



Chelsea Smith

MSW, LCSW, QMHP

Community Support Team Manager

Education and Certification

Masters in Social Work from Aurora University, Bachelor's in Psychology and Sociology from Coe College, Iowa. Received my LCSW in 2023.

My Treatment Philosophy

I start with a client-centered, strengths-based approach and fold in other interventions that would be beneficial, such as CBT or DBT. What has helped you in life so far? Does that still serve you, or does something different need to be done? I believe that the client knows themselves best and they are there to lead the way while I provide support in the journey to change/growth.

A little bit about me...

I really enjoy spending time in nature, especially in the spring and fall; I love to visit new areas to take hikes. Some indoor activities I enjoy are reading, doing puzzles, watching movies, and spending time with my family and animals. I also love to listen to podcasts and music.



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