



Connections Counseling LLC
5005 University Ave, Ste 100, Madison, WI, 53705
Phone # : 608-233-2100, Fax # : 608-233-2101

2021-03-08

Reference:

Patient: Ashley N Weisman PID: 1776

DOB: 1998-05-19

To Whom it May Concern,

My name is Shannon Adamczyk and I'm a clinical therapist at Connections Counseling, LLC. I'm writing this letter on behalf of Ms. Ashley Weisman. Ms. Weisman has been a client of mine at Connections Counseling, LLC since 5/2/2019 when she came in to complete her driver safety plan, through Journey Mental Health Center, as a result of an OWI. I recommended that Ms. Weisman reach a period of sobriety, at least 90 days, away from all substances at that time. Ms. Weisman attended individual sessions weekly to biweekly as well as attended outpatient groups about weekly.

Ms. Weisman has since completed these recommendations successfully, as of 12/19/2019, and reported reaching 95 days of sobriety at that time. Ms. Weisman participated in both an AODA outpatient group and a DBT group to help with her anxiety symptoms and struggles with substance use. Ms. Weisman had UAs that were negative for all substances on the following dates: 10/8/2019, 10/28/2019, and 11/26/2019. After successfully completing these recommendations, Ms. Weisman choose to continue to meet with this Writer for individual counseling sessions in order to continue to reflect on her relationship with alcohol and work on decreasing her anxiety symptoms. Due to reported insurance issues by Ms. Weisman, this Writer hasn't met with Ms. Weisman since 12/8/2020.

While meeting with Ms. Weisman for services, this Writer did notice an increase in motivation to change her life. Ms. Weisman appeared to be trying to find more supportive and healthy friendships and relationships, appeared to be putting in more effort to increase sober hobbies such as kayaking and bowling, and appeared to be trying to hold herself accountable/reflect on substance use.

If you need any additional information regarding Ms. Weisman and/or her successful completion of her driver safety plan recommendations, please don't hesitate to get a hold of me.

Respectfully Submitted,

Shannon Adamczyk, MS, LPC, CSAC

Connections Counseling

608-233-2100 ext. 2040

Provider Signature:
sadamczyk has e-signed.



Shannon Adanczyk
MS, LPC, CSAC

Date : 2021-03-08 13:21:43

(CST)