



OCEACT Annual Statewide Conference 2023 Presenter Bios

OCEACT is proud to present all our conference speakers bios and contact information for the 2023 OCEACT Statewide Conference. The three keynote speakers bios are listed first, followed by workshop and session presenters who are listed in alphabetical order.

Keynote Speakers

Keynote 1

Pat Deegan, PhD

Pat Deegan & Associates, LLC

Patricia.deegan@patdeegan.com

Patricia E. Deegan Ph.D. is a principal with Pat Deegan & Associates. For over 30 years Pat has been a thought leader and disruptive innovator in the field of behavioral health recovery. Pat founded a company run by and for people in recovery. The mission: To safeguard human dignity by bringing individual voice and choice to the center of the clinical care team. Toward this end, she developed the CommonGround Program that includes the award winning CommonGround software, the online Recovery Library, the CommonGround Academy for peers and practitioners, and the Hearing Distressing Voices Simulation. Since 2009, Pat has worked as a consultant helping to develop and evolve the OnTrackNY model for coordinated specialty care teams for young folks experiencing early psychosis. Pat is an activist in the disability rights movement and has lived her own journey of recovery after being diagnosed with schizophrenia as a teenager. She has held a number of academic appointments, has numerous publications, and has carried a message of hope for recovery to audiences around the world. She received her doctorate in clinical psychology from Duquesne University.

Keynote 2

Sherronda Jamerson, MA, CDP

Mental Health Counselor

Harborview Medical Center

Sherronda Jamerson, obtained a master's degree in Clinical Psychology in 2012 from City University College in Seattle, WA, and became certified as a Chemical Dependency Professional in 2007. Her experiences include developing, implementing, and presenting EDI trainings to associations of healthcare professionals, healthcare providers, schools, and community-based organizations. She has also presented at state and national behavioral health conferences on the topics of DEI and Healthcare Equity. She presents with confidence and passion.



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Keynote 3

Kira Mauseth, PhD

Clinical Psychologist

Astrum Health, LLC

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Dr. Kira Mauseth is a practicing clinical psychologist who sees patients at Snohomish Psychology Associates in Everett and Edmonds, WA, is an Associate Teaching Professor at Seattle University and serves as a co-lead for the Behavioral Health Strike Team for the WA State Department of Health. She also owns Astrum Health, LLC, and consults with organizations and educational groups about disaster preparedness, response, and recovery, and resilience building within local communities.

Dr. Mauseth has provided training to community groups and professionals both regionally and abroad in Haiti, Jordan, and recently in Poland as the co-developer of the Health Support Team[®] program. Her work and research focus on disaster behavioral health, resilience, as well as small and large-scale critical incident response and preparation for organizations. She has worked extensively with disaster survivors and refugees and has trained first responders and health care workers throughout Puget Sound the United States, and currently serves in the adult mental health clinical seat on Washington State's Disaster Medical Advisory Committee (DMAC).

Workshop and Breakout Session Speakers (in alphabetical order)

Lydia Bartholow, DNP, PMHNP, CARN-AP

Assistant Professor & Medical Director

UCSF & Central City Concern

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Lydia (she/her) is a doctorally prepared psychiatric nurse practitioner with a specialty in addiction medicine and trauma informed care. She is a medical director at a large FQHC that focuses on houseless health care and, is on faculty at UCSF where she teaches in the psychiatric nurse practitioner program. She speaks nationally on topics such as co-occurring disorders, harm reduction and substance use disorder care system improvement. She focuses all parts of her practice on radical public health, harm reduction and anti-oppression work. Lydia lives in Portland, OR, on Chinook, Kathlamet, Clackamas and Kalapuya land.



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Andrew Benson, BS

OSECE Statewide Trainer
Options for Southern Oregon
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Andrew Benson, B.S., came to the OSECE team in October 2022 as Statewide IPS Trainer and Reviewer. He received his Bachelor's Degree in Psychology and Bible Minor in 2012 from Corban University in Salem. His professional career was spent as a CNA for 10 years along with other recovery focused work as part of his background.

His passion is seeing his clients thrive! He started working at Tillamook Family Counseling Center Summer of 2020 as a Mental Health Peer Specialist. He then transitioned into Supported Employment soon afterward. Helping people learn to thrive at work is his passion, seeing them not just start a new job, but carve out a whole new life journey!

Benjamin Brubaker, QMHA

Crisis Worker/Trainer
Luminescence Counseling and Consulting
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Ben Brubaker has worked in the mental health field for over two decades, having held positions such as: Crisis Worker, Mobile Crisis Worker, Hurricane Katrina Relief Operational Site Coordinator, Day Counselor for youth, AmeriCorps Team Leader, and Direct Care Provider. Ben has dedicated his life to serving individuals from historically marginalized communities. He worked at White Bird Clinic in Eugene for 15 years starting as a Crisis Worker on their 24/7 Crisis Line and Walk-in Center. Later he joined the mobile crisis intervention team (CAHOOTS) as a Crisis Worker, began doing psychedelic harm reduction at festivals with White Bird's Rock Medicine program and providing de-escalation training across the state. Most recently he served as the Co-Executive Director of White Bird Clinic before stepping back to build Subtle Winds Training and Service Center to apply his skill set to psilocybin facilitation.

Jennifer Cassidy, MA

OSECE Statewide Trainer
Options for Southern Oregon
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Jennifer Cassidy, M.A., joined the OSECE team in April, 2019. She spent more than 8 years as a supervisor in Supported Employment and Education services using the IPS model in northern Michigan, after working with vocational rehabilitation and student/youth advisory positions. She has been a Certified Employment Trainer since 2011. She was a special educator for 17 years and facilitated assessment and if applicable, Individual Education Plans for students, as well as creating individualized



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curriculums and skill-based programs. Jennifer has over 30 years of experience working with youth and adults with disabilities and mental illnesses, to overcome barriers in education and employment.

Karen Cellarius, MPA

Director

Portland State University Regional Research Institute Human Services Implementation Lab
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Karen Cellarius, MPA, has spent the past 25 years providing consultation and evaluation of human services and prevention programs. Her expertise includes systems change, suicide prevention, mental health, behavioral health, healthcare integration, and services for marginalized populations, homeless youth, older adults, Veterans and other members of the military. She specializes in developing and implementing tools to assess fidelity to evidence-based and promising practices, using those tools to provide consultation to community partners on system improvements to support their workforce and service recipients. She is currently director of the Portland State University Human Services Implementation Lab and principal investigator on multiple OHA initiatives, including three that have a special focus on older adults: OHA's Comprehensive Suicide Prevention Initiative, Zero Suicide in Health Systems and OPAL (Options for People to Address Loneliness). In addition to OHA, her current project-related partners include the Association of Oregon Community Mental Health Programs (AOCMHP), individual CMHPs and several county mental health departments around the state. She sits on the data and evaluation workgroup of Oregon's Alliance to Prevent Suicide, which is made up of a multidisciplinary team that includes NAMI, Lines for Life, and OHA. Ms. Cellarius has presented at national conferences, provided testimony to the Oregon legislature and prepared research findings into policy reports.

Seema L Clifasefi, PhD, MSW

Co-Founder and Co-President; Associate Professor

Harm Reduction Treatment, Training and Technical Solutions

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Seema L. Clifasefi, PhD, is the co-founder and co-president of Harm Reduction Treatment, Training and Technical Solutions (HaRT3S). She is also an associate professor and co-director of the Harm Reduction Research and Treatment (HaRRT) Center at the University of Washington-Harborview Medical Center. Her research lies at the intersection of substance use, mental health, criminal justice and housing policy. For the past nearly two decades she has been part of several collaborative academic/community-based research partnerships focused on the development and evaluation of individual and community-level harm reduction programs and interventions designed for and with people who have lived experience of homelessness and substance use problems.



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Nirmala Dhar, LCSW, ACSW

Older Adult Behavioral Health Services Coordinator
Oregon Health Authority
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Nirmala Dhar is a licensed clinical social worker with a Master's in Social Work from the Brown School of Social Work, Washington University, St. Louis, Missouri and Bombay University, India. She is mission driven and has a passion to work with the most vulnerable clients, often with cross sector complex care needs. Nirmala has worked for 36 years in all aspects and programs of behavioral health in the public sector in Missouri, New Jersey, and Oregon. She is a senior policy analyst and the Older Adult Behavioral Health Services Coordinator for Oregon Health Authority's Health Systems Division. In this position she is the Older Adult Behavioral Health Initiative Project Director, the PASRR Level II Coordinator and subject matter expert. She is the Project ECHO Geriatric Behavioral Health Champion at OHA. Prior to this position she worked for Clackamas County Behavioral Health for 18 years. This included 10 years as the geriatric mental health specialist for the County.

Kate Gillespie, LCSW,

Clinical Supervisor and Psychotherapist
Luminescence Counseling & Consulting
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Kate is co-founder and Clinical Director of Subtle Winds Training and Transformative Therapy Center. She is a psychotherapist, clinical supervisor, and a training facilitator. Kate's focus is in supporting women, gender diverse humans, and those identifying within the LGBTQ+ community.

Heidi Herinckx, MA

Senior Director of Centers of Excellence
Options for Southern Oregon
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Heidi is the Senior Director for two centers of excellence operated by Options for Southern Oregon, the Oregon Center of Excellence for Assertive Community Treatment (OCEACT) and the Oregon Supported Employment Center for Excellence (OSECE). She has over 30 years of experience in implementation of evidence-based practices and mental health services research. Heidi has worked with a number of mental health and social service agencies in Oregon and Washington with the primary goal of advancing and improving mental health care and community-based services. Heidi's areas of expertise include Assertive Community Treatment, strengths case management, supported employment, the Matrix model for methamphetamine addiction, mental health court and therapeutic jurisprudence, peer providers and person-centered service design.



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Kaellen Hessel-Owens

Manager

Oregon ABLE Savings Plan/Oregon State Treasury

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Kaellen Hessel-Owens educates the public about the benefits of the Oregon ABLE Savings Plan as the Outreach Manager for the Oregon Treasury Savings Network. She also looks for partnerships to expand the program's reach and hunts for ways to improve how the plan serves Oregonians. She previously worked as an award-winning journalist. Kaellen also served on the Statesman's editorial board. She graduated magna cum laude from Marquette University.

Katrina Hopf, PSS

ACT Peer Support Specialist and Certified Personal Medicine Coach

Klamath Basin Behavioral Health

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I completed the training to become a Peer Support Specialist in the fall of 2019. I started working at Klamath Basin Behavioral Health in July of 2020 as the Assertive Community Treatment Peer Support Specialist. I have been in this role since. Since I started my career in mental health, I have obtained credential as a Certified Recovery Mentor, and most recently as a Certified Personal Medicine Coach. I am fortunate to have an amazing team to work with who support me in growing in my role and as an individual with lived experience in overcoming barriers to wellness.

Tina Kilton, CSWA

Clinical Supervisor and Certified Personal Medicine Coach

LifeWorks NW

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Tina Kilton, MSW, CSWA, has been in the mental health field for the past 18 years and has spent the last 3 years on the ACT team. Tina has been the clinical supervisor for the Washington County ACT team for the past 1.5 years, prior to that she was a clinician and then the team lead. Tina received her Master of Social Work from George Fox University and is currently pursuing licensure. Tina is involved with different committees in Washington County to impact changes within the mental health system. Tina is a mental health advocate and volunteers with NAMI. Tina has a commitment to providing integrated care to help individuals achieve their goals. Tina is a lifelong learner and likes to find new ways to improve client care through education and trainings.



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Christina Lindsey, QMHA, PSS

OCEACT Statewide Trainer
Options for Southern Oregon
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Christina graduated from the University of Oregon in 2003, with a BA in Psychology. In 2012, Christina began working with adults diagnosed with mental illness when she was hired as a “Floating Case Manager” for an agency in Arizona. By chance, Christina was placed on an ACT team and has been working in the ACT world ever since. In 2014, Christina started working with one of the Lane County ACT teams as a Peer Support Specialist. Learning the tenants of Peer Support and engaging in the practice helped Christina connect with ACT participants, build relationships, and work with participants to help them meet their personal goals. In 2018, Christina began working with OCEACT, focusing on evidence-based practices such as Health At Every Size, and using supportive and respectful language. Currently, Christina is taking courses to complete pre-requisites for an Occupational Therapy program.

Christina’s pronouns are she/her.

Trevor J. Manthey, LMSW, Ph.D. MINT Member

Consultant and Trainer
Manthey Consulting
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Trevor has been training people in Motivational Interviewing since 2006. Trevor has a Ph.D. from the University of Kansas and obtained an MSW degree from Eastern Washington University. Trevor is engaged in researching and implementing interventions that help facilitate self-determination in mental health and rehabilitation. This interest in self-determination has led to authored publications on topics such as Shared-Decision Making, Self-Directed Care, Motivational Interviewing, Supported Education, Supported Employment and Peer Support. His work history includes over fifteen years of experience in the social services field including both inpatient and outpatient settings. He has extensive experience in strengths-based and evidence supported strategies and conducts fidelity reviews for several models.

Katie Miranda, BA

OSECE Statewide Trainer
Options for Southern Oregon
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Katie Miranda, B.A., QMHA, joined Options for Southern Oregon in February 2023. Katie graduated from Notre Dame de Namur University with a Bachelors of Arts in Psychology with a minor in Business Administration focused on Human Resources. She began her career in Supported Employment in 2012



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by volunteering at a local nonprofit in the Bay Area, where she supported adult students in identifying career paths and developing the tools and skills to obtain employment. Subsequently, Katie spent 10 years supporting people in achieving career goals and building confidence through employment in a variety of roles, including Supported Employment Specialist with Lifeworks NW, and as a Career Coach and Job Developer in other organizations.

Katie has a passion for supporting people in identifying career goals and finding a way to achieve those goals. She also champions participant choice in mental health treatment and employment services. Katie currently works as a Statewide Trainer with the OSECE team, where she is privileged to offer training and guidance to IPS programs throughout the state of Oregon.

Allyson Morrison, BS

Director of Oregon Supported Employment Center for Excellence (OSECE)
Options for Southern Oregon
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Allyson Morrison joined Options for Southern Oregon in September 2016 as a Statewide Trainer with the Oregon IPS Supported Employment team. Allyson received her Bachelor of Science in International Business from Elizabethtown College in 2010. She has been working in the mental health field since 2009 and with the IPS Supported Employment model as an Employment Specialist and an IPS Supervisor since 2010. Allyson has a longstanding interest in social services and rural communities.

Jason Morrow, PSS

Peer Support Specialist and Certified Personal Medicine Coach
Marion County Adult Behavioral Health
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My name is Jason Morrow and I have been a Peer Support Specialist for Marion County Adult Behavioral Health ACT Team for over 8 years now. I became a Certified as a Personal Medicine Coach in June of 2022. I have been a voice hearer for over 30 years and I have developed a lot of lived experience. I am constantly working on my own personal recovery journey and I really enjoy sharing lived experience with the people I serve. Personal Medicine has been a game changer for me and the people I work with and together we have discovered many new insights into mental health and the mental health experiences we experience. I am grateful to talk to many of you at this conference and to share the effectiveness of Personal Medicine for myself and others.



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Robert Mountainspring-Wood, BA

Intern Counselor and Intern Athletics Counselor
Bushnell University Mental Health Clinic
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Rob Mountainspring-Wood is a second-year graduate student at the Bushnell University College of Psychology and Mental Health, and has experience working with high-risk adult men in the IPV rehabilitation field. He is currently an intern-level counselor with the Bushnell University Mental Health Clinic in Eugene, Oregon.

In practice, Rob typically will utilize an eclectic modality, though he prefers a trauma-informed, client-driven approach with an existential framework through dialectical processing, and will sometimes employ CBT-informed interventions. Rob is autistic and prefers identity-first language, though respects that others may have experiences that lead them to prefer other forms of language. Rob's pronouns are he/him and they/them.

Shane Semin, CADC II

OCEACT Statewide Trainer
Options for Southern Oregon
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Shane has been a Statewide Trainer for OCEACT since 2017. Shane grew up in Ashland, Oregon and feels lucky to be a 34 year resident of Southern Oregon. Shane experienced adversity in his teens and early 20's and was fortunate enough to find recovery at 22 years old. Shane started to find different opportunities for himself and as a young man, Shane found himself working manual labor, mostly having to do with production and Mill work. After years of manual labor work, Shane was able to use the wisdom of his father and "use the thing on his shoulders for something other than a hat rack". Shane returned to school in his mid-20's and he was determined to become a long term residential Alcohol and Drug counselor. Upon graduation, he was able to secure one of only two local positions that fit this bill. Shane worked 7 plus years in a residential setting, providing addictions counseling to adult males who could bring one child in to residence and gain substance abuse treatment along with parenting skills. Shane made another change and went into outpatient Opiate replacement therapy. After four years working with the Opiate dependent population, he found himself with another opportunity for change and worked on the Access to Recovery Grant with Jackson County Mental Health. When this grant came to an end, the agency was ready to start an Assertive Community Treatment team. Shane worked on the Jackson County Mental Health ACT team as the Substance Abuse Specialist for nearly 4 years.



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Cortney Taylor, MD

Child, adolescent and adult psychiatrist and Certified Personal Medicine Coach
LifeWorks NW
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Dr. Taylor completed undergraduate education with a dual degree in psychology and neurobiology at University of Washington in Seattle and then attended medical school at Albert Einstein College of Medicine in the Bronx. She then trained as a pediatrician, child psychiatrist and adult psychiatrist in a five year integrated training program in Providence, RI at Warren Alpert Medical School of Brown University. After graduating, Dr. Taylor returned to the Pacific Northwest and started at Lifeworks NW and has practiced in roles including Hawthorn Urgent Care, Adult Rehabilitation Services, Child and family Outpatient, Nickerson Adolescent Day Treatment. Dr. Taylor currently works as the psychiatrist for the Washington County ACT team and supervising the Bridge Clinic that provides urgent psychiatric services to youth in the tri-county area. Dr. Taylor has a faculty appointment at Oregon Health & Science University and Washington State University and teaches child psychiatry fellows, psychiatry residents, and medical and nurse practitioner students. Dr. Taylor completed personal medicine coaching certification in Jan of 2023 and believes in the power of integrating therapy and prescribing for optimal treatment effectiveness in addition to integrated whole person healthcare from her experiences training as a primary care provider.

Ryan Kim Tiêu, LCSW

Licensed Clinical Social Worker
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Ryan Kim Tiêu is a Licensed Clinical Social Worker, former Associate Director of Transgender Services at the San Francisco Community Health Center, and former Executive Director at the Gender Health Center. In conjunction with professional expertise, Ryan incorporates their lived experiences as a first-generation immigrant, queer, transgender, and young person of color into their praxis, training, and theories of change. Since graduating with their MSW from UC Berkeley in 2019, Ryan has rapidly developed a wide range of experience in clinical mental health and health administration. With over 10 years of group facilitation experience, Ryan has taught on various transgender health and mental health topics at UC Davis School of Medicine, UC Berkeley School of Social Work, Sacramento State University, and many community based organizations.



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Aliza Tuttle, MUS

Senior Research Assistant

Portland State University Regional Research Institute Human Services Implementation Lab

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Aliza Tuttle, M.Urban Studies, is the project manager for the evaluation of multiple suicide prevention efforts including Zero Suicide in Health Systems (SAMHSA), Comprehensive Suicide Prevention Project (CDC), and the Garrett Lee Smith Campus Suicide Prevention Project at Portland State University (SAMHSA). She is a project manager and research assistant at the Human Services Implementation Lab at the PSU Regional Research Institute.

Ron Unger, LCSW

Therapist

Clinical Licensed Social Worker

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Ron Unger, MSW, is a licensed clinical social worker working in Eugene, Oregon at the Center for Family Development as a therapist and a supervisor, and in private practice. He specializes in cognitive behavioral therapy and related approaches for psychosis. For the last 20 years he has been providing continuing education seminars on therapy for psychosis, understanding the intersection between trauma and psychosis, and addressing cultural and spiritual issues within treatment for psychosis, at universities and mental health facilities across the United States and internationally. Ron chairs the education committee of ISPS-US, and maintains a blog at recoveryfrompsychosis.org

Blue Valentine, CHW

Harm Reduction Specialist

Benton County Health Department

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Blue Valentine, CHW, is a Harm Reduction Peer Specialist that currently works as part of a cross-program team of communicable disease, health navigation, and harm reduction staff at the Benton County Health Department. She has lived experience of injection drug use and long-term recovery. Her work includes street and camp outreach, rapid testing, syringe services, client advocacy, naloxone distribution, and HIV and STI education. Blue has served on the Measure 110 Oversight and Accountability Council and the State Opioid Settlement Board. She is also lead faculty for the Northwest Portland Area Indian Health Board's Harm Reduction ECHO.



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Oregon Center of Excellence for Assertive Community Treatment Staff

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