



# Donovan Carey

Provider (Master), LPC

I've been working in the mental health field for the last 27 years. I have a Masters in Counseling Psychology. I've always found that helping others and helping them turn struggles into success as a great reward. At a young age I had someone assist me and found myself always thinking it would be so great to do that same thing for others.

## CCS Service Arrays

Psychotherapy

Psychoeducation

Individual Skill Development and Enhancement

## CLTS Service Arrays

Family and Unpaid Caregiver Supports

## Counties Served

Pepin, Pierce, St. Croix, Polk, Dunn, and Burnett Counties.

## Specialty Areas

Individual Therapy

Family Therapy

Parent Coaching

Mental Health Disorders

Substance Abuse

Life Skills and Coping Strategies

Over the years I've loved working with individuals, families, couples and teens in addressing a wide variety of issues ranging from depression, anxiety, trauma to addictions. I've always found that it's best to try to help people peel away the layers to get to the underlying issues that are driving the presenting issues. I found that listening to people and then helping them to discover their path to their truth is the best way for them to build a plan for their success.

My fiancée and I have been together for 8 years and have 4 children (3boys and a girl) between us, ages 30, 27, 22 and 16. It's been great to see how they each have developed into their own person and how they have allowed us to really develop a blended family that supports and helps each other. I've worked in an in-person Employee Assistance Program (EAP), a treatment program, telephonic EAP programs, as well as working as a legal investigator in a personal injury law firm. I've used all of these experiences to help guide and support anyone that I've worked with.

I'm very glad to have this opportunity to work through CCS to offer support to people that I hope can benefit from our time together to improve their lives and find success where they can.

