

CCS Service Arrays

Individual Skill Development and Enhancement

Wellness and Recovery

Psychoeducation

CLTS Service Arrays

Empowerment and Self-Determination

Health and Wellness

Counties Served

Serving clients in Chippewa, Dunn,

Pepin, Buffalo, Barron, Rusk, Polk, and

Pierce Counties.

Speciality Areas

Lived Experience– Foster Care, Adoption, and Attachment Trauma

Life Skills and Coping Strategies

Fitness and the Outdoors

Social Skill Development

D'Angelo Altena

Provider (Paraprofessional)

An Uncommon Journey- I did not have the most auspicious start in life. Before I was even born, my biological mother exposed me to alcohol and drugs. Her parenting was worse. After entering the system, my brother Sam and I were fortunate enough to be adopted together into a big family that showed us a lot of love. Our mom and dad adopted 6 kids in total from foster care and fostered 11 more, giving me first-hand exposure to almost the entire DSM in the form of brothers and sisters.

This start to my life created a set of academic circumstances that I've heard described as "Alphabet Soup", including ADHD, anxiety, and a brain that was just wired a little differently from my peers. This was never allowed to be an excuse. I learned how to use academic resources and to work harder than most of my peers in order to have success.

Then things got harder. I suffered a brain injury while at football practice just before my freshman year and was unable to return to school until February. This ended my athletic career and put me behind in school. A year and a half later, I was hit by a door while walking to class and suffered a second brain injury. Again, I missed a significant amount of school as I couldn't attend for several months. I also dealt with severe headaches and new academic challenges when I returned to school, and there were many times I didn't think I would graduate.

These experiences taught me that there is a big difference between fault and responsibility. While none of these circumstances were my fault, I certainly was responsible for finishing high school and building the life that I want to have. I knew I had to work harder. I took classes year-round, doing schoolwork when everyone else was on vacation. I used academic resources to overcome my new limitations, and I re-taught myself many things. To date, my greatest personal achievement was simply to graduate.

I am currently pursuing my Bachelor's degree in psychology with emphasis in substance abuse counseling. While I do not yet have this formal education, I believe that my practical and lived experience holds a lot of value. I also pride myself in being highly versatile, whether it's fitness, outdoor hobbies, teaching independent living skills, or helping someone to build social skills when this doesn't come naturally. I see myself being able to work effectively with young people, teaching and inspiring them to overcome their limitations.