



# Holly Mans, MS

Provider (Master), LPC, SAC

Holly has lived experiences that include; single parenting, divorce, challenges of navigating mental health in the community, supporting family with mental health crisis and addiction as well as grief.

Holly uses a person-centered approach when working with people. Her philosophy is believing when we are born, we should be assigned a therapist for when life presents challenges. She has used therapy many times in her life to help process life events and heal.

Change can look different for everyone. Sometimes doing something different can look HUGE and DAUNTING. What Holly discovered is if she focuses on the small steps, at her pace, with support from others, and ask for what she needs, she can accomplish difficult things. When she has success, it creates motivation to continue moving forward even when life throws her a curve ball.

Holly's philosophy when working with people, is to meet people where they are at, build a relationship of trust, and establish goals based on what the person wants to work on. She finds it most beneficial to walk alongside people so they can find what's best for them and create their best self and to create a life worth living. Sometimes we need a cheerleader or to simply know someone is in our corner.

Holly has spent 30 years working with incarcerated people who struggle with substance abuse and mental health issues. Recovery is more than just abstinence; it's about healing the whole person.

Walking alongside and supporting others is her main goal when working with others. But one fundamental foundational piece that is the most important is the relationship with your provider. As humans, we know when someone is genuine, transparent, and has our best interest in mind. Some folks have not experienced trusting relationships with helpers in the past. Holly wants to walk alongside and create a different experience.

In her free time, Holly enjoys gardening, kayaking, photography, fishing, camping and spending time with family and friends.

## CCS Service Arrays

Psychotherapy

Psychoeducation

Individual Skill Development and Enhancement

## CLTS Service Arrays

Family and Unpaid Caregiver Supports

## Counties Served

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

## Specialty Areas

Individual Therapy

Substance Abuse Counseling

Family Therapy

Formerly Incarcerated Individuals

Co-occurring Mental Health and Substance Use

Life Skills and Coping Strategies

