TRAUMA FACT SHEET &
LISTING OF CERTIFIED TRAUMA-INFORMED CARE CLINICIANS

Prepared by: York/Adams HealthChoices

Enclosed is a listing of Masters-level behavioral health clinicians available to serve York and Adams County residents currently enrolled in the Medical Assistance Program. These clinicians have recently completed 60 hours of classroom training on how to deliver trauma-informed care for individuals with behavioral health needs. These clinicians are now equipped to foster treatment and recovery from trauma related issues in the lives of: Adults, Young Adults, Children, Families, Gender Identity Issues, and War Veterans. Prior to seeking one of these clinicians for yourself or on behalf of someone you are working with; it would be helpful for you to understand what is meant by "trauma". The following definitions have been published by the Substance Abuse and Mental health Services Administration (SAMHSA)[1]:

TRAUMA

Trauma includes physical, sexual, and institutional abuse, neglect, intergenerational trauma, and disasters that induce powerlessness, fear, recurrent hopelessness, and a constant state of alert. Trauma impacts one's spirituality and relationships with self, others, communities, and environment, often resulting in recurring feelings of shame, guilt, rage, and disconnection.

TRAUMATIC EXPERIENCES

Traumatic experiences can be dehumanizing, shocking or terrifying, singular or multiple compounding events over time, and often include betrayal of a trusted person of institution and a loss of safety. Trauma can result from experiences of violence.

TRAUMA-INFORMED CARE

Trauma-informed care is an approach to engaging people with histories of trauma that recognizes the presence of trauma symptoms and acknowledges the role that trauma has played in their lives. Instead of asking, "What's wrong with you?" trauma-informed care asks, "What has happened to you?"

TRAUMA-INFORMED ORGANIZATIONS

Trauma-informed organizations, programs, and services are based on an understanding of the vulnerabilities or triggers of trauma survivors that traditional service delivery approaches may exacerbate, so that these services and programs can be more supportive and avoid re-traumatization.

TRAUMA-SPECIFIC INTERVENTIONS

Trauma-specific interventions are designed specifically to address the consequences of trauma in the individual to facilitate healing. Treatment programs generally recognize the following:

- The survivor's need to be respected, informed, connected, and hopeful regarding their recovery
- The interrelation between trauma and symptoms of trauma (e.g. substance abuse, eating disorders, depression)
- The need to work in a collaborative way with survivors, family and friends of the survivor, and other human services agencies in a manner that will empower survivors and consumers.

The following is a list of clinicians, by service/level of care, who have a full understanding of these definitions as well as extensive training in the interventions listed. Please feel free to contact them or their organization to discuss their availability.

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[1] SAMHSA. Trauma-informed care and trauma services. National Center for Trauma Informed Care. 25 October 2011. http://www.samhsa.gov/nctic/trauma.asp

OUTPATIENT MENTAL HEALTH

MARYANN BIRCHFIELD, MSW, LCSW
Licensed Clinical Social Worker
Pennsylvania Comprehensive Behavioral Health
Population: Adults and Children
Referral/Contact: 717-600-0900

DEBBIE DOUBRAVA, PH.D., LPC, RPT-S
Independent Practitioner
Population: Adults and Children
Referral/Contact: (717) 379-2284 or ddoubra@gmail.com
Specialties/Other Certifications: Grief/loss; Family Therapy, Child-Centered Play Therapy; Sand Tray; Couples Therapy; Women's Issues; EMDR Level II

BOBBIE HICKCOX, MA, CADC, CCDP-D
Director of Substance Abuse Treatment and Prevention
Adams Hanover Counseling Services, Inc.
Population: Dual Diagnosis (mental health & substance abuse)
Referral/Contact: 717-632-4900

KATHLEEN M. JANSEN, PSY.D
Psychologist/Clinical Supervisor
Wellspan Health System
Population: Adults
Referral/Contact: (717) 851-1500

LINDA MILLER, LCSW
Licensed Clinical Social Worker
Wellspan Health System
Population: Adults
Referral/Contact: 717-851-6340

JEAN RIZER, LCSW
Therapist
Laurel Life
Population: Adults and Children
Referral/Contact: (717) 845-7652
Experience/Other Certifications: Autism

TAHANI SAMPHILIPO, M.A.
Therapist
Pennsylvania Comprehensive Behavioral Health
Population: Adults
Referral/Contact: 717-600-0900

OUTPATIENT MENTAL HEALTH (CON'T)

TRACY SELBY, MSW
Adams Hanover Counseling Services, Inc.
Population: None Specified
Referral/Contact: 717-632-4900

MARGARET SWARTZ, PSY.D;
Clinical Supervisor
Adams Hanover Counseling Services, Inc.
Population: Children over age 6; adolescents and young adults
Referral/Contact: 717-632-4900
Experience/Other Certifications: Art Therapist Registered (ATR), Cognitive Behavioral Therapy Certification (CBT), Philadelphia College of Osteopathic Medicine, Dialectical Behavior Therapy (DBT)

DONNA WAMPOLE, LCSW
Licensed Clinical Social Worker
Wellspan Health System
Population: Adults
Referral/Contact: 717-851-6378

CRISIS INTERVENTION SERVICES

CAROL CARR-MEINECKE, M.S.
Clinical Supervisor
Adams Hanover Counseling Services, Inc.
Population: All Ages
Referral/Contact: 717-632-4900 (press #3)
Experience/Other Certifications: Crisis Intervention; School Counseling

SABRINA L. VALENTE, M.A.
Shift Supervisor
Adams Hanover Counseling Services, Inc.
Population: All Ages
Referral/Contact: 717-632-4900 (press #3)
Experience/Other Certifications: Safety Zone Trainings for working with LGBT adults and youth

BEHAVIORAL HEALTH REHABILITATION SERVICES (BHRS) & BRIEF TREATMENT

CHRISTINE ABRAMS, M.S., LPC
Clinical Supervisor
Adams Hanover Counseling Services, Inc.
Population: Children
Contact: (717) 632-4900

JENNIFER DIBRELL, M.ED., NCC
Therapist
Laurel Life
Population: Children, adolescents, and families
Referral/Contact: 717-845-7652;
Experience/Other Certifications: Substance abuse in adolescents

BEHAVIORAL HEALTH REHABILITATION SERVICES (BHRS) & BRIEF TREATMENT (CON'T)

BRIANA L. GOOD, MSW, LSW
Mobile Therapist
Laurel Life

Population: Children
Contact: (717) 845-7652
Specialties/Other Certifications: Field Instructor for MSW interns

AUTUMN HARPSTER, M.S.
Brief Treatment Therapist
Laurel Life
Population: Children
Referral/Contact: 717-845-7652

DAVID KOT, M.S.
Therapist
Laurel Life
Population: Children
Referral/Contact: 717-845-7652

PAUL MANCIA, M.S.
Program Coordinator
Laurel Life
Population: Children
Referral/Contact: 717-845-7652

TABATHA S. MILLER, LSW
Therapist
Laurel Life
Population: Children
Referral/Contact: 717-845-7652
Specialties/Other Certifications: (FBS), Motivational Interviewing; Autism; Reactive Attachment Disorder (RAD)

JEAN RIZER, LCSW
Therapist
Laurel Life
Population: Adults and Children
Referral/Contact: (717) 845-7652
Experience/Other Certifications: Autism

PALLEH WREH-TOE, M.S.
Therapist
Laurel Life
Population: Children
Referral/Contact: 717-845-7652
Specialties/Other Certifications: Christian and pastoral counseling

FAMILY-BASED MENTAL HEALTH

MICHELLE RUBIO, MSW, LSW
Therapist
Adams Hanover Counseling Services, Inc.
Population: Children and families
Referral/Contact: 717-632-4900 ext. 1350

CHERYL K. HERSHEY, M.S.
Mental Health Professional
Pennsylvania Counseling Services
Population: Children and families
Referral/Contact: 717-854-6800
Specialties/Other Certifications: In-home, individual and family therapy; Single parents; Co-parenting; Blended families; Kinship caregivers such as grand-or great-grandparents

PATRICIA SCHINDEL, M.ED.
Therapist
Pressley Ridge
Population: Children and families
Referral/Contact: (717) 845-6624
Specialties/Other Certifications: Family Advocacy

MARK J. STEWART, M.DIV, MST
Therapist
Pennsylvania Counseling Services
Population: Children and families
Referral/Contact: (717) 854-6800
Specialties/Other Certifications: Ordained Clergy and Air Force Chaplain (ret.)

COMMUNITY RESIDENTIAL REHABILITATION (CRR) & FOSTER CARE SERVICES

AMY HERSHEY MSW, LSW
Program Specialist
NHS Human Services
Population: Children
Referral/Contact: (717) 846-4490
Specialties/Other Certifications: Autism Spectrum

BRYAN SCHMITT, M.A.
Program Specialist
NHS Human Services
Population: Children
Referral/Contact: (717) 846-4490

SARAH WAYBRIGHT, MSW
Program Specialist
NHS Human Services
Population: Children
Referral/Contact: (717) 846-4490

RESIDENTIAL TREATMENT FACILITY (RTF)

STEVE NEVADA, LSW
Chief Operating Officer
Hoffman Homes for Youth
Population: Children
Referral/Contact: 717-359-7148 ext. 1200 *(Requires pre-certification through Community Care)*
Experience/Other Certifications: Reactive Attachment Disorder, Autism Spectrum Disorders, Functional Behavioral Assessments (FBA), Sanctuary Model, Safe Crisis Management, Motivational Interviewing, Child Adolescent Needs and Strengths (CANS)

BRECIA NEVADA, LSW
Admissions Director
Hoffman Homes for Youth
Population: Children
Referral/Contact: 717-359-7148 ext. 1200 *(Requires pre-certification through Community Care)*
Experience/Other Certifications: Reactive Attachment Disorder, Autism Spectrum Disorders, Functional Behavioral Assessments (FBA), Sanctuary Model, Safe Crisis Management, Motivational Interviewing, Child Adolescent Needs and Strengths (CANS)

NICOLE SWARTZ, M.S.
Therapist
Hoffman Homes for Youth
Population: Children
Referral/Contact: 717-359-7148 ext. 1200 *(Requires pre-certification through Community Care)*
Experience/Other Certifications: Reactive Attachment Disorder, Autism Spectrum Disorders, Functional Behavioral Assessments (FBA), Sanctuary Model, Safe Crisis Management, Motivational Interviewing, Child Adolescent Needs and Strengths (CANS)

INPATIENT MENTAL HEALTH

KATHLEEN M JANSEN, PSY.D
Psychologist/Clinical Supervisor
Wellspan Health System
Population: Adults
Referral/Contact: (Requires pre-certification through Community Care)

COMMUNITY OUTREACH & RECOVERY ESSENTIALS (CORE)

HEATHER N. MUSSELMAN, MSW
Program Coordinator
Adams Hanover Counseling Services, Inc.
Population: Adults
Referral/Contact: (717) 632-4900
Experience/Other Certifications: Dialectical Behavior Therapy (DBT)

JOSHUA HANKEY, M.S.
Therapist
Adams Hanover Counseling Services, Inc.
Population: Adults
Referral/Contact: (717) 632-4900

AMAZING KIDS CLUB

JENNIFER SELETZKY-DAVIDSON, M.S., LPC, NCC, BCBA
Program Director
Adams Hanover Counseling Services, Inc.
Population: Children and Adolescents with Autism Spectrum Disorders
Contact: 717-646-2953

EXTENDED ACUTE CARE (EAC)

STEVE MEHL, MA
Mental Health Professional
NHS Human Services
Population: Adults
Contact: (717) 846-4490 *(Requires pre-certification through Community Care)*

CAROL A. NICOLSON, M.S.
Mental Health Professional
NHS Human Services
Population: Adults
Contact: (717) 846-4490 *(Requires pre-certification through Community Care)*
Specialties/Other Certifications: Dialectical Behavior Therapy (DBT)

ASSERTIVE COMMUNITY TREATMENT (ACT)

ANGELA WILDASIN, MSW, LSW
Program Coordinator; Mental Health Professional
Bell Socialization Services, Inc.
Population: Adults
Contact: 717-792-2976 *(Requires pre-certification through Community Care)*

CHERYL HESTER, MSW, CPRP
Mental Health Professional
Bell Socialization Services, Inc.
Population: Adults
Contact: 717-792-2976 *(Requires pre-certification through Community Care)*
Specialties/Other Certifications: Certified Psychiatric Rehabilitation Practitioner

ADDITIONAL CERTIFIED INDIVIDUALS

SHERRY BROSS, LSW
Program Manager
Community Care Behavioral Health Organization
Contact: (866) 662-4228
Population: Adults and Children

ROBERT W. OLIVER, M.S.
Care Manager
Community Care Behavioral Health Organization
Population: Children
Contact: (866) 662-4228
Experience/Other Certifications: 25 years human service treatment and administration