



## **Janelle Cruz, BA, MHP**

**Pathways Care Coordinator**

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### **Education and Certification**

I am a dedicated mental health professional with a Bachelor's degree in Psychology.

### **Specialization**

I have experience in mobile crisis response, SUD counseling, recovery support, and group facilitation (SMART Recovery, DBT, and CBT). These roles have strengthened my ability to engage individuals in both individual and group settings, provide crisis intervention, and coordinate care across systems to ensure holistic, client-centered support.

### **My Treatment Philosophy**

I am committed to advocacy, empowerment, and honoring strong cultural values, while working to reduce stigma and bridge service gaps in rural communities. I also use lived experience, when appropriate, to build trust and meaningful connections with individuals and families.

### **A little bit about me...**

Outside of my professional role, I am a proud mother of seven and find balance through refurbishing furniture, cooking, traveling, and meditation. I believe in practicing what I teach by prioritizing self-care and striving to be a positive role model for my family.

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**Dixon office**

**815-284-6611**

**24-hr Crisis:**

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