



April Bland

Provider (Paraprofessional, Peer Specialist)

April Bland is originally from Missouri, moved to Menomonie as a child and has stayed in the area ever since. April has lived experience with mental health challenges, substance use/addiction, trauma, body image challenges, family separation, and incarceration.

Life is hard enough as is. Throw in extra obstacles, with limited to no resources and/or knowledge, life may feel unbearable. April wants everyone to know it is ok to ask and receive help from time to time, that we were not meant to always tackle life by ourselves. She also shares: "It takes time to heal from trauma, emotional and spiritual distress, loss and more, but I could not do it by myself. I am so grateful for all who were there for me."

With support and resources April has been able to find happiness, pleasure, meaning and purpose to her life again. She has used her strengths to persevere through dreams once thought unobtainable. April returned to school as an older adult, struggling with doubts of not being intelligent enough, only to end up with a degree in the end! Those feelings of being lost, hopeless, confused, and "what's the point" faded along her journey. Now she has serenity and security with assets she has been able to obtain. She says: "I have a roof over my head, a vehicle, an occupation, even a gym membership (mainly for the sauna!), but most of all I have my mind again, healthy relationships and hobbies and a future to look forward to", "I get to live and enjoy life, instead of trying to survive".

Today April continues to find joy from being able to walk along another on their journey, finding their strengths and what works for them, helping them apply that to their lives. April's passion has always been to care for others, or care for others until they can care for themselves. She needed help in the beginning of her new journey, until she could help herself. April says: "That self-accomplishment feeling you get is priceless, it gives you the drive to tackle the next thing in life." Two of her favorite motivation quotes that kept her going are: **Progress not Perfection** and **Struggling IS Learning** (which was on a post it taped to her school laptop).

In her spare time April enjoys spending time with her partner, family, and friends. She is an avid disc golfer, loves snowboarding, hiking, road trips, going to concerts, meditating, fishing, yoga, and going to the lake.

CCS Service Arrays

Individual Skill Development and Enhancement

Wellness and Recovery

Psychoeducation

Peer Support

CLTS Service Arrays

Empowerment and Self-Determination

Counties Served

Serving clients in Chippewa, Rusk, Barron, Buffalo, Pepin, Dunn, Pierce, and Washburn.

Speciality Areas

Substance Use Recovery Coaching (CCAR)

Peer Support

Life Skills and Coping Strategies

Ex-Offender Reintegration

Mindfulness, Yoga, and Meditation

Outdoor Integration

