

# MEET OUR MENTAL HEALTH TEAM



## **Emma Wassilak, LPC-S, PMH-C, CEAP® Clinical Director**

Emma has served in multiple roles since starting at Sunbeam in 2013 and is currently the department's Clinical Supervisor. She is an LPC and state-approved supervisor for LPC Candidates. Emma strongly supports training future generations of therapists to increase access to quality mental health services for Oklahomans. Emma's training includes multiple hope-centered, trauma-informed, and culturally responsive modalities including Seeking Safety, TF-CBT, CPT, ACT, and she is a Talk Saves Lives Instructor, providing education on suicide prevention. Emma believes in creating a safe, affirming space for all clients with respect for each person and family's unique experiences.

## Mary Margaret McMiller, LCSW Clinical Director



Mary Margaret McMiller, LCSW, is a licensed clinical social worker with a Master of Social Work degree from The Brown School of Social Work at Washington University in St. Louis. Mary Margaret earned her Bachelor of Arts degree in Urban Affairs from St. Louis University. She currently works as a clinical director at Sunbeam Family Services In Oklahoma City, OK. Mary Margaret has over ten years of experience in the fields of mental health, substance use treatment, and community development. Her background as a social worker in community mental health includes working with children, transition aged youth, adults with serious mental illness, adults in recovery, and aging adults. Mary Margaret's background in community development includes research, program development, and program management. She is passionate about fostering growth in individuals, families, and communities. In her free time Mary Margaret loves to travel, cook, garden, and read.

## Shayla Winrow, M.Ed., LPC, PMH-C Clinical Director

Shayla Winrow M.Ed., LPC, PMH-C is a Licensed Professional Counselor who earned her master's degree from Oklahoma City University in Applied Behavioral Studies in 2019. She was previously the Director of the SeeWorth Foundation working with at-risk adolescents. She has received training in CPT, TF-CBT, ACT, Conscious Discipline, and has experience working with children, adults, couples, and families. Shayla has received training in the Neurosequential Model of Therapeutics, is certified in Perinatal Mental Health and is a Certified Educator of Infant Massage. Shayla is currently rostering in Child-Parent Psychotherapy. Shayla's approach to counseling strives to recognize each client as unique and does her best to create an environment where they feel safe to explore what it looks like to live their most valued life.



## Elli Bilingsley Therapist



Elli is a Licensed Professional Counselor Candidate under supervision in the state of Oklahoma. She holds a bachelor's degree in psychology and a master's degree in Mental Health Counseling from Oklahoma State University. Elli's approach to therapy is warm, empathetic, and client-centered, ensuring that clients feel heard and supported throughout their therapeutic journey.

Located at Sunbeam's Home Office, Elli is dedicated to creating a safe and affirming space where clients can explore and express themselves freely. She believes in the power of a strong therapeutic relationship and strives to provide a non-judgmental environment for clients to explore their thoughts and feelings. Elli's therapy approach blends person-centered therapy with Acceptance and Commitment Therapy (ACT), tailoring each session to meet the unique needs of her clients. When working with children, she incorporates play therapy and trauma-focused Cognitive Behavioral Therapy strategies.

Elli is passionate about working with a diverse range of populations, with a particular focus on LGBTQIA+ support, identity exploration, anxiety, depression, and children's mental health. She works across the lifespan, starting from age 5 and up. Elli is committed to helping her clients feel safe, supported, and empowered to reach their therapeutic goals.

Elli believes that while the world can be a challenging place, your mind shouldn't have to be one.

## Lauren Black Therapist

Lauren received her Master of Social Work degree from Boston University and a bachelor's degree in political science from Sacred Heart University. She is a Licensed Social Worker-Admin and is currently under supervision for clinical licensure. Lauren practices out of Sunbeam's Home Office, where she provides strengths-based, person-centered, and trauma-informed care.

In her therapeutic practice, Lauren emphasizes self-compassion, mindfulness, and connection to individual values, using Acceptance and Commitment Therapy (ACT) as a primary approach.

She shares, "I love being a therapist at Sunbeam because the culture here is so supportive and nurturing for both clients and staff, allowing me to show up fully for my clients."

## Liz Butts, LPC-C Therapist

Liz is a Licensed Professional Counselor Candidate (LPC-C) who provides therapy at both Sunbeam's Home Office and Edwards Community Hope Center. She is passionate about working with children (ages 5+), parents, and is especially committed to supporting members of the 2SLGBTQIA+ community.

Liz's approach to counseling is trauma-informed and person-centered, ensuring that clients feel safe and supported throughout their therapeutic journey. She integrates techniques from Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Art Therapy, and Play Therapy, and is eager to continue developing her skills in these areas. Liz is dedicated to creating a space where clients feel empowered to achieve their therapeutic goals.

She shares, "I love being a therapist. It's incredible to watch someone flourish and become the person they want to be. It's an honor to be a part of that process."

## Melanie Ferguson, LCSW Therapist



Melanie is a Licensed Clinical Social Worker at Sunbeam's Home Office with over 15 years of experience in mental health and social services. Melanie enjoys working with teens and adults and strives to ensure that each individual feels seen, heard, and valued.

Melanie has significant experience working with survivors of domestic violence and other traumas and is passionate about supporting individuals on their journey toward healing. She has received training in Seeking Safety, Finding Your Best Self, Making Sense of Your Worth, DBT, trauma, and working with grief.

Melanie also works with individuals navigating anxiety, depression, and grief/loss. She enjoys supporting other professionals in the helping and social service fields. Her approach is collaborative, supportive, and down-to-earth.

## **Brittanie Groesbeck, LCSW Therapist**

Brittanie Groesbeck completed her Master's Degree in Social Work at the University of Oklahoma and is a Licensed Clinical Social Worker. She has over 25 years of experience providing clinical services for children, families and adults in a variety of settings and treating a variety of issues including depression, anxiety, trauma, family conflict and others. Brittanie is trained in Seeking Safety, TREM, ACT, Play Therapy, Crisis Intervention and is a Certified TF-CBT therapist and a Certified Child and Adolescent Trauma Professional.

Recently, she completed the Neurosequential Model of Therapeutics (NMT) Phase One Certification to deepen her knowledge of the brain and the impact of trauma and developmental adversity. Brittanie is invested in a holistic approach to well-being and supporting trauma recovery for better emotional, physical and relational health.

## Haven Harrison IECMH Consultant



Haven has over 25 years of experience serving children and families in various roles within the early childhood field. Her advanced studies in child development, family studies, and clinical mental health reflect a strong commitment to understanding and supporting the developmental and emotional needs of young children and their families.

As a Licensed Practicing Counselor Candidate, her pursuit of LPC licensure further demonstrates her dedication to providing professional and compassionate care to individuals of all ages. Haven is committed to continuous learning, actively pursuing certifications in Infant Massage, Conscious Discipline, Perinatal Mental Health, Trauma-Informed Cognitive Behavioral Therapy, and Child-Parent Psychotherapy (CPP). This dedication enables her to provide holistic and compassionate care.

“I feel deeply invested in the power of compassion and in providing a safe place for people to explore their present, past, thoughts, and feelings. I am particularly interested in the dyadic process of supporting very young children and their caregivers through trauma-informed, play-based therapy. The power of early intervention and the importance of nurturing relationships are healing for both caregivers and children.”

## Charles Jackson, LPC-S Therapist

Charles has been at Sunbeam Family Services for the past 5 years. Working at Sunbeam is a privilege Charles feels. “It’s a privilege because families allow me to be a part of their journey towards growth and play a part in building a brighter future.” Charles is a Licensed Professional Counselor Supervisor (LPC-S) with nearly two decades of experience. He began his career in 2005 after earning a master’s degree in counseling psychology from the University of Central Oklahoma. Throughout his time as a therapist, Charles has worked in a variety of settings, including both inpatient and outpatient care.

Passionate about children and their healing, Charles has always been drawn to working with children and their families. To enhance his expertise in this area, he earned the credential of Registered Play Therapist™ (RPT™). He believes that play is the natural language of children—where toys become their words. By using play and play therapy, Charles allows children to explore their world, challenges, traumas, and concerns in a way that feels natural to them. This approach helps children express their authentic selves and develop the skills needed for change and healing.

Recognizing the importance of a child’s support system, Charles involves parents, foster parents, guardians, or caseworkers in the therapeutic process, because, as he says, “play is not only for children.”

Throughout his career, Charles has received additional training in Conscious Discipline, Trust-Based Relational Interventions (TBRI), Internal Family Systems (IFS), and the Neurosequential Model of Therapeutics. These tools further his ability to support children, their families, and the challenges they face.

## **Haley Jurko, LPC, CEAP® Therapist**

Haley Jurko received her Bachelor's degree in Psychology from the University of Oklahoma in 2016 and later earned her Master's in Arts in Counseling Psychology from the University of Central Oklahoma in 2019. She enjoys working with children (age 8+), adolescents, adults and families. Haley is particularly interested in working with anxiety, depression, and trauma related disorders to name a few. She emphasizes a trauma-informed Cognitive-Behavioral and Acceptance and Commitment (CBT and ACT) approach to therapy, and will expand to other evidence-based treatment modalities based on the individual needs of the client.



## Natasha Kotey Therapist

Natasha is a compassionate social worker and therapist at Edwards Community Hope Center. With a deep commitment to helping individuals, couples, and families, she specializes in addressing depression, trauma, and relationship and systemic challenges. At Sunbeam, Natasha's approach is rooted in partnership, valuing the client's knowledge and experiences.

She believes in the power of a strong therapeutic relationship and works to create a brave, non-judgmental space where clients can explore themselves and their environments. Utilizing a blend of evidence-based and holistic healing practices, Natasha tailors each session to meet the unique needs of every client.

Natasha employs a decolonized approach that acknowledges the impact of colonization and systemic oppression on mental health, working to address these traumas and support clients in healing from collective wounds. She emphasizes the importance of community, encouraging clients to build and maintain supportive networks.

"I was called to do this work to help communities, especially people who often feel unheard or misunderstood. Social work allows me to provide emotional and mental health support while also addressing larger societal factors that impact clients' well-being. Everyone deserves to heal in spaces that see, affirm, and uplift them, and my goal is to create those spaces with others."

## Patricia (Patty) Martinez Therapist

Patty is a bilingual therapist who received her Bachelor's degree in Psychology from Oklahoma State University in 2016. She later earned her Master of Arts degree in Counseling Psychology from the University of Central Oklahoma in 2019. Patty prefers working with adolescents (13+), adults, and couples/families.

Patty currently works treating anxiety, depression, and trauma related disorders. She has completed training on several evidence-based practices throughout her time at Sunbeam. Patty mainly uses a Cognitive Behavioral and Person Centered approach but also implements Solution Focused Therapy and mindfulness strategies. Patty recognizes the unique needs of every individual and family she works with and makes it a priority to adapt her approach to fit the needs of her clients.

## **Kyann Mitchner, MSW, LMSW Therapist**



Kyann is a dedicated Mental Health Therapist specializing in Trauma and Infant and Early Childhood Development. With a passion for supporting families, teens, and children through the complexities of trauma and life transitions, Kyann strives to create a safe and nurturing environment where healing can flourish. Her therapeutic approach is grounded in the values of empathy, connection, hope, self-worth, and growth. By fostering genuine connections with her clients, Kyann empowers them on their journey toward mental well-being.

Kyann utilizes evidence-based therapeutic modalities, including Acceptance and Commitment Therapy (ACT), Person-Centered Therapy, and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). These approaches allow her to tailor her work to meet the unique needs of each client. Whether addressing issues such as depression, anxiety, PTSD, OCD, or Borderline Personality Disorder, or navigating life transitions like divorce, Kyann is committed to providing compassionate support and effective strategies.

**Kaydee Norton, MS, LPC-C, PMH-C**  
**Infant and Maternal Health Coordinator**



Kaydee is a dedicated mental health professional based at Sunbeam's Home Office and Educare Oklahoma City. She holds a bachelor's degree in Family Life Education: Marriage and Family from the University of Central Oklahoma and a Master of Science in Counseling Psychology from Southern Nazarene University. Currently, she is pursuing state licensure as an LPC Candidate.

Kaydee is a certified Perinatal Mental Health specialist with a focus on Infant and Early Childhood Mental Health, parent education, and trauma-informed care. As an endorsed trainer for Zero to Three: The Growing Brain and Circle of Security, she integrates Attachment Theory with practices from Emotionally Focused Therapy (EFT), Acceptance and Commitment Therapy (ACT), Family Systems, and Psychodynamic approaches. She is passionate about supporting individuals and families through life's transitions, offering hope on their journey toward self-renewal.

## Kristin Stecklow, LMFT Therapist



Kristin is a Marriage and Family Therapy Candidate who earned her Master of Science degree in Marriage and Family Therapy from Oklahoma Baptist University in 2022. She is passionate about working with individuals experiencing challenges related to sexual trauma, domestic violence, and relational issues within couples and families. Kristin primarily uses Experiential Family Therapy and Cognitive Behavioral Family Therapy but also integrates other evidence-based treatment modalities to meet the unique needs of her clients.

Kristin has completed training in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Making Sense of Your Worth (MSOYW), Trust-Based Relational Intervention (TBRI), Internal Family Systems (IFS), the Collaborative Assessment and Management of Suicidality (CAMS), and Perinatal Mental Health (PMH). She currently sees clients ages 6 and up at Sunbeam's Home Office.

When asked about her passion for being a therapist at Sunbeam, Kristin shares, "I want people to have a safe space where they feel comfortable sharing whatever they may be experiencing and have someone who genuinely cares for them. I think therapy should be a place for people to feel accepted, cared for, and to explore what they are ready to talk about with a person who can help them to work towards healing and any goals that are important to them."

## Jessica Welp, LCSW Therapist



Jessica earned her Bachelor of Arts from the University of Science and Arts of Oklahoma and a Master of Social Work from the University of Oklahoma. She is licensed by the State of Oklahoma to practice clinical social work (LCSW). With over 15 years of experience providing a wide range of social services in her community, Jessica enjoys working with teens, adults, couples, and families.

She is particularly passionate about supporting survivors of domestic violence and other traumas, as well as members of the 2SLGBTQIA+ community, and she is neuro-divergent affirming. Jessica's counseling approach is trauma-informed and person-centered, utilizing psychodynamic and somatic perspectives. She is trained in various therapeutic modalities, including Seeking Safety, Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Cognitive Processing Therapy (CPT), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavioral Therapy (DBT), Trauma Recovery and Empowerment (TREM), and Perinatal Mental Health.

“Sunbeam has provided me with unique opportunities to learn and grow as a therapist within a supportive and encouraging environment. Not only do I love the work I do, but it is also my pleasure to build therapeutic alliances and witness others learn and grow in that same supportive space.”

## Sierra Williams, LMSW Therapist



Sierra received a Bachelor of Arts in Sociology from the University of Central Oklahoma in 2018, followed by a Master of Arts in Social Work from the University of Oklahoma in 2023. She is currently a Licensed Master of Social Work (LMSW) under supervision for clinical licensure. Since joining Sunbeam in 2018, Sierra has served in multiple roles, developing a deep passion for early childhood services, foster care, case management, and supporting families experiencing homelessness.

Sierra currently works with Sunbeam's Early Head Start/Head Start programs for the Northeast Oklahoma City community, providing Infant and Early Childhood Mental Health Consultation. Her consultation approach focuses on building brave spaces for children, teachers, and families, encouraging emotional and physical well-being by fostering a sense of belonging, self-worth, and compassion.

In addition, Sierra provides direct therapy services at Sunbeam's Home Office and Edwards Community Hope Center. She works with children, adolescents, and their families who have experienced trauma, anxiety, depression, and grief/loss. Her therapeutic methods include Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Child-Parent Psychotherapy, Perinatal Mental Health practices, Conscious Discipline, and techniques from play and art therapy.

Sierra is passionate about helping clients build hope, confidence, curiosity, creativity, and self-compassion. She shares, "There are so many reasons to love what I do. I get to see people love again, grow, accept, and feel all emotions, release held breaths—but the most important is learning to laugh and smile again with your whole body."

## McKenna Zinn, MSW, LMSW, PMH-C Therapist



With a bachelor's degree in social work from Oral Roberts University and a master's degree from the University of Oklahoma, McKenna is a Licensed Master Social Worker (LMSW) at Edwards Community Hope Center. She loves helping children and their families navigate challenges like trauma, depression, anxiety, and life transitions.

McKenna truly believes that every individual deserves to feel heard and valued. She takes a hope-centered and whole-person approach to therapy, creating a safe and empathetic environment where clients can explore their experiences. McKenna values collaboration and prioritizes adapting her approach to best fit the needs of each client. With training in Trauma-Focused Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, and Conscious Discipline, McKenna is equipped to support children from birth to 17 on their journey toward emotional well-being. Recognizing caregivers as an integral part of this process, McKenna is certified in Perinatal Mental Health and Infant Massage to strengthen those essential bonds in early childhood. She is currently working toward certification in Child-Parent Psychotherapy, which helps families with children under 5 overcome trauma.

She shares, "I'm passionate about being a therapist because I believe in the transformative power of connection. Each conversation is an opportunity to ignite hope and foster healing, guiding individuals toward their own strength and resilience."

If you're looking for someone to walk alongside you and your family on this journey, McKenna is here to help!