilization, and Virtual Residential services. I chose to work in mental health because I have always had a passion for helping people navigate their trauma appropriately and to become their best selves. I make it a point to create safe spaces for each of the clients I work with to be able to express themselves without judgement or scrutiny. Healing is a journey, and it is my goal to assist my clients with navigating it in the best way possible.