

Sara Lemke, LCPC, CADC is Revival Therapy's founder and the Clinical Outreach Specialist for Newport Healthcare in both IL and IN. Sara decided in 2020 with the pandemic coupled by social and political unrest that there was a great need for more mental health services in her community.

She decided to leap and start her own counseling practice, Revival Therapy. With over 20 years of experience in the behavioral health industry, Sara is able to provide competent treatment for a multitude of issues that often bring individuals to therapy.

She is a licensed clinical professional counselor, a certified drug and alcohol counselor, as well as, being certified in DBT (dialectical behavior therapy). Her areas of expertise are: depression, anxiety, mood disorders such as bipolar disorder, substance abuse issues, personality disorders, grief, divorce, PTSD, co-dependency, narcissistic abuse recovery, chronic pain and illness and life adjustments/transitions. Her professional career has included working as an Executive Regional Director for a national behavioral health care company, a Clinical Liaison for AMITA Health, a professor for several universities both in IL and CO and an Admissions Director for the Gateway Foundation. In addition, Sara has also been featured as a podcast guest and content expert for the Face of Chicago Business, as well as the Woodstock Independent in multiple articles for topics related to mental health and recovery.

She has a special passion for working with teens and their families. True to Newport Healthcare's and Revival Therapy's mission and vision, Sara believes in authentic connections and compassionate care. Working collaboratively, Sara helps clients to build upon their strengths, tap into their resilience and find new ways to face challenges. Ultimately, leading others to a revived life of contentment, peace, and purpose. She describes this work as more of a calling than a career.