



Darci Miland is a Licensed Mental Health Counselor loving the views in the Pacific Northwest. Originally dreaming of making it on Broadway, an interest in human behavior (and low levels of Broadway-worthy talent) put Darci on the path to the helping professions. She has provided direct service and administrative oversight in behavioral health for 15 years. The desire to perform on stage never dwindled, so she replaced song and dance with education and training. Filled with relatable stories, hand gestures, easy laughter, and even some spontaneous dancing, Darci's trainings quickly became staff favorites. Even more – staff said they learned something!

In addition to the daily grind, she was asked to provide mental health education for an employee wellness program. The request? Talk about stress without making it stressful. Talk about depression without being too depressing. Her mission was clear: Get wellness education out to the people. And make it fun. StandUP Wellness, PLLC, was formed! Focusing on practical application of skills, and using a standup comedy style, she wants everyone to laugh and be well.

Half of Darci's work time remains dedicated to providing mental health therapy. The other half is up for grabs through wellness presentations and community education! Darci also enjoys thrift store treasure hunting and rescuing animals. As a friendly Wisconsin native she can be found making new friends on planes and trains while traveling to visit family. Self-love hobbies include jigsaw puzzles, card games, Netflix binges, and rearranging furniture and decor to accommodate a new can't-live-without-it vintage piece. Most days she follows her own advice. Other days she collects valuable lessons and stories for her next presentation.