

# **Sierra County Behavioral Health Provider Directory**

## **Sierra County Behavioral Health**

NPI: 1114145752

704 Mill Street

PO Box 265

Loyalton, CA 96118

(530)993-6746 Phone

(888)840-8418 24/7 Toll Free Access Line

(877)757-0029 Sierra County Crisis Line

<http://www.sierracounty.ca.gov/181/Behavioral-Health>

**Office Hours:** Open Mon-Fri 8 am – 5 pm Closed 12 pm – 1 pm daily

**Language:** Translation services are available upon request at no charge to the beneficiary for preferred languages. Spanish Interpreter available on request. Telelanguage available.

**Public Transportation:** Sierra County does not have public transportation. However, the Loyalton Senior Center does have shuttle service available for a fee. Please call (530) 993-4770 for availability. If a beneficiary is in need of transportation to an appointment, they may qualify for transportation assistance.

## **Accepting New Beneficiaries**

### **ADA Accessible**

## **Providers available at this site:**

### **Sanjay Sahgal, MD**

Psychiatrist Service

NPI: 1639153372

License: G81077

Ages seen: 18 years and older

Treatment Specialties: Psychopharmacology and Substance Abuse

Cultural Specialties: None

Cultural Competency Training: None

Linguistic Capabilities: English

**Darin Gould, M.D.**

Psychiatrist Service

NPI: 1376718023

License: C161437

Ages Seen: 5 years and older

Treatment Specialties: General, child, and adolescent psychiatry, eating disorders, psychotic disorders, and substance use disorders

Cultural Specialties: Native American

Cultural Competency Trainings: Yes

Linguistic Capabilities: English

**Oliver Ocskay, Ph.D.**

Psychologist Service

NPI: 1134140882

License: PSY6480

Ages Seen: 18 years and older

Treatment Specialties: Mood disorders, anxiety disorders, relationship issues

Cultural Specialties: None

Cultural Competency Trainings: Yes

Linguistic Capabilities: English

**Mary Lowe, LMFT**

Licensed Marriage and Family Therapist

NPI: 1063534865

License: MFC36473

Ages Seen: 3 years and older

Treatment Specialties: Play therapy, severely emotionally disturbed youth, children, adolescents, adults, dual diagnosis, attachment disorders, depression, anxiety, trauma, domestic violence, Child Protective Services, SUD

Cultural Specialties: LGBTQ

Cultural Competency Trainings: yes

Linguistic Capabilities: English

**Kathryn Hill, LMFT**

Licensed Marriage and Family Therapist

NPI: 1336443852

License: MFC25653

Ages Seen: 12 years and older

Treatment Specialties: End of life: Grief and Bereavement, mood disorders, PTSD, recovery from addictions, recovery from childhood trauma

Cultural Specialties: LGBTQ, Aging, disabilities and chronic pain

Cultural Competency Trainings: Yes  
Linguistic Capabilities: English

**Alisha Woods, Psychological Assistant**

Psychologist Service

NPI: 1972956068

License: 94022660

Ages Seen: 3 years and older

Treatment Specialties: Developmental Specialist, autism and trauma, sensory Integration, parenting children with special needs.

Cultural Specialties: Individuals with intellectual disabilities and developmental delays.

Cultural Competency Trainings: Yes

Linguistic Capabilities: English

**Robert Szopa. CADC II**

Certified Alcohol and Drug Counselor

NPI: 1457612996

Certification: A052400218

Ages Seen: 12 years and older

Treatment Specialties: Perinatal, youth treatment, adult treatment, PC 1000, Drug Court, AB109, group and individual counseling, co-occurring disorders

Cultural Specialties: LGBTQ

Cultural Competency Training: Yes

Linguistic Capabilities: English

**Sierra County Behavioral Health**

NPI: 1104434372

22 Maiden Lane

PO Box 38

Downieville, CA 95936

(530)289-3711 Phone

(888)840-8418 24/7 Toll Free Access Line

(877)757-0029 Sierra County Crisis Line

<http://www.sierracounty.ca.gov/181/Behavioral-Health>

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Cultural Competency Training: Yes

Linguistic Capabilities: English

Services may be delivered by an individual provider, or a team of providers, who is working under the direction of a licensed practitioner operating within their scope of practice. Only licensed, waived, or registered mental health providers and licensed substance use disorder services providers are listed on the Plan's provider directory.

# *"Language Assistance"*

## **LANGUAGE ASSISTANCE**

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### **English**

ATTENTION: If you speak another language, language assistance services, free of charge, are available to you. Call 1-888-840-8418 (TTY: 711).

ATTENTION: Auxiliary aids and services, including but not limited to large print documents and alternative formats, are available to you free of charge upon request. Call 1-888-840-8418. (TTY: 711)

### **Español (Spanish)**

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al [1-530-993-6747 / 1-888-840-8418] (TTY: [711 / 1-800-855-7100]).

### **Tiếng Việt (Vietnamese)**

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số [1-530-993-6747 / 1-888-840-8418] (TTY: [711 / 1-800-855-7100]).

### **Tagalog (Tagalog – Filipino)**

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa [1-530-993-6747 / 1-888-840-8418] (TTY: [711 / 1-800-855-7100]).

## **한국어 (Korean)**

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. [1-530-993-6747 / 1-888-840-8418] (TTY: [711 / 1-800-855-7100]). 번으로 전화해 주십시오.

## **繁體中文(Chinese)**

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。  
。請致電[1-530-993-6747 / 1-888-840-8418] (TTY: [711 / 1-800-855-7100])。。

## **日本語 (Japanese)**

注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。 [1-530-993-6747 / 1-888-840-8418] (TTY: [711 / 1-800-855-7100]).まで、お電話にてご連絡ください。

**Hmoob (Hmong)** LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau [1-530-993-6747 / 1-888-840-8418] (TTY: [711 / 1-800-855-7100]).

## **ภาษาไทย (Thai)**

เรียน: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร [1-530-993-6747 / 1-888-840-8418] (TTY: [711 / 1-800-855-7100]).

**ខ្មែរ (Cambodian)**

ប្រយ័ត្ន៖ រ រើសិនជាអ្នកនិយាយ ភាសាខ្មែរ ,  
រសវាជំនួយមននកភាសា រោយមិនគិតថ្លៃ គឺអាចមានសំរា ំ  
ំរ រើអ្នក។ ចូ ទូ ស័ព្ទ [1-530-993-6747 / 1-888-840-8418]  
(TTY: [711 / 1-800-855-7100]).។

**ພາສາລາວ (Lao)**

ໂບດຊາບ: ຖ້າວ່າທ່ານເວົ້າພາສາ ລາວ,  
ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ,  
ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທຣ [1-530-993-6747 / 1-888-840-  
8418] (TTY: [711 / 1-800-855-7100]).

**Հայերեն (Armenian)**

ՈՒՇԱԴՐՈՒԹՅՈՒՆ՝ Եթե խոսում եք հայերեն, ապա ձեզ  
անվճար կարող են տրամադրվել լեզվական  
աջակցություն ծառայություններ: Չանգահարեք [1-530-  
993-6747 / 1-888-840-8418] (TTY (հեռատիպ)՝ [711 / 1-  
800-855-7100]).

**Русский (Russian)**

ВНИМАНИЕ: Если вы говорите на русском языке, то вам  
доступны бесплатные услуги перевода. Звоните [1-530-993-  
6747 / 1-888-840-8418] (телетайп: (TTY: [711 / 1-800-855-  
7100]).

## فارسی (Farsi)

**توجه:** اگر بہ زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما

TTY: فراہم می باشد. با [1-530-993-6747 / 1-888-840-8418] تماس بگیرید. [711 / 1-800-855-7100]

## ਪੰਜਾਬੀ (Punjabi)

ਧਿਆਨ ਧਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬ ਬੋਲਿ ਹੋ, ਤੀਂ ਭਾਸ਼ਾ ਧਿੱਚ ਸਹਾਇਤਾ ਸੇ  
ਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਿ ਹੈ। [1-530-993-6747 / 1-888-840-  
8418] (TTY: [711 / 1-800-855-7100])। 'ਤੇ ਕਾਲ ਕਰੋ।

## العربية (Arabic)

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك  
بالمجان. اتصل برقم [1-530-993-6747 / 1-888-840-8418] (TTY: [711 / 1-800-855-7100]).  
رقم هاتف الصم والبكم

**हिंदी (Hindi)** ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त  
में भाषा सहायता सेवाएं उपलब्ध हैं। [1-530-993-6747 / 1-888-  
840-8418] (TTY: [711 / 1-800-855-7100]) पर कॉल करें।