



Lydia Newlin

Provider (Bachelor)

“Peace. It does not mean to be in a place where there is no noise, trouble, or hard work. It means to be in the midst of those things and still be calm in your heart.” (Author unknown)

Like Chris, I’ve been at **this** awhile! The “this” for me, changes based on where the need is when people cross my path, and where I believe I might be able to make a difference. The quote above captures my 31 years of commitment to doing what I can to **support** those that have experienced acute or cumulative trauma. **Support** means supporting them in creating their own path to find peace, experience real peace, and KEEP peace. My hope and commitment includes not just supporting people to survive, but to truly THRIVE!!! When people thrive, there is no limit to what each tomorrow can bring! My experience has taught me that when people are empowered to understand, learn, and practice self-awareness, they can truly create their own path to healing and thriving. I have also learned and truly believe that ANYTHING and EVERYTHING is possible when we don’t define ourselves by the worst thing we’ve ever done, or the worst thing that has ever BEEN done to us.

I have spent over 3 decades advocating for and supporting victims and survivors of trauma, specifically, survivors of sexual assault, child abuse, domestic violence, and families of homicide victims. I have worked in criminal justice and corrections-based victim advocacy since 1996 and have been a nationally known post-conviction victim advocacy consultant since 2010. I understand the frustration that can come with “systems” and the barriers that can often come with the processes that are designed to help. These barriers are even more profound when they involve family or relationship violence. I have spent my career working to break down some of those barriers.

Although I’m dedicated to the “work” I do, I’m most motivated by those that mean the most to me. I want to make this world a better place for my 4 children (plus the 6 bonus kids that I’ve been so honored to help raise. Kids that for many reasons, I had the privilege to provide a loving, safe, and encouraging home for.) I am blessed to be a mother-in-law to two and grandma (Meema) to 3 beautiful grandchildren. AND I’m lucky to be able to do life with my best friend and husband. It is for all of them, that I strive to make this world a better place. I am honored to be a part of Rising Phoenix and have the opportunity to support thrivers!

CCS Service Arrays

Individual Skill Development and Enhancement

Wellness and Recovery

Psychoeducation

Counties Served

Chippewa, St. Croix, Barron, Polk, Pepin,

Dunn, Pierce, Burnett, and Washburn.

Speciality Areas

Ex-Offender Reintegration

Working with Survivors of Trauma (Sexual Abuse, Child Abuse, Domestic Violence, and Families of Homicide Victims).

Life Skills and Coping Strategies

Chemical Dependency Recovery

Teaching Appropriate Sexual Boundaries

Anger Management Skills

Parent Coaching

