



# 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



## Contact Us:

Phone: 641-424-2391  
Fax: 641-424-0783  
[www.prairieridge.net](http://www.prairieridge.net)

Send Referrals to:  
[schooltelehealth@prairieridge.net](mailto: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.

