

Wheeler County

Population 1,575*



Kimberly Lindsay, Director

Community Counseling Solutions
(541) 676-9161

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Mental Health, Addictions and Developmental Disabilities Services

Screening

(541) 763-2746

401 4th Street, Fossil

After-hours Crisis

Call 9-1-1 dispatch for on-call Community Counseling Solutions mental health crisis worker

Wheeler County Court:



Jeanne E. Burch,
Judge



H. John Asher



Chris Perry

County government is the local fiscal agent for state funds and provides program oversight and facilitation of local system planning.

Mental Health Services

Prevention and Early Intervention

including 24-hour crisis services

Outpatient

Assessment, individual, group and family therapy, medication management*, case management, Intensive Community Treatment Services*, co-occurring disorders treatment*, school-based counselor program, pre-commitment investigation

Acute Care

Oregon State Hospital (Salem), St. Charles (Bend)
Subacute: McNary Place

Recovery Supports

Peer support, including operation and management of statewide Peer Warm Line

Services to Special Populations

Community Counseling Solutions staff also provide services in home, school and community settings as needed to meet people's health and safety needs

* An Evidence-Based Practice

*Population Research Center, PSU, March 2009

Community Counseling Solutions, Inc.

provides and coordinates mental health, addictions and developmental disabilities services, quality improvement and utilization management of state-county shared services

Addictions Services

Prevention

Substance abuse education for youth and families

Treatment

Screening, outpatient and intensive outpatient, MIP/ DUII mandated treatment, Hardship License monitoring, co-occurring disorders treatment*, referrals to residential and detox providers statewide (no in-county providers)

Recovery

Peer support services

* An Evidence-Based Practice

Developmental Disabilities Services

Program Administration

Eligibility determination, foster care licensing, family support, contracts, protective services and adult support services. Quality assurance contracted to Eastern Oregon Regional Program

Service Coordination

Referral, person-centered planning, monitoring, advocacy, and information and training. Long-term crisis services contracted to Eastern Oregon Regional Program

Residential, Vocational and Transportation Services

The state Seniors & People with Disabilities Division contracts outside of the local planning and quality assurance process for adult support services with **Eastern Oregon Support Services Brokerage**


Success in Wheeler County



Why does Wheeler County send so few people to the Oregon State Hospital and kids acute care? Part of the reason is surely kids counselor Maryhelen Peterson.



Maryhelen is now a long-time counselor at Wheeler County's Community Mental Health Program, but when she first started doing outreach to at-risk youth in schools, she got a cool reception from kids, parents, and schools alike. In a small community, nobody wants to be seen getting too cozy with the "mental health lady". That's when Maryhelen joined her passion for helping kids to her passion for dance. She became the afterschool dance instructor and built trust with community members in a non-threatening environment. It wasn't long before families and teachers began reaching out to Maryhelen for help with their kids, and the kids were willing to be helped by her.



Spray schools superintendent Mary Dourgthy reports that county-wide school based counseling is indispensable. Wheeler County is a remote area where resources are not always easy to access. She went on to say that the good thing about having Maryhelen in the schools is that it allows all of the students to get to know her. Mary described an incident recently when she recommended to a parent that his child could use counseling services. When asked if he would feel comfortable talking with Maryhelen, without hesitation the student told his father he would gladly talk with her.

School Based Counseling Program in Wheeler County: A Successful Community Partnership

A successful partnership has been created between Juvenile Crime Prevention, the Wheeler County Commission on Children and Families and the Oregon Health Plan. Funding from these agencies has provided Wheeler County with the much needed mental health services in all three of the county schools: Spray, Mitchell, and Fossil.

With the funds provided, Maryhelen Peterson, a clinician with Community Counseling Solutions, is able to provide mental health counseling at all of our Wheeler County schools. Maryhelen reports seeing at least 85 students in her travels throughout the county. Maryhelen is able to visit each one of our three schools, one day a week through out the school year and sometimes during the summers.

This school based counseling program is designed to address any pre-dominate school needs. Issues such as bullying, teenage suicide, diversity, conflict resolution, problem solving, skill building and self-esteem building are addressed. Students are seen either in a one-to-one, face-to face setting, or in groups. When time allows, families can be seen together to resolve common issues.