

## **FAMILY RESOURCES ASSOCIATES, INC.**

1315 West Main Street  
Watertown, WI 53094  
(920) 261-4100

Fax (920) 261-8801

[www.familyresourcesinc.com](http://www.familyresourcesinc.com)

248 South Wisconsin Drive  
Jefferson, WI 53549  
(920) 541-3706

**Roger Klein** is a licensed clinical and school psychologist providing psychological evaluation, consultations and therapy. His specialties are child and adolescent issues and family therapy. Dr. Klein also does stress management and parenting seminars, and has presented seminars and workshop on stress management at the national, state and local levels. Dr. Klein sees clients in Watertown and Jefferson.

**Vicki Milbrath** is a licensed professional counselor and a master level psychotherapist. Vicki specializes in grief and loss counseling. Other areas of counseling include, but are not limited to, adjustment disorder, depression and anxiety. Vicki counsels individuals, couples, families, adolescents, adults and children. She has training in critical incident stress management. Vicki sees clients in Watertown and Jefferson.

**Rick Brewer** has a doctorate in pastoral care and counseling and is a licensed marriage and family therapist. Dr. Brewer's areas of specialty and interest include marriage and family issues, divorce mediation, gender identity issues, individual and family counseling and spiritual assessments. Rick sees clients in Watertown.

**David Byrne** is a licensed clinical psychologist who provides psychotherapy, psychological assessments and consultations. His specialties include mood disorders, anxiety, sexual/physical trauma, and marriage/relationship issues. He is especially interested in working with children and teenagers in the areas of school-related problems, ADHD, and parent-child conflicts. He is available for events and presentations. He sees clients in Watertown.

**Ryan Parys** is a licensed professional counselor. He specializes in working with children, adolescents, adults and families (including adoptive and foster) in times of crisis, and also with those experiencing symptoms of Asperger's Syndrome, reactive-attachment disorder, depression, anxiety, adjustment and mood disorders, relationship issues, parenting stressors, abuse, addiction, anger control, and career counseling. Ryan sees clients in Watertown and Jefferson.

**Carol Erdman** is a master's level licensed clinical social worker and certified substance abuse counselor. She specializes in AODA, eating disorders, posttraumatic stress disorder and survivors of abuse. Carol sees the potential that anyone can change and that sometimes that process is uncomfortable, but together, whether individually, in families and/or in groups change is possible. Carol sees clients in Watertown and Jefferson.

**Amy Middleton** is a licensed clinical social worker, masters level psychotherapist, and clinical hypnotherapist. She has experience working with children, adolescents, adults, families and couples. She works with a variety of issues, some of which include mood disorders, stress management, parenting problems, adjustment issues, grief, anger, self-esteem, communication skills, assertiveness, and divorce. She has experience in divorce mediation, and extensive experience and training in hypnosis. Amy sees clients in Watertown.

**Leslie Ofner** is a licensed clinical social worker and masters level psychotherapist. She has many years experience working with adults and children of all ages. Leslie works with a variety of issues including anxiety, mood disorders, trauma, coping with life stressors, behavioral challenges, school problems and many more. She sees clients in Watertown.

**Michelle Leverage** is a master's level licensed professional counselor who specializes in counseling school aged children, military families, adults with medical conditions, and caregivers. She has over 20 years of experience working in residential group homes, elementary, middle and high schools, oncology, reproductive and behavioral health clinics. Michelle works with individuals, couples, families and groups for problems with school, work, parenting, relationships, personal loss, and transitions. Areas of expertise include addictions, ADD/ADHD, adjustments, anxiety, dementias, depression, grief and loss, insomnia, and PTSD. She sees clients in Watertown and Jefferson.

**Karilin Bare** is a Master's level licensed professional counselor offering services in the mental health field to individuals age 3 to 100, and families. Kari specializes in trauma related mental health issues including emotional, physical and sexual abuse, and anxiety and depression related disorders. Kari is also a licensed substance abuse counselor providing individual and group counseling to individuals struggling with any substance use disorder. Kari sees individuals in both Watertown and Jefferson.

**Teresa Grimes** PA-C provides medication evaluation and management services to adolescents and adults. Teresa is under the direct supervision of psychiatrist Jeffrey Junig. She has extensive medical experience in outpatient, emergency room, and inpatient settings. From 2001-2015 she assumed primary responsibility for the care of Dr. Turke's patients with mental health concerns. She has spent over one thousand hours in study, attending Harvard psychiatry education seminars and working with area psychiatrists to gain additional expertise in the field. She sees clients in Watertown and Jefferson.

**OVER**

**Amanda Donath** is a master's level licensed professional counselor. She is currently working to pursue her doctoral degree in clinical psychology. She has previously worked with The Division of Vocational Rehabilitation (DVR) assisting individuals and families experiencing disability, as well as providing services for individuals undergoing cancer treatment and mental health needs at Mercy Health Systems. Amanda has a passion for working with individuals who are experiencing disability related difficulties related to physical, mental health diagnosis, intellectual disabilities, or learning disabilities. Amanda provides services for adjustment issues, stress, depression and anxiety for adolescents, adults, and families. Amanda sees clients at Watertown and Jefferson.

**Daniel Mertins** is a master's level Licensed Professional Counselor with special training in depression recovery using the Dr. Nedley Depression Recovery Program. Other areas of special interest include improving frontal lobe using lifestyle, exercise, cognitive behavior therapy, and solution focused therapy techniques. Prior to a career in counseling he spent 23 years working as a grower at Eberts' Greenhouse Village. Daniel sees clients in Watertown and Jefferson.

**Courtney Quast** is a master's level professional school counselor who is nationally certified and is a licensed professional counselor. She is also a substance abuse counselor in-training and working toward her certification. Courtney has over 12 years of experience counseling school-aged children and adolescents and has experience working with issues including anxiety, eating disorders, mood disorders, grief, anger, and behavior issues, along with trauma, self-esteem, communication skills, and coping with life stressors. Courtney sees clients in Watertown.

**Jennifer Kwapil** is a master's level counselor working toward her licensure as a professional counselor. She sees clients with a variety of issues including depression, anxiety, work/school issues, and relationship issues. Jenny sees clients **without insurance** in Watertown.

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