



TAMARA SCHIMMEL

Provider
Paraprofessional
Traveling from Chippewa County



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
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**

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. Single parenting (3 girls!) and navigating complex relationships.

Favorite Past time

Hiking, exploring, spending time near waterfalls, kayaking, camping, working with herbs and using music in all forms as ways to connect to the Earth.

