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

Revised June 1, 2022
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

Revised June 1, 2022
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](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.

Revised June 1, 2022
Public Transportation: Sierra County does not have public transportation. However, Golden Rays does have shuttle service available for a fee. Please call (530) 798-8555 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

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

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, waivered, or registered mental health providers and licensed substance use disorder services providers are listed on the Plan’s provider directory.
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: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ที่ [1-530-993-6747 / 1-888-840-8418] (TTY: [711 / 1-800-855-7100]).
(Cambodian)

បើប្រការប្រការប្រការ និងសិទ្ធិការប្រការ អាចបានធ្វើបាន ការតាមរយៈតួលេខ [1-530-993-6747 / 1-888-840-8418] (TTY: [711 / 1-800-855-7100]).

(Lao)

เวลาก่อน: ทุกวันเช้าปิดเท้าผ่านพิภพ ว่า งานบริการงานอยู่ติดอยู่บริการ ได้รับ.gener, แบบบริการแบบใช้ส่วน. โทรศัพท์ [1-530-993-6747 / 1-888-840-8418] (TTY: [711 / 1-800-855-7100]).

(Armenian)

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

(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]).
توجه: اگر به زبان فارسی گفتگو می‌کنید، تسهیلات زبانی بصورت رایگان برای شما [8418-840-888-1/6747-993-1-530] فراهم می‌باشد. (TTY: تماس با گیرید [7100-1-800-855-711]).

پنجابی (Punjabi)
پیشنهاد می‌شود: اگر به زبان پنجابی گفتگو می‌کنید، تسهیلات زبانی بصورت رایگان برای شما [8418] تأمین می‌شود (TTY: [711 / 1-800-855-7100]).

العربیة (Arabic)
ملحوظة: إذا كنت تتحدث اللغة، فإن خدمات المساعدة اللغوية تتوفر لك بالمجان. اتصل برقم [1-530-993-6747 / 1-888-840-8418] (TTY: [711 / 1-800-855-7100]).

ہیندی (Hindi)
دیکھیں: اگر بھارتی تعلق نہیں ہے تو اپنے لئے مفت میں بھارتی یا تعلق ہے، اپنے لئے مفت فاصلہ سے سہا یا سہا پر فراہم نہیں [8418] (TTY: [711 / 1-800-855-7100]). پر کاول کریں.