



LATIESHA WIGGINS

COUNSELOR | AUTHOR | SPEAKER

Latiesha is a creative mental health professional with over fourteen years experience in the human services and mental health field. In addition to founding a thriving mental health agency, she also develops mental health education products and consults with other wellness professionals. She provides mental health and wellness presentations and workshops for audiences interested in learning about self-care, assertiveness, and skills training.

CONTACT

- ✉ lwiggins@risebh.com
- ☎ 757-276-3331
- 📍 Virginia

EXPERTISE

- Mental Health Interventions
- Wellness Education
- Trauma-informed care
- Assertiveness Training
- BIPOC Self-care
- Mental Health Policy Development
- Coping Strategies

LEISURE

Walking Trails

Documentaries

Eclectic Creative

WORK EXPERIENCE

EXECUTIVE DIRECTOR
MENTAL HEALTH COUNSELOR
SUBSTANCE USE COUNSELOR
COMMUNITY COUNSELOR
MENTAL HEALTH SPECIALIST
PROGRAM SUPERVISOR
DIRECT SUPPORT PROFESSIONAL

EDUCATION

MASTER OF EDUCATION: CLINICAL
MENTAL HEALTH COUNSELING

MASTER OF PUBLIC
ADMINISTRATION

BACHELOR OF SCIENCE:
COMMUNICATION

ASSOCIATE OF SCIENCE: SOCIAL
SCIENCES

Works

31 Days of Personal Development(e-workbook) (2022)

IPP Reflection Questions (2020)