



Kelsey Sullivan

Provider (Bachelor)

"Willing is winning. Acceptance is not giving up." - This is my life mantra.

As a young child, I experienced abuse by a trusted adult. At that time, there were not many resources or supports in place to help process such a life-altering experience. Throughout my teenage and adult years, I battled with my mental health, trying countless treatments, programs and medications. It wasn't until my early 30's when I had a near death experience, which ended up being a catalyst to uncover more from my past and my childhood. I began crossing paths with the most supportive people, who were not your traditional therapists or providers. I found myself starting to slowly trust others again and found hope. Minute by minute, then, day by day, turned into week by week and month by month. Progress is sometimes slow, and we don't really notice the impact each small step forward has until we do end up peaking over our shoulder and realize how far we have come. I finally began to believe in myself, trust myself and start using my own power to create the life I deserve and desire. I hold the ones who never gave up on me and believed in me when I didn't believe in myself very near and dear. They changed the trajectory of my life. All it takes is one person who genuinely and wholeheartedly believes you can overcome anything and is there to support you for both your triumphs and when you fall... offering a hand to crawl out of where you retreated or offering silent presence until you feel ready to try again. Because... it is never hopeless.

I have always enjoyed helping others, so it is no surprise I went to school and received my Bachelor of Arts in Nursing. I have worked inpatient and in clinic settings, while also gaining another perspective through RN case management and while working with kids in the school system. I took a step away from nursing to pursue teaching and choreographing dance more full time almost a decade ago. Dance, as an art form, can be very therapeutic and cathartic for all. It is a way to express yourself through your entire being. I found a passion through dance and connecting with my students. To bear witness to their progress of finding self-confidence and discovering what they are capable of, and then to see how proud of themselves they are when reaching a milestone...it truly is one of the most incredible and beautiful things. While dance is an activity, it is a firm foundation to build upon with life skills. To stay willing to take risks, to learn a new skill takes practice and dedication. It is important to find value in all the steps it takes to accomplish a goal.

I believe we already have the flame burning within us. Sometimes we just need someone to help that flame burn stronger and brighter. Our experiences do not define us. They are only part of our incredible life journey. I love being outside, all types of music, dancing, laughing and anything art related that is bound to let creativity run wild!

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