

## **All About HelpPeople Counselors**

### **Director – Andy Ohstrom, SPHR**

Andy is a Senior Professional in Human Resources (SPHR) with comprehensive experience with a variety of sectors, including union and non-union environments, private firms and Fortune 200 companies. Andy completed his B.S. in Industrial Labor Relations / Human Resource Management from Lemoyne College. He also holds a certificate from the New York School of Industrial Relations at Cornell University. Andy is active in the community serving on the board of Consumer Credit Counseling Services of Central New York and President of Optimist International—LaFayette Chapter. Andy has also provided trainings on several workplace topics including Diversity, Conflict, Change, and Addressing Job Performance Issues.

### **Clinical Supervisor – Elizabeth Gerde, MS, NCC, LMHC**

Beth has a Master's of Science degree in Counseling. Beth is a Licensed Mental Health Counselor and a National Certified Counselor. She has been with HelpPeople for over nine years. Beth has more than 16 years in the mental health field and with Employee Assistance Programs. Beth's clinical areas of expertise include job/career related issues, adolescent therapy, crisis intervention, families, group therapy, anger management, depression, and anxiety.

### **Coordinator of Support & Training Services - MaryAnn Gorman, MS, CASAC, SAP**

MaryAnn has a Master's degree in Counseling. She is a New York State Credentialed Alcohol and Substance Abuse Counselor and Substance Abuse Professional. MaryAnn worked in the addiction field for ten years, in both intensive outpatient treatment and continuing care outpatient treatment. She has been with HelpPeople for ten years. MaryAnn's clinical areas of expertise include addictions, critical incident stress management, mindfulness based stress reduction, anger management, and conflict management.

### **Counselor – Karol Cerimeli, MA, CASAC, SAP**

Karol has a Masters of Arts degree. Karol is a National Certified Addiction Counselor and a New York State Credentialed Alcoholism and Substance Abuse Counselor and is also a Substance Abuse Professional. She has been with HelpPeople for over nine years. Karol has more than 25 years in the mental health field. Karol's clinical areas of expertise include chemical dependency, crisis intervention, eating disorders, depression, group therapy and working with adolescents.

### **Counselor - Kimberly Masterpole, MSW, LCSW-R**

Kimberly has a Masters of Social Work degree. She is an R numbered social worker, licensed in the State of New York. Kim has been with HelpPeople for eight years. Kim has more than fourteen years in the mental health field. Her clinical areas of expertise include individual and family psychotherapy, children's issues, grief and bereavement issues, trauma, depression, and anxiety.

**Counselor - Gerald Ruane, MA, CASAC, SAP**

Gerry has a Masters of Arts degree in Counseling Psychology. He is a New York State Credentialed Alcoholism and Substance Abuse Counselor and is also a Substance Abuse Professional. Gerry has been with HelpPeople for over twelve years and has more than 28 years in the mental health field. His areas of expertise include chemical dependency for adolescents and adults, crisis intervention, couples, families and parenting concerns, and stress management.

**Counselor – Nawal Obeid, MS, NCC, LMHC**

Nawal holds a Master's degree in Counseling. She is a Licensed Mental Health Counselor and a National Certified Counselor. She has been with HelpPeople for twelve years. In addition to relationship counseling, her areas of expertise include women's issues, family support and development, and cultural diversity. Nawal provides counseling with an emphasis on cross-cultural and multi-ethnic groups. Nawal is fluent in Spanish and Arabic and has a working knowledge of French.

**Counselor – Ruth Kutz, MSW, LCSW-R, B.C.D**

Ruth holds a Master's degree in Social Work. She is a Board Certified Diplomat and is an R numbered New York State Licensed Social Worker. She has provided behavioral health services to the community for more than thirty years and has been with HelpPeople for six years. In addition to marital and family psychotherapy, her areas of expertise include women's issues, depression, anxiety, eating disorders, sexual and other trauma, crisis intervention and professional ethics.

**Intake Counselor - Timothy Suppes, BA**

Timothy holds a Bachelors of Arts degree and holds a Human Resource Certification through Lemoyne College. Timothy has worked in the behavioral health field for 22 years, conducting screenings, developing treatment plans and administering career interest and skills testing. He has counseled and aided individuals requiring assistance with alcohol and drug abuse. Timothy has been with HelpPeople for over six years.