



Tamara Schimmel

CCS/CLTS Provider

Paraprofessional

Traveling from Chippewa County



About Me

I am a compassionate and dedicated provider committed to helping individuals navigate life's challenges and move toward stability, healing, and real, lasting change. I take a holistic, person-centered approach—meeting people exactly where they are, without judgment, and walking alongside them as they work toward their goals.

I believe in building genuine, trusting relationships and creating a space where people feel safe to be honest about what they are facing. My approach combines practical support, emotional guidance, and grounded tools to help individuals work through challenges related to mental health, substance use, trauma, and life transitions. I am especially passionate about helping people get to the root of what they are going through—not just managing symptoms, but creating meaningful, sustainable growth. I honor both the struggle and the progress, and I stand firmly in the belief that people can rebuild their lives, one step at a time.

Lived Experience (Specialty Area)

Substance use disorder, wide range of trauma, domestic violence, anxiety, suicide ideation, profound grief—including the loss of loved ones due to illness, addiction, and suicide. Reiki Practitioner, a trained Shaman, and herbalism.

CCS Service Arrays

ISDE

Psychoeducation

Wellness and Recovery

CCS Counties

Buffalo, Burnett, Chippewa, Dunn, Pepin,
Pierce, Polk, Rusk, Washburn

CLTS Service Arrays

Daily Living Skills Training

Family/Unpaid Caregiver Support
(Caregiver Support and Workshop)

Mentoring

Participant & Family Directed Goods and
Services

Personal Supports

Health and Wellness (Reiki Practitioner)

CLTS Counties

Barron, Buffalo, Chippewa, Dunn, Eau
Claire, Pepin, Pierce, Polk, Rusk, St
Croix, Taylor, Washburn

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