

Embodying a Warrior Spirit: Insights from Tricia Campos-Brenner



"Having an open heart and mind, and approaching challenges with honor, resilience and bravery," says Tricia Campos-Brenner, M.A., LPCA, who serves on the board of directors at Warrior Spirit. "A warrior's spirit means confronting fears head-on, overcoming obstacles, and showing courage by asking for help when needed. Those with this spirit not only fight for themselves but also advocate for others."

As Warrior Spirit's clinical director, Tricia evaluates educational courses and advises on coaching and mentoring methods.

"We feel extremely grateful to have Tricia helping guide our programs, strategies and policies," said Warrior Spirit Co-founder and Program Director Ashley Peterson. "Her input is integral in achieving our mental wellness goals and providing the best possible education and mentoring to those we serve." Family is a profound inspiration for Tricia.

"My family inspires me because they have faced life challenges with strength and resilience," Tricia says, "They have always been there for me and have helped shape who I have become. Although I am constantly growing as a person, they have taught me to be strong, but to lean on others whenever it's needed, to keep an open mind, not judge others, offer help to those in need, and most of all, to be kind."

She adds, "They have also taught me to turn to God and my faith when life becomes overwhelming." Tricia is passionate about supporting non-profits, especially those focused on mental health. She believes mental health is fundamental to social, emotional, and overall well-being of the populations served by Warrior Spirit: veterans, educators, first responders, recovering addicts and youth.

Shedding light on youth development, Tricia emphasizes nurturing future leaders by leading by example, fostering a growth mindset, supporting individual interests, promoting teamwork, and cultivating critical thinking and communication skills.

"Community involvement and understanding of social responsibility are very important," she says. "They also need to have integrity and learn to take responsibility for their actions."

Tricia recognizes the mental wellness needs of individuals in addiction recovery and first responders. She highlights the importance of connection, which reduces negative thinking and isolation, and provides emotional support, encouragement, and motivation during difficult times. Therapy, including group sessions and peer support, is vital in the recovery process.

"There also needs to be education on suicide prevention and available community resources," Tricia adds, emphasizing the need for awareness.

In all aspects of her life, Tricia embodies a true Warrior Spirit, combining strength, compassion, and advocacy to positively impact those around her!

Tricia Campos-Brenner

M.A., Licensed Professional Counselor Associate

Tricia has almost 27 years of mental health experience, working with adults that have chronic mental illnesses at a community mental health clinic; babies and children with developmental delays; advocating for youth in foster care; counseling youth and families in the College Station school community; and working with homeless prevention in the City of College Station. She is currently working on becoming a fully licensed counselor. Tricia also serves as Secretary for the Health For All Board of Directors, in Bryan, TX. Health For All is a free medical clinic that services the uninsured in the Brazos Valley. In addition to her career, Tricia is a wife and mom to three wonderful daughters, a cat and a dog.