

Jade South

LCSW

Counselor III



Profile

As a therapist who specializes in trauma informed and trauma focused treatment, I am passionate about how trauma impacts the body and brain. ADHD with women & girls, self-esteem, body positivity, and how the brain works.

I use a client centered and eclectic approach, knowing that you are the expert of your own life and experiences.

I believe that our brain, emotions, and body are all intertwined and impact each other, and so I use a holistic approach, viewing you as a whole person, not just your thoughts or emotions.

"I hope to help you identify negative beliefs that are holding you back, express your thoughts and emotions, and learn how to move forward to become the best "you" you can be."

Justin Asbury

Counselor I
Veterans Service
Coordinator



Profile



I am a counselor who assists local veterans with finding the help they need within the VA and counseling some veterans myself.

My background in the military comes from me being in the Illinois Army National Guard for the past 9 years, 4 of which I have had the honor of being a leader as an Officer in the Army. I believe this background will help me to better understand our local veterans and hopefully help me to better assist our veterans.

Additionally I have completed my practicum and internship here at Comwell. I shadowed a variety of our amazing staff here, most of my time was spent with Mandy Sullivan who taught me so much about behaviors and working with kids in our local school system.



I have also started a men's group with 4 of our wonderful DD/ID clients here at the Red Bud campus. We dive deep into their issues at home, work or whatever is going on that week in their lives and we find ways to cope with these feelings or overcome some obstacles. I am very excited to be a part of such an amazing group of men!

Isabelle Hamilton

M.A., QMHP
Counselor II:
School Based
Counselor



Profile

I am a school-based counselor and couples' therapist.

I am currently working in Marissa schools doing primarily child and family therapy

My background in Child and Family Science and Marriage and Family Therapy caters to working with children, couples, and families. I operate from a whole person perspective and believe that an individual's relationships and environment play a big part in their overall health.

I use a client-centered approach, working with what the client needs and relates to best. When working with families and couples, I pull from Gottman, Emotionally Focused Therapy, CBT, Strategic, and Structural Family Therapy. I love watching the growth in my clients and seeing them reach their goals and better understand themselves and their emotions.

I love building a relationship with my clients and having FUN! I often use *play* as a means to help promote social skills, empathy, emotion processing and expression, boundaries, and more

"I am a Randolph county local and am excited to be serving in my community and supporting the next generation! I spend my free time with family, baking, or my two dogs Winston and Archie!"

Shyla Bougor

(she, her, hers)

MA, LPC

Counselor II

Co-Occurring



Profile



I am a co-occurring mental health and substance use counselor working out of our Red Bud office. I am a Licensed Professional Counselor with a double Bachelor's in Psychology and criminal justice, as well as, a Master's in clinical mental health counseling.

I am well versed in Dialectical Behavioral Therapy, Moral Reconation Therapy, Motivational Interviewing, Trauma-Informed Care, and Cognitive Behavioral Therapy.

Utilizing a client-centered approach, I am passionate about meeting clients where they are at to better develop skills necessary to cope with problems within their lives.

I do not limit my scope of practice to any single demographic, seeing a variety of clients in both mental health and substance use as well as children, adolescents, adults, LGBTQIA+ population, etc.

Additionally, I have experience working with various issues including but not limited to mood disorders; trauma, grief, and loss; gender dysphoria and transitioning; family stress and functional communication; and neurocognitive disorders including ADHD and autism. I firmly believe in expanding my skill set and knowledge to best provide services to my entire client population.

Counseling can be a very vulnerable, unique experience, and I prioritize establishing a strong therapeutic relationship to ensure clients are comfortable throughout the amazing journey that counseling is.