

We can help with

- ⊗ LGBTQI individuals, couples, friends & families
- ⊗ Child & adolescent behavior problems
- ⊗ Issues of special concern to Women
- ⊗ Divorce & step family adjustment
- ⊗ Obsessive-compulsive disorder
- ⊗ Adult children of alcoholics
- ⊗ Parent- child relationships
- ⊗ Attention Deficit Disorder
- ⊗ Family/domestic violence
- ⊗ Concerns of older adults
- ⊗ Sexual abuse & incest
- ⊗ Anxiety & Depression
- ⊗ Alcohol & drug abuse
- ⊗ Couples and families
- ⊗ Anger management
- ⊗ Stress management
- ⊗ Impulse disorders
- ⊗ Eating disorders
- ⊗ Life transitions
- ⊗ Men's issues
- ⊗ Grief work
- ⊗ Trauma



Meet Sparrow and Leo, our therapy bunnies!

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!!



OceanHawk Counseling Alternatives

A few insurances we accept



3185 Deer Point Drive, Suite A
Stoughton, WI 53589
Phone: 608-873-7838
Fax: 877-674-2177
TEXT: 608-873-7838



appointments@oceanhawk.net
www.oceanhawk.net

OceanHawk Support Staff

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

OceanHawk Counseling Alternatives

Outpatient
Mental Health
and
Substance Use Disorder
Services



Licensed by the State of Wisconsin

At OceanHawk Counseling Alternatives, LLC. we are committed to the kind of quality care that respects and considers the whole person. 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 years. She is semi-retired from counseling but continues to be an Adjunct Instructor at Concordia University, helps Stoughton Hospital with patients coming in for detox. She also supervises new counselors in getting their post graduate hours.

Angie Rademaker, MS, LPC, SUD

Angie believes in the process of recovery and enjoys helping clients to live their lives to the fullest. Her focus in treatment is on trauma, relationships, family systems, and alcohol and drug recovery. She sees school aged children, adolescents, and all adults. Angie is trained in Brainspotting.

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.

Kaia Fowler, MS, LPC

Kaia has clinical experience working with children, teens, and adults across the lifespan—including older adults, and neurodivergent people. She provides trauma-informed care from a position of reverence for cultural diversity. A trained Brainspotting practitioner, Kaia supports people living with grief, trauma, pain, illness, depression, anxiety, negative body image, low self-worth, creative blocks, high sensitivity, perfectionism, procrastination, and other concerns as they move beyond coping to flourishing. A music artist, poet, and Reiki Master as well as a psychotherapist, Kaia integrates expressive arts therapy, mindfulness, narrative therapy, somatic experiencing, play, and other holistic approaches based on client preferences. She is also Motivational Interviewing (MI) certified.



OceanHawk Counseling Alternatives

provides a wide range of confidential services to address a variety of personal concerns. OceanHawk Counseling Alternatives, LLC serves individuals, couples, and families of all backgrounds

- ☞ Counseling for individuals, couples, families, and groups
- ☞ SUD (Substance Use Disorder) Assessments
- ☞ Brief Solution-Focused Therapy
- ☞ EMDR & Brainspotting Approach
Approved provider for Dane & Rock County's Impaired Driver Program
- ☞ Employee Assistance Program providers
- ☞ Urine drug screens

Groups

(based on current need - call for updated information)

Adult SUD (Substance Use Disorder) Groups

- ☞ Early intervention
- ☞ Relapse Prevention—8 weeks
- ☞ Intensive Outpatient—12 weeks total



Suicide Prevention Hotline: 800-273-8255

Veterans Suicide Hotline: 800-273-8255

Domestic Violence Hotline: 800-799-7233

See our website for more information

www.oceanhawk.net

Lynn Grenie-Poirier, MSW, APSW

Lynn is an Advanced Practice Social Worker (APSW). She appreciates the uniqueness of every individual and works with clients to recognize their strengths and potential for change. Through collaboration, she assists clients in working through struggles and making positive changes. Lynn uses Motivational Interviewing, Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, and Brief Solution-Focused Therapy modalities in her work. She has been trained in Cultural Competence, Trauma-Informed Care, and Suicide Prevention. Her experience includes working with women with substance use issues and individuals struggling with mental health concerns. Lynn comes from a place of empathy, compassion, respect, and understanding. With a focus on mental wellness, Lynn is here to support you on your journey of hope, healing, and happiness.

Krystal Webb, MA, LPC-IT

Krystal believes in an approach that lifts up each individual, couple, or family unit in the pursuit of overall well-being. She aims to provide a space that is non-judgmental, open, and safe in order for each client to have a space that is completely their own. Krystal also incorporates practices from Emotion Focused Therapy, Cognitive Behavioral Therapy, and Internal Family Systems in her work with clients. She loves to work with those that are neurodivergent (both children and adults), those going through life transitions, couples and family units. With an approach that is empathetic, open, and caring, Krystal looks forward to working with you!

Rikki Garcia, MA, MFT-IT

Rikki is a Marriage and Family Therapist in training who received her degree from The California Institute of Integral Studies. She has worked in community mental health settings serving underrepresented populations exposed to trauma. As a therapist, she uses feminist and liberation-based approach to provide a space where clients can explore the impacts of systemic oppression on the mental health, identity, and well-being. Her therapeutic practice centers on creating an empowering environment for individuals who seek to challenge societal norms and expectations, especially those based on gender, race, class, sexuality, neurodiversities, and other intersecting identities. She has worked with traumatized and/or neurodivergent children and their families. Through this work, Rikki is very passionate about attachment and relational theory, and psycho-education to caregivers. Her work is informed by an understanding that healing is a communal process, and she welcomes clients who are seeking individual, family and child therapy. Rikki hopes to support clients on a journey of self-discovery, healing and reclamation of power in a world that often marginalizes identities.