



Brooke Betlaf (She/Her)
Mentor| In-Person & Telehealth Services

AREAS OF EXPERTISE:

Substance Use Counseling • Clinical Mental Health • Motivational Interviewing •
Client-Centered Therapy • Team-Based Care Coordination • Addiction Recovery • Mental
Health Support • Crisis Intervention • Treatment Planning • Family Systems • Relapse
Prevention • Dual Diagnosis Support • Recovery Planning • Therapeutic Communication •
Behavioral Health Assessment

ABOUT BROOKE

Brooke Betlaf brings extensive substance use and mental health expertise to her role as a mentor with Eau Claire Cruisers. With six years of diverse experience in behavioral health and three years specializing in substance use counseling, she combines advanced clinical training with a genuine, motivational approach that empowers clients to take an active role in their recovery journey.

EDUCATION & CREDENTIALS

- Master's in Clinical Mental Health Counseling (In Progress) - Adler Graduate School
 - SAC-IT Certification (Substance Abuse Counselor - In Training)
 - Social Worker in Training License
- 6 Years of progressive experience in substance use and mental health fields

- 3 Years of specialized substance use counseling experience

PROFESSIONAL EXPERIENCE & EXPERTISE

Brooke's comprehensive background spans multiple roles within behavioral health, providing her with a well-rounded understanding of the recovery process:

Substance Use Counseling Specialization:

- Individual and group substance use counseling
- Assessment and treatment planning for addiction disorders
- Relapse prevention strategies and coping skill development
- Dual diagnosis support for co-occurring mental health conditions
 - Family involvement in recovery processes

Mental Health Support Experience:

- Crisis intervention and de-escalation techniques
 - Behavioral health assessments and screening
- Treatment plan development and implementation
- Therapeutic communication and rapport building
 - Recovery-oriented care coordination

CLINICAL APPROACH & PHILOSOPHY

Brooke's therapeutic style is grounded in evidence-based practices while maintaining a deeply personal, client-centered focus:

Core Principles:

- Motivational Approach: Inspiring clients to discover their own reasons for change and growth
- Client-Centered Care: Honoring each individual's unique journey, goals, and pace of recovery
- Team Dynamic: Fostering collaborative relationships between clients, families, and care providers
- Open Communication: Maintaining transparent, accessible communication with an "open door policy"
- Strengths-Based Focus: Identifying and building upon each client's inherent capabilities and resources

Therapeutic Techniques:

- Motivational interviewing to elicit intrinsic motivation for change
- Collaborative treatment planning with client input and ownership
 - Family systems approach when appropriate
 - Trauma-informed care principles

- Recovery-oriented practices

WHAT MAKES BROOKE UNIQUE

Brooke's combination of formal clinical training and extensive field experience allows her to bridge the gap between academic knowledge and real-world application. Her commitment to ongoing education through graduate school demonstrates her dedication to providing the most current, effective interventions available.

Her approach emphasizes partnership rather than hierarchy—she works with clients rather than simply treating them, fostering an environment where healing can occur naturally through supported self-discovery and empowerment.

PERSONAL LIFE & INTERESTS

Brooke lives near Black River Falls with her fiancé and their blended family of three children, three dogs, and two cats. This rich family life gives her firsthand understanding of the complexities of balancing personal wellness with family responsibilities—insights she brings directly into her work with clients facing similar challenges.

Personal Interests & Self-Care:

- Equestrian Activities: Horseback riding as both recreation and therapeutic outlet
- Nature Connection: Long nature hikes for physical wellness and mental clarity
- Adventure & Exploration: Traveling and exploring new places with family
- Family Time: Creating meaningful experiences with her blended family
- Animal Care: Nurturing multiple pets, understanding the therapeutic value of animal companionship

LIVING PHILOSOPHY

Brooke's personal life reflects her professional values—she understands that recovery and growth happen within the context of relationships, community, and connection to nature.

Her love of exploration and adventure translates into helping clients discover new possibilities for their own lives, while her commitment to family demonstrates the importance of support systems in the healing process.

PROFESSIONAL DEVELOPMENT

Currently pursuing advanced clinical training through Adler Graduate School, Brooke stays current with the latest developments in mental health and substance use treatment. Her ongoing education ensures that clients receive care informed by the most recent research and best practices in the field.

APPROACH TO PEER SUPPORT

Brooke brings a unique perspective to peer support by combining her clinical expertise with genuine empathy and understanding. She recognizes that healing happens in relationship and creates a safe, non-judgmental space where clients can explore their challenges and discover their own solutions.

Her "open door policy" ensures that clients always have access to support when they need it, while her team-based approach means that every client benefits from coordinated, comprehensive care.

Contact Eau Claire Cruisers to connect with Brooke:
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