



Stephanie Steffen

SERVICE PROVIDER

Out of the Wilderness

ABOUT

I join "Out of the Wilderness" with a holistic perspective and background in Occupational Therapy. I help individuals across the lifespan who are experiencing physical and cognitive changes, illnesses or various abilities; providing support through the therapeutic use of everyday activities. Settings I have experience in include schools, nursing homes, hospitals, mental health, group homes and out in the community. I provide therapeutic interventions, peer support, wellness coaching, mentoring, art therapy, social skill building, and re-entering the work force as well as the community. The environment a person is in can have an impact on their health and well-being, I help in adapting the environment (school, home, occupational setting) to increase independence, promote health, and prevent further injury/decline. Healthy lifestyles and diet is a passion of mine and helping those who need diet changes, special diet/meal planning support, and cooking skills. I also serve those who want spiritual support or mentoring, helping to bring purpose and direction in one's journey.

Children and Teens hold a special place in my heart and provide support to teens experiencing anxiety, depression, trauma, or addiction. I also provide support to teen mothers. I am a trained doula and support adult/teen mothers through pregnancy, labor/delivery and postpartum. I have coached youth volleyball and basketball and enjoy sharing a love of sports and exercise with kids and teens.

