



Sheila Campos (She/Her)

Mentor | In-Person & Telehealth Services

AREAS OF EXPERTISE:

Crisis Management & De-escalation • Mental Health Support • Community Health Education
• Self-Advocacy Training • Motivational Interviewing • Safety Planning • Youth Behavioral
Support • Cardiovascular Health Education • SMART Goal Development • Emergency
Assessment • Family Crisis Support • Chapter 51 Emergency Detentions • CLTS & CCS
Program Support

ABOUT SHEILA

Sheila Campos brings a unique blend of professional crisis management expertise and genuine empathy to her role as a Mentor with Eau Claire Cruisers. As a self-described "ambivert" who balances quiet reflection with adventurous community engagement, she understands the importance of finding equilibrium in life's challenges while maintaining authentic connections with others.

PROFESSIONAL BACKGROUND & EXPERIENCE

Sheila's journey in human services began with La Crosse County Health Department, where she served as a Community Health Worker. In this foundational role, she developed core competencies that continue to define her approach:

- Relationship Building: Established meaningful connections with clients from diverse backgrounds
- Self-Advocacy Training: Demonstrated and taught clients how to advocate for themselves effectively

- Health Education: Specialized in cardiovascular disease education and awareness
- Motivational Interviewing: Utilized evidence-based techniques to help clients identify and pursue their own goals
- SMART Goal Development: Guided clients in creating Specific, Measurable, Achievable, Relevant, and Time-bound objectives

CRISIS INTERVENTION EXPERTISE

Transitioning to mobile crisis work, Sheila expanded her skill set to include high-stakes mental health interventions:

- Emergency Assessments: Conducted comprehensive evaluations for individuals experiencing suicidal and homicidal ideation
- Chapter 51 Emergency Detentions: Assessed imminent risk factors and determined appropriate interventions
- Safety Planning: Developed comprehensive safety strategies for individuals not meeting emergency detention criteria
- Crisis De-escalation: Specialized in calming techniques for families and youth experiencing behavioral challenges
- After-Hours Support: Provided crisis response as part of comprehensive care plans for CLTS and CCS program participants

UNIQUE SKILLS & APPROACH

Sheila's approach combines teachable professional skills with innate qualities that create powerful therapeutic relationships:

Natural Abilities:

- Deep empathy and emotional intelligence
- Intuitive understanding of human behavior
 - Authentic connection-building

Professional Competencies:

- Crisis management and de-escalation techniques
 - Evidence-based assessment protocols
 - Motivational interviewing methodology
 - Health education and advocacy training

PHILOSOPHY OF CARE

Sheila believes in meeting people where they are while empowering them to advocate for themselves. Her "ambivert" nature allows her to adapt her communication style to each client's needs—providing calm, reflective support when needed, or bringing energy and

enthusiasm to motivate progress. She understands that meaningful change comes from within and focuses on helping clients discover their own strengths and goals.

PERSONAL INTERESTS & SELF-CARE

Understanding the importance of filling her own cup to pour into others, Sheila maintains a rich personal life that includes:

Active Pursuits: Swimming, Tai Chi, Zumba, outdoor festivals, and exploring new restaurants

Reflective Activities: Reading, watching TV, listening to music, and coffee shop conversations with friends

Spiritual Wellness: Regular church attendance twice weekly, which provides grounding and community

Companion Care: Training and caring for her 4-month-old puppy, Joseph, who brings daily joy and purpose

Seasonal Celebrations: Active participation in holiday traditions and community festivities

Culinary Arts: Cooking and baking as creative outlets and stress relief

LIVING SITUATION & SUPPORT SYSTEM

Sheila shares her home with her close friend Adrianna and her beloved puppy Joseph. This supportive living arrangement reflects her belief in the importance of community and mutual support—values she brings directly into her peer support work.

WHAT MAKES SHEILA UNIQUE

As someone who genuinely enjoys both quiet home time and community adventures, Sheila offers clients a balanced perspective on wellness and recovery. Her extensive crisis management background means she can remain calm and effective during difficult moments, while her natural empathy ensures every client feels heard and valued.

Sheila's combination of professional crisis intervention skills, community health expertise, and authentic care makes her an invaluable resource for anyone navigating mental health challenges, family crises, or personal growth journeys.

Contact Eau Claire Cruisers to connect with Sheila:

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