

A little about Barb.....

Barb has worked in the Mental Health field for over 25 years; in Tribal Communities for 15. Barb received her Master's Degree in Applied Behavioral Sciences in 1988. She is a Licensed Mental Health Counselor and approved Clinical Supervisor with the state of Washington. Barb has lived in western Washington all of her life. She has been married for 25 years and has two adult children. She enjoys gardening, working out, traveling, and spending time with friends and family.

A Little About Sheryl...

Sheryl has worked in the mental health field for approximately 15 years; in Tribal Communities for one and a half. Sheryl received her Master's Degree in Counseling Psychology in 2008 and has received specialized training in Post Traumatic Stress Disorder and Sexual Assault. She is a member of the Cowlitz Indian Tribe and enjoys spending time with her son, traveling, and working on crafts; including her latest goal of learning to bead.

Individual and Family Therapy Services for:

Children

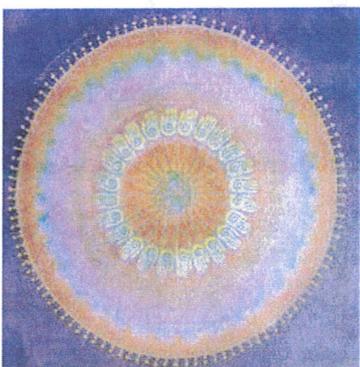
Adolescents

Adults

Couples

Family

Victims of Sexual Assault



Chehalis Tribal Behavioral Clinic

420 Howanut Road

P.O. Box 508

Oakville, WA 98568

Phone: 360-709-1674

Fax: 360-273-8957

E-mail: sspdhr@chehalistribe.org

Chehalis Tribal Behavioral Health



**Barb Sanders,
LMHC
360-709-1681**

**Sheryl Spahr,
LMHC
360-709-1674**

A little about counseling...

What to Expect

You will be provided a safe and confidential environment where you can talk about and work through current and past issues. You will also identify what your goals are for therapy which will help you work toward feeling better about yourself and your life

What You Can Work On

Depression

Anxiety

Post-Traumatic Stress Disorder

Sexual Assault

Trauma

Stress Management

Relationship Issues

Grief and Loss

Life Transitions

Court Mandated MH Assessments

Parenting

Self-Esteem & School Issues

Every Day Life Stressors

HOW

Can You Be Successful?

H: Be as Honest as you can.

O: Be as Open as you can.

W: Be Willing



Healing Starts With The Desire To Change...



Coming to counseling can be a very difficult but courageous decision. The desire to improve the lives of your children or yourself is a great place to start. The therapeutic relationship can be very helpful and can assist you in working through your current issues. It only gets better from here!!!

Chehalis Tribal
Behavioral Clinic

Front Desk: 360-709-1733

Barb Sanders, LMHC 360-709-1681
bsanders@chehalistribe.org

Sheryl Spahr, LMHC 360-709-1674
sspahr@chehalistribe.org

Fax: 360-709-8957



Director of Behavioral Health

Charlene R. Abrahamson

360-709-1628

Chemical Dependency

Treatment

Cris Franklin

360-709-1652

Prevention Outreach Specialist

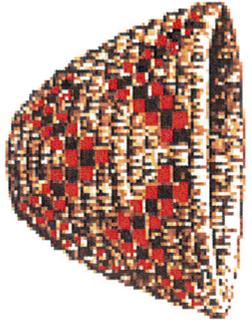
Madelyn Dethlefs

360-709-1717

Administrative Assistant

Sharon Hall

360-709-1733



Individual

and

Group Therapy Services

for:

Adolescents

Adults



**Alcohol Drug Information
School (ADIS)**

**Chehalis Tribal
Behavioral Health**

420 Howanut Drive

PO Box 508

Oakville, WA 98568

Phone: 360-709-1733

Fax: 360-273-8957

On Call Counselor Phone

360-480-8810

TSAPOWUM

Chehalis

Tribal

Behavioral

Health

**Chemical
Dependency**



Healing

Starts

Here

420 Howanut

Drive

Oakville, WA

98568

Chemical Dependency Program

Program

Confidentiality

The Behavioral Health Department practices strict confidentiality. We follow HIPAA rules and privacy practices to protect our clients.

Referrals and Admission

Individuals may self-refer to treatment. A person may also be referred by their physician, a mental health professional or friend. We help refer clients to the appropriate level of care from inpatient to Alcohol and Drug Information Service (ADIS) classes.

Diagnostic Evaluation

Assessing the unique needs of each individual is the first step in receiving services. Our specially trained staff will complete an assessment and develop an individualized treatment plan. The results of the assessment and treatment recommendations are discussed with the client. Any reports needed by the court, attorneys, and referring agencies will be provided with the appropriate release of information.

Our Staff

The staff has specific education and training in treatment of adults and adolescents experiencing problems with alcohol and other drugs. Our multidisciplinary approach encompasses the skills of medical, mental health and chemical dependency professionals.

Our Program

We offer different levels of treatment with enrollment in each depending on the severity of an individual's addiction and present involvement in the recovery process.

Intensive Outpatient

- Group
- Individual Sessions

Outpatient Group

- Group
- Individualized to level of care needed

DUI Services

We offer services for those who have been arrested or convicted of a DUI. Clients may be eligible for deferred prosecution through the courts.

Prevention Program:

We provide drug and alcohol prevention programming for the community. We organize events, such as the annual Suicide Prevention Walk, which just completed its second year. We also manage a prevention grant from DBHR. These funds go toward things like TELO's after-school program as well as Youth Center programming. It also helps us to organize events which bring speakers to the community to do activities with youth and impart valuable information about avoiding addiction and drug and alcohol abuse



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