

Shannon Kocher

PAC Chair



Hello! I reside in Bowling Green, KY, and I am employed as a Behavior Health Specialist through our local Community Mental Health Center, Lifeskills Inc. I am very passionate about recovery and I believe with the right supports, and taking personal responsibility, anyone that desires to, can live independently in the community of their choice. I help individuals with mental illness find their voice in order to advocate for themselves. I also work with them on independent living skills.

Since working at Lifeskills Inc., I have had the opportunity to be a part of a Supported Employment Steering Committee, start support groups for consumers, and share my personal recovery story of healing from trauma and experience with mental illness.

I also serve as a Volunteer Firefighter in my community. I strive to bring focus on the importance of mental fitness and physical fitness for our first responders by helping to break down the stigma of reaching out and asking for help when needed.