

Marriage Preparation Workshop

Summer is filled with beautiful weddings and happy couples. But a healthy, lasting relationship doesn't happen by accident. NCC's marriage preparation program is facilitated by our trained counselors and tailored to each couple's needs and areas for growth, providing tools to last a lifetime. Because the focus is on tools and communication, all faith traditions (or none!), backgrounds, and situations are welcome. Couples can choose individual sessions, a weekend workshop, or a combination of both.



Come join us for our next Marriage Preparation Workshop on September 22-23. For more information or to sign up please visit our website at nwcounseling.org or check our social media sites. You can also call **503-253-0964** to answer any questions.

The Northwest
Catholic Counseling Center
8383 NE Sandy Blvd., Suite 205
Portland, Oregon 97220

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Social Media

Find us on social media for mental health tips, event information, client stories, and more! Or visit our website for general NCC updates.



The Northwest Catholic Counseling Center
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@2Have2HoldPDX



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@2Have2HoldPDX



@ncc1986pdx

nwcounseling.org

Want to save paper?

If you'd like to receive newsletters and thank yous from us electronically to save paper and postage, please say so! Just email info@nwcounseling.org



The Northwest Catholic Counseling Center

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EXECUTIVE DIRECTOR'S NOTE

Help When It's Needed – NOW!

When people call The Northwest Catholic Counseling Center (NCC), it's sometimes because of a crisis or upheaval, like a death or job loss, or because the tools for living just aren't working anymore, like dealing with anxiety or depression. It's a fork in the road: people see there may be a different and better, if sometimes challenging, way ahead, and they are ready to choose that path.



When our staff pick up the phone and the person on the other end says, "I need help," we want to say help is immediately available. Sometimes that hasn't been possible, particularly in the time after the pandemic. The need for counseling services has been so enormous while the whole area, NCC included, has struggled with a mental health workforce crisis. Many therapists have retired or left mental health completely. This has resulted in wait times for services ranging from a few weeks to a few months – a terrible situation when people need help right away.

Fortunately, NCC has hired some wonderful new clinicians (see them on the third page), which has allowed us to work through our wait list and respond more quickly when people call.

Our new staff continue to broaden the range of help available at NCC:

- **Counseling in English, Spanish, or Mandarin;**
- **Ages 6 to 96;**
- **Insured or generous sliding scale fee;**
- **Any background, gender identity, faith tradition (or none), immigration status, race, or social situation;**
- **Individual, family, and couples;**
- **In-person, video, or phone therapy;**
- **Trauma-informed and client-centered with a huge range of sub-specialties (which you can find on our website at nwcounseling.org).**

All are welcomed at NCC, so there's no need to wait if you or someone you know needs help. It's as easy as giving a call to 503-253-0964 or sending an email to info@nwcounseling.org to get the process started.

Don't wait. That new road ahead has great promise, and we'll walk along side of you each step of the way.

Erin Peters, Executive Director

Providing Help Creating Hope

EXECUTIVE DIRECTOR
Erin Peters

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Jessie Larson-Wu, LPC
Isaias Sanchez, MCFT Graduate Intern
Isabelle Norconk, MCFT Graduate Intern

OFFICE STAFF
Dinorah Alvarenga
Kalie Self
Aolani Dunlap-Speed

ADMINISTRATIVE SUPPORT
Mark Uhrich

OFFICE VOLUNTEERS
Vickie Carl



OFFICE HOURS
9:00am – 5:00pm

Evening and Saturday appointments available

nwcounseling.org

Be a Part of Our Circle of Strength!

**22nd Annual
Women's Fundraising
Brunch**

**September 30th, 2023
10:00am-12:00pm**

**The Madeleine Parish Hall
Hybrid**



Tickets and tables are on sale now! Make a difference in the life of a financially fragile woman or child by supporting Circle of Strength.

All the proceeds ensure women and children receive quality and timely mental health services in a caring and compassionate environment.

While our in-person brunch is open to women, anyone can attend for free online! Find more information on our website at nwcounseling.org or check for updates on our social media sites.

Client Story: Sarah's Journey

Sarah didn't know what to do. Her college boyfriend had just broken up with her, and she was not taking it well. She barely ate. She was exhausted all the time but couldn't fall asleep.

One of her professors noticed Sarah's grades were dropping rapidly, and stopped her after class one day. Immediately, Sarah burst into tears, barely able to form a sentence. The professor knew a therapist at NCC, and helped Sarah set up with an appointment on our sliding scale fee. As is often the case, Sarah had more to deal with than just an ended relationship.

After bottling up her emotions for so long, Sarah learned how to release them in a healthy way. Her new favorite tool is throwing cloth balls at walls as hard as she can, helping release stress, anxiety, and anger. Her therapist recently received this voicemail from her: "I owe so much to you and your kind guidance as I navigated some life's changing paths in my life. Thank you for all you have done over many years to make a difference in the lives you touch."

Meet Our New Staff!

Jessie Larson-Wu, LPC, Therapist

Jessie (she/her) is a Licensed Professional Counselor and got her Master's Degree from Lewis & Clark in 2012. She has experience working with a variety of different populations and enjoys working with folks experiencing anxiety, trauma, relationship concerns, and shame. She sees clients as the experts in themselves and feels that a key part of her work is creating a relationship where clients can explore their stories and develop skills that feel useful to them.



Kim Trigos-Harvey, CSWA, QMHP, CADC II, Therapist: bilingual in Spanish

Kim Trigos Harvey (she/her) is a Clinical Social Work Associate (CSWA). Kim holds a Master's degree in Social Work (MSW) from Portland State University and a Master's in Anthropology from Calgary University. Kim has been working with youth and families for the last 22 years and has an interest in family therapy, focusing on parenting and parent/child relationship issues.



Isaias Sanchez, Graduate Intern, Therapist: bilingual in Spanish

Isaias (he/him) is a graduate counseling student intern at Lewis & Clark Graduate School of Education and Counseling pursuing a master's degree in Marital and Family Therapy. Isaias moved to Portland, Oregon for a change in order to get his master's in counseling. He is originally from California. He is multilingual and offers Spanish-language therapy as well. Emotion Focused Therapy (EFT) for people and couples, Cognitive-Behavioral Therapy (CBT), Experiential, Strategic, and Somatic therapies are some of the modalities Isaias uses.



Isabelle Norconk, Graduate Intern, Therapist

Isabelle (she/her) is an intern at Lewis and Clark Graduate School of Education and Counseling pursuing her master's in Marriage, Couple, and Family therapy. Isabelle moved from Southern California to Portland for her master's program. Structural Family therapy, Emotionally Focused Therapy, and Common Factors are some of the modalities she uses.



Aolani Dunlap-Speed, Development and Outreach Coordinator

Aolani Dunlap-Speed (she/her) has worked the last 10 years in various facets of development work. She has moved around from her hometown in Southern California to Oahu, Hawaii and officially landing here in the PNW with one goal. That goal being to support organizations with a focus on food, social, and general equitable welfare. She hopes to continue this long run in non profit work and add to the culture here at Northwest Catholic Counseling while also extending her knowledge on equitable and accessible counseling.



More information about our team members at nwcounseling.org

Thank You for Growing Hope!

May was Mental Health Awareness Month, and NCC ran a month-long fundraising and educational campaign involving videos from NCC staff and former clients, materials on different mental health topics, and peer-to-peer fundraising.

Together we sowed seeds of hope in our community, raising over \$32,000! This money goes straight to providing counseling to clients on NCC's sliding fee scale, some who pay as little as \$1 for a session with a trained professional counselor. We couldn't have done it without all the people who reposted our content or donated. *Thank you for Growing Hope!*



Foundation Generosity

Thank you to these foundations for financial support in 2023:

Bernice Heffernan Family Foundation • B.P., Lester & Regina John Foundation
Clark Foundation • Hoover Family Foundation • Juan Young Trust
Marie Lamfrom Charitable Foundation • Maybelle Clark Macdonald Fund
MJ Murdock Charitable Trust • St. Martin de Porres Trust

Interested in Becoming a Board Member?

Are you interested in helping make sure anyone in need of mental health care gets it? Do you know someone who is passionate about the serving the community who may be interested in being on the NCC Board of Directors? Even if you've never done anything like this before, board work can be an incredibly rewarding way to give back.

Our board members are committed to reflecting the diversity of our community and the clients we serve, and we welcome people of all life experiences. Whether you're interested in the near or distant future, contact Erin Peters at erin@nwcounseling.org for more information!