



**Chrystal Perryman (Her/Hers/She)
Peer Mentor
In-person/Tele-Health**

SPECIAL INTERESTS:

**Blended families and co-parenting/ Disability related support/ Mental wellness/
Employment skills/ Autism/ Parenting Support/ Boundary setting/ Mental and Emotional
well-being/ Controlling positive and negative thinking patterns/ ADHD/ Disability support/
Spiritual well-being/ Sexual, mental, physical, emotional abuse recovery/ Dealing with a
loved ones addiction/ Self-harm recovery/ Narcissistic abuse recovery/ Anxiety and
Depression**

Chrystal Perryman believes in the good Lord above and that without him, nothing is possible. She has four beautiful children, including Mexican, Spanish, Native American, and African American. Chrystal has a fiancé, an African American man.

Chrystal is a woman who is a survivor of domestic violence. She has taken cognitive behavioral therapy for five years now. She still attends once a week and finds it very beneficial for her health. She is also a survivor of childhood trauma and experienced physical, sexual, verbal, and emotional trauma as a child.

Chrystal was a foster care child who got placed in foster care at the age of 11 and aged out at 18. Where she also has been placed in 5 group homes and five different foster homes as a young teen. Chrystal has attended therapy off and on her whole life from age 11 until

currently. She has worked in the healthcare field for 20 years, working with individuals who have mental health disorders, ADHD, autism, the elderly, the homeless population, and who have substance abuse disorders.

Chrystal has always enjoyed helping others and wants to be able to successfully help individuals become clean and free of drugs and alcohol to help individuals be able to utilize better coping skills and to gain coping skills they may not have been aware of.

Chrystal helps individuals live a life free of substance abuse and to be able to manage their emotions successfully in a positive manner. She has supervised an all-men's dual chemical dependency center and an all-men's homeless shelter. She has her bachelors of science in criminal justice with a concentration in human services degree. She understands the struggle of having family members who struggle with chemical dependency addiction. She has always enjoyed helping others.

Chrystal looks forward to continuing to help others succeed in life. In her free time, she enjoys the outdoors and loves crystal rocks, incense, candles, travel, family events, exercising, listening to music, drawing abstract drawings, concerts, camping, swimming, and shopping. Chrystal has always stayed in contact with her higher power through prayer. In her free time, she enjoys going to concerts, camping, swimming, and shopping.