Addressing Issues with Rural Access to Mental Health Care

Astoria, Oregon
Any Mental Illness in the Past Year (Adults)

National Survey on Drug Use and Health: Mental Health Findings 2011
2008 Percentage of Uninsurance in Oregon

source: American Community Survey 2008 by Public Use Microdata Areas
Mr. H

• Recently lost a county job due to cutbacks
• Had an existing referral for a Mohs Procedure for a squamous cell carcinoma path report extending to the deep margin of the tissue
• Now had a new lesion on his other shoulder
• No job, no insurance
• Getting notably dismal with his fruitless job search and increasing medical bills
Type of Professional Seen among Adults with a Major Depressive Episode who Received Treatment in 2011

- General Practitioner or Family Doctor: 60.7%
- Psychiatrist or Psychotherapist: 31.2%
- Psychologist: 29.3%
- Counselor: 22.5%
- Religious or Spiritual Advisor: 19.3%
- Other Medical Doctor: 11.4%
- Social Worker: 11.0%
- Other Mental Health Professional: 6.5%
- Herbalist, Chiropractor, Acupuncturist, or Massage Therapist: 6.2%
- Nurse, Occupational Therapist, or Other Health Professional: 6.1%

Percent among Adults with Major Depressive Episode (MDE) who Received Treatment in the Past Year
Reasons for Not Receiving Mental Health Services

- Could Not Afford Cost: 50.1%
- Could Handle Problem without Treatment: 28.8%
- Did Not Know Where to Go for Services: 16.2%
- Did Not Have Time: 15.1%
- Treatment Would Not Help: 10.4%
- Did Not Feel Need for Treatment: 8.5%
- Health Insurance Did Not Cover Enough Treatment: 8.3%
- Might Cause Neighbors/Community to Have Negative Opinion: 8.0%
- Did Not Want Others to Find Out: 7.1%
- Might Have Negative Effect on Job: 7.0%
- Fear of Being Committed/Having to Take Medicine: 7.0%
- Health Insurance Did Not Cover Any Treatment: 6.7%
- Concerned about Confidentiality: 5.9%
Resources Booklet

- 4-page booklet
- Letter size
- Descriptions
- Notes for extra information

Crisis Care and Group Services

Clatsop Behavioral Health

(503) 325-5722
Mental health and counseling
Addiction services
Developmental disabilities services
(No marriage counseling or primary eating disorders)

Early Assessment & Support Alliance

(503) 325-8483
Early and rapid intervention for new onset psychosis
Ages 15-25
Care coordination and communication with families and physicians

Choices Counseling

(503) 861-0247
Group therapy sessions
Addiction treatment
Mental health care and counseling

Hope House – Lutheran Community Services

(503) 741-1509
Child and adult mental health and counseling
Group therapy

Crisis services offer sliding scale fee structures and typically do not refuse service for inability to pay
### Mental Healthcare Providers in Astoria

#### Psychiatry
- **Debora Scott, PMHNP**
  - (503) 338-6106
  - Adults with anxiety, depression, PTSD, bipolar

- **Bennett Garner, MD**
  - (503) 335-8868
  - Children and adults with mood and psychotic disorders

#### Clinical Psychologists
- **Dany Birney, Ph.D.**
  - (503) 325-8831
  - Child and adult general psychologist

- **Heather Bee, Psy.D.**
  - Primarily adult psychologist

- **Rosamary Bardine, Psy.D.**
  - (503) 312-5844
  - Child and adult general psychologist

- **Shirley Ann Oxidine, Psy.D.**
  - (503) 822-3485
  - Adult general psychologist

#### Licensed Clinical Social Workers
- **Pamela Christensen**
  - (503) 791-8833
  - Grief, life management, LGBT, crisis, abuse, stress

- **Dana Dedolph**
  - (503) 335-3398
  - General mental health, addiction, families with addiction

- **Debra Lord**
  - (503) 325-6448
  - Depression, general mental health, families

- **Macy Phillips**
  - (503) 338-6304
  - Depression, general mental health, families

- **Carol Prichard**
  - (503) 325-8260
  - Crime victims, all ages

- **Melissa Hiepp**
  - (503) 238-7242
  - Life management, CBT, anxiety, PTSD, family, groups

- **Shannon Lilia**
  - (503) 240-5118
  - sandlwoodcounseling.net
  - Addictions, mood disorders, stress, family

- **Stephanie Poe**
  - (503) 325-3623
  - Children, adolescents, families, trauma, codependency

- **Mel Langston**
  - (503) 791-3181
  - Addictions, anxiety, abuse, family, CBT

#### Licensed Professional Counselors
- **Can bill insurance, not Medicaid**
  - **Jean Berry**
    - (503) 325-5212
    - Children, trauma, veterans, PTSD

  - **Jeanette Johnson**
    - (503) 325-9076
    - Grief, anxiety, stress, abuse, relationships

  - **Vince Morrison**
    - (503) 325-8498
    - Addiction, grief, anxiety, abuse, mood disorders, CBT

  - **Wynne Preston**
    - (503) 325-5488
    - kaleidoscopetherapy.com
    - Children, families, grief, divorce, trauma

  - **Candis Solars**
    - (503) 325-2623
    - Grief, ADD, anxiety, abuse, codependency

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"Inner peace is the key. If you have inner peace, the external problems do not affect your deep sense of peace and tranquility. Without this inner peace, no matter how comfortable your life is materially, you may still be worried, disturbed, or unhappy because of circumstances."

- Dalai Lama XIV
Who to call

- Who takes Medicare
- Who does sliding scale
- Where are inpatient beds

Inpatient Rehabilitation

Astoria Pointe & Rosebriar
263 West Exchange Astoria, OR 97103
Phone: (877) 435-7790
Fax: (503) 325-8929
- 30-90 day inpatient facility
  - Separate male and female facilities – 34 male, 16 female beds
  - Accepts most major insurances, no Medicare or Medicaid

Awakening by the Sea
1325 North Holladay Drive, Seaside, OR 97138
(800) 923-4673
Fax: (503) 728-7733
- 30-120 day inpatient facility
  - Coed facilities – 18 beds
  - Accepts most major insurances, no Medicare or Medicaid

Klean Treatment Center
211 Pioneer Rd W
Long Beach, WA 98631
(888) 458-5442
- 30-90 day inpatient facility
  - 12-step program
  - Accepts most major insurances

Women who have children and are struggling with addiction can get rehab funded through DHS. Otherwise it is an expensive endeavor, totaling about $30,000 for a 3-month inpatient stay if a person is uninsured.

Outpatient options are available with sliding scale fee structures. See the Crisis Care page.