

FOR IMMEDIATE RELEASE

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SAMARACARE WELCOMES NEW CLINICAL STAFF

Naperville, IL, September 23, 2022 –SamaraCare is pleased to announce new additions to our clinical team as we continue to expand our counseling, psychiatric and autism services.

Psychiatry

Dr. Ishaq (Isaac) Lachin, MD completed both his general psychiatry residency training and a fellowship in child and adolescent psychiatry at the University of Chicago Medical Center. He is board certified and has received multiple awards from both the American Academy and Illinois Council of Child and Adolescent Psychiatry. Dr. Lachin collaborates with clients to create individualized treatment plans which use medication interventions and therapeutic techniques.

Counseling

Megan Fell is a Licensed Professional Counselor. She received her bachelor's in Psychology and a Masters in Counseling from Northern Illinois University. She is becoming a board-certified trauma professional. Megan uses a holistic approach, which includes considering her clients' upbringing, cultural background and spiritual identity. She has specialized training in work related to sexual, physical verbal and/or psychological abuse.

Dr. Stephanie Griswold is a Licensed Clinical Psychologist with over ten years of experience in both community mental health and college counseling settings. She is an expert in working with children and adolescents who are coping with trauma or grief. She's also passionate about helping women with health issues related to pregnancy and/or postpartum concerns.

Natalie Potts is a Licensed Clinical Social Worker who brings experience from a variety of settings, including casework with Adult Protective Services and counseling at a psychosocial rehabilitation center. Natalie works with adults and seniors on issues including: aging/caregiving anxiety, life transitions, grief/loss, panic disorders, depression, trauma and abuse recovery.

Emily Renn is a Licensed Professional and Certified Rehabilitation Counselor. She received her bachelor's from Loyola University in Chicago as well as an MA in Counseling and MS in Sport and Human Performance. Emily uses a holistic perspective, honoring her clients' unique identities. Her clinical interests include: depression, anxiety, life transitions, relationship issues, identity, and those with disabilities. Emily enjoys challenging her clients to develop new perspectives on their lives.

Judy Shumicki is a Licensed Clinical Professional Counselor with over 18 years of experience. She has worked with patients with diverse diagnoses in numerous hospitals including inpatient and outpatient psychiatric units. She builds a rapport with clients and together they set goals for a customized treatment plan. Judy uses emotion regulation and mindfulness skills to incorporate a balance of mind and body healing. She is a certified mediator which can be helpful during couples therapy.

Interns

Marissa Bolles has a bachelor's degree in Psychology from Ohio State University and will complete her master's in social work from there in early 2023. She is a registered behavior technician in ABA therapy, working closely with children on the autism spectrum and their families. Marissa believes in individualized, client-centered, evidence-based care for her clients. She values a holistic approach looking at all areas of her clients lives to enhance their wellbeing.

Sonia Mistry has a bachelor's in Economics and International Studies from the University of Michigan. She is pursuing a master's degree in Social Work at Loyola University Chicago and will graduate this spring as a Licensed Social Worker. Raised in a Buddhist family, she enjoys exploring the intersection of spirituality and psychotherapy. Sonia believes every person has a valuable set of strengths and enjoys helping people uncover their purpose and inspirations in life

For more information about clinical staff visit samaracarecounseling.org.

To schedule an appointment please call Karen Markley, Clinical Operations Coordinator, at 630-357-2456. For psychiatry and autism services, SamaraCare accepts only Blue Cross Blue Shield PPO health insurance. Fee subsidy assistance is currently available only for counseling services.

About SamaraCare

Founded over 50 years ago, SamaraCare is a non-profit, outpatient behavioral health provider operating in six Chicagoland counties. It provides high quality psychological counseling, psychotherapy and psychiatric care to diverse populations including individuals, couples and families from varied financial means. SamaraCare offers customized mental health educational/wellness programming to increase community understanding and continue to decrease the stigma associated with mental health issues.