

EMOTIONAL WELLNESS

FAMILY SERVICE YMCA OUTPATIENT MENTAL HEALTH CLINIC

Your health is important. And overall health includes emotional wellness!

Did you know that the Racine Family YMCA has an outpatient mental health clinic? Family Service of Racine joined the Y in 2020 to become our emotional wellness branch. Located at 420 Seventh Street in Racine, our Family Service YMCA Outpatient Mental Health Clinic offers behavioral, social, emotional and mental health services such as counseling for individuals and families, anger management classes, psychoeducational groups, substance abuse counseling, parenting workshops and educational courses to educate and promote mental health and wellness.

If you are experiencing stress, anxiety, mood changes, are dealing with a physical or emotional health challenge of your own or a loved one, or could use an unbiased person to talk through situations in your life, please contact us. Our licensed therapists want the best for you and will provide confidential counseling to help improve the quality of your emotional life.

We accept most types of insurance coverage and private pay.

We also offer in person and virtual sessions. Please call 262.634.2391 to learn more about our services and to make an appointment. Your better life awaits!

OUR SERVICE FRAMEWORK IN ACTION

EMOTIONAL WELLNESS. Outpatient mental health counseling to address acute or long term issues

PARENTAL RESILIENCE. Programs focused on self-care, physical and mental wellness, skill building classes and workshops

SOCIAL CONNECTIONS. Support groups, family events, community building events, volunteerism

KNOWLEDGE OF PARENTING & CHILD DEVELOPMENT. Education, support, coaching, parent support groups, parent-child interactive activities

CONCRETE SUPPORT IN TIMES OF NEED. Financial assistance/barrier removal, child watch, childcare, learning hubs, counseling, youth mentoring,

SOCIAL & EMOTIONAL COMPETENCE OF CHILDREN. Evidence informed YD programs, parent-child programming, mental and physical wellness.

Our Family Service team



FALL I MEMBER REGISTRATION BEGINS AUGUST 12 • GENERAL REGISTRATION BEGINS AUGUST 15

EMOTIONAL WELLNESS

MEET OUR FAMILY SERVICE TEAM!



Emily Lock, LCSW, Family Service Outpatient Clinic Director and Vice President of Family Development and Wellness. Emily joined the Racine YMCA in April 2021 to revitalize mental health services in the Racine community. She oversees daily operations at the Y's Family Service branch and provides clinical therapist, staff and intern supervision and develops community emotional wellness collaborations throughout Racine County.

Emily has worked in private practice, medical settings and not-for-profit clinics as a social worker in the local community, treating adolescents, young adults and their families for more than 20 years, and has practiced as a licensed clinical social worker and psychotherapist for the past 12 years.

During the therapy process, she assists clients in discovery of their strengths, building support systems and developing healthy lifestyles to set the foundations for life success. She also incorporates clients' spiritual beliefs into the treatment protocol to holistically address their needs. Emily uses a variety of therapeutic modalities to customize treatment approaches for every individual and family she serves.

Emily received her Bachelor of Art in Community Leadership and Development from Alverno College and her Masters Degree in Social Work with emphasis on Children and Families from Loyola University.

Emily has lived in the Racine community for over thirty years, has a young adult daughter who is a talented artist and advocate, a boyfriend who was a good friend for over 20 years before she realized he was the love of her life, and several very eccentric and goofy pets. Emily is grateful to have a career that allows her to treat those in need with dignity, respect and honor.



Brittany Harris, Office Manager. Brittany coordinates schedules for most of our therapists and supervised visitation team. She manages clinic billing and insurance authorizations and coordinates internal and external services that help the clinic thrive and grow.

Before joining the Racine Family YMCA, Brittany worked as a special education assistant in the Cudahy public school district. She has just completed her Master's Degree in Psychology (July 2022). At that time she plans to join the Clinic staff at the Family Service Outpatient Mental Health Clinic as a psychotherapist.



Jennifer Dubey, SAC, Psychotherapist. Jennifer is a State of Wisconsin-licensed Substance Abuse Counselor in the process of transitioning to a Clinical Substance Abuse Counselor. She holds an Associates of Applied Science for a Human Services Associates Degree, and a Certificate for Alcohol and Other Drug Abuse (AODA) from Gateway Technical College. She is also certified in Moral Recognition Therapy (MRT). Her experience in Medication Assisted Treatment counseling inspires her combined approach in using various behavioral therapeutic modalities to provide a "whole patient" approach to the treatment of dual diagnosis and the family systems therapy of treating addiction.



Yolanda Saffold, Psychotherapist. Yolanda received her Bachelor of Arts in Political Science with a Law Concentration and Sociology and Master's of Social Work with Arizona State University. Overcoming adversity and working through trauma related stressors are what drives her to remain resilient and focused on providing therapeutic relief for those aspiring to be free of traumas. Her therapeutic delivery is guided through a person-centered approach rooted in finding solutions to better the mind. In combination with humor, mindfulness, and a strength-based perspective she wants to continue building the bridge of internal and external healing.



Kim Jones, Safe Exchange/Supervised Visitation Worker. Kim has an Associates Degree in Human Services from Gateway Technical College, as well as certifications in Alcohol and Other Drug Use and Child Welfare. Kim is the oldest of four daughters and is therefore used to having to be more objective than subjective, which is of great benefit as a supervised visitation worker. Kim enjoys learning about child development and the different ways they express themselves throughout their development, and this has helped Kim in her success in professional and personal life.



Terri Wallow, Clinical Substance Abuse Counselor. Terri is a State of Wisconsin-licensed Clinical Substance Abuse Counselor with a Bachelor's degree in Psychology, currently working toward her Master's degree in Social Work. She obtained her certifications for alcohol and other drug abuse treatment and in aspects of disability, gerontology and child welfare at Gateway Technical College and Bachelor's degree from Upper Iowa University. She has worked with many dually diagnosed individuals, those who find themselves at halfway houses or within the D.O.C. system, and also those on medication for mental health or addiction. She has worked with clients of all ages and diverse backgrounds, helping those dealing with relationship or family issues or trauma and loss.