



MEET THIS MONTH'S CLINICIAN!

MILTON MCLELLAND



Founder & Owner
Clinical Mental Health Counselor (CMHC)

Specializing in Bipolar Disorder, Borderline Personality Disorder, Trauma, PTSD, and more.

Milton works with adults, couples, and more.

His approach is ACT, DBT, and IFS

WELCOME TO ROOTS COUNSELING & WELLNESS

My name is Milton McLelland. I am a clinical mental health counselor and the co-owner of Roots Counseling, alongside my wife, Rochelle. Since 2016, Roots Counseling has operated as a Dialectical Behavior Therapy (DBT)-based treatment center. DBT was originally developed to help individuals who have experienced complex trauma and who struggle with emotional regulation, relationships, and daily life functioning. It is a skills-based model grounded in the belief that people are doing the best they can with the skills they currently have—and that growth and change are always possible.

At Roots, DBT serves as the foundation of our work. By combining traditional talk therapy with practical, evidence-based skills, we help individuals learn how to manage emotions, build healthier relationships, and move toward the life they want to live. Over the years, we have continued to grow and evolve while maintaining our commitment to DBT. We have also integrated additional therapeutic approaches that strengthen and complement this foundation, including Internal Family Systems (IFS), often referred to as “parts work.” IFS helps individuals better understand their inner world, identify where they feel stuck, and work compassionately with themselves so that insight and skills can come together in meaningful ways.

This column is part of our effort to support mental health not only in our practice, but within our community and beyond. Life feels especially demanding right now, and connection, understanding, and hope matter. Each month, we will explore mental health topics relevant to everyday life and share what we see working in recovery right here in Iron County. If you have questions you would like us to address, you may email Roots Counseling at info@rootscw.com with the subject line “Newspaper Question.” Your privacy will always be respected. We look forward to building a healthier, more resilient community as we continue to serve Iron County.

“Real healing begins when you don’t have to do it alone. Therapy with me is collaborative, compassionate, and focused on real growth.”

-Milton M.

Change doesn’t require perfection, just a willingness to begin.

