



Alicia Knutson

Provider (Bachelor)

With over 25 years of experience working in the social services field and in multiple states including Louisiana, Missouri and Minnesota, Alicia has worked with children, adults, and families from all walks of life. Most of these individuals have experienced complex mental and chemical health issues that have had a significant impact on their psychological balance and well-being.

As a Mental Health Case Manager for the past 17 years, Alicia has become adept at helping people identify their needs and barriers, utilize their strengths, and navigate programs and resources to pave a path toward a better future.

Alicia's approach to support healing and growth involves attentive listening, meeting clients where they are at, and helping in a way where the individual's needs are front and center. Her approach to addressing complicated issues and problems often involves breaking things down into pieces, then dealing with the pieces one at a time. She also believes that not every problem can be "solved" and that for some problems awareness and acceptance may be the way that peace is realized and progress is made.

Alicia enjoys most anything in the outdoors... gardening, going for long walks and bike rides, visiting parks and finding new trails to hike. She also loves watching and following most sports, especially high school and college basketball. Her hobbies at home include raising chickens and beekeeping.

Alicia grew up in Wisconsin and comes from a big family. She has three adult children, three grandchildren, and many nieces and nephews, all of whom she adores.

Between Alicia's professional and personal life, she has the experience to be able to mentor, support and encourage individuals of all ages from young children to adults.

CCS Service Arrays

Individual Skill Development & Enhancement

Wellness and Recovery

Psychoeducation

CLTS Service Areas

Parent and Unpaid Caregiver Support

Empowerment and Self-Determination

Counties Served

St. Croix, Barron, Polk, Burnett, Rusk, and Washburn.

Speciality Areas

Building Self-Esteem and Self-Worth

Life Skills and Coping Strategies

Parent Coaching

Co-occurring Mental Health and Substance Use

Wellness, Sports, and Outdoor Integration

