

LA ROCHE UNIVERSITY
2025 DISTINGUISHED ALUMNI CIRCLE AWARD RECIPIENT



Olivia Baylor '06, LPC, NCC, DCC

Owner/Founder

My Mental Health University™

Life Revisions Counseling

Olivia Baylor '06, a highly accomplished mental health professional, educator, and entrepreneur, has successfully integrated clinical care, academic instruction, and systems-level impact throughout her career.

As the founder of Life Revisions Counseling, LLC, and the lead course developer for My Mental Health University™ (a continuing education provider), Olivia creates and delivers culturally responsive training for mental health professionals across the nation. Her work empowers clinicians to effectively address complex topics such as trauma, immigration, family systems, and cultural competency.

At My Mental Health University™, Olivia oversees all aspects of course development and delivery, including curriculum design, accreditation compliance, instructional content, and supervision of clinical consultants and contributors. Her platform serves as a trusted resource for organizations, schools, and providers seeking high-quality, trauma-informed, and ethically grounded professional development.

She said, “Founding My Mental Health University™ and Life Revisions Counseling, LLC has been my greatest professional accomplishment. This achievement represents the culmination of my clinical, academic, and entrepreneurial growth.”

Before launching her continuing education company, Olivia held and worked within the criminal justice industry, leveraging her other Criminal Justice degree. Additionally, she served as an adjunct professor at various colleges, specializing in sociology, criminal justice, and psychology.

Driven by a commitment to access and equity, Olivia has led workshops for parents, educators, and nonprofit leaders on trauma-informed care and cultural competence. Her volunteer efforts include providing pro bono forensic evaluations for asylum seekers, conducting school-based parenting trainings, and delivering mental health education to professionals serving refugee and migrant communities.

Olivia earned her Bachelor of Arts in Psychology from La Roche University in 2006. She later pursued a Master's degree in Criminal Justice from the University of Baltimore and a Master's in Mental Health Counseling from Capella University. Additionally, she obtained a post-bachelorette certification in Family and Marital Issues from Capella University.

“La Roche University's emphasis on service, leadership, and global awareness inspired me to pursue a career that not only supports individual clients but also addresses systemic gaps in mental health education and access,” she said. “The values instilled at La Roche—integrity, service, and lifelong learning—continue to guide my work every day.”

