

JESSICA BANKS

MSW, LSW OH & KY Adjunct Staff - Administrative

Recognizing that we all have obstacles to overcome in our lives Jessica's goal became to help people change how they think, how they view themselves, how they view the world and their surroundings, by teaching people healthy coping mechanisms. We have all encountered life's challenges, but we do not have to stay down and stagnant because we all deserve to learn how to be healthy mentally, emotionally, physically, and spiritually.

Clients will be challenged by: Helping to enhance client's effectiveness and ability to cope. Promoting effective decision-making skills while also facilitating and nurturing client strengths. Helping clients to better understand emotions, identifying where they are coming from. Learn and practice new and healthier coping mechanisms. Making positive and healthy changes to one's behavior, surroundings, and lifestyle.

Jessica attended graduate school at Case Western Reserve University, obtaining her Masters of Social Work (MSW). She is a licensed Social Worker in the state of Ohio, currently working on her independent licensure. Jessica is also seeking licensure in other states.

Jessica's love for social work was ignited through interactions with family, friends, and individuals throughout her life's journey. She chose this path of helping others because of the skills that she too has learned and has been able to apply to her own life, further encouraging her to help support others in learning to live an all-around healthy life style.

On a personal note, she loves to cook, travel, and spend time with people who matter the most to her. Keeping her faith, self-care, and a strong support system as her top priorities, have allowed her to become a better version of herself for her loved ones, clients, and the and community she serves.