



**Joseph Dad, LPC, CTTS**

### **Regence Health Network**

Joseph Dad is a Licensed Professional Counselor and a Certified Tobacco Treatment Specialist. He holds a Bachelor's of Science in Psychology and a Master's of Arts in Psychology from West Texas A&M University in Canyon, Texas. He is an instructor at Amarillo College in the Social Sciences Department and teaches classes with an emphasis on psychology and human development.

In addition to his five year's experience working for the Local Mental health Authority Texas Panhandle Centers, as a case manager, Joseph, serves in a very special role providing Primary and Behavioral Health Care Integration. Integrating mental health, substance abuse, and primary care services produce the best outcomes and prove the most effective approach to caring for people with multiple healthcare needs.

He has experience in individual and group therapy with children, adolescents, adults, and senior adults. He can provide relationship counseling, anger management, trauma-focused therapy, as well as working with patients struggling with depression, anxiety, and other mental health disorders. While performing his role to integrate health care needs, he also provides behavioral interventions aimed at weight management, diabetic behavioral tailoring, sleep hygiene management, and other interventions geared at improving overall health.

Joseph Dad has also started a Tobacco Cessation Program that provides specialized cessation education along with combination NRT therapy to help people successfully quit for life.



**Valerie Spanel, M.A., LPC**

**Texas Panhandle Centers/Heal the City-Director of Behavioral Health**

Valerie was born and raised in Amarillo and married a fantastic man, Anthony, and is blessed to raise their little family in Amarillo. Valerie received her Bachelors of Science in Psychology from WTAMU and her Masters of Art in Professional Counseling from LETU. Valerie is trained in cognitive behavioral therapy, dialectical behavior therapy and eye movement desensitization and reprocessing. Valerie's hobbies include reading mystery novels, spending time outdoors, painting, watching movies and spending as much time as humanly possible snuggling a fast growing little kiddo.



**Chelsea Stevens, M.S.N., FNP**

**Heal the City-Executive Director**

Chelsea is married to a wonderful man Mitchell, and they have two boys, Carson and Hudson, that keep them running! Chelsea started volunteering at Heal the City when the doors opened and has become part of the amazing staff. God commands us to serve, and Chelsea is honored to be a part of Jesus moving every week in our own community.



**Rachel Scott, R.N.**

**Heal the City-Clinic Director**

Rachel has been married ten years to a great man and has two amazing children. Rachel graduated from Amarillo College with her Associate's degree in Nursing. She has been with Heal the City since opening and can honestly say there is no place she would rather be.



**Cindy Ellis**

**Texas Primary Care Office- National Health Service Corps & NURSE Corps Liaison**

Cindy Ellis has worked with student loan repayment programs in Texas for over 20 years, both at the state and federal level, with 2 different state agencies. This gives her a unique understanding of the programs at each level, which allows her to be able to compare and contrast the programs and present them side by side. After almost 8 years at the Texas Higher Education Coordinating Board (THECB) working with state-funded loan repayments programs & the federal SLRP, as well as different student loan programs, she accepted her current position at the Texas Primary Care Office (TPCO) in June 2007 working with federal incentive programs and health professions resources. As part of the collaborative efforts between agencies, Ms. Ellis continues to promote the programs administered by the THECB as well as those administered by the State Office of Rural Health, along with the federal National Health Service Corps (NHSC) and NURSE Corps programs. She is also the Texas member of record for 3RNet, The Rural Recruitment & Retention Network.



**Tim Bowles, MBA**

**Oceans Healthcare-Hospital Administrator**

Tim Bowles is the Hospital Administrator for a new inpatient older adult psychiatric hospital in Amarillo, Texas. Tim has worked in the mental health field over 25 years with his most recent work being with Texas Tech University Health Sciences Center- Department of Psychiatry, prior to that he worked for a year at the Pavilion and began his professional career at Texas Panhandle Centers. He has a passion for delivery of mental health care in Amarillo and currently involved with the Panhandle Behavioral Health Alliance, Tim is co-chair for the PBHA of an Integrated Care Committee designed to create a system for primary care providers to better identify and treat mental illness in their practices.

Tim is a native of the Texas Panhandle and Amarillo. A bachelor's degree was completed in psychology and he later went on to finish a master's in business- healthcare administration, both degrees are from Wayland Baptist University. His interests are volunteering his time coaching basketball/track, helping his church; as well as, serving as a school board member for San Jacinto Christian Academy. Tim's wife is a 1st grade teacher, his daughter is in her 3rd year of college working on a degree in Biology and his son is a senior in high school.



**Lidia Dailey, MEd, LCDC**

**Dailey Recovery Service-Founder and Business Owner**

Lidia Dailey has over 20 years of work experience in the field of behavioral health. Lidia Dailey is currently the clinical director and counselor of her private practice, Dailey Recovery Service, which is a licensed outpatient substance abuse treatment facility and clinical training institute. Dailey Recovery Service was founded in 2009 by Lidia Dailey to provide outpatient alcohol & other drug counseling and recovery services to the upper 26 counties of the Texas Panhandle. Lidia

Dailey also works with Texas Panhandle Centers who is partnering with the Coalition for Health to provide Rural Opioid Response services to the surrounding counties. Lidia has worked as an assistant director, direct care staff, childcare specialist, intake specialist, aftercare coordinator, case manager, counselor, clinical training institute coordinator, clinical supervisor and clinical director. Lidia has invested time, energy, effort and resources in providing knowledge, skills, education and referrals to assist individuals in breaking the bondage of addiction so that they can find their purpose in Christ through the free gift of salvation.



**Lora S Baggerman, PsyD doctoral student, LPC, SC Ethical and Legal Specialist**

**Northwest Texas Hospital Pavilion Therapist/USU/Treatment Team Coordinator**

Lora's first year of her counseling career began in 1986. Since then she has intertwined her education and professional skills in education and the helping profession. Past career experiences include school counseling, teaching early education curriculum through college/and guest lecturer (public and private institutions), English as a Second Language Instructor at Clarendon college, Adult Education Instructor at Clarendon college through Region 16 ECS-Amarillo. Intern opportunities included the Golden Phoenix Psychiatric Unit inpatient and outpatient, Lubbock-Cooper ISD counseling department, Frank Phillips Junior College counseling department, White Deer ISD counseling department, Pampa ISD Counseling Department, Hospice of the High Plains. Volunteer opportunities include domestic violence shelters, youth organizations to Chamber of Commerce work.

Since July 2016, Lora has been employed with Northwest Texas Hospital at the Pavilion conducting inpatient care. Lora's duties as a Licensed Professional Counselor include strong leadership abilities, communication, and problem-solving skills, with minimum supervision, collaborating with all members of the treatment team (Psychiatrists, nurse, therapists, nurse practitioner) to assess and coordinate patient healthcare and education needs related to discharge planning and coordinates interventions with other members of the treatment team to meet those needs in a quality cost effective manner. Lora collaborates with Utilization Review (RN) to ensure requirements for funding sources are met as well as ensuring that legal process requirements are met for patients on involuntary status. Lora completes psychosocial assessments in coordination with assigned unit therapists to identify and pursue patient needs while supporting an organizational culture for Service Excellence and practices. She demonstrates leadership in the provision of departmental services through a collaborative

process designed to integrate services/functions throughout the hospital. She facilitates patient hospital process for provision of seamless, efficient care. She demonstrates the ability to effectively allocate human and material resources to meet patient care needs. She complies with annual education requirements and safety and injury prevention standards to minimize risk to self and co-workers. Lora's daily activities include group therapy, family therapy, individual therapy, extensive psychosocial assessments, case management, treatment team coordinator, Unit Therapists, and new employee trainer.



**Rene Havel, MA, LPC**

**Northwest Texas Healthcare System Pavilion-Director of Clinical Services & Case Management**

Rene is a Licensed Professional Counselor and is dedicated to helping others. She received a Bachelor of Science degree with a dual major in criminal justice and psychology from University of Maryland, University College and a Master of Arts degree in Mental Health Counseling from West Texas A & M University. Rene grew up in the Texas Panhandle and enlisted in the Marine Corps following high school. She has a passion for working with military veterans and recognizes firsthand the sacrifices that service members and their family make. Rene has worked in multiple settings where she provided therapeutic services to adults and children. She is currently the Director of Clinical Services and Case Management at the Pavilion.