



# Sam Roeske

## Provider (Bachelor)

Let me introduce myself. My name is Sam Roeske. I was born and raised in Eau Claire, WI. I recently graduated with my Bachelor's degree in psychology at UW -Stout and plan on going back to school to pursue a Master's degree in Clinical Mental Health Counseling. For me formal schooling has never been my favorite. In my personal experience, life has taught me much more than a class ever could. Overcoming and adapting to my own life obstacles is something I have become quite efficient in. My personal obstacles have come in many different forms. These forms have looked like ADHD, Depression, Anxiety, physical injury, and addiction, just to name a few. Given the opportunity, I would not go back and change anything from my past. These things have shaped me into the person I am today. My life's experiences have showed me some of my greatest strengths. My goal is to use my strengths to put my clients on the best possible path for personal growth and development.

I originally graduated from school with a degree in business management. After graduation I quickly realized I was not pursuing the things in life that would make me truly happy. I was pursuing the things that other people had told me would make me happy. After changing my major three times I finally realized that at the end of the day my happiness comes from helping others. The idea of helping others can take on many different forms, whether it looks like helping someone become a part of their local community or helping them achieve their fitness goals. Creating a comprehensive plan of attack is crucial to the development of success. Battles in life come in all different shapes and sizes. They seldom come when we expect them or when we are prepared for them. The battles that we face in life should not have to be fought alone. Providing my clients with the proper tools and skills to win these battles is my top priority.

My personal list of hobbies and interests is quite long. So, I will only give the highlights. I enjoy pretty much everything to do with the outdoors, being immersed in nature is my favorite form of therapy. The outdoors has taught me many different things. Hunting just like life- full of many unexpected twists and turns. This has taught me to focus on things that are within my control and not worry about those things that are out of my control. Some of my other hobbies and interest include: cooking, working out, hiking, fishing, shed hunting, playing sports, and listening to music. Each of these things have taught valuable life lessons that I plan on sharing with my clients. I thank you for taking your time to read my bio. In closing I will leave you with my favorite quote. **Challenges are what make life interesting. Overcoming them is what makes life meaningful.** – Author Unknown

## CCS Service Arrays

Individual Skill Development and Enhancement

Health and Wellness

Psychoeducation

## CLTS Service Arrays

Empowerment and Self-Determination

Daily Living Skills

## Counties Served

St. Croix, Pierce, Polk, Burnett, Pepin, Buffalo

Dunn, Barron, Chippewa, Rusk, Washburn

## Speciality Areas

Skills Instruction for Youth Populations

Lived Experience

Wellness Instruction– Fitness and Strength Training

Outdoor Integration

