



## **Jena Schildhauer**

### **Owner, Licensed Clinical Social Worker**

Jena Schildhauer, LCSW, graduated from the University of Idaho with a Bachelor's Degree in Psychology and earned her Master's degree in Social Work from Northwest Nazarene University. Jena is the President of the Idaho Juvenile Justice Association (IJJA), a member of the Association for the Treatment of Sexual Abusers (ATSA), and a Senior level certified Juvenile Sexual Offender Treatment Provider (JSOTP).

Jena has over 15 years of experience working with children and their families to address behavioral and mental health concerns. Jena has worked in a variety of settings including in-patient hospitalization, residential treatment, and community-based counseling.

Jena has worked with children, teens, and young adults who present with several mental health and developmental challenges. She has experience providing a variety of services including building developmental skills, behavior modification, and clinical therapy. Jena has specialized training in working with youth who have experienced trauma, have sexual behavior problems, and are on the Autism Spectrum.

Jena is passionate about helping youth and their families. Her approach is unique, individualized, and effective. She thinks it is important when working with youth to use creative types of therapy that they can relate to, have fun with, and will help them make long-term change.

Jena believes that helping individuals make change requires more than focusing on their mental health and emotional well-being. She loves to step outside of the traditional therapy setting and help youth to connect with friends, family, and activities that they enjoy which is also a crucial part of becoming healthy and happy.

Jena has always had a passion for a healthy and active lifestyle. Jena's husband and her dog, Ike are her adventure buddies and with who she spends most of her time. You will often find Jena exploring the outdoors while camping, running, hiking, or snowshoeing. Jena also loves hot yoga, kickboxing, and running half marathons. During downtime, Jena can be found meeting a friend for a cup of coffee or cuddled up by the fireplace with a good book.