



CHI Parent Education Support Group Leader Biographies

Meet Sheila St. Amant: MS, LIMHP



Sheila received her Bachelor Degree in Psychology from Creighton University and a Master's of Science Degree from University of Nebraska at Omaha. She is a certified TF-CBT, Trauma Focused Cognitive Behavioral Therapist. She has worked with CHI for over 10 years as a therapist in the Integrated School Mental Health program. She also provides therapist coverage for the CHI Child/Adult Partial Program, CHI Psychiatric Immediate Care Clinic and the CHI Psychiatric Residential Treatment Facility. Prior to CHI, Sheila worked with children and/or families at the Boys Town National Hotline, the Women's Center for Advancement, and Schumacher Counseling Center. She also enjoys volunteering at church and is a member of the Metro Area Suicide Prevention Coalition. Sheila is looking forward to working with caregivers to provide support and education in meeting the needs of their children.

Meet Tracy Glantz: MS, Educational Therapist



Tracy received a bachelor's of art education degree from Dana College. She then went on to complete a master's degree in special education with a concentration as behavior intervention specialist. She has worked at the CHI Psychiatric Residential Treatment Facility since November of 2014. In her previous work, Tracy has worked with at risk or underprivileged children and adolescents in several community outreach programs including Big Brothers Big Sisters of the Midlands and Boys and Girls Clubs of Omaha. Additionally, she has also worked as a case manager for abuse and neglect cases and currently is a licensed foster home with nearly two dozen children placed in her home either as formal placements or as a respite care provider over the past two years. Tracy is excited about providing parents an opportunity to learn more about their children's mental health needs and ways to cope more successfully.