

CCS Service Arrays

Individual Skill Development and Enhancement

Wellness and Recovery

Psychoeducation

CLTS Service Arrays

Family and Unpaid Caregiver Supports

Empowerment and Self-Determination

Counties Served

Serving clients in Polk, Burnett, Dunn,

Barron, St. Croix, and Washburn Counties.

Speciality Areas

Working with At-Risk Youth

Parent Coaching

Life Skills and Coping Strategies

Outdoorsmanship



Provider (Bachelor)

Hey there, my name is Amy! Life has led me to many different careers and experiences, but I always seem to come back to helping kiddos and families in my community. I've worn a few different hats in my career - from Marketing Director, to Intensive Supervision Worker for Youth, to Barn Manager, to Youth Wrangler at a dude ranch, to Aluminum Can Recycler (gross). I understand that life as a teenager OR a parent can be hard, especially when there's no instructions. It comes with an enormous amount of pressure, and that can be overwhelming. I get it. But, here's the thing. I'm a pretty good listener, and maybe I can help you sort it out. We can bounce ideas off one another to get through whatever you're going through.

A little more about me and my favorite things? There's a lot to list, but for one, I love horses. I compete in the sport of eventing - jumping my horses over large objects while galloping at fast speeds. Crazy, right? You could say I'm a little spontaneous and adventurous. I love most sports, boating, backpacking, discovering new things, or simply finding out where a new trail leads. I love being outside, anywhere and in any season. I also love road trips and creating the perfect playlist because I love all kinds of music.

I've been married for 18 years and we have a teenage son. The best part of the day is sitting down and having a meal together – with the TV off, just to check in on everyone, or get on the same page with the week's busy schedule. All three of us pitch in for chores around the house and take care of the animals on our hobby farm. There's something super satisfying about working hard and getting your hands dirty....like baling and stacking hay. Ok, maybe not that.

I understand that life doesn't come with an 'easy' button. It's full of tough decisions, ups and downs, obstacles, mistakes, and bad luck. Been there, for real. But it also can be full of fun, happiness, and finding joy in the simple things. It's just a little harder to find sometimes. Perhaps I can help give you a leg up.

