



MEET THIS MONTH'S CLINICIAN!

ROCHELLE MCLELLAND



Co-Founder & Clinical Director
Clinical Mental Health Counselor (CMHC)

Specializing in family dynamics/ relationships,
trauma, and more.

Rochelle works with children 10+, teens, families,
and young adults.

Her approach is DBT, IFS, EMDR, and play therapy.

WELCOME TO ROOTS COUNSELING & WELLNESS

Rochelle McLelland is a Clinical Mental Health Counselor and the Clinical Director at Roots Counseling in Cedar City, Utah. Known for her warmth, clarity, and steady leadership, Rochelle plays a central role in shaping both the culture and clinical excellence of the practice. Rochelle is especially passionate about supporting teenagers and families. She understands that adolescence can be an emotionally intense season—not only for teens, but for parents who are trying to stay connected while navigating stress, conflict, and uncertainty. Her approach emphasizes emotional safety, honest communication, and rebuilding trust in ways that feel practical and sustainable.

She is also closely involved in Roots Counseling's DBT youth group program, which helps teens develop essential skills for managing emotions, strengthening relationships, reducing impulsive behaviors, and building healthier coping strategies. Rochelle believes in equipping young people with tools they can use in real-life situations—especially during the high-pressure challenges of school, friendships, family stress, anxiety, and depression.

In addition to her client work, Rochelle is deeply invested in mentoring clinicians. As Clinical Director, she provides guidance and support to the therapists at Roots Counseling, helping them grow in skill and confidence so they can better serve those seeking care. She believes meaningful therapy happens when clinicians feel grounded and supported—and she is committed to fostering a team that continues to learn and improve.

Rochelle's leadership balances compassion with purposeful growth. She is passionate about helping individuals and families move forward—not through pressure or perfectionism, but through encouragement, accountability, and a strong belief in resilience. If you would like to contact Roots Counseling or submit a question for a future column, email info@rootscw.com.

"People don't need to be fixed—they need to be understood, supported, and reminded that they're capable of change."

-Rochelle M.

Healthy connection starts with understanding, both yourself and others.

