



Shawna Warner

Provider (Peer Specialist)

I started my recovery journey 7 years ago at Hazelden where I was diagnosed with PTSD. I was at my lowest of lows and wasn't sure that I would make it. I suffered from relentless depression, terrible anxiety, and a lack of love for my own life. I had intrusive and distressing thoughts, feelings of shame, guilt and avoidance and had developed an issue with substance misuse. I spent the next six months in Hazelden's In-patient and Intensive Outpatient Program learning about my diagnoses and how to cope. It was time to heal and mend my profoundly hurt inner child.

I had experienced a lot of grit in my life, and I knew I was going to have to work very hard to heal. I learned that my symptoms were from trauma and that my symptoms were not who I was; rather a negative effect of what I had experienced. I learned how to care for myself, implementing a holistic approach. I learned the benefits of meditation and reiki and increased my self-awareness. I would later receive my certification in Reiki. I also brought my passion for photography into my recovery, and much of my recovery happened with a camera in my hand. As I recovered, I began to see the world in a new way. I embraced the beauty of nature, learning to recenter and breathe in the beautiful world that surrounds me.

I began to surround myself with amazing people who were on their own recovery journey and were willing to share the positive aspects of their own recovery. They knew what it felt like to be where I was and shared in my experiences and recovery. They saw me through my highs and lows and are still with me to this day, becoming some of my greatest mentors and friends. These are people I will be forever thankful for. This blessing has now come full circle as today I am a Certified Peer Support Specialist. I get to walk with others through their journey and help them to reach their own goals in their recovery as my mentors did for me.

Before joining Rising Phoenix, most of my professional background involved intervening at key inflection points in my clients' mental health and substance use recovery journeys, helping them to transition successfully during these stressful times. Now at Rising Phoenix, I am being called upon to use another aspect of my lived experience— parenthood, to help families to transition and heal as children and parents reunite following time apart. This could be caused by a hospitalization, long-term programming, incarceration, substance use treatment, or removal due to a CHIPS or JIPS case. Regardless of the cause, the goal is the same: to stabilize, reunify, and heal. I have thoroughly

CCS Service Arrays

Individual Skill Development and Enhancement

Wellness and Recovery

Psychoeducation

Peer Support

CLTS Service Arrays

Parent and Unpaid Caregiver Support

Counties Served

St. Croix, Chippewa, Pierce, Pepin, Dunn,

Barron, Burnett, and Polk Counties

Speciality Areas

Certified Peer Support Specialist

Substance Use Recovery

Life Skills and Coping Strategies

Breathwork and Meditation

Parent Coaching (Transition Management)

