



Mission

Empower individuals to live healthy purpose-filled lives on their terms

Vision

To engage individuals, families, and communities in personalized whole self-care based on a boundless belief in personal potential

Values

unyielding empowerment
relentless resiliency
inspirational integrity
active accountability
radical respect



School-Based
Therapy

Contact Us:

Phone: 641-424-2391

Fax: 641-424-0783

www.prairieridge.net

Send Referrals to:

schooltelehealth@prairieridge.net



Prairie Ridge is now offering telehealth therapy and psychiatric services for your child while they are in school! We understand the difficulties that come with trying to balance work and school attendance while trying to access mental health services for your child. Let us bring you some convenience and peace of mind that your child's mental health is being cared for by professional and well trained staff.

What We Offer

Therapy Services

Pam Sahota is a licensed Mental Health Counselor for the state of Iowa, National Certified Counselor, Anger Management Specialist, and EMDR Trained. She is currently a candidate for her ED.D in Traumatology.

Raymond Bryant is a licensed Master Social Worker, specialized in child and adolescent therapy, adept at employing cognitive behavioral and solution-focused techniques to empower individuals and facilitate growth.

Psychiatry

Dr. Rashmi Williams specializes in child and adolescent psychiatric care and has a particular interest in treating those in underserved communities. Her clinical interests include treatment and support for autism spectrum disorder, LGBTQIA+ health, PTSD/trauma, anxiety and depression.

Service Navigation

Brooke Lowrey is committed to staying connected to you and your child throughout the process to ensure seamless care. She can also assist by connecting you, your family, and school staff to resources within the community.

