



Brooke Borchardt, MSW

Brooke Borchardt (she/her) was born and raised in Charlottesville, Virginia. She received a Bachelor of Arts in Social Work in 2022 from Christopher Newport University and a Master's in Social Work from Virginia Commonwealth University in 2023. While in school, Brooke has worked in both inpatient and community-based settings providing services to multiple populations such as Veterans, refugees, and adults diagnosed with severe mental illness. Brooke takes a trauma-informed and person-centered approach to empower and support clients. She incorporates approaches and techniques from a range of treatment modalities including Cognitive Behavioral Therapy, Motivational Interviewing, and a Strengths-based approach. In her free time she enjoys spending time with her two cats, watching tv, and exploring new places.