



Amber Rand, LMHC, IAADC

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Amber Rand is an Instructor with Mindspring Mental Health Alliance, where she creates and delivers interactive, evidence-based workplace mental health education. Her work helps employers and professionals build awareness, enhance employee well-being, and strengthen organizational culture.

Through Mindspring, Amber presents nationally—and internationally—on topics including psychological safety, trauma, substance use, workplace violence prevention, resilience, and mental health promotion. She is a sought-after conference presenter recognized for translating complex behavioral health topics into clear, actionable strategies that organizations can immediately apply to support employees, strengthen workplace culture, and improve overall organizational health.

With over 25 years of leadership experience in behavioral health, Amber has directed residential treatment programs, led trauma-informed organizational initiatives, supervised multidisciplinary clinical teams, and designed innovative prevention, treatment, and recovery services.

Amber holds a Master of Arts in Substance Abuse and Mental Health Counseling from the University of Iowa and is a Licensed Mental Health Counselor (LMHC) and Certified International Advanced Alcohol and Drug Counselor (IAADC).