



# Jaxon Altena

## Provider (Paraprofessional)

It could be said that Jaxon was born into this work as Jaxon's parents were the foster and adoptive parents of many, including one adoptive son his same age. For his part, Jaxon was determined to be a devoted brother and son, even as some of his siblings presented with attachment-based trauma issues, behavioral health diagnoses, developmental disabilities, and addiction issues that made life at home particularly challenging. Yet, despite these challenges, Jaxon was always able to connect with his siblings through sports and other wellness pursuits, especially baseball, basketball, hiking, and weightlifting. These pursuits also helped Jaxon to stay grounded as he struggled with his own mental health.

From this background, Jaxon developed a passion for mentoring, and particularly, for coaching. After graduation, Jaxon was immediately asked to become an assistant coach for his local youth baseball team, which he has enjoyed immensely. He also is pursuing his passion for strength training via NCSF Personal Trainer certification and also plans to attain two additional credentials in the areas of nutrition and strength coaching to give himself full Master Trainer Certification. While Jaxon could easily market himself as a strength and conditioning coach, he has decided to stay true to his roots and work as a mentor and coach for those seeking to overcome difficulties in their lives.

In CCS, Jaxon sees himself doing his best work with either younger clients who need mentoring to develop healthy coping strategies, confidence, and social skills or with teens/young adults who are looking to incorporate health and wellness-related goals into their recovery plans.

### CCS Service Arrays

Individual Skill Development and Enhancement

Wellness and Recovery

Psychoeducation

### CLTS Service Arrays

Health and Wellness

### Counties Served

Serving clients in St. Croix, Pierce, Polk,

Barron, Pepin, Burnett, Chippewa, and Dunn

### Speciality Areas

Skills Instruction for Youth Populations

Lived Experience

Wellness Instruction— Fitness and Strength Training

Outdoor Integration

