

PMHC MENTAL HEALTH THERAPY TEAM

Sarah Bernhardt, LMHP, LPC

Sarah graduated from the University of Nebraska Lincoln in 1996 with a Bachelor of Science in Family Science, and Minors in Sociology, Spanish, and Women's Studies. Sarah is also a graduate from Chadron State College in 2009, with a Master of Arts in Education in Community Counseling.

Sarah has worked in a variety of human service and counseling settings. From 1996 to 2000 she worked in Lincoln, NE as a case manager at Friendship Home, a shelter for battered women and children. She continued her work in the domestic violence field by working in domestic violence programs in the Grand Island and York areas. From 2001 to 2004, Sarah worked as a director of Social Work at the Hearthstone, a long-term care facility in York, NE. While at Chadron State College, Sarah taught undergraduate psychology as a graduate assistant. She completed her Counseling Internship in CSC's Student Academic Success Services program. From 2009-2011, Sarah worked as a mental health counselor at Chadron YouthBuild, a GED/Construction program for youth ages 16 to 24.

Sarah has experience working with individuals in childhood to the very elderly. Her primary strengths are working with victims of trauma, domestic violence, sexual assault, and with adolescents or young adults experiencing family problems, truancy, and substance abuse. Sarah's area of treatment interest also includes those needing support for crisis intervention, depression, grief and loss, relationship issues, and post-traumatic stress disorder. Sarah uses interventions that are person-centered, cognitive-behavioral, existential, narrative, or solution focused.

Heather Binns, LMHP

Heather is a Licensed Mental Health Practitioner who works part-time in the alliance PMHC Office. She received her B.A. with High Honors in Psychology from the University of Saskatchewan, Canada. She earned her Master's Degree in Counseling from Chadron State College. She has worked in the mental health field for over 22 years. From 1988-2005 she was the on-site therapist for Nebraska Boys Ranch, working with troubled youth & their families. In 2003 she started a private practice, which she still continues to maintain on a part-time basis. She also has an office at the Hemingford Care Center, providing therapy for nursing home residents with psychiatric & behavioral difficulties. For several years, Heather was on the Emergency Response Team in Alliance, assessing people in the emergency room at the local hospital.

Heather provides therapy for individuals ages 10 & up. Her areas of treatment preference include depressive disorders, anxiety disorders, trauma, post-traumatic stress disorder, grief/bereavement, and relationship issues. She is also able to address secondary substance abuse issues. Heather's intervention techniques vary depending on the characteristics of the client & the nature of the presenting problems. Interventions include components of cognitive behavioral therapy, existential therapy, psychodynamic therapy, and EMDR. She believes in the interplay of all aspects of a person, including physical, social, spiritual and personal. She has a special interest in nursing home populations (medical & geriatric), women's issues, and traumatic brain injury.

April L. Davis, PsyD

Dr. Davis is a provisionally licensed psychologist contracted part time with Panhandle Mental Health Center. She currently works two days per week for the Center while also maintaining a private practice in the Scottsbluff community. She earned her Bachelor of Arts degree in Psychology from Oberlin College and her Master's and Doctoral degrees in Clinical Psychology from the University of Denver. She is new to the Scottsbluff area and has been very impressed with the warm sense of community here.

Dr. Davis previously worked for Dallas County's primary community mental healthcare provider from 2000 – 2004. She completed her pre-doctoral internship at the University of Kansas' college counseling center, and also has experience working with adults, seniors, couples, children and families, and incarcerated felons and misdemeanants. Some of her previous field placements include year-long externships with Kaiser Permanente, the EAP for employees of the State of Colorado, and the Denver County Jail. Her therapy approach is integrative, incorporating elements of cognitive behavioral treatment with psychodynamic, existential, humanistic, systemic, and dialectical concepts and interventions. Her view of therapy is also a collaborative one, where clients are given an active role in determining their treatment's direction and course.

Some of Dr. Davis' clinical interests include psychological assessment, group interventions, multicultural competence, psychology and the law, end of life issues, and the functions of humor in therapy and everyday life. Dr. Davis most frequently works with adults but also sees children ages eight and older.

Carrie J. L. Howton, MEd, LIMHP, LADC

Carrie graduated from Chadron State College in 2003 with a Bachelor of Arts Degree in Criminal Justice and Psychology. In 2005, she graduated from the University of Nebraska at Kearney with a Masters of Science in Education in Community Counseling. She began working towards her Doctorate of Philosophy Degree in Clinical Psychology in 2008 and anticipates graduating from Fielding Graduate University in 2013.

Carrie has worked as a family teacher at Saint Joseph's Children's Home in Torrington, Wyoming and as a Victim/Witness Advocate for the City of Kearney. She also completed internships with Nebraska Counseling Associates in Kearney and Options in Psychology, LLC in Scottsbluff. Currently, Carrie works at Regional West Medical Center's Behavioral Health Unit as a Clinical Therapist. She also works part-time providing mental health assessments and therapy as a practicum student at Panhandle Mental Health Center.

Carrie tends to gravitate toward cognitive-behavioral interventions, and considers herself a generalist. She enjoys working with clients of all ages in setting and reaching their personal goals.

Matthew Hutt, PhD

Dr. Hutt is a licensed psychologist contracted part time with Panhandle Mental Health Center. He currently works 2 days a week for the Center and maintains an independent private practice in Scottsbluff. He earned his Bachelor of Science degree in Psychology from the University of Wyoming. He received his Masters Degree and Ph.D. in Counseling Psychology from Colorado State University. Dr. Hutt completed his intern training at the Norfolk Regional Center in

Norfolk, NE where he worked on both the inpatient psychiatric unit as well as an outpatient mental health clinic.

Dr. Hutt was originally employed by the Panhandle Mental Health Center from 1992-1996 before establishing his independent practice. “Career-wise Panhandle Mental Health Center is where I got my start. It is great to be back.” Dr. Hutt considers himself a generalist and has a variety of treatment interests. He enjoys working with adolescents and adults. He works from a cognitive-behavioral model, helping individuals challenge their thoughts and beliefs, which may be leading to problematic behaviors and emotions. Dr. Hutt also conducts psychological evaluations and he is a consulting panelist for the Nebraska State Department of Education, Disability Determinations Section. Dr. Hutt also supervises the Medicaid Managed mental health cases for a variety of Masters-level therapists throughout the panhandle of Nebraska.

Kristin Larson, MA, PLMHP

Kristin has returned to the area after many years considering Lincoln “home.” She grew up in Gering and graduated from the University of Nebraska Lincoln, with a Bachelor of Science in Biology. She worked in medical testing, quality assurance and campus ministries for several years before pursuing a Human Services Degree. She graduated with a Master of Arts in Education/Community Counseling from Chadron State College.

During her internship, she worked with CSC’s Student Academic Success Services and at Regional West Medical Center on the Behavioral Health Unit.

Kristin seeks to view people as a whole and works toward physical, emotional and spiritual growth. Having worked in an addictions treatment facility in Lincoln, Kristin is continuing her education and seeking to become a drug and alcohol counselor.

Kristin’s areas of treatment interest and preference include depression and anxiety, women’s issues, grief and bereavement, crisis intervention and life management.

Pamela Richardson, PhD

Dr. Richardson is a licensed psychologist and has served as the Clinical Director for the Panhandle Mental Health Center since 2003. She is also the supervising practitioner for the Reach Out Foster Care Program at PMHC. She earned her Bachelor of Science degree in Psychology from Nebraska Wesleyan University, her Master of Arts degree from the University of Nebraska-Lincoln, and her Doctorate from Arizona State University.

She has worked and trained in a variety of settings that include inpatient psychiatric hospitals, college counseling centers, a suicide prevention center, mobile crisis response team, Preventive Intervention Research Center, hospice programs, and with both mental health and substance abuse treatment programs within VA Medical Centers. During her career at the VA Medical Center in Tucson, AZ from 1994 to 2003, Dr. Richardson provided both direct patient care and training for staff, medical residents, and other students in both Mental Health and Primary Care clinic settings. She was appointed the Team Leader for Outpatient Mental Health programs, selected for a rotating Team Leadership role within the Primary Care Medicine group, participated with the JCHAO preparation team, and was an active member of the training faculty for the APA-approved Pre-doctoral Psychology Internship program. She was also responsible for coordinating mental health crisis response plans and readiness training using the HEICS emergency management system, integrating resources with the local United States Air Force

Base, community healthcare and law enforcement responses, and participation and guidance to training programs for the Southern Arizona's Critical Incident Stress Management Team.

Dr. Richardson's professional areas of interest include medical psychology, treatment of depressive and anxiety disorders, and working with teams of people. She strives to use strength-based and solution-focused approaches to both her clinical and leadership roles.

Valerie Rudden, MA, LMHP, LPC, GLCMA

Valerie Rudden is originally from Alliance and is returning after serving the Denver metro area. Most recently she worked in-home with families as a Multi-Systemic therapist for Savio House in Denver treating family and adolescent issues that put the youth at risk of out of home placement. Prior to this position, she worked as a child and family counselor for Gateway Battered Woman's Services in the extended stay program focusing around the themes experienced by children exposed to and then fleeing a violent home. Valerie also completed an internship in the Children's Hospital in Chicago where she worked with families whose children were diagnosed with terminal illness.

Valerie received her Bachelors in Performing Arts with a Dance concentration in 2004 from Colorado State University and her Masters in Dance/Movement Therapy (DMT) in 2006 from Columbia College Chicago. Dance Therapy is the psychotherapeutic use of movement to further the emotional, cognitive, physical and social integration of the individual. Items such as meditation, use of breath, impulse control, and body-based coping skills are affective tools developed by the individual engaging in DMT. DMT empowers the individual to use themselves as a support, source of knowledge, and locus of control in healing and coping with environmental and emotional stressors.

Valerie is proficient in both creative arts therapies as well as traditional talk therapies such as cognitive-behavioral, brief solution-focused therapy, systemic therapy including family therapy, and play therapy. Her areas of treatment interest include children and youth issues with grief and loss, domestic violence in the home, loss of parent, separation from parent, negative behaviors, ADD, ADHD, delinquent behaviors, trauma, and significant mental health diagnosis.

Michael Slosnerick, PhD

Dr. Slosnerick is a licensed clinical psychologist contracted part time with Panhandle Mental Health Center. He currently works 3 days a week for the Center. He earned his Bachelor of Science degree in Psychology, Masters of Science degree in Human Development and Family Studies, and Ph.D. degree in Psychology from Purdue University. He worked as an Assistant Professor of Human Development at the University of Maine from 1975 to 1979. He then joined the staff at the Panhandle Mental Health Center and worked full-time here from 1979 to 1992. He held positions of Staff Psychologist and Clinical Director during that tenure with PMHC. He was in independent private practice in Scottsbluff from 1992 until 2006. He returned to the Panhandle Mental Health Center in a part-time position in 2001, during which time he primarily conducted psychological assessments and provided staff supervision. He increased his time with the Panhandle Mental Health Center from one day a week to three days a week in 2003 and has maintained an approximately half-time practice ever since.

Dr. Slosnerick's practice now includes evaluation and assessments, supervision and individual therapy. Dr. Slosnerick prefers a variety of treatment interests in his caseload, including work with children, adolescents and adults within multiple diagnostic categories, in addition to conducting intellectual, achievement and personality related psychological evaluations.

Tina Williams, LMHP, LIMHP, PLADC

Tina is a graduate of the University of Nebraska at Kearney, with a Bachelor of Science Degree in Sociology and Criminal Justice, and a Minor in Women's Studies. She graduated with a Master of Education in Community Counseling from the University of Nebraska at Kearney in December 2005. She has since furthered her education to include working with substance abuse addictions.

Tina worked for the Buffalo County District Court from 2000 through 2002. She then pursued her Master's Degree while working as a paraeducator at Kearney Public Schools. She completed her internship at the Youth Rehabilitation and Treatment Center in Kearney, working with sexual trauma and addictions, in December 2005. Tina was also employed at Mid-Plains Center, working in-home with adolescents and their parents. Her career then took her to a psychiatric hospital in Kearney, where she worked the floor and as a therapist for 2 ½ years. After this experience, she continued her career in the outpatient field at South Central Behavioral Sciences in Kearney. She is currently working as a Licensed Independent Mental Health Practitioner and Provisionally Licensed Alcohol and Drug Counselor at PMHC.

Tina's areas of treatment interest and preference include working with individuals ages 5 to 80+ who struggle with depression, anxiety, women's issues, grief and bereavement, crisis intervention, life management, addictions (substances, gambling, sex, etc.), dual diagnosis, severe and persistent mental illness (major depressive disorder, bipolar disorder, schizophrenia disorder), anger management, DBT skill building, group therapy, family therapy, relationship/divorce issues (couples, families, kids), self-esteem, system issues, school problems, domestic violence, abortion trauma, adoption, and Post Traumatic Stress Disorder.