



# Sheila Sack

Provider (Bachelor)

Tattoos and hair dye. This may be the first thing you notice about me. I am a colorful person! I like to express my creativity in this way. I think it's important for me to stand out in these ways (with my hair and tattoos), because I haven't always been able to stand out in other ways.

Through experience, I have gained the ability to help others with empathy that cannot be taught. It can only come from lived experiences. In my life, I've been in a supportive role many times for someone with addiction. It started with my stepfather. I was 3 years old when my mother started their relationship, so it was my first close relationship with an alcoholic. I believe this was the root of my "co-dependence" throughout my adulthood which bled into my own relationships. Loving, in any capacity, a person that is struggling with addiction can be a challenge. For many years, I lived without proper boundaries, which meant I got emotionally, financially, and physically destroyed. I felt broken and hurt, beyond belief, multiple times. My children's father was one of the people in my life that took advantage of my lack of boundaries to continue to feed his addiction. It took me years of my own work to end this cycle, but now I can proudly say that I'm in a much different place.

These types of situations ended up causing trauma not only to myself, but to my children. My children struggled with the aftermath of trauma, and I have had to learn how to help them through this, as I was healing myself. This experience ultimately helped me to understand what it is to parent children who have been through trauma. My kids and I have walked through the fire together and learned that there is healing on the other side.

Once I overcame these challenges, I realized that I wanted to help others who have similar struggles to my own. I furthered my education, getting a Bachelor's degree in Human Development and Family Studies and have helped people professionally ever since in a variety of capacities, blending book knowledge with what I learned in the "School of Hard Knocks". In this work, I strive to help my clients feel empowered and not alone during their difficult times.

In my downtime, I love to spend time with my family and dog. I have also begun to get into antiquing. Another passion I have is for music. Specifically, live music. I love concerts! Music is one form of therapy for me, probably one of my favorite forms! Today, my life is not perfect, but it is full of vibrant color! I learned to thrive in spite of my past, and now get to help others because of it.

## CCS Service Arrays

Individual Skill Development and Enhancement

Wellness and Recovery

Psychoeducation

## CLTS Service Arrays

Family and Unpaid Caregiver Supports

## Counties Served

Serving clients in Polk, Burnett, Dunn, Pierce,

Barron, St. Croix, Pepin, and Washburn.

## Specialty Areas

Parent Coaching

Lived Experience

Co-dependency

Domestic Abuse Recovery

Life Skills and Coping Strategies

Navigating Major Transitions

