

Everyone has a story

The late American mythologist, writer, and lecturer, Joseph Campbell, is widely regarded for his insightful ability to articulate aspects of the human experience. He once said, "The privilege of a lifetime is being who you are."

Living an authentic life is not easy, nor is it easy to be yourself, fully. Everyone has a story. Some lives are penned in bright colors of joy and happiness, while a great many have chapters penned with the indelible ink of trauma and tragedy. Indeed, everyone has a story.

Being who we are is often a rich tapestry of these chapters intertwining and connecting for a life fully and authentically lived. Yet, along the way, many of us may need a little help in untangling and transcending the difficult, painful chapters of our story.

Anne Little-Phillips has a story, too. Her vocational story weaved a path from an early interest in law to several positions in public child-welfare, ultimately realizing her calling as a licensed clinical social worker (LCSW), where she now holds the position of Clinic Director and Therapist at Ridgeview Behavioral Health Services. Anne completed her Master's degree at the University of Tennessee and has over ten years of clinical training and experience as a therapist. Her education and training have prepared her well to preform diagnostic assessments and develop individualized treatment plans for both adults and children who are experiencing behavioral health symptoms, such as stress, anxiety, grief and depression.

"I came to realize," Anne said,

"that everyone has challenges and everyone has struggles. If I could sit and be totally present with someone who was hurting, and really listen to their story and apply my professional training, then it could make a world of difference in how they feel about themselves. Many times hope can be found in the most vulnerable moments of someone sharing their story with someone who will listen with empathy." Anne empathically added, "But for different circumstances, it could be me sitting here in therapy in need of a kind ear, warm validation, and encouragement to realize my goals."

Anne recognizes that therapists are part of a team at Ridgeview and that it is the team culture that reflects Ridgeview's

mission of hope, healing, and recovery. Little-Phillips added, "We have a highly skilled multidisciplinary team here at Ridgeview. Everyone 'gets it,'" she emphasized, "we're here to help people recover and be themselves, wholly and fully." The multidisciplinary

team of professionals includes everyone who has contact with the people Ridgeview serves, including psychiatrists, therapists, nurses, case managers, substance abuse treatment counselors and support services.

support and encouragement can be critical to their healing, recovery, and long-term success in meeting their goals and having their hopes realized. With the promotion of healthier self-esteem, resilience, and hope, individuals can experience life goals realized and author their own story of promise.

As for the next chapter of Anne's story, "That's easy," she said, "Next chapter of my story is right here

at Ridgeview being who I am" ... the privilege of a lifetime, truly.

To learn more about outpatient therapy services at Ridgeview, please contact us at (865) 482-1076, or come visit us during our walk-in clinic hours of 8:30 to 10:30 a.m., weekdays. Regular office hours remain 8 a.m. to 5 p.m. weekdays.

Michael Yates is the Director of Development at Ridgeview Behavioral Health Services and has a combined 25 years of experience in community behavioral health & public child welfare services.

Ridgeview is a private, not for profit community mental health center with locations in Anderson, Campbell, Morgan, Roane, and Scott counties. To make a referral or schedule an appointment, please call 1-800-834-4178 or for more information, you can also visit our website at www.ridgeview.com. Ridgeview's walk-in clinic hours at the Main Center are Monday through Friday 8:30 to 10:30 a.m. Regular office hours remain 8 a.m. to 5 p.m. weekdays. If you have an emergent need please do not hesitate to contact our 24 hour crisis line at 1-800-870-5481. Follow Ridgeview on Facebook.



Anne Little-Phillips is the Clinic Director and Therapist at Ridgeview Behavioral Health Services. SPECIAL TO THE OAK RIDGER