

# Kristyn Vinkemeier



I have been a Support Planner with AB&B Services since early 2015, where I am committed to helping individuals and families navigate services, build on their strengths, and create plans that support independence and quality of life. I graduated from Minnesota State University, Mankato in 2010 with a Bachelor's degree in Social Work and have maintained my Social Work licensure since then.

With more than 15 years of experience in the field, I've had the opportunity to work in a variety of roles that have shaped my approach and deepened my understanding of person-centered support.



My background includes over a decade as a county case manager, where I helped individuals and families access needed resources and coordinated services across multiple systems. I have also worked as a family facilitator, supporting family dynamics and goal-setting; as a direct support professional, providing hands-on care and skill-building; and as a supervisor for both group home and in-home services, ensuring high-quality support and mentoring staff. These experiences have given me a well-rounded perspective on the challenges individuals and families face, as well as the strengths they bring to their journeys. I value building meaningful relationships, advocating for clients, and promoting collaborative planning that truly reflects each person's goals and preferences.

When I'm not working, I enjoy spending time with my husband and our three children. I'm passionate about volleyball and love both playing and coaching. I also enjoy hiking, staying active at the gym, and unwinding with a good book.