



Grace Mingus

Youth CST Recovery Support Specialist

Education and Certification

Associates in Psychology from Sauk Valley Community College.

Specialization

I have worked with children and families to address behavioral and emotional needs.

My Treatment Philosophy

I meet clients where they are to support them in overcoming challenges, managing moods, and coping with difficult situations. I encourage my clients to be fully open and honest by maintaining a judgement-free nondiscriminatory environment. I have a laid back, collaborative, approach that individualizes treatment based on each person's history, needs, goals, and strengths.

A little bit about me...

I enjoy classic rock, reading, old movies, thrifting, poetry, and hiking. I grew up on a little family farm and have always loved animals. I have two cats and a dog. I also love to travel. I have visited 26 states plus Ireland, Mexico, Honduras, and Belize.



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