



Kourtnee Mezo
LCSW, CADAC, CODPI
Recovery Home Manager

Education and Certification

Master's degree in social work from Aurora University, Bachelor's Degrees in Law Enforcement and Psychology from Western Illinois University. LCSW and CADAC/CODPI in Illinois.

Philosophy of Care

I practice a harm reduction, strengths-based, approach in therapy building on ones strengths to improve ones quality of life and reducing problematic symptoms at their pace. I meet clients where they are at to achieve the goals they find most important to them.

Specialization

Domestic violence intervention, substance use, mental health.

A little bit about me...

I enjoy camping, spending time with my family and treating myself to a coffee in my free time.



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