

TheraVault Highlights the Importance of Back-to-School Mental Health Support for Ohio Families This August

Powell-based behavioral health practice encourages families to prioritize emotional well-being as a new school year begins.

POWELL, OH, UNITED STATES, August 19, 2026 /EINPresswire.com/ -- As students across Ohio prepare to return to classrooms this August, TheraVault LLC is encouraging families to make mental wellness part of their back-to-school checklist. Based in Powell, Ohio, and serving Delaware County, Franklin County, and communities throughout the state via secure telehealth, TheraVault is reminding parents, caregivers, college students, educators, and families that emotional well-being deserves attention alongside the practical preparations that come with a new school year.



A new school year can bring a lot of change, so making space for your own well-being matters, too.

“

Mental wellness is an important part of navigating periods of change”

*Amy Smitke, LISW-S, LICDC,
Co-Founder*

The transition back to school can bring changes in routines, social pressures, academic expectations, work-life demands, and family schedules. For parents and caregivers in particular, the start of a new school year can create additional stress as they balance work, family responsibilities, and their own emotional well-being.

“A new school year represents a fresh start, but transitions can also create significant emotional pressure for individuals and families,” said Victoriya Reich, LISW-S, Co-Founder of TheraVault. “Supporting mental health during periods of change can help people develop healthy coping skills that benefit them throughout the year.”

Helping Ohio Families Navigate the Back-to-School Transition

Whether a family is adjusting to a new school schedule, preparing for a child to enter a new stage of education, or navigating the transition to college, emotional adjustment deserves attention alongside schedules, supplies, and other preparations.

TheraVault encourages families and individuals to watch for signs that additional support may be beneficial, including:

- Increased stress or anxiety surrounding the school-year transition
- Difficulty managing changing routines and responsibilities
- Persistent stress related to academic or work expectations
- Emotional overwhelm
- Changes in sleep, motivation, or concentration
- Increased family or relationship tension
- Difficulty balancing work, family, and personal needs

Seeking support when challenges begin to interfere with daily life can provide an opportunity to develop healthier coping strategies and build resilience.

Comprehensive Mental Health Services in Powell, Ohio

TheraVault provides therapy services in Powell, Ohio, and throughout the state via secure telehealth for individuals, couples, and families.

Individual Therapy

Evidence-based therapy for anxiety, depression, ADHD, trauma, grief, stress, emotional regulation, eating disorders, substance use concerns, and life transitions.

Couples & Family Therapy

Relationship-focused counseling designed to improve communication, strengthen family



Sometimes preparing for a new season means making a little room to check in with yourself, too.



A little support and connection can make big transitions feel a whole lot easier.

dynamics, and help families navigate periods of transition together.

Telehealth Therapy Across Ohio

Secure virtual therapy sessions allow individuals and families throughout Ohio to receive confidential, evidence-based mental health care without geographic barriers.

Evidence-Based Care for Every Stage of Life

TheraVault provides personalized care using evidence-based therapeutic approaches, including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR), trauma-informed care, Internal Family Systems (IFS), and other clinically supported interventions based on each client's unique needs.

The practice's "vault" philosophy emphasizes creating a safe, confidential space where clients feel protected while working toward meaningful healing and long-term personal growth.

"Mental wellness is an important part of navigating periods of change," said Amy Smitke, LISW-S, LICDC, Co-Founder of TheraVault. "When individuals have the right support, they're better equipped to manage stress, maintain healthy relationships, and face life's challenges with greater confidence."

Supporting Ohio's Mental Health Professionals

In addition to expanding client services, TheraVault is preparing to launch Continuing Education (CE) opportunities for licensed professionals throughout Ohio. As an organization authorized to offer and issue Continuing Education credits, the practice will provide evidence-based training that supports ongoing professional development for the state's behavioral health workforce.

Accessible Care for Ohio Communities

TheraVault remains committed to making mental health care in Powell, Ohio, and across the state accessible through:

- Secure telehealth appointments statewide
- Flexible scheduling options
- Acceptance of most major insurance plans, including Medicaid and Medicare
- Affordable self-pay options with supervised clinical interns

By reducing barriers to care, TheraVault continues its mission of helping more Ohio residents access compassionate, evidence-based behavioral health services.

Getting Started Before the School Year Begins

Individuals and families who have concerns about stress, anxiety, emotional regulation, or major life transitions are encouraged to schedule a confidential consultation. Seeking support can provide an opportunity to establish healthy coping strategies and create more space for emotional well-being during a busy time of year.

About TheraVault LLC

Founded in 2021, with services opening in early 2022, TheraVault LLC is a comprehensive behavioral health practice based in Powell, Ohio, serving individuals, couples, families, and organizations throughout Central Ohio and statewide via telehealth. The practice provides individual therapy, [couples counseling](#), family therapy, group therapy, trauma-focused services, business consultation, and Continuing Education (CE) opportunities for licensed professionals in Ohio. Guided by its mission to provide compassionate, secure, and accessible mental health care, TheraVault empowers clients to navigate life's challenges through evidence-based treatment in a safe and supportive environment.

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