

### **Here are a list of insurance we accept:**

Aetna  
Anthem Blue Cross Blue Shield  
SSM / Dean Health / Medica  
Group Health Cooperative (GHC)  
Quartz  
Humana / TricareWest  
UnitedHealthCare (UHC)  
Operating Engineers Local 139  
UMR  
WPS

#### *Medicaid / Forward Health and Medicaid HMOS plans*

Anthem BlueCross BlueShield  
GHC  
Independent Care Health Plan (iCare)  
MHS Health Wisconsin (WellCare)  
Molina Healthcare (formerly My Choice Wisconsin)  
Network Health Plan  
Quartz  
Security Health Plan of Wisconsin  
UnitedHealthcare Community Plan  
Katie Beckett

#### *Medicare and Medicare HMO plans*

Aetna  
Anthem Blue Cross and Blue Shield  
Aspirus Health Plan  
Dean Advantage  
Humana  
Independent Care Health Plan  
Molina Healthcare  
Network Health Medicare Advantage Plans  
Quartz Medicare Advantage  
Security Health Plan of Wisconsin



### Our Contact Information

Address: 3185 Deer Point Drive, Suite A  
Stoughton, WI 53589  
Call or Text: 608-873-7838  
Fax: 877-674-2177  
Website: www.oceanhawk.net

### OceanHawk Support Staff

Kelly Daute: Patient & Practice Coordinator  
Chelsea Miller: Billing & Patient Finance  
Trista Tracey: Records Requests &  
Alternatives Coordinator  
Samantha Hwang-Loitz: Office Manager &  
Intake Coordinator  
Matt Felgus, MD, Medical Director

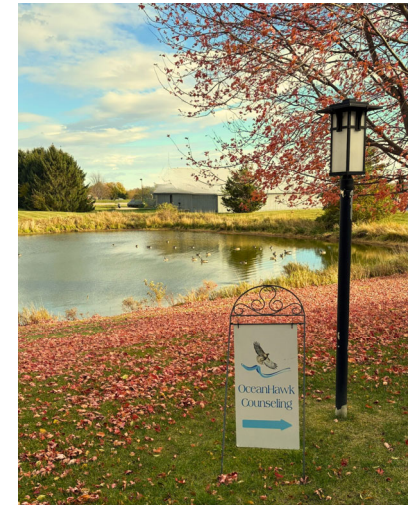
### Resources

Suicide Prevention Hotline: 800-273-8255  
Veterans Suicide Hotline: 800-273-8255  
Domestic Violence Hotline: 800-799-7233

### **Hello from our Garden!**



### **Outpatient Mental Health and Substance Use Disorder Services** *Licensed by the State of Wisconsin*



We at OceanHawk Counseling:  
Provide a wide range of confidential services to address a diverse variety of concerns. We strive to serve all individuals, couples, and families of all backgrounds. We are committed to the kind of quality care that respects and considers the whole individual. We attend to the ways in which our clients' physical, spiritual, family, and relationship concerns affect their emotional and mental well-being.

## Our Providers

### Jean Daute, MS, LPC, CSAC, MAC, ICS, Clinical Director

Jean has worked in the substance abuse and mental health fields for over 30 year and has extensive experience working with individuals, couples and families. She has specialized with working with the LGBTQI population and individuals who have experienced trauma, especially First Responders. Jean is trained in EMDR and Brainspotting as well as addiction and it's impact on the family. Jean feels that developing the relationship with a client happens through listening, meeting the client where they are and truly being present.

### Carrie Stewart, MS, LPC, CSAC, CCTP

Carrie's experience includes providing individual, couples and group therapy for adults and adolescents. Carrie specializes in treating mental health issues such as depression and anxiety, substance/behavioral addictions, relationship issues and trauma. She is also a Brainspotting Practitioner. Carrie helps clients to live happy and productive lives as one of our virtual-only providers.

### Lynn Grenie-Poirier, MSW, APSW

Lynn is an Advanced Practice Social Worker licensed by the State of Wisconsin. She appreciates the uniqueness of every individual and works with clients to recognize their strengths and potential for change through collaboration. Lynn is trained in Cultural Competence, Trauma-Informed Care, and Suicide Prevention. She works with those of all ages from children to adults, and her practice comes from a place of empathy, compassion, respect, and understanding. Lynn believes building a trusting and nonjudgmental relationship is essential, and she is here to support clients on their journey of hope, healing, and happiness!

### Melony Walsh, MS, LPC

Melony is a Licensed Professional Counselor with 9+ years in psychotherapy. Melony provides a safe, supportive space where clients can grow at their own pace. Her approach is warm, collaborative, and holistic—treating the whole person: mind, body, and spirit. She draws from evidence-based practices including CBT, DBT, ACT, Brainspotting (Level III), mindfulness, and solution-focused therapy. She works with all age groups as well as couples and families, addressing concerns such as anxiety, depression, trauma, addiction, grief, life transitions, and relationship challenges. A former military spouse and committed LGBTQIA+ ally, Melony is passionate about serving diverse populations with compassion and respect.

## Our Providers Continued

### Krystal Webb, MA, LPC-IT

Krystal believes in an approach that lifts up each individual, couple, and family unit in the pursuit of overall well-being. She aims to provide a space that is nonjudgmental, open, and safe, in order for each client to have a space that is completely their own. Krystal loves to work with those that are neurodivergent in both children and adults, as well as those going through life transition. She utilizes a strengths-based, person-centered approach in order to meet every individual where they are and encourage them to be in charge of that journey, in which she feels deeply honored to be a part of!

### Leslie Ehlers, MA, LPC-IT

Leslie's goal is to create a safe, non-judgmental space where clients can explore their challenges and build the skills necessary to lead a more fulfilling life. She is an LGBTQIA+ ally, and wants to make every person feel heard, seen and valued. Leslie pulls from a range of therapies, including but not limited to Cognitive Behavioral Therapy, EMDR, Mindfulness, Dialectical Behavior Therapy, tailoring the approach to meet each client's unique needs. She works with children, adolescents, adults, families and couples. Whether you're looking to work through anxiety, process trauma, depression or just need extra tools to help with everyday life, Leslie understands therapy is a journey and trust takes time. She strives to meet clients where they are in their therapeutic path.

## Holistic Alternative

### Keri Austin:

#### Licensed Massage Therapist, Reiki Master

Keri graduated from TIBIA Massage School in Madison, where she earned her certification as a Licensed Massage Therapist. Meeting others in the field opened Keri up to all kinds of modalities in natural healing. Keri took addition training to become a Reiki Master, studied intuitive energy work and the extraordinary healing benefits of Essentials Oils. Keri feels she has found her life calling and absolutely loves what she does!!



## We can help with:

- ☞ Trauma
- ☞ Grief Work
- ☞ Alcohol, Substance Use, and other addictions
- ☞ Stress Management
- ☞ Anger Management
- ☞ Life Transitions
- ☞ Mood Disorders
- ☞ Eating Disorders
- ☞ Autism & Intellectual Disabilities
- ☞ Obsessive-Compulsive Disorder (OCD)
- ☞ Attention Deficit Disorder (ADHD)
- ☞ Oppositional Defiance Disorder (ODD)
- ☞ Child & Adolescent Behavior Problems
- ☞ Divorce & Step Family Adjustment
- ☞ Family/Domestic Violence
- ☞ Sexual Abuse
- ☞ Parent & Child Relationships
- ☞ Couples & Family Work
- ☞ Concerns of Seniors Adults
- ☞ Women & Men Issues
- ☞ Transgender & Gender Identity
- ☞ LGBTQI individuals, Couples, Friends & Families

## We offer:

### **Our Animal Assisted Therapy Bunnys, Sparrow & Jonah!**



- ☞ Counseling for individuals, couples, and families
- ☞ SUD (Substance Use Disorder) Assessments
- ☞ EMDR and Brainspotting
- ☞ Approved provider for Dane County's Clinical Assessment Unit (OWI) and Rock County's Impaired Driver Program
- ☞ Approved provider for Employee Assistance Programs (City of Madison, AllOneHealth, Optum, Acentra, Empathia, Humana, Uprise)