Janelle Powell, Program Director
Wellness Center. As someone with lived experience, I am very passionate about supporting others on their pathway to wellness.

I have been able to work through many mental health challenges and crises, traumas, and losses because of support I received from other people; many of those people were peers, who had previously been where I "was". There were also times that I relied on my own inner strength to get me through, which showed me that I am capable of taking charge of my own life.

My experiences have prepared me for my purpose: to show others that, despite adversity, there is hope and possibility for change.

At Pathways Wellness Center, we believe that everyone deserves respect and acceptance, regardless of where they are in their journey. We feel fortunate to have the opportunity to support others in the same way that we, ourselves, have been supported.

Julie Mosley, Peer Specialist
My name is Julie Mosley, I am a Peer Specialist at Pathways Wellness Center. When people live with depression, anxiety, and or addiction it is common for our lives to unravel or to feel isolated. There was a time in my life where I was in and out of hospitals, rehabs, and under psychologist and psychiatric care. The diagnosis list included PTSD, manic depression, OCD, anxiety, alcohol and drug addiction, to name a few.

I received counseling and took medications to help, however I continued to deteriorate. I don’t remember exactly when things changed, but I do remember clearly that I had a good support system around me. I really began to realize I didn’t and wouldn’t get better alone and that I would have to do a lot of hard work on myself, for myself, but not necessarily by myself. Having self-motivation, support, and hope has made the difference.

It is my passion to help others gain independence, achieve their personal goals, and learn ways to endure and work through daily battles with strength and empowerment. I come from a place of honesty and understanding, we each have individualized needs for structure and goals for wellness. I believe with mutual respect, trust, support and self- determination we can all improve our quality of life.

Kyle Schaeffer, Peer Specialist
Throughout the course of my life, I have dealt with several diagnosis, including Bipolar disorder, depression, ADHD, OCD, reoccurring abandonment issues, and severe anxiety, that have made my journey very challenging for me, my family, friends, and others around me. Because I was always searching for a way to escape, I struggled with substance and alcohol abuse and have been hospitalized numerous times for suicidal thoughts, as well as a few attempts.

I am passionate about helping others and have always wanted a way to connect to individuals that also struggle with similar issues. When I learned about Pathways Wellness Center from my therapist, I immediately applied for a position to help others, in a professional setting. This has been an amazing opportunity to try and make a positive impact on people’s lives and to empower them with hope that they can carve their own path to success.