

Meet your Alumni Staff

Eva (she/her)

Charlie Health Alumni Experience Manager
Animal lover, Mom, Avid world traveler

Leads Alumni College & Recent Grad Group, Movie Nights, Bingo,
Discord Game Breaks

Message to Alumni: "The alumni program is here to support you
whether you graduated yesterday or a year ago. You can always come
back and find a place to connect."

You can ask questions or say hello by emailing
eva.robbsins@charliehealth.com



Megan (she/her)

Charlie Health Alumni Experience Coordinator
Runner, yogi, foodie, Board Certified Coach, dog mom

Leads Alumni Yoga, 25+ Process Group, Discord Trivia, College &
Recent Grad Group

Message to Alumni: "Being an Alumni gives you a built-in community to
process life after graduation: the positive, challenging and everything in
between. You matter today, tomorrow, and always."

You can ask questions or say hello by emailing
megan.heckel@charliehealth.com



Meet your Alumni Facilitators

Lex (they/them)

Recreational Therapist, music and video game lover, knitter, crocheter, neurodivergent, queer, disabled

Leads Alumni Saturday Process Groups, D&D Workshops, Creative Art Social Hours, Knitting & Crocheting, 25+ Group, Body Doubling

Message to Alumni: "The road to healing does not expect perfection! There will be bumps along the way but know that you are capable, you are loved, and you are deserving of kindness and understanding!"



Jenny (she/her)

Art Therapist, Mom, Artist, Gaming Enthusiast

Leads Alumni Studio Art Groups, Altered Book Workshops, Family Art Night, Meditative Painting

Message to Alumni: "Everything is temporary. The discomfort, the pain, the not so great situations, all of that is temporary. Focus on the good and positive."



Meet your Alumni Facilitators

Jill (they/them)

Experiential Therapist, Artist/Teacher
Texas Master Naturalist

Leads Alumni Animal and Nature Based Wellness, Tarot 101 Workshop

Message to Alumni: "The entire universe is conspiring to give you everything that you want." Abraham Hicks



Allie P. (she/her)

Charlie Health group therapist, curriculum writer, neurodivergent, dog mom, musician, cooking enthusiast

Leads Alumni Neurodivergent Group, Neurodivergent Wellness

Message to Alumni: "Grow always--never stop cultivating a mindset of learning about yourself. The more we know about ourselves, the better we can help ourselves and connect with others. Keep moving forward, one step in front of the other. You are the light! "



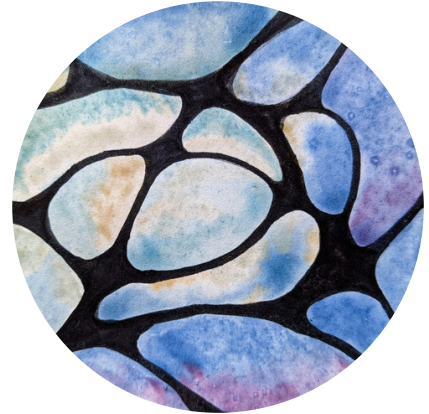
Meet your Alumni Facilitators

Katrina (she/her)

Charlie Health group experiential therapist facilitating art and expressive arts therapy. Clay artist. Center through nature hikes, journaling for self-care. Board member of expressive arts association.

Leads Alumni Neurographic Art Workshops, Moon Journal Studios

Message to Alumni: "As a group facilitator, it's great to see familiar faces and hear how your journey of health continues."



Elizabeth (she/her)

Director of Creative Arts Programming/Music Therapist

Leads Alumni Music & Wellness Groups

Message to Alumni: "I think it's amazing to always have a support group to lean on at Charlie Health even after treatment. Do not be afraid to use it or ask for help. The healing process and becoming our better selves is constant and never ending."



Meet your Alumni Facilitators

Mioshi (she/her)

Meditation Healer, Dancer, poet, tarot /oracle card reader, snake mom, wellness coach, CEO of a nonprofit MOTRT

Leads Alumni Adolescent & Teen Process Groups

Message to Alumni: "There is nobody in this world walking in your shoes, remember to journal your experiences. Your story matters. Your story is the future's history and guide to more answers to healing. "



Dane (he/him)

Game Nerd, Experiential Educator, Hiker

Leads Alumni Sketchnoting Groups and Workshops, Discord Game Breaks, Minecraft Group

Message to Alumni: "We don't have to be stuck between thinking life has only two paces: fast or slow. We can choose a pace that works for us, a deliberate pace."



Meet your Alumni Facilitators

Austin (he/him)

Charlie Health Comtemplative Practitioner

Leads Alumni Young Adult Process Groups, Yoga, Meditation, Sleep Yoga Workshops

Message to Alumni: "While it is always best to believe in oneself a little help from others can be a great blessing" - Uncle Iroh



Kristiana (she/her)

Charlie Health Creative Arts Therapist, Board-Certified Music Therapist (MT-BC), BIPOC, Filipina, queer, disabled, nerd

Leads Alumni Songwriting Workshops

Message to Alumni: "Your relationship with yourself is the most important connection you have - prioritize your wellbeing, and protect your peace."



Meet your Alumni Facilitators

Jordan (he/him)

Recreational Therapist, sports enthusiast, family man

Leads Alumni 25+ Group, Growth Support Group

Message to Alumni: "Always remember our success depends on our interdependence, not what we can do alone, and not only what others can do for us!"



Melissa (she/they)

Charlie Health Group Facilitator, Queer, Neurodivergent, Joy Enthusiast

Leads Alumni Teen Neurodivergent Social Hour

Message to Alumni: "You only have to let the soft animal of your body love what it loves."



Meet your Alumni Facilitators

Carly (she/her)

Avid meditator, love to travel, always learning from my dog

Leads Alumni Young Adult Process Groups, Meditation & Chill Group

Message to Alumni: "Whatever you wish to have most in the world, help someone else get that very thing, and then celebrate!"



Tamey (she/her)

Transformational Coach specializing in Self-Love & Mastery of SELF

Leads Alumni Astrology 101 & 201

Message to Alumni: "You have the power to heal your SELF. "



Meet your Alumni Facilitators

Mia (she/her)

Creative Arts Therapist

Leads Alumni Vent Poetry, Mindfulness Group, Processing Group

Message to Alumni: "You have survived 100% of the worse days of your life, you can get through this one! Your past does not define you. Only you can do that. Make yourself the best piece of art you've ever created"



Fiona (she/her)

Charlie Health Therapist, karate instructor, mother, in recovery, writer

Leads Alumni Substance Use Disorder (SUD) Group

Message to Alumni: "You either walk inside your story and own it or you stand outside your story and hustle for your worthiness"
-Brene Brown



Meet your Alumni Facilitators

Anna (she/her)

Artist, Yogi, Healer, Hueman

Leads Alumni Non-Clinical BIPOC Integrative Groups

Message to Alumni: "Always remember to check in with yourself and identify your needs and remember that Rest is necessary!"



Sekelya

I identify as a TeeMom. I love God, people, fashion, music, traveling, shopping, family, and learning. I have a passion for helping others (servants' heart) obtain their goals rather small or big.

Leads Alumni Non-Clinical Process Groups, Women's Group

Messages to Alumni: "Therapy works if you work it"; "Self care is the best care"; "One step at a time"; "You're Stronger Than You Think You Are"



Meet your Alumni Facilitators

D'Anna (she/her)

Charlie Health Group Facilitator, diversity-inclusive, cat mom, laughter and humor enthusiast

Leads Alumni Non-Clinical Process Groups; DBT Skills

Message to Alumni: "Only when we are brave enough to explore the darkness will we discover the infinite power of our light." -Brené Brown



Maegan (she/her)

Neurodivergent, queer, passionate about spending time in nature, connecting with the earth and spending time in nature with my 8 year old Border Collie!

Leads Alumni Creative Writing Workshops, Paws & Play

Message to Alumni: "It can be really scary to try something new after discharging from treatment. It can be helpful to know that most alumni feel some mixed emotions when signing up for alumni groups. Take a deep breath and remind yourself that you are welcome here and we have a spot waiting for you!"



Meet your Alumni Facilitators

Abbey (she/they)

Recreational Therapist, Child Life Specialist, Breathwork Facilitator, Laughter Yoga Leader, Sober Coach, and Health Coach. Chronically ill/disabled, LGBTQIA, avid traveler, and ravenous reader of magical realism

Leads Alumni Inner Child Check-In, Book Clubs, Coffee & Careers

Message to Alumni: "The Marianne Williamson poem we share at Closing Circles is one of my favorites: "as we are liberated from our fear, our presence automatically liberates others". Our liberation is tied to others so when I struggle feeling like I deserve liberation I remember that by liberating myself - I am helping others become liberated and that keeps me going."



Julia (she/her)

I love: love, spirituality, and connecting heart to heart!

Leads Alumni Young Adult Process Groups

Message to Alumni: "Balance and Harmony through the wisdom of the Yin Yang! Your Divine Essence is pure unconditional love!"



Meet your Alumni Facilitators

Liss (she/her)

Experiential Therapist, Occupational Therapist, Neurodivergent, Crafter

Leads Alumni 25+ Groups, Body Doubling

Message to Alumni: "Whatever you're feeling or trying to accomplish, start by validating yourself. Change happens when you acknowledge your feelings and process them, not when you tell them to go away."



Amy (she/they)

Hiking, outdoor, foraging, collecting and river floating enthusiast, Student of Herbalism, DIY and crafting enthusiast, Queer, gender neutral, neurodivergent (in multiple ways), disabled, Binge watcher of TV shows

Leads Alumni Non-Clinical Process Groups

Message to Alumni: "Find creative ways to accommodate yourself! We all have such different needs and sometimes the skills we learn don't always fit every individual. Also the way other people do things just might not work for your brain and your needs. Find ways to adapt skills, your home, chores or anything else to fit you! "



Meet your Alumni Facilitators

Erin (she/her)

Music Therapist with Charlie Health, artist, and enjoy creativity, love rocks and minerals

Music & Imagery Group

Message to Alumni: "You're not broken, you're healing."



Kelsey (she/her)

Therapist, neurodivergent, Bi

Leads Role-playing D&D Cohorts for YA and Teens

Message to Alumni: "Remember we aren't the hero in any story but our own."



Meet your Alumni Facilitators

Sara (they/them)

As a teeshirt I have says: Coffee and Board Games and Dogs and Social Justice. :) Queer social worker; Group Supervisor

Leads Alumni LGBTQIA+ Weekly Groups

Message to Alumni: "Find your family (blood or not) and trust them. "



Kassi (she/her)

Neurodivergent Charlie Health Therapist, wellness enthusiast, cross fitter, mom of eight

Leads Progress not Perfection Group

Message to Alumni: "Your wellness journey is a marathon, not a sprint. Take your time, give yourself grace, do the work. "

