



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

