

Employee Spotlight



**Jeff Meyer, LCSW,
Grief Counselor**

ABOUT

We are thankful a practicum in school brought Jeff Meyer to us. He started interning with Hosparus Health in 2011, worked on our home teams as a social worker in 2012, and then shifted to grief counseling full-time in 2013. Jeff now serves our Central Louisville community.

A typical day for Jeff entails seeing several clients for individual counseling sessions. Some weeks he facilitates grief support groups (such as Spouse Loss and Homicide Loss). He also facilitates the Grief and Boundaries sections of the new employee orientation, co-facilitates the caregiver support group for our volunteers at the Kentucky State Reformatory, and assists with Camp Evergreen in the summer.

Although Jeff's practicum with Hosparus Health solidified his desire to do this line of work, his initial desire stemmed from experiencing his grandmother's death. "She did not have a pleasant death, and I decided I wanted to do something to ensure others would not struggle the way that she had," he says. He achieved his goal of becoming a grief counselor, exploring the clinical side of the work. Jeff states, "my work is terrifically fulfilling. I don't think I've ever had a bad day at work at Hosparus."

Lynn, a coworker of Jeff's had this to say about him: "What I appreciate about Jeff is his passion for whatever it is he's doing at the GCC, whether it's new employee orientation, facilitating groups or working with individual clients. He makes a point of trying to connect with all of us at some point during the day. He can always make me laugh, although that's not necessarily a hard thing to do..... but it's always appreciated."

Jeff is originally from Bardstown, and attended Western Kentucky for his bachelor's degree. He started working in mental health initially, which is where he met his wife, Casey, who is also in the medical field. Outside of work, Jeff likes to spend time with his family. He has three children (two boys and a girl), with one due this month.

"Not only does Jeff excel in his work with those we serve, he is willing to share his knowledge and expertise internally and externally. Jeff's skill sets are wide, vast and an asset to the Grief Counseling Center."

- Supervisor, Candice Evans



FUN FACTS

What did you want to be when you grew up?

Originally a teacher. I still am passionate about education—of my own and of others.

Favorite Color?

Green, but I am colorblind.

Grief Counseling event or group you look most forward to?

No specific one, I just look forward to sitting with people and facilitating their healing process.

What do you do in your spare time?

Woodworking