

Resources for Youth Mental Health Support

Mental Health Therapists and Counselors can help someone better understand and cope with thoughts, feelings and behaviors. They can also offer guidance and help to improve a person's ability to achieve life goals. Below is a list of local providers that specialize in working with youth along with a brief summary of areas of focus, insurance accepted, and contact information.

Ileana Villeda, MSW, LCSW

Address: 510 NE Roberts Ave. Suite 100,
Gresham, OR 97030

Insurance accepted: Aetna, Anthem, Blue Cross,
Blue Shield, Cigna, Optum, Providence,
Regence, Out of Network

Out of pocket cost: \$80 - \$170 with sliding scale

Office hours: Monday - Thursday 8 am - 8pm,
and every other week on Sundays

Specialties: trauma, working with multicultural
individuals, bilingual/bicultural Latinx

Contact: Phone: (503) 747-9502

Fax: (877) 744-1853

villedaths@gmail.com

DeShawn Williams LCSW

R.A.A.P. Counseling and Consulting

Address: 333 NE Russell Street Suite 211,
Portland, Oregon 97212

Insurance Accepted: Beacon, BlueCross and
BlueShield, EAP Providence Healthcare
Systems, Kaiser (Out-of-Network), Medicaid,
Moda Health, Oregon Health Plan (OHP),
PacificSource, Regence, Reliant, Out of Network
Out of pocket cost: \$100 - \$145 per session with
sliding scale

Specialties: African-American and
Hispanic/Latino, Anxiety, Depression, Trauma
and PTSD

Contact: (503) 616-2042, Email:

raapofficeassistant@gmail.com

<http://www.raapcounseling.com/>

Rhys Pasimio LPC, CADC II, MA

Address: New Pattern Counseling- 501 NE Hood
Avenue, Suite 260, Gresham, OR 97030

Insurance accepted: Regence BCBS, Optum,
Providence, Aetna, Moda, United Healthcare,
PacificSource.

Out of pocket cost: \$145/55 minute session,
\$40/group session.

Specialties: LGBTQ issues, chemical addiction,
sexual addiction, and trauma.

Contact: Secure call/text at 971-220-6449

rhys@newpatterncounseling.com

www.newpatterncounseling.com

Sarita E Trawick LCSW

Address: 2951 NW Division St, Suite 120,
Gresham, Oregon 97030

Insurance accepted: Aetna, Blue Cross, MHN,
Medicaid, Moda Health, Optum, Pacific Source
Prime, PSN, Smart Health, PacificSource,
Regence, Reliant, Reliant (RBH) EAP, Samaritan
Choice Plans, Samaritan Health, TRICARE,
UnitedHealthcare, Out of Network

Out of pocket cost: \$100 - \$180 sliding scale

Office hours: Monday to Friday: 8:00 AM-7:00
PM Saturday: 10:00 AM-2:00 PM

Specialities: Trauma history, depression, anxiety,
LGBTQI, anger management, racial identity,
and African American acculturation issues

Contact: (503) 967-2380

healingspaces4u@gmail.com

<https://www.healingspaces4u.com/>

Ande Cappellano, CSWA

Address: 1135 SE Salmon St. Suite L4,
Portland, OR 97214

Insurance accepted: N/A

Out of pocket cost: \$110 per session along
with sliding scale

Office hours: Monday, Tuesday, and Thursday
from 12:00 PM - 7:30 PM

Specialties: LGBTQ+ community,
depression, anxiety, life transitions, and life
changes

Contact: phone: (518) 669-3868

ande@pulsewellnesspdx.com

Pulsewellnesspdx.com

Wishing Wellness Counseling and Coaching LCSW

Address: 406 NE 4th St Suite 114, Gresham,
Oregon 97030

Insurance accepted: Adventist Health/Claims
Central/HRNW, Aetna, BlueCross and
BlueShield, First Choice Health, Health Net,
Kaiser (Out-of-Network), MHN, MHNet
Behavioral Health, Moda Health, PacificSource,
Premera, Regence, Out of Network

Out of pocket cost: \$80 - \$250 sliding scale

Specialties: anxiety, depression, peer
relationships, life changes, school issues, self
esteem, bilingual Spanish speaker

Contact: Call Stephanie Gallian (503) 966-3306

<http://www.wishingwellness.co/about/>

A Season for Change Counseling & Hypnosis LCSW CH

Address: 532 N Main Avenue Gresham, Oregon 97030

Insurance accepted: ACI Specialty Benefits, Aetna, Beacon, BlueCross and BlueShield, Cigna, First Choice Health, Health Net, Humana, LifeWise, MHN, Medicaid, Meridian, Moda Health, Optum, PacificSource, Providence, UnitedHealthcare, Out of Network

Out of pocket: \$40 - \$130 with sliding scale

Specialties: Trauma and PTSD, Addiction, Relationship Issues, Anxiety, Native American

Contact: Call Dianna Bowlen (503) 997-7734

<https://www.aseason4changecounseling.com/>

Dawn Cottrell, LPC

Address: 320 North Main Avenue Suite 201B, Gresham, Oregon 97030

Insurance accepted: Aetna, BlueCross, BlueShield, Optum, PacificSource, Providence, Regence, UnitedHealthcare, Out of Network

Out of pocket cost: \$175 and \$100/session for same day cash payment

Specialties: Anxiety, Transgender, Trauma and PTSD

Contact: (503) 856-5058

cottrelldm@gmail.com

Russell Chamberlain LCSW, CADC III

Equine Assisted Psychotherapy. LifeSTREAM Therapy LLC

Address: Gray Mare Farm, Happy Valley, OR

Insurance accepted: N/A

Out of pocket cost: 2 hour biweekly sessions

\$200 for first hour \$175 second hour. Provides invoices that can be submitted to insurance for Out of network reimbursement.

Office hours: 11-7 Wednesday and Thursday

Specialties: works with depression, anxiety, addiction recovery, trauma recovery, fun and engaging experiential activities.

Contact: 503.966.4602 | Fax 503.379.0086

russell@lifestreamtherapy.net

<https://lifestreamtherapy.net>

Additional Resources

Not quite the right fit? You can look into contacting your family insurance provider for further local counselors. Most Health Insurance provided through employers offers an EAP Program that covers the entire household for a limited number of mental health and/or substance use assessments/counseling for free. We encourage you to seek out this resource as an additional option. You can also use the following websites for local verified counselors:

<https://www.goodtherapy.org/therapists/or/gresham>

<https://www.portlandtherapycenter.com/>

<https://www.psychologytoday.com/us/therapists/substance-abuse/or/gresham>

Note: These treatment providers are offered as possible resources and are not affiliated with Gresham Barlow School District. The list does not constitute "recommended providers" only possible resources.