



# Melissa Bockman

## Provider (Bachelor)

Hey there, my name is Melissa or Missy. I am new to services in the mental health field in WI but not to mental health. I graduated from Viterbo University with a Bachelor of Science (BS) Psychology with an emphasis on Counseling and had a minor in Chemical Dependency (AODA). I have worked in the Mental Health world since before graduation. I have been a Counselor in a court ordered juvenile group home, a Case Manager in a program for homeless women with children helping to find them housing and learn daily living skills, a Counselor at a court ordered chemical dependency in patient treatment facility, a Truancy Counselor in a middle school in MN, a Mental Health Case Manager for Children and Adults with Mental Health Disorders, and a Mental Health Practitioner working in a role similar to this. My most important role was always listening and being an advocate for my clients. I fight hard and fiercely for those who I work with. I am incredibly passionate about mental health and how widely misunderstood it is. I have seen both sides of this field and know how hard it can be to access or how daunting it can seem.

I am married with 4 boys. Family is incredibly important to me. My husband and I met in college; we both were collegiate athletes at Viterbo University. We have been together for over 25 years and married for 22. I have 2 neuro-typical children, 1 child with severe anxiety and one child who is Autistic. We are constantly working with the school and providers to help them navigate life and their mental health. I know how difficult the system can be to navigate! It makes is even more frustrating for me because I understand how to navigate it professionally and still struggle personally and found a passion for trying to help others who don't understand the system.

A little more about me...I grew up in Minnesota in a home that had its fair share of mental health and chemical health issues. I tasked myself at a young age to be the emotional support and helper of my family. I had a sibling that was in and out of treatment multiple times, struggled with suicidal ideation, and attempted several times. I learned to navigate the system early out of necessity to help my family. I started my life in North Minneapolis, but things got rough, and my parents moved north. We ended up in the country on 17 acres and had a small hobby farm. That experience gave me a love of animals, especially horses. I grew up playing sports and loved to dance. I played soccer year-round, and it became my favorite sport. I also love reading (sci-fi/scary books), movies, and games of all kinds. Music really saved my life growing up, and I love both singing and dancing.

I believe that everyone deserves respect and kindness. None of us are the same and should not be treated the same. I have raised my boys to love who they are and to cherish their differences or things that set them apart from others. I know the system isn't always user friendly. I just want to be there to help in any way I can. I am here to be an advocate for but even more so to help teach you how to be an advocate for yourself.

## CCS Service Arrays

Individual Skill Development and Enhancement

Wellness and Recovery

Psychoeducation

## CLTS Service Arrays

Parent and Unpaid Caregiver Supports

Empowerment and Self-Determination

## Counties Served

Serving clients in Polk, St. Croix, Barron, Burnett, Pierce, Dunn, and Washburn.

## Speciality Areas

Chemical Dependency/AODA Recovery

Parent Coaching

Autism Spectrum Disorders

Lived Experience

Health and Wellness

Life Skills Instruction

