



Meet Terrie Leonard

La Junta, CO—June 16, 2014—Southeast Health Group

Terrie Leonard has worked for Southeast Health Group since 2010. You probably know her better from the six years she served on Kiowa County's Fair Board, or the fact that she is a new mother to little 4-month-old Landon Leonard. Terrie and her husband, Jake, live near Arlington, where Jake ranches and runs a trucking business.

"I started out as a case manager at Southeast Health Group," said Leonard, "and I finished my masters from Adams State University in Alamosa in 2012." Terrie now provides counseling and skills training in Eads on Wednesdays and every other Thursday. She receives referrals from the schools and the department of social services.

"I love to see people have that 'Aha!' moment in counseling," said Leonard, "when they recognize that if they make a change in their thoughts or behavior, they will get a different outcome the next time a problem or situation arises. It's very gratifying to watch people gain a better understanding of themselves."



Terrie Leonard
A counselor in Eads with
Southeast Health Group

Terrie says she also loves living in the country, being a new mom, and helping her husband with the cattle. "I was raised in Fowler, but I really have come to enjoy the supportive, hard-working community in Kiowa County," said Leonard. "Everyone knows everyone and it's good to know you have so much support."

Terrie can help youth and adults with a variety of emotional problems, including depression, anxiety, grief, and family problems. To make a counseling appointment at the office in Eads, call Southeast Health Group at 1-800-511-5446.