

## Partnership With Applied Therapies and Wellness

We are pleased to announce that Glendale-River Hills has formed a partnership with a mental health provider: Applied Therapies and Wellness. Applied Therapies and Wellness will be staffing each building with a licensed therapist one full day per week. If you are interested in utilizing this resource for your child, contact Applied Therapies and Wellness in the following ways:

1. Email: [appointment@appliedtherapiesandwellness.com](mailto:appointment@appliedtherapiesandwellness.com)
2. If it's easier to call than email, you can connect at the following number: (414) 302-1233 Ext. 106

### Parkway Elementary

Sarah Clubb will be joining Parkway on Tuesdays.



Sarah is a Certified Advanced Practice Social Worker who completed her internship at Applied Therapies and Wellness Center, S.C., in 2021. She graduated with her bachelor's degree and master's degree in social work from the University of Wisconsin-Whitewater.

Sarah has experience providing therapy to children 4 years old and older, adolescents, adults, and families. She has previous experience working as a case manager with adolescents and adults. Sarah believes the incorporation of family dynamics, culture, and life experiences are essential for every therapy session.

Sarah incorporates therapeutic techniques of Cognitive Behavioral Therapy (CBT), Client-Centered Therapy, and Play Therapy techniques as well as Trauma-Informed Care. The techniques she incorporates are adapted to the needs of each client and family she works with.

### Glen Hills Middle School

Ashley Koehler will be joining Glen Hills on Tuesdays.



Ashley is a Certified Advanced Practice Social Worker who completed her graduate-level internship at Applied Therapies and Wellness Center, S. C. in 2021. Prior to this, Ashley graduated with her undergraduate degree in Social Work, with an emphasis in Child Welfare, and minor degrees in Psychology and Human Development in 2015 from the University of Wisconsin-Green Bay. Ashley earned her Master's Degree in Social Work with an emphasis on working

with children and families, alongside certification for Trauma Informed Care from the University of Wisconsin-Milwaukee in 2021. Ashley works with clients of all ages and diversities in a therapeutic setting.

Ashley has over 8 years of experience working with children and families in a professional setting. She has a great interest and passion for working with children, adults, and families who have had the unfortunate experience of trauma in their lives as well as with the LGBTQ community.

Ashley's therapeutic approaches are Cognitive Behavioral Therapy (CBT), Strength-Based Therapy Techniques, Play Therapy Techniques, Mindfulness Training Techniques, and Client Centered Techniques. Each treatment plan is carefully created to meet each client's needs with attainable goals.