



MEET A RED OAK THERAPIST

RED OAK THERAPIST CREATES SAFE AND AFFIRMING ENVIRONMENT

Ashley Anderson says it was serendipitous that she ended up working at Woodridge High School with Red Oak. Ashley began volunteering with children with special needs when she was in fourth grade, and continued her work with children with Autism as a college student. When she graduated, she began work as a behavior specialist, but realized that rather than just addressing the behavior that children were exhibiting, she wanted to be able to ask 'Why?'

She decided to go back to school to receive her MSW. During her graduate studies in 2014, she got involved with the Coalition for Children's Mental Health, where she serves as president on the board of directors. All of this eventually led her to Red Oak in 2018, where she ended up in the Woodridge City Schools in 2019. Ashley said, "It was a serendipitous event as it brought me not just to Red Oak, but also to Woodridge, which I love and is like a family. It brought me best friends, and it brought me some of the best clients that I will never forget for a lifetime."

When asked about why she chooses to work with teens, Ashley explains that when she was working



ASHLEY ANDERSON, LSW, MSW

Red Oak Therapist at
Woodridge High School

with adults, she found that she was often working through issues that began in childhood, and realized that she wanted to be able to address the root of the issue before it grew into further issues. She is passionate about taking a creative approach while also grounding her work in evidence-based practices that capitalize on her clients' strengths.

When you step out of the busy school hallway into Ashley's office, you immediately feel a sense of calm. She has created a cozy and intimate space with soft lighting and inspirational quotes such as "Don't look back, you're not going that way" and "All Feelings Are Okay." Her office is a refuge for students, and a small oasis in a busy school day.

On a recent survey a parent said "Ashley is our family hero. We LOVE her. She's helped our daughter in innumerable ways." We look forward to seeing the amazing interventions Ashley thinks up, and the difference she makes for her clients.

Are you interested in accessing Red Oak school-based services for your child? We provide services across 19 school districts in the Greater Akron area. Please call (330) 996-4600 to learn more!