



Our professional clinical staff are among the most highly trained and experienced mental health and substance abuse professionals in Nebraska and are often cross-trained to enhance service provision to individuals with dual disorders.



**Connie Barnes, LADC, Executive Director** is a licensed Alcohol and Drug Counselor with over 20 years of clinical experience and over 15 years of clinical managerial experience. She is a registered probation provider and specializes in Alcohol and Drug assessment and counseling. Connie is also a certified Anger Management Facilitator through the Anderson and Anderson Model.



**Connie Petersen, PhD, Director of Outpatient Clinical Services** obtained her PhD in Clinical Psychology from Wichita State University in Wichita, Kansas and is a Provisionally Licensed Psychologist. She has over 15 years of experience working in the human service field. She enjoys working with children, teens and adults who are dually diagnosed or experience chronic mood disorders and major depression. Dr. Petersen also specializes in working with bi-polar, self-injurious behavior, addictions, consultations, and long-term mental health issues. She provides Business team building consultations and education in success for businesses. Dr. Petersen is also a Certified Anger Management Facilitator and recently completed training as a Certified Mental Health First Aid Instructor.



**Melissa Armstrong, LMHP, LADC** received her Master's Degree in Education with an emphasis in Community Counseling from the University of Nebraska, Kearney. She has several years experience working in a residential setting with adolescent males with chemical dependency and mental health concerns. She also provides evaluations and individual and/or family therapy for both substance abuse and mental health issues.



**Tammie Jensen, PLMHP, PLADC**, received her Master's Degree in Counseling from Grace University, Omaha, NE in 2006. She has over 10 years experience in the human service field with experience in chemical dependency treatment, family consultation and grief counseling. Tammie provides evaluations and counseling to individuals, couples and families.



**Crystal Matthews, PLMHP** earned her Masters Degree in Community Counseling from Wayne State College. She has over 6 years of experience in the helping profession and has been providing outpatient counseling services to individuals and families for over a year. She is provisionally licensed as a Mental Health Practitioner. Crystal enjoys working with adults and has experience with domestic violence issues, crisis stabilization, anxiety, depression, sexual abuse trauma, adjustment disorders, post traumatic stress disorder, solution focused therapies and substance abuse.



**William Ohlmeyer, LADC** has been a substance abuse counselor since 1997. He was trained at the Lincoln Regional Center and earned his undergraduate degree from the University of Nebraska, Lincoln. He has 18 years of experience in the human service field and is ASI and CASI trained. He is a registered probation provider and provides substance abuse evaluations, group therapy and individual counseling for all ages. William specializes in alcohol and drug counseling, substance abuse with military families, motivational interviewing, relapse prevention and batterer's intervention.



**Julie Ohlund, LMHP** obtained her Masters Degree from the University of Nebraska, Omaha. She has 19 years experience working in the mental health field and has been a fully licensed mental health practitioner for 14 years. Julie enjoys working with children and adolescents and has experience with anxiety, grief, depression, marital counseling, crisis resolution, self-harming behavior and bi-polar. She provides counseling to individuals, couples and families, EAP and specializes in brief solution focused therapies.



**Beverly Starman, LICSW, LIMHP** graduated from the Social Work program with her MSW from the University of Nebraska, Omaha and has 13 years experience in administrative and clinical practice working with privatized foster care, developmental disabilities and major mental illnesses. In the fall of 2007, Beverly qualified to obtain her independent clinical license. Specialty areas include the elderly and/or disabled; EAP; and individuals with anxiety, depression, bipolar, schizophrenia and adjustment disorders. Beverly is an approved Medicare and Medicaid provider.



**Kristi Carmichael, BA, CAMF** obtained her Bachelors Degree in Youth Ministry from Nebraska Christian College and is certified in both the Anderson and Anderson Model for Anger Management and the WAIT curriculum for abstinence training. She has over 6 years experience in public speaking and specializes in both individual coaching and group education.



**Shirley Stearns RN,BSN** graduated from Midland Lutheran College with a bachelor's degree in Nursing and minor in Biology. She has over 25 years' experience in many nursing practice settings. She has worked in acute care/ step-down ICU focusing on diabetic patients, long-term care/rehab, community health nursing, occupational health nursing, and managed care (completing Medicare chart audits). She spent the past 10 years in psychiatric nursing as a Supervisor at the Norfolk Regional Center. Shirley's passion lays with the care of substance abuse and mental health clients.