

# *The CORNERSTONE* **CHRONICLE**

*Official Publication of CORNERSTONE Behavioral Health  
"Specialists in Mental Health Services and Substance Abuse Treatment Programs"*

## **CORNERSTONE CONTINUES TRADITION AS REGION'S PREMIER PROVIDER**



Cornerstone's psychology staff from left to right: (front) Dr. Joshua Clauson, Dr. Adam Fuller, Dr. Mikaela Bernthaler, (back) Dr. Brian Schaffer, Dr. Suzanne Petren, and Dr. Robert Matzelle. (Not pictured: Dr. Cora Courage)

Since its founding in 1988, Cornerstone Behavioral Health has grown from a small substance abuse treatment facility with two counselors, to a full-service mental health agency with seven doctorate-level therapists, three predoctoral interns in clinical psychology, two masters-level counselors, three substance abuse professionals, and two psychiatrists, not to mention a friendly office staff who provide efficient and confidential assistance to each client.

Cornerstone's commitment to quality services has been validated by the national accreditation bestowed upon the clinic by CARF, the Rehabilitation Accreditation Commission. Cornerstone remains one of the few providers in the State to offer mental health services and substance abuse treatment programs on an outpatient basis. Add a comfortable, very private clinic to the equation and its plain to see why Cornerstone is the provider of choice for behavioral health services.

## **MESSAGE FROM THE CLINICAL DIRECTOR**

by Dr. Adam Fuller

For those of you who may be thinking about coming to Cornerstone for help, I would like to address some of the concerns that often arise when someone is considering making use of psychological services. Issues of privacy and confidentiality are typically at the top of the list, especially in a small-town setting like ours in which it often seems everyone knows everyone else. I would like to reassure you that our commitment is to the highest quality private and confidential services for each person who comes to Cornerstone. We provide each individual with the kind of secure setting in which they can experience acceptance, respect, and understanding as they discover and explore solutions to problems in their lives that may feel confusing, overwhelming, or full of emotional distress.

Another concern or misconception often on people's minds is the notion that going to counseling suggests a person must "lack willpower," or that they must be "crazy," or that they should simply *(continued on page 2)*

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be able to "pull themselves up by their bootstraps" and "cowboy up." For those raised or choosing to live in our rugged State, such beliefs often ring true, even though they couldn't be farther from the truth. If only the human mind and emotional life were so simple! To the contrary, the human mind is perhaps the most complex thing known to us, which can be a blessing in terms of the richness of our lives, and yet, when things start to go wrong, the problems can be just as complex.

Each person is unique and complex in their own way, and may come into times in their life when powerful feelings arise that are hard to understand—depression, nervousness, anger, guilt, confusion, dissatisfaction with unrealized goals. Such experiences do not arise out-of-the-blue. There are reasons for these feelings, unique to each individual. Each person then has a decision

to make, whether or not they will choose to work with a professional to figure out those reasons and resolve the problems.

In my opinion, to choose counseling is not the action of someone lacking willpower, but rather someone with a strong will. I might suggest that in the face of such problems, it is actually the brave person who takes the step of calling for an appointment.

In recognition of, and respect for, the complexities of human emotions and problems in living that can arise, we at Cornerstone have gone to great lengths to hire the most highly trained staff. Nowhere else in our area will you find this number and caliber of doctoral-level professionals and substance abuse counselors under one roof offering comprehensive outpatient counseling and substance abuse services to people in the community-at-large.

To give an example, in order to earn the title "psychologist," a person first needs to complete a four-year college degree, followed by four or five years of graduate school focused on studying and supervised experience. This is followed by another year of supervised experience (called "internship"), and finally an additional postdoctoral year of supervised work in order to qualify for licensure. I am proud to say that each of our psychology staff has devoted themselves to this level of training. I also place meaning on the fact that each of our professional staff has the qualifications to work anywhere in the country, and yet they choose to live and work here, valuing our community and rural life-style.

If you are someone considering coming to Cornerstone for services, the first step is yours, the next we can take together.

PSYCHIATRIC SERVICES AT CORNERSTONE

Providing clients with the convenience of a comprehensive, one-stop-clinic was the driving force behind Cornerstone's decision to add the region's top psychiatrists to the clinical staff.



Dr. Carlos Garcia-Prieto and liaison psychiatrist. Dr. Garcia-Prieto is fluent in both English and Spanish and has extensive experience with the pharmacological treatment of adults, seniors, and adolescents. He also has special interest in behavior treatment of dementia.

Carlos Prieto-Garcia, M.D. serves as medical director and as a consultation

Dr. Peter Heinbecker is also a board-certified psychiatrist and served as Cornerstone's medical director for 13 years. In the summer of 2006, Dr. Heinbecker retired from full time duties at Cornerstone, but continues to serve as a consulting psychiatrist.



Cornerstone offers clients psychiatric assessments, independent medical examinations, and medication management. The clinic accepts most insurance for psychiatric services, and is a Medicaid approved provider.

Dr. Peter Heinbecker

## **SUBSTANCE ABUSE TREATMENT SERVICES STILL THE STANDARD OF EXCELLENCE**

Cornerstone has been providing outpatient substance abuse treatment services to residents of southwestern Wyoming and northern Utah since 1988. Due to the successful outcomes of clients who have participated in the nationally accredited programs, the convenience offered by the outpatient format, and a desire to serve clients in a more timely manner, Cornerstone maintains a staff of three highly qualified clinicians to meet the demand for services.

The clinic is anchored by veteran counselor Lin Taylor, M.S.W., a licensed clinical social worker, licensed addiction therapist, and nationally certified addic-



Cornerstone's substance abuse treatment staff from left to right: Doris Taylor, Lin Taylor, and Kassahn Sanders Mathson.

tion counselor. Doris Taylor is another Cornerstone veteran with years of adult treatment experience. She is a certified addictions practitioner and a nationally certified addiction counselor. Both Lin and Doris have also met DOT requirements for practice as a Substance Abuse Professional (SAP). Cornerstone's most re-

cent addition to the treatment team is Kassahn Sanders Mathson. Kassahn is a provisional professional counselor and works with children and adolescents as well as facilitating prevention education in the community.

Cornerstone's outpatient services enable clients to remain with their families and

at their jobs or school while receiving treatment. Most services are available on a sliding fee scale based on client income and family size, and include intensive outpatient programs and aftercare for adults and adolescents, individual counseling, DUI (driving under the influence) school, drug screens and prevention education.

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## **APA ACCREDITED INTERNSHIP TRAINING PROGRAM**

Before receiving a doctorate degree in psychology, students must first complete a year-long internship. And with more students seeking placement than there are available program slots, competition is intense.

Cornerstone launched the internship program in 1997, and in just a few short years, earned the American Psychological Association's highest level of accreditation validating the program as well as the professionals who facilitate the experience.



2006-2007 interns from left to right: Joseph Manera, Scott Dugan, and Ian Pritchard with Clinical Director Dr. Adam Fuller.

Cornerstone's clinical psychology internship program provides future clinicians with experiences which facilitate development into professional psychologists. Interns receive an in-depth learning experience integrating a range of psychological services.

During their substance abuse treatment rotation, interns spend a full year co-facilitating adult or adolescent aftercare substance abuse groups and may provide individual counseling.

## CLINIC OFFERS PROFESSIONAL ENVIRONMENT

Cornerstone's commitment to quality behavioral health services reached new heights with the construction of a state-of-the-art clinic several years ago.

Located next to Evanston Regional Hospital, Cornerstone's 15,000 square foot facility sits on approximately three acres of land providing ample space for clients and staff. The clinic's close proximity to the hospital represents the region's first

physical linkage between behavioral health services and the medical community.

tion will provide greater accessibility to and acceptance of mental health services and substance abuse treatment programs. "Our private location and close proximity to Evanston Regional Hospital provide clients with the professional environment they deserve," stated Fuller.

Cornerstone is open Monday through Thursday from 8:00 AM to 7:00 PM and Friday from 8:00 AM to 5:00 PM.



Clinical Director Dr. Adam Fuller is hopeful the loca-



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Services are certified by the Wyoming Department of Health and nationally accredited by CARF...The Rehabilitation Accreditation Commission.

Cornerstone is located at:  
195 Feather Way  
Suite #1  
Evanston, Wyoming  
*(Next to Evanston Regional Hospital)*

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[www.cornerstonebh.com](http://www.cornerstonebh.com)