



Mel Degenhardt

Provider (Peer Specialist)

Mel wants people to know that there is way through it, because she has been through it – hitting bottom many times and getting back on her feet from nothing. She has been through incarcerations, CHIPS/ child protective services, and Alternatives to Incarcerated Mothers (AIM) Court. She has been through substance use and has now has multiple years of recovery. She has also experienced a lot of childhood trauma experiencing loss of 2 parents at a young age and adult trauma being a survivor of sexual abuse.

CCS Service Arrays

Individual Skill Development and Enhancement

Wellness and Recovery

Psychoeducation

Peer Support

CCS Service Arrays

Parent/Unpaid Caregiver Support

Counties Served

Serving clients in Chippewa, Rusk, Barron, Buffalo, Pepin, Dunn, Pierce, and Washburn.

Speciality Areas

Substance Use Recovery Coaching (CCAR)

Peer Support

Parent Coaching, esp. involving Recovery Court or CHIPS reunification

Ex-Offender Reintegration

Outdoor Integration

When Mel went through her struggles, she had very little support. Yet, she was able to find her own way. Then one day, while doing her own recovery work, a friend of hers introduced her to the idea of becoming a Peer Specialist. Terrified because she didn't know what this was, Mel understood that others needed and deserved the support that she never had. Starting with her CCAR Recovery Coach certification and then getting her Peer Specialist certification, Mel got the training she needed to properly leverage her wealth of lived experience, and began walking the path of a mentor and guide for those who have similar struggles to her own. In regard to this decision, Mel says, "It was scary at first, but honestly the best thing I've done in my life".

Mel's goal is to empower others to their own unique ways to recovery. She believes everyone's recovery is different and supporting them on their journey of finding their way of recovery is her main goal. Her main passion is working with those going through Recovery Court or working with DHS or CHIPS cases because she never had support while going through those processes. Her experience gives her the ability to say "You can do it." She strives to bring out the positive in every situation so that others can learn to do so as well.

In her spare time, Mel enjoys the company of her 2 children who are Elementary age, her partner and their dog Oliver. The outdoors is where she calls home, whether you find her fishing (summer or winter), disc golfing, biking, hiking, camping, and more. Music is what she calls "therapeutic". She says it soothes the soul, listening to all kinds. Podcasts are always one of her favorite ways to entertain her brain and possibly learn something new. It wasn't always this way, but today, Mel's life is rich and full of the people and activities that bring her joy and enhance her recovery. She hopes to share this success with her clients and help them to create their own version of a good life.

