



## **Stuart Palmer, csw**

Boys' Campus Therapist

# Meet Stuart Palmer, CSW— West Ridge Academy Boys' Campus Therapist.

We would like to introduce you to Stuart Palmer, a therapist for the young men here at West Ridge Academy. He is also an assistant to the assistant baseball coach.

Stuart graduated from the University of Utah and holds a master's degree in Social Work.

He is a retired police officer, serving our community for 20 years. While serving the community, Stuart noticed a large gap between those dealing with mental illness and the services that they so desperately need. He worked on the crisis intervention team (CIT) being the first responder to a family in need, regularly dealing with loved ones experiencing issues with mental illness that they were unable to deal with. This became his passion, helping with the invisible wounds of mental illness that we all experience.

Now Stuart has the wonderful opportunity to work with young men and help them discover their own path to happiness. Stuart strongly believes that there is nothing more rewarding than helping a young man discover who he is and what he can become. "They are like butterflies, beautiful to an outside observer and unable to see their own wings." When asked what his new mission in life is now with these young men, Stuart quotes Maya Angelou, "My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor and some style."

Stuart considers himself a life-long learner. The older he gets, the more he learns, and the more he knows he needs to learn.

Stuart is married to a wonderful woman, who holds down the other side of the couch with him. Two daughters, a dog named Rosco and a cat named Nacho. He is a sports enthusiast; and his favorite team is the Utah Jazz, and who ever else he can watch on TV. Stuart's hobbies include photography, hiking and cooking—he makes a mean chicken lasagna.