

Megan Holbrook

Megan Holbrook
Intern, Shorehaven Behavioral Health, Inc.
Member Since 2001

Megan Holbrook is reveling in a season of new beginnings.

After a successful career as a digital strategist, Megan followed her instincts to pursue a calling in counseling. Just two semesters away from graduating with a master's in science in Clinical Mental Health Counseling at Marquette University, Megan is thriving as an intern at Shorehaven Behavioral Health, Inc.

"I want to see the world become a better place and to see people treat each other with respect and compassion. It's an honor to do this work and to be entrusted with people's stories."

In her role as a counselor, Megan empowers her clients to find their voices and take agency in achieving personal growth. In this way, her new career mirrors her lifelong interest in political activism. Born in New York City and raised in Green Farms, Connecticut, from the age of seven, Megan drew inspiration from her mother, who inspired her passion for justice, and her father, who shared her deep interest in science.

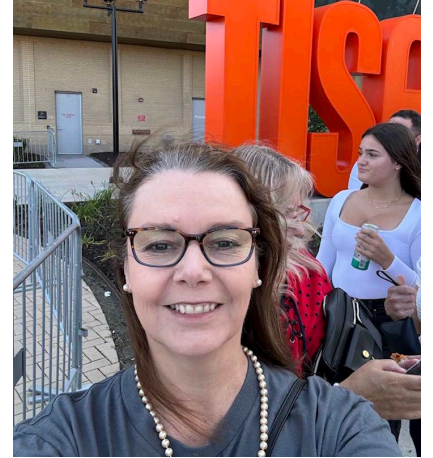
"I used to read three books a day as a young person. Sci-fi, mystery, fiction, nonfiction, I was reading it all. I especially loved science."

Megan attended high school at the prestigious Hopkins School on the outskirts of New Haven. There she became a self-described news junkie, tracking the latest developments in science and politics. She attended Harvard University, where her passion for science steered her toward biology until she realized she could not work in a lab with animals. A class in art history stoked her creative fire. She switched concentrations and graduated with a bachelor's degree in fine arts.



During her years in digital strategy consulting as a partner in website design company, kapow, inc., Megan focused on overseeing web design and development projects for high-profile clients such as the Los Angeles Philharmonic, PBS, the MacArthur Foundation, Stanford University, the Los Angeles Public Library and many others across the country. kapow earned two Webbys ("the Oscars of the website world") for projects she produced, although she is most proud that her company focused its energies on working with nonprofits, especially art and education institutions.

"I realized quickly that nonprofits tended to have the nicest people."



In her current role as an intern at Shorehaven Behavioral Health, Inc., Megan feels fortunate she's found an organization that reflects her values.

"Shorehaven has a wonderful ethos of making counseling accessible. People can get in quickly and they don't cap the percentage of Medicaid clients. Accessibility is the biggest issue I see in mental health care. There is such a strong need, and it's a scary time to see the potential changes in terms of Medicare coverage."

Shorehaven provides counseling services for a wide range of issues to people of all ages, and Megan focuses on adult counseling. With Shorehaven's 40+-year history and its emphasis on training, Megan is absorbing as much knowledge and insight as she can.

"It's akin to being thrown in the deep end, in a good way."

While coursework and training occupy much of her time these days, Megan seeks ways to get out and enjoy what our area has to offer. Recently divorced after 30 years of marriage, she bought a beach cottage in Cedar Grove earlier this year, where she loves to go on nature walks and swim in Lake Michigan. She has also joined the Women's Club, where she plays Mah Jongg on Tuesdays.

For Megan, a perfect Milwaukee day would start at the art museum, include a meal at Birch ("some of the best food in the U.S. I've enjoyed") and conclude with a concert by the Milwaukee Symphony Orchestra (MSO) or Present Music, a group that champions and performs work by contemporary composers.

Megan is a past board member of the MSO and a co-founder of the popular "Salon Series" in which musicians perform concerts for intimate gatherings in homes across the city. She has also just stepped down from the board of Villa Terrace, where a highlight of her tenure was overseeing the centennial drone show.

And she still devours the news.

"People might be surprised to discover how geeky I am. I read a ton of articles, newspapers, science news. I also love reading mystery novels and sci-fi and watching a good mystery series on BritBox."

Megan first attended Rotary as a lunch guest of David Zach, a technology industry connection. She didn't know much about the organization but was attracted by the opportunity to engage with a community of people with similar interests in making Milwaukee better. She is currently a member of the Program Committee, in which she puts her knowledge of current events to good use suggesting topical subjects and speakers.

"I love being a part of Rotary. It fulfills my need to be invested in the community."



Editor's Note: *Rotary People of Action* is a bi-monthly series written by a group of Rotarians. This feature was written by Elizabeth Evans Draper.