



Kaitlyn Johnson (She/Her)
In-Person & Telehealth Services

AREAS OF EXPERTISE:

Family Support • Youth Mentoring • Outdoor Therapeutic Activities • Community Engagement • Crisis Support • Life Skills Development • Behavioral Support • Recovery Planning • Peer Counseling • Relationship Building • Trauma-Informed Care • Strength-Based Interventions • Goal Setting • Coping Strategies • Parent Support

ABOUT KAITLYN

Kaitlyn Johnson brings a grounded, authentic approach to her role as a mentor with Eau Claire Cruisers. As someone who values both active community engagement and peaceful home life, she understands the importance of finding balance in all aspects of wellness and recovery. Her genuine love for family, nature, and community activities creates natural connections with clients seeking support in their own journeys.

PERSONAL APPROACH & PHILOSOPHY

Kaitlyn's approach to peer support is rooted in her belief that healing happens through authentic relationships and meaningful connections. She brings a unique perspective that honors both the need for adventure and growth as well as the importance of rest and reflection.

Core Values:

- Family-Centered Support: Understanding that recovery impacts entire family systems
- Balance & Wellness: Recognizing the importance of both active engagement and restful recovery
- Community Connection: Utilizing community resources and activities as therapeutic tools
- Authentic Relationships: Building genuine connections based on trust and mutual respect
 - Holistic Approach: Addressing mental, physical, and spiritual aspects of wellness

THERAPEUTIC STRENGTHS

Natural Abilities:

- Deep empathy and understanding of family dynamics
- Intuitive ability to connect with people from all backgrounds
 - Calm, reassuring presence during difficult moments
- Genuine enthusiasm for helping others discover their potential

Professional Skills:

- Crisis intervention and emotional support
 - Goal-setting and action planning
- Motivational support and encouragement
- Resource identification and connection
 - Family systems understanding
- Trauma-informed care principles

UNIQUE PERSPECTIVE

Kaitlyn's balanced lifestyle—enjoying both outdoor adventures and quiet home time—allows her to meet clients wherever they are in their comfort zones. Whether someone needs encouragement to engage with their community or support in finding peace and stability at home, Kaitlyn can relate to and guide both experiences.

Her understanding of rural and outdoor lifestyles makes her particularly effective with clients who share similar backgrounds or interests, while her appreciation for quiet, reflective time helps those who need support in finding inner peace and stability.

PERSONAL LIFE & INTERESTS

Kaitlyn lives with her fiancé, three children, and three dogs near Black River Falls, creating a vibrant household that keeps life "full and lively." This rich family experience gives her firsthand understanding of the joys and challenges of maintaining wellness while managing family responsibilities.

Active Pursuits & Community Engagement:

- Rodeo Activities: Participating in and attending rodeo events, understanding rural community culture
- Outdoor Recreation: Hunting and fishing as both personal enjoyment and stress relief
- Equestrian Activities: Spending time around horses, appreciating their therapeutic value
 - Family Adventures: Attending local community events and festivals
- Nature Connection: Taking family walks and enjoying outdoor time for mental wellness

Home & Reflection:

- Family Time: Creating meaningful experiences with her blended family

- Quiet Relaxation: Enjoying peaceful movie nights and home-based activities
- Pet Care: Nurturing three dogs, understanding the therapeutic value of animal companionship
- Home Environment: Creating a stable, loving environment that supports everyone's growth

WHAT MAKES KAITLYN UNIQUE

Kaitlyn's ability to genuinely enjoy both active community engagement and peaceful home life makes her particularly effective with clients who struggle to find balance in their own lives. She demonstrates that wellness doesn't require choosing between adventure and rest—both are essential components of a fulfilling life.

Her experience managing a busy household with multiple children and pets while maintaining her own wellness gives her practical insights into time management, stress reduction, and family harmony that she can share with clients facing similar challenges.

APPROACH TO PEER SUPPORT

Kaitlyn creates a welcoming, non-judgmental space where clients feel comfortable exploring their challenges and celebrating their successes. Her natural warmth and genuine interest in others helps clients feel heard and valued, while her practical life experience provides realistic guidance for navigating everyday challenges.

She understands that recovery and personal growth happen at different paces for different people, and she meets each client where they are without pressure or judgment. Whether someone needs encouragement to try new activities or support in creating peaceful stability at home, Kaitlyn provides the right balance of challenge and comfort.

COMMUNITY CONNECTIONS

Kaitlyn's active involvement in local events and outdoor activities gives her extensive knowledge of community resources and opportunities. She can help clients discover new interests, connect with like-minded individuals, and find healthy ways to engage with their communities while respecting their individual comfort levels and preferences.

LIVING PHILOSOPHY

Kaitlyn believes that wellness comes from finding your own unique balance between engagement and rest, adventure and peace, community and solitude. Her approach helps clients discover what combination of activities and environments supports their individual growth and recovery, without forcing them into predetermined molds or expectations.

Contact Eau Claire Cruisers to connect with Kaitlyn:
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