

Licensed Clinical Social Worker Lynnette Montañez Expands Mental Health Care Across Florida And Ohio With Empathy

Experienced Therapist Combines Clinical Expertise, Grief Support, Adoption Services, and Community-Based Care to Help Individuals and Families Build Healthier Futures



Miami, Florida Jul 6, 2026 ([Issuewire.com](https://www.Issuewire.com)) - Licensed Clinical Social Worker (LCSW) Lynnette Montañez is making a meaningful difference in the lives of individuals and families through a

compassionate, client-centered approach to mental health care. Licensed in Florida as a Licensed Clinical Social Worker and in Ohio as a Licensed Independent Social Worker (LISW), Lynnette has spent more than a decade serving clients across the nonprofit and behavioral health sectors, helping them navigate grief, trauma, adoption-related concerns, and a wide range of mental health challenges.

As the owner of First Step Counseling Services, LLC, Lynnette provides telehealth counseling for individuals, couples, and families, creating a safe and supportive space where clients feel heard, understood, and empowered throughout their healing journey. Her therapeutic philosophy centers on meeting each client where they are while providing practical guidance and evidence-based interventions that foster resilience and long-term emotional well-being.

In addition to her private practice, Lynnette works with R.E.S.T.O.R.E., a transitional home in Jacksonville, where she delivers therapeutic services that support individuals as they reintegrate into their communities. She also serves as a Group Coordinator and Group Co-facilitator for the Children's Bereavement Center in Miami, facilitating peer-to-peer grief support groups for middle school students. In this role, she engages young people through meaningful activities and emotional processing, creating an environment that encourages healing beyond the traditional clinical setting.

Lynnette further contributes to the adoption community by providing contract-based home study services for prospective adoptive families through Connecting Hearts Adoptions and Heart of Adoptions. Her professional journey has included impactful roles with the Center for Family and Child Enrichment, Kristi House, and The Agape Treatment Center, where she gained extensive experience supporting children, families, and individuals facing complex mental health and substance use challenges.

She earned her Bachelor of Social Work from Florida International University in 2013 and her Master of Social Work from Barry University in 2015. Throughout her career, Lynnette has developed a reputation for balancing empathy with professionalism, maintaining healthy clinical boundaries while remaining deeply invested in the well-being of those she serves.

“What I enjoy most about practicing as a Licensed Clinical Social Worker is helping people through difficult and often overwhelming situations,” says Lynnette. “I find it deeply meaningful to support clients when they are vulnerable, guide them through uncertainty, and contribute to improving their mental health and quality of life. Being able to provide care, reassurance, and practical solutions during challenging moments is the most rewarding aspect of my work and continues to motivate my commitment to the field.”

By combining clinical expertise with genuine compassion, Lynnette Montañez continues to expand access to quality mental health services while empowering individuals and families to take the first step toward healing, resilience, and lasting personal growth.

Learn more about Lynnette Montanez:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/lynette-montanez>

America's Best in Medicine

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Media Contact

America's Best in Medicine

*****@americasbestinmedicine.com

1-877-346-0175

<https://americasbestinmedicine.com>

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