

Rexanne Irizarry, CMPSS

Rexanne Irizarry, CMPSS (she/her) is a compassionate leader and Certified Medi-Cal Peer Support Specialist whose work is steeped in purpose and powered by lived experience. Holding additional certifications in Wellness Recovery Action Planning (WRAP) and Mind Matters Facilitation, Rexanne stands as a guiding light for individuals and families navigating the challenges of mental health and substance use—offering not only her knowledge, but her heart.

With courage born from personal lived experience as a client, family member, parent, and caregiver, she brings a level of empathy that transforms systems from within. Leading with the firm belief that everyone deserves to be met with dignity, kindness, and the unwavering support to thrive.

Her professional path began in the heart of the community, where she served as a Crisis Intervention Specialist at the North Sacramento Family Resource Center, operated by Sacramento Children's Home. There, she walked alongside families in moments of need—connecting them with critical resources and helping restore stability and hope. Today, she continues as a Behavioral Health Peer Specialist Program Manager with Sacramento County's Behavioral Health Services (BHS), where she trains, mentors, and uplifts the peer workforce to shape more inclusive, healing-centered care across the region.

A proud Sacramento native, devoted wife of 26 years, loving mom of five, and joyful grandmother, Rexanne's advocacy is as personal as it is powerful. She is breaking generational cycles of trauma and helping create a future where healing is possible, voices are heard, and no one walks their journey alone.