

Lexi Underhill-Steuert is a Licenced Professional Counselor Candidate with a permit to practice under the Division of Professions and Occupations. She also has her certification as a National Certified Recovery Support Specialist and a Clinical Supervision in the Addiction Professional Specialty. She has her Bachelors of Science and Human Services and her Masters in Psychology and Crisis Management and Response. She is currently continuing to take courses to further her educational credentials and knowledge in the field of recovery from substance use disorder, alcoholism and mental health disorders.



She is a highly dependable and self-motivated team player, with solid leadership skills. Lexi has experience in treatment and detention working effectively in high-pressure situations. She has a solid record of success with crisis management and de-escalation techniques within diverse environments. Lexi demonstrated strength in: developing action plans for short and long term goal setting, crisis intervention techniques to use in conflict resolution and has experience and training in cultural diversity. She has excellent written and verbal communication skills.

She has a passion for what she does. Helping people with substance use disorder, alcoholism and mental health is truly filling her life's purpose. Growing up with mental health issues and learning disabilities she has always wanted to help others who struggle. Lexi struggled with drugs and alcohol on and off for 24 years. She participated in many forms of recovery along her journey including but not limited to, Therapy, in patient treatment, outpatient treatment and she works a twelve step program daily. She has a sponsor with long term sobriety who took her through the steps completely through how the Big book outlines that it be done and that is how she sponsors women who ask her to take them through the steps. She believes that everyone's path to sobriety and recovery is different and valid and that there are thousands of routes to recovery if a person is willing to work at the one that fits their unique needs. Her sobriety date is October 7th 2015. She has service experience in the different recovery communities since she was 90 days sober.

Lexi believes recovery works best if she is willing to share her experience and journey with others and continually be of service to others in recovery as well as the community at large. In the process of working an honest program she has seen miracles in her life and the lives of the people around her. She wants to share her experience of that to give hope to those still suffering in Alcoholism, Addiction or mental health issues. She believes that recovery is a continuous journey of learning, growth, service and fellowship not a destination that is ever reached. She believes fully that life is meant to be happy, joyous and free and that all people can live a life that is fulfilling their truest purpose.