



LA ROCHE UNIVERSITY
2021 DISTINGUISHED ALUMNI CIRCLE AWARD RECIPIENT



Sara Makin '13, M.S.Ed., LPC, NCC

Founder/CEO

Makin Wellness

Since establishing Makin Wellness in 2017, Sara Makin '13 has led the company to its position as Pennsylvania's fastest growing and women owned tele-mental health company achieving rapid expansion and mental health utilization.

Under her leadership Makin Wellness has successfully shaped the mental health market and mental health transformation by executing its mission of helping millions of people heal and become happy again. The company specializes in online mental health, addiction and relationship therapy.

Mrs. Makin previously worked as a research associate at Duquesne University. Her career evolved to clinical practice when she became a professional counselor at Resources for Human Development.

A graduate of La Roche University's psychology program, Ms. Makin said, "La Roche prepared me to be a founder and CEO by teaching me the importance of academics, faith and athleticism. I was in an environment where students were disciplined and focused—two characteristics vital to success. I was inspired by classmates, teammates and professors."

Ms. Makin obtained a Master of Science in clinical mental health counseling from Duquesne University in 2015. She is a member of the University's Alumni Advisory Board.

"I love giving back and supporting causes that promote mental health, health care and entrepreneurship," she said. "I have always believed in adding value to society, and doing that through philanthropy is extremely important to me."

