Speaker Bios – Interdisciplinary Collaboration

VALERIE SPANEL

LPC

Valerie was born and raised in Amarillo and married a fantastic man, Anthony, and is blessed to raise their little family in the city. She received her Bachelors of Science in Psychology from WTAMU and her Masters of Art in Professional Counseling from LETU. She 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.

CHELLSEA SPARKS

MA

Chellsea completed her Associates in Science for Psychology in 2016 and her Bachelor of Arts in Psychology with a minor in Sociology in 2017. She recently completed her Master of Arts in Mental Health and Counseling. In October 2020, Chellsea took employment at Regence Health Network (RHN) Outreach Clinic as a Social Worker completing mental health evaluations, biopsychosocial assessments, medical social work, appropriate referrals and coordination, skills training for physical/mental health, and substance abuse. Her work at RHN is currently as an outreach social worker for the homeless population. Chellsea has four beautiful and spontaneous children, and her goal is to gain her LPC and continue to help people in need.

ROSS WOMBLE

QMHP-CS, RSPS, PSS

Ross Womble, QMHP-CS, RSPS, PSS, has been with Texas Panhandle Centers since 2018 when he started as a Part-Time Peer Specialist. He currently supervises the Peer Support Program at the Hardy Street office. Ross is part of a team of Mental Health Peer Specialist and Recovery Support Peer Specialist staff who facilitate peer groups and provide individual peer support services for adults enrolled with Texas Panhandle Centers. Ross collaborates with individuals who receive services to tailor offerings to their needs and works with staff to bring their strengths as peers and service providers to the forefront.