

CHAMPALE MCCASKILL

LPC - Adjunct Staff

Champale McCaskill is born and raised in Columbus, Ohio received a BA in psychology from Union Institute and University and MA in Clinical Mental Health Counseling (CMHC) from Walden University. After working with a financial institution for eleven years she decided to make a career change. She began volunteering with the Boys and Girls Club of Central Ohio before being employed there as a Youth Engagement Specialist. From there she became a Site Leader, Behavior Aide, and Mental Health Specialist with other institutions.

Champale is working with children K-8th grade as a Behavior Interventionist. Champale's goal is to reframe the client's meaning of self-care and thinks it should be part of everyday life. Her focus population is women and children ages 7-14. She enjoys the comfort of her home, yoga/working out, music, finding new local restaurants in the city, and being with family.

"If you don't like something change it, if you can't change it change your attitude" - Maya Angelou