

What Makes Kimberly Unique

Kimberly Allen's passion is helping individuals and families navigate through and overcome challenges involving mental illness and/or chemical dependency. But many consultants can say the same thing.

It is Kimberly's combination of training, education, background, and experiences that make her a rare consultant who can draw from expertise in mood disorders, substance abuse, treatment facilities, family dynamics, mediation, insurance benefits, and coaching to make recovery a reality.

- **Mediation training.** Kimberly is skilled at mediating difficult, highly emotional, and extremely important conversations among family members. She is trained to be unbiased, recognizing that every person has a different perspective of an involvement in the crisis. Her goal is to make sure each voice is respectfully heard and all options considered.
- **Master of Science in Human Development and Family Studies.** Kimberly has the educational understanding of the various ways families interact, relate, and communicate. She can identify barriers to quality communication and solid relationships and then guide the individuals to a better place.
- **Licensed Chemical Dependency Counselor.** Kimberly has the training to recognize dependency issues and use the most up-to-date methods of recovery, whether in-patient or out-patient.
- **Independent licensed insurance agent.** Kimberly is an expert at reading plan benefits, interpreting those benefits for the family, and navigating the system to get claims paid. She specializes in making sure individuals in crisis get the appropriate treatment for a fair price.
- **Truth-teller.** Kimberly is the single-most legitimate truth-teller you'll find. Without fail, she shoots straight in communicating options and risks stop here.
- **Unbiased, unopinionated, and analytical.** After assessing the situation and understanding the needs and goals, Kimberly presents families with the best and most comprehensive information possible as it relates to treatment, benefits, and recovery plans. She doesn't assume to be wiser or better equipped to make decisions than the family itself, rather she works in a collaborative fashion to construct the best solution.
- **Nonjudgmental.** Kimberly's top priority is the mental, physical, and emotional health of those with whom she works. Her focus on this enables Kimberly to develop a trusting rapport and productive relationship with each person.
- **Heart of an advocate.** Kimberly chooses to use her gifts to help others, rather than align herself with what is most profitable.
- **Independent consultant.** Kimberly's goal is to help access appropriate care, not funnel people to a specific facility. Not all cases need in-patient services.
- **Advisory panel member with Harvard Medical School.** Because her background includes both mental illness and insurance, Kimberly was asked to join the think tank for Harvard Pilgrim Health Care Institute's Department of Population Medicine, a unique collaboration between Harvard Medical School and Harvard Pilgrim.
- **Texas Advocate for the Depression and Bipolar Support Alliance.** Kimberly uses her expertise to lobby for better access to care and prevention for those living with mood disorders.
- **Believer in insurance.** Kimberly strongly encourages individuals to be insured. In good times, insurance can be viewed as an irritating expense. But insurance is not designed for the good times. Individuals with a mental illness and/or substance abuse challenges may need care multiple times, and in those cases insurance can be the difference between having access to care and no care, or financial stability or ruins.

- **Supporter of the legal system.** Kimberly's goal is to help individuals make decisions that keep them from entering the legal system, and she will advocate for people who would be better suited for a treatment center. But she also is unabashed in her support of making sure people who are a danger to others are not free to continue committing crimes.
- **Coach and professional athlete.** Kimberly knows the value of having a plan, showing up daily to practice, and having someone know just how and when to push people toward a particular goal.
- **Role model.** Kimberly has overcome numerous obstacles in her own life, helping her relate to and coach others to do the same.
- **Alive, stable, and happy.** Kimberly represents that it is possible to live life to the fullest, choosing to be happy and maximizing every moment of every day.