

Meet Our New Provider

Welcome, **Melissa Almon**

Behavioral Health Counselor!

Melissa Almon is a people person. “I love working with people and being able to help them,” she said. “The opportunity to help people is such a blessing.”

Almon has been a therapist since graduating from the University of Denver’s Western Colorado MSW Program in Glenwood Springs with her Masters of Social Work in 2019. In addition to general counseling, she is trained and licensed in addictions counseling, Accelerated Resolution Therapy and EMDR.



dog named Bandit and a cat called Earl Grey. You might recognize Earl Grey as a type of English tea. Almon’s mother is British, and when Almon was growing up, her family moved back and forth from California to England. Almon relocated to Steamboat when she was 21, and now her parents and brother live in Hayden.

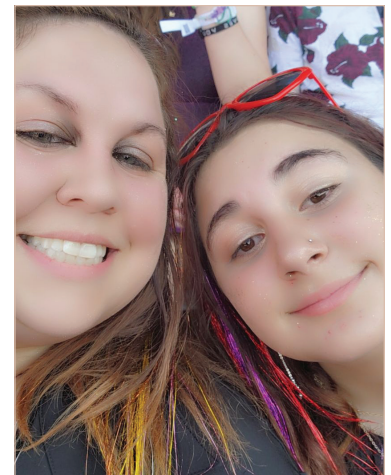
“I like Craig because it still has a small-town feel,” she said. “I enjoy being part of the community. It’s nice to feel that you’re really making a difference in the community you live in.”

“It’s such a privilege for people to trust me enough to talk about what may be their darkest moments,” she said. “And therapy works. I’ve seen therapy change lives. Making a positive impact in people’s lives is a privilege.”

Almon is new to her role as MRH Behavioral Health Specialist, but she’s been with MRH since 2021. She served as a Home Health and Hospice Social Worker for almost three years. You may also have met her through her volunteer work as board member for the Moffat County Cancer Society or as a member of the Moffat County Rotary Club. She’s especially invested in the Rotary Club’s work to support children’s literacy.

Almon lives in Craig with her husband, Brent, and their teenage daughter, Charlotte. The family has a

When she’s not working or volunteering, Almon likes spending time with family and friends, hiking or reading a good novel. She also loves music and enjoys going to concerts. Last year she got to see the Backstreet Boys and Taylor Swift, and this summer she has tickets to the Foo Fighters.



“A lot of people don’t know that therapy at MRH is an option,” Almon said. “People can come here for counseling whether they see an MRH provider for medical care or not. I want everyone to know that this is a welcoming, judgment-free and confidential environment.”



medical clinic

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