



# Paula Thielen, MS

## Provider

I have spent 30+ years in public service. Positions worked have included, Corrections Security Officer, Corrections Security Case Manager, Corrections Agent, Corrections Hearing and Release Officer. My most current position is Corrections Field Services District Supervisor. It's been a very rewarding career. I also served as a Security Supervisor for the Minnesota Twins Professional Baseball Team for 30 years.

## CCS Service Arrays

Individual Skill Development and Enhancement

Wellness and Recovery

Psychoeducation

## CLTS Service Areas

Empowerment and Self-Determination

## Counties Served

Polk, St. Croix, Dunn, Burnett, Pierce, Pepin

## Speciality Areas

Addiction Recovery

Ex-Offender Reintegration

Working with People in Severe Trauma/Abuse

Cognitive Skills

Life Skills and Coping Strategies

Anger Management

Coupled with my supervision responsibilities, I am a de-escalation coach. This means I have extensive experience helping people work through trauma, coaching life skills, cognitive skills, wellness, boundaries, and negative or problematic social behaviors.

My years of experience both professionally and personally are what drive me to want to make a difference in the lives of others. I have witnessed firsthand how navigating the systems that have barriers can be frustrating for people to the point of giving up. By working side-by-side with people on an individual basis, I can better understand their specific needs and support them even more. I see potential in people beyond their situation and I am passionate about supporting, guiding, and making a difference in their lives.

I have been blessed with a great family and wonderful friends. I love dogs, especially German Shepards. In my free time, I enjoy horseback riding, working out, reading, and spending time traveling with my family and friends.

I am so grateful to be part of Rising Phoenix and to have the opportunity to mentor and support others in their journey.

