



# North Central Health Care

Person centered. Outcome focused.

North Central Health Care's services are continually evolving to meet the changing needs of our community, and are offered in a variety of formats designed to best meet the needs of children, adolescents and adults. We offer programs that provide mental health and substance abuse treatment and support in community, home and workplace settings, in addition to support and care in a school setting for children and adolescents.

## Counseling in Schools — *Program Goals*

- Provide effective, individual mental health and substance abuse services to adolescents in a school setting
- Reduce time students/parents miss from classes or work due to travel to appointments
- Increase accessibility for appointments
- Provide options for appointments at school or North Central Health Care Outpatient Services locations

## *Meet Our Caring Team*

### Carrie Paisar

MA, LPC

Master's Degree in  
Professional Counseling

Licensed Professional  
Counselor

Mental Health/  
Substance Abuse Therapist

Certified in Adolescent  
Mental Health



### Jennifer Jacobson

MSW, LCSW

Master's Degree in  
Social Work

Licensed Clinical  
Social Worker

Mental Health Therapist



### PROFESSIONAL AND PERSONAL BACKGROUND

Carrie received her Master of Arts Degree in 1995 from Central Michigan University. She works easily with both adolescents and adults with mental health and substance abuse issues and their families. She is skilled at behavioral and cognitive behavioral therapy and believes every person has the ability to make positive changes in their life, and at times, people just need a place to sort things out and have someone listen to them. Carrie enjoys working with all age ranges from children to adults. Her areas of specialty with children include behavioral disorders, depression, anxiety, grief and loss, and sexual abuse. She also specializes in treatment for adults with depression, anxiety, grief and loss, and mood disorders. Carrie's past experience in Comprehensive Community Services, allowed her to work with children and families in their home environment to provide therapy and coordinate care.

“I became a counselor and therapist to help people reach their potential and lead happier and healthier lives.”

Carrie believes that working with clients where they are at is important and helping them work toward their own goals. Carrie was born and raised in Upper Michigan, but currently lives in the Wausau area.

### PROFESSIONAL AND PERSONAL BACKGROUND

Receiving her Master of Social Work degree from UW-Milwaukee in 2011, Jennifer Jacobson holds extensive experience working with children, adolescents, and adults with mental health concerns and their families. She is skilled at cognitive and dialectical behavioral therapy, as well as motivational interviewing. Jennifer believes in the intrinsic worth of each person and that we all need support at times in reaching our goals. She enjoys working with all age ranges from children to adults and has a broad range of experience with adolescents and adults. Jennifer's areas of specialty with children include mood and behavioral disorders, self-harming behaviors, and trauma. Jennifer also specializes in treatment for adults with mood or personality disorders, anxiety and trauma. She has experience working with adolescents in a residential setting as well as working with a range of ages through community treatment.

“I became a therapist to assist others in improving the quality of their lives.”

Jennifer was born and raised in the Central Wisconsin area and believes in the importance of family and building supportive relationships.

# Meet Our Caring Team

## Russ Schultz

MSW, LCSW

Master's Degree in  
Social Work

Licensed Certified  
Social Worker

Mental Health/  
Substance Abuse  
Therapist



## Ashley Bolling

LPC, SAC

Licensed Professional  
Counselor

Mental Health/  
Substance Abuse  
Therapist



### PROFESSIONAL AND PERSONAL BACKGROUND

Receiving his Master's degree in Social Work from UW-Green Bay in 2006, Russ Schultz has experience working with children, adolescents, adults and families experiencing mental health and substance abuse problems. He is skilled at behavioral and cognitive behavioral therapy and believes the role of a therapist is to help people make positive changes to become happy, healthy, and successful. Russ enjoys working with children ages 12 and older, as well as adults of all ages. His areas of specialty with teenagers include oppositional defiant and conduct disorders. Russ also specializes in treatment for adults with depression, anxiety, and substance abuse disorders, as well as couples and family counseling.

“I became a therapist to help people reach their full potential and cope with the difficulties of this complex world.”

Russ was raised on a dairy farm in rural, central Wisconsin and upholds Christian values.

### PROFESSIONAL AND PERSONAL BACKGROUND

Ashley received her Master's degree in Community Mental Health from Southern New Hampshire University in 2010. She holds extensive experience working with children, adolescents, and adults with mental health and substance abuse concerns and their families. Ashley is skilled at cognitive behavioral therapy and solution focused treatment. She believes in meeting the client where they are currently at in their life and supporting them to reach their goals. Ashley enjoys working with all age ranges from children to adults. She has a broad range of experience working with adolescents and adults. Ashley's areas of specialty with children include behavioral disorders, depression, anxiety, and sexual abuse. She also specializes in treatment for adults with trauma history, depression, anxiety, and parenting concerns. Ashley has experience and has offered programming in a childcare setting and juvenile detention center along with helping women who have experienced relationship violence.

“I became a therapist to assist others in working through life stressors to improve their outlook on life.”

Ashley is a mother and a wife. She currently resides in the Merrill community, and fully understands the everyday challenges of raising a family.

## CONFIDENTIAL AND PROFESSIONAL CARE OPTIONS FOR ALL AGES

**CONFIDENTIAL** All information discussed with our licensed professional counselors and therapists is confidential and will not be shared with the school district, regardless of appointment location.

**PROFESSIONAL** All scheduling, appointments and coverage is handled directly through the North Central Health Care Outpatient Services. We are happy to answer any questions you may have. Please call us directly at **715.848.4356**.

If you would like to speak to someone about care options, would like more information, or want to schedule an appointment, please call **715.848.4356**

[www.norcen.org](http://www.norcen.org)

**Wausau Campus**  
1100 Lake View Drive  
Wausau, Wisconsin 54403  
715.848.4600

**Merrill Center**  
607 N. Sales Street, Ste. 309  
Merrill, Wisconsin 54452  
715.536.9482

**Antigo Center**  
1225 Langlade Road  
Antigo, Wisconsin 54409  
715.627.6694