

Welcome to Haymarket Pole Collective's list of mental health providers. If you would like help connecting to care and especially navigating insurance, email anna@haymarketpole.com, and they will help you.

Name	Website	Race/Ethnicity/Gender	Explicitly Queer/trans allied?	Explicitly SWer allied?	Insurance Accepted	Takes OHP?
Rosemarie Hemmings, PhD, LCSW.	Link	Black woman	Yes	Yes	Sliding scale. BlueCross and BlueShield, Cascade Health, Medicare, Moda Health, Optum, Providence, UnitedHealthcare	No
Andrea J. Wright Johnston.	Link	Black woman	Yes	Yes	Blue Cross, Blue Shield, BlueCross and BlueShield, Cigna, Empire, Optum, Providence, Regence, UMR, United Behavioral	No

					Health, UnitedHealthcare, Out of Network	
Shadee A Hardy.	Link	Black woman	Yes	Yes	Sliding scale. Oregon Health Plan (OHP), PacificSource, Out of Network	Yes
Rachelle McCloud.	Link	Black woman	Yes	Yes	Private pay	No
Shaylee Graham.	Link	Black woman	Yes	Yes	Sliding scale. Moda Health, Providence, Reliant, Out of Network	No
Sofia Jasani	Link	WOC	Yes	Yes	Unclear, but sliding scale	Unclear
Zainab Lavender Abdullah	Link	WOC	Yes	Yes	Unclear, but sliding scale	Unclear
Heather Leilani Simpson	Link	Black woman	Yes	Yes	Unclear, but sliding scale	Unclear

Ruth Tessema	Link	WOC	Yes	No	Unclear, but sliding scale	Unclear
Rita Schenkelberg	Link	WOC	Yes	No	Sliding scale. Oregon Health Plan (OHP), PacificSource	Yes
Danette C. Gillespie-Otto	Link	Black woman	Queer allied. Not explicitly trans allied.	No	Kaiser (in-network)	No
Andrea Rosemarie Redeau	Link	Black woman	Yes	No	Sliding scale. PacificSource, Providence, UnitedHealthcare, Out of Network	No
Triune Health & Wellness, LLC	Link	Black woman	Queer allied. Not explicitly trans allied.	No	Unclear, but sliding scale	No
New Springs Counseling Service	Link	Black woman	Yes	No	Sliding scale. Cigna, Providence, UnitedHealthcare	No
CéShaun Hankins	Link	Black woman	Yes	Unclear	Out of network	No
Lanette Ambers, Clinical Social	Link	Black woman	Unclear	No	Sliding scale. Aetna, Anthem,	No

Work/Therapist, LCSW					Blue Cross Blue Shield, CareMark PPO, Cigna, FEI Behavioral Health, First Choice Health, MHN, Moda Health, Optum, Peace Health, Providence, Regence, Tuahly Health & Associates	
Sharnissa Secrett Lcsw Cemented Rose Therapeutics	Link	Black woman	Unclear	No	Health Share/Care Oregon	CareOR
LaTrece Gaither	Link	Black woman	Unclear	No	Unclear, but sliding scale	No
Talks with June	Link	Black woman	Yes	No	Sliding scale. Moda Health, PacificSource, Reliant	No
Ava M. Stone, PhD, PC	Link	Black woman	Queer allied. Not explicitly	No	Anthem, Beech Street,	No

			trans allied.		BlueCross and BlueShield, First Choice Health, Medicare, Moda Health, Optum, PacificSource, Premera, Providence, Regence, UnitedHealthcare	
Jessie Kaleikau	Link	Alaskan Native				
Catherine Braxton	Link	Black non binary person (they/them)				Personalized Sessions & Classes in Restorative Body Movement; Workshops in Trauma Informed Sexual Healing; One on One Guidance in Restoring Orgasmic Self;

						Tarot & Oracle Readings

We would also recommend using this resource, <https://www.inclusivetherapists.com/>, to find a therapist who is a good fit.

Health Systems- Takes OHP

- Quest Center for Integrative Health
 - (has Primary Care, counseling, psychiatry, acupuncture + other programs like
 - nutrition and yoga counseling, and chronic pain programs)
 - 503-238-5203
- Cascadia Behavioral Health
 - (counseling, primary care, psychiatry + other programs)
 - 503-674-7777
 - ****Providing mental health, alcohol, and drug treatment, case management and **medication management** to people with OHP Plus. Also provides free services for those with gambling addictions.
- Owl's Nest
 - www.owlsnestnorth.com
 - 503.281.1166
 - info@owlsnestnorth.com
- Albertina Kerr Centers
- Lifeworks Northwest
- Lutheran Community Services
- Plaza 24 Hour Crisis Walk In Clinic
- Goose Hollow Mental Health/Parent Education and Support Workshops
- [OHSU Avel Gordly Center for Healing](#)

Sliding Scale

- Laura Kille (She/They)
 - Health At Every Size (HAES paradigm)
 - reidtkille@gmail.com
 - <http://www.embodiedtherapypdx.com/>
 - (971) 333-8945
 - “Equitable sliding scale available. Cash, checks, and card accepted”
- Elim Proffitt-Allee (They/them)
 - Trans friendly
 - <https://www.portlandtherapycenter.com/therapists/elim-proffittallee>
 - elim@beechtreecounseling.com
 - (503) 749-9114
- Cole Prophet (They/Them)
 - <https://www.portlandtherapycenter.com/therapists/nicole-prophet>
 - Black, non binary
 - cole@intersections-counseling.com
 - (971) 865-3573
- Adam Brockman (They/Them)
 - adam@embodyingresilience.com
 - <https://embodyingresilience.com/>
 - 503-446-6900
 - “My standard fee is \$100 for a 50 minute session, and I offer a limited number of sliding scale slots for those who cannot afford the full fee. Feel free to call me at (503) 446-6900 or email adam@embodyingresilience.com with any questions about fees or services.”
- Lifeworks Northwest
- NE Catholic Counseling Center
- Parry Center

- Plaza 24 Hour Crisis Walk In Clinic
- Portland State University Counselor Education Program
- River's Way Clinic
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List of Directories (Not Local, But Provide Remote Care)

- Directory- National Queer and Trans Therapists of Color Network (NQTTCN)- <https://www.nqttn.com/>
- Directory- COVID-19 Response Therapist Resource- https://docs.google.com/spreadsheets/d/1dPyqvjrZKv5zerXqyPINPZXgp0D2_GMB-IS312bzJF0/edit#gid=0
- Black Virtual Therapist Network- <https://www.beam.community/bvtn>
- 7 Virtual Resources- https://www.bonappetit.com/story/virtual-mental-health-resources?fbclid=IwAR2kfqZnMvEPZvksZQMh-PrvYGVKR0hA-YwSh1qADyTGIhCly_mBSd5Ub0o
- List of resources compiled by Basic Rights Oregon- http://www.basicrights.org/news/we-see-you-we-love-you-and-you-matter/?fbclid=IwAR1-0_GA5p2VrUIKWwEClh_yqYn-nHyGjPhJrgEPY5QpFfH7cV5KforBeg