who we are

A counseling community creating social impact through therapeutic experiences.

our mission
To restore personal and communal vibrancy. We do this through a foundation of creative and accessible mental health services to empower individuals, redeem relationships and strengthen communities.

our vision
To see our community filled with purpose, passion and compassion where all members are valued and have opportunity for contribution and connection.
When there has been a trauma in a forest, such as a wildfire, windstorm or clear-cutting, the landscape can look devastating. Our name references what happens next. In the aftermath, a persistent layer of new growth sprouts up. Even after catastrophe, everything needed is still there for life to rise. **And in time, under supportive conditions, it does.**

Our purpose is to nurture this same resiliency that all people have within them. We're here to bring witness to what people have been through, support conditions for growth, and help each of us move towards life.
Oregon ranks among the worst states for mental illness prevalence and access to treatment. Minorities face even greater disparities in accessing mental health services and support.

There are times when life wounds each of us.

Adverse experiences, trauma, grief, pain, suffering, and injustices are a reality that we all have to contend with throughout our lives.

Many times these occur when we are at our most vulnerable, the least prepared, and or the most caught off guard. As a result, we may feel helpless, hopeless, powerless, and alone.

Though the events may pass relatively quickly, these feelings can remain with us for a lifetime. This is especially the case if the negative events go unacknowledged or are invalidated, our internal experiences are unprocessed, and/or we become disconnected from others. We can find ourselves among remnants of the life we once knew and struggling to know what to do.

We cannot ignore how the complex intersectionality of life stressors can negatively influence mental health.

1 in 5 Americans in the US live with negative mental health symptoms at any given time.
Studies show that children with clusters of adverse life experiences can have reduced health and wellbeing later in life.

But at any age, when we experience the piercing chaos of a trauma, the impact affects functioning in multiple other areas of life and doesn’t carry a time limit.

How we handle the aftermath of these events matter. These stressors can create a cycle leading to greater risk outcomes including even more adverse experiences, severe health conditions, maladaptive coping strategies, physical and mental fatigue, depression, self-harm and even early death.

Untreated trauma is toxic to an individual, their family, relationships and the community.
We can heal from trauma and pain through an effective, multidimensional engagement of mental health services. We’re here to create culture change, where more people in more places can access what they need to thrive in life.

The majority of symptoms with mental illness are treatable and people can find recovery through treatment, education and support.

We’re here to change the landscape with interventions and opportunities to learn, interact, reflect, practice, listen, heal and transform.

but life can get better.

our solution:

We can heal from trauma and pain through an effective, multidimensional engagement of mental health services. We’re here to create culture change, where more people in more places can access what they need to thrive in life.
We believe in recognizing our wounds and limitations, validating the truth, affirming our experiences, adapting with new skills, and building, maintaining and repairing our connection with others. In doing so, we find healing, freedom, peace and ultimately life.

From our own personal experience and solidarity with others, we know the cost that loss and pain can have on a person or in a family. We also believe that love, wisdom and hope can find a way through, especially with a supportive environment.
Making mental health information relevant and personalized for groups, organizations and situations.

**Couples + Relationship Counseling**
Enriching relationships to help partners communicate and connect.

**Family Therapy**
Supporting life transitions and family dynamics.

**Individual Counseling**
Processing life experiences with unconditional, supportive presence.

**Educational Trainings + Speaking**
Making mental health information relevant and personalized for groups, organizations and situations.

**Community Events**
Therapeutic experiences that create social impact in creative, sensitive and accessible ways.

**Group Therapy**
Sharing space to work through challenges with the solidarity of others.

Offered by trauma-informed, culturally sensitive and creatively engaging therapists.
• We celebrate the dignity, diversity and value of each person.
  We foster one another’s uniqueness, strengths and giftedness.

• We join in solidarity with one another.
  We intentionally nurture an inclusive, sensitive space to be present to the moment and give witness to both heartache and hope.

• We work in collaborative partnership
  with each participant in treatment and with all stakeholders to pursue both personal and community enrichment.

• We prioritize efforts in radical hospitality to bring about access, opportunity and growth, both within our walls and in each extension and outreach into the community.

• We believe that healthy connection together is healing and transformative. There is a shared strength in building, maintaining and reconciling relationships.

• We believe we each have a contribution to make that matters.
  We cultivate opportunities for engagement, education and service where one can use and develop skills that ultimately enhance the community’s wellbeing.
Our growing team of specialized practitioners come from diverse social, professional, racial and ecumenical sectors.

We seek to provide trauma-informed, culturally-sensitive services that are accessible not just to those who can afford and access treatment options, but for those who have historically been marginalized by poverty, incarceration, discrimination, disability, trafficking, nonconformity and grief.

Our team uses innovative, evidence-based best practices to bring about emotional health and healing, and to develop a more comprehensive, creative and collaborative model of care with the community in mind.

To view profiles of our therapists, visit www.SecondGrowthCounseling.com
Tony Grace

Tony has a background in art therapy and social work with specializations in grief, trauma, anxiety, and depression. He is the former Chief Program Officer for The Dougy Center: The National Center for Grieving Children & Families. His compassionate, nurturing and authentic approach is beloved by clients, colleagues and the community. He is a licensed professional counselor, certified Thanatologist and an EMDR II trained clinician.

Kelly & Tony have been married for 15 years and live in the Pacific Northwest with a boisterous toddler and a therapy dog in-training.

Kelly Grace

Trained as a marriage and family counselor with dual Masters degrees in Marriage & Family Therapy and Divinity, her work over the last decade has taken her into jails, hospitals, schools, shelters, homes, and community centers through roles with hospice, human trafficking advocacy, chaplaincy and clinical therapy. She is an ordained minister and an adjunct professor teaching graduate counseling students. She recently earned a professional graduate certificate in Nonprofit Management with Harvard University.

founding caretakers
Second Growth welcomes opportunities to connect with organizations that seek to uplift the health and vitality of our neighbors and champion the need for mental health support.

key partners

Rahab’s Sisters offers radical hospitality to women in the Portland Metro area that have been marginalized by the sex industry, domestic violence, poverty, substance abuse, and homelessness. Second Growth partners with Rahab’s Sisters to facilitate a weekly therapeutic support group.

Set Free seeks to create new futures and end modern slavery through community-based action internationally. Set Free collaborates with Second Growth through resourcing, networking, activism and advocacy to help build healthy, resilient communities with zero tolerance for exploitation.

allies

MTN PEAKS THERAPY LLAMAS & ALPACAS

HEALING GROVE COUNSELING, LLC
Brittany Wierholz, LCSW

BELMONT GOATS
Join the conversation.

We’d love to hear your voice in discussing three key questions we are currently ruminating on:

1. How can we help people be present to the hope and heartache experienced in life?
2. What are the supports needed to help providers deliver the most effective, sustainable and compassionate care?
3. How can we measure and stay accountable to the impact of growing resiliency in our communities?

Grow the partnership.

We always welcome conversations with qualified service providers who are interested in joining our dynamic team.

As we develop as an organization, we are also eager to partner with other agencies with shared vision and values.

Please contact us for more information.

Get in touch.

Visit our site, join us at our community events and trainings, or drop us a line. We look forward to having more dialogue together.

Please reach out to:
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503-765-7712

ways to connect

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