

CCS Service Arrays

Individual Skill Development and Enhancement

Wellness and Recovery

Psychoeducation

Counties Served

Serving clients in Chippewa, Dunn, Pepin,

Buffalo, Rusk, Barron, Washburn, Burnett,

St. Croix, Polk, and Pierce.

Speciality Areas

Substance Use Recovery

Life Skills and Coping Strategies

Lived Experience

Outdoorsmanship

Music (guitar)

Crisis Background

Michael Mayo

Provider (Bachelor)

Life is a lot like the weather. There can be periods of sunshine, and times when it comes in like a hurricane.

I've had my fair share of ups and downs. In the midst of a depressive period, I struggled with substance use which negatively impacted my physical/mental wellbeing and the relationships of those close to me. Eventually my parents divorced, and it was difficult for the whole family. Later on, my dad suddenly passed away. I wasn't in a good place, and I wasn't addressing the things that needed to be addressed. Recognizing I was heading towards a deep hole,
I knew change needed to be made. I worked to better my wellbeing, heal, and connect with others.

I've had my weaknesses and shortcomings in life. I'm proud of the change I made in becoming a better me. I'm also grateful to have had great figures and supports in my life. As my dad often said, "it takes a village." If there's one life lesson I've learned and echo as a personal mantra, change is possible. I consider it a strength to recognize and ask for help when needed, and ultimately with one's own motivation and determination, goals are achievable.

Helping one another can come in many different forms. There is a level of "humanness" about the social service field that resonated with me, which ultimately led to me obtaining a bachelor's in social work. I love learning from and about other people. One of the things that impresses me the most is our capacity for growth. I would eventually go on to work in a group home setting working with individuals with mental/physical disabilities, and later on mental health crisis work. I'm a good listener and can provide a warm and safe space, which has aided me well working with others who are struggling.

In my downtime, I love partaking in a number of interests. Music is a big one. Whether it's listening to music, attending concerts, playing guitar, or making my own songs. I also enjoy being outdoors, painting, spending time with my partner, watching a good movie, and learning about outer space.

I'm excited to be part of the team and look forward to helping others reach their goal.