

Samaritan Mental Health

Providing comprehensive outpatient mental health services



Building healthier communities together

www.samhealth.org/mentalhealth

SI.500.BT

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Compassionate guidance is at the heart of the comprehensive mental health programs available through Samaritan Health Services. With both an inpatient and outpatient program, we are able to help you or someone close to you get through hard times and on a path toward recovery, whether it be relationship issues, depression or a psychotic disorder.

Most recently, Samaritan Mental Health became the first in Oregon to offer NeuroStar® TMS (transcranial magnetic stimulation) Therapy, the only rTMS system cleared by the FDA for the treatment of depressed patients who have not benefited from prior antidepressant drug treatment.

Our multidisciplinary staff of caring, compassionate psychiatrists, psychologists, therapists, social workers and licensed professional counselors provide outpatient care in clinics located in Corvallis and Albany. Additionally, we have a state-of-the-art, 24-bed inpatient facility in Corvallis that serves the entire state of Oregon.

Contact us

Albany

1052 29th Ave SW • (541) 812-5060

Hours: Monday to Friday, 8 a.m. to 5 p.m.

Corvallis

3509 NW Samaritan Drive • (541) 768-5235

Hours: Monday to Friday, 8 a.m. to 5 p.m.

For more information about Samaritan Mental Health's inpatient services, call (541) 768-5144.

Meet our providers

Albany

Timothy McCarley, MD, is a psychiatric physician who received a medical degree from the University of Oklahoma College of Medicine in Tulsa, Okla., where he also completed residency training in psychiatry. He moved to Oregon in 2001 to become the first provider at the Samaritan Mental Health clinic in Albany. He enjoys working with adult psychiatric patients and has a particular interest in evaluations and psychopharmacology.



Corvallis

R. Scott Babe, MD, received a medical degree from Dartmouth Medical School. He completed residency training in psychiatry at the University of Colorado Health Sciences Center. He is board certified with the American Board of Psychiatry and Neurology in psychiatry and psychosomatic medicine.

Dr. Babe specializes in general psychiatry and the care of the complex medically ill. He provides inpatient consultation services at Samaritan Albany General Hospital. Dr. Babe takes referrals from primary care providers (PCP) to consult on patients who need assistance with diagnosis and treatment of mental illness that can then be managed by a PCP.



Tim Blumer, DO, is board certified in child and adolescent psychiatry and board eligible in adult psychiatry. He received a bachelor's degree from Washington State University and a medical degree from the College of Osteopathic Medicine of the Pacific.

Prior to joining Samaritan Mental Health, Dr. Blumer was in private practice in Redmond, Ore. His comprehensive approach to treatment includes conventional psychotherapy and pharmacological approaches as well as less conventional methods such as meditation and osteopathic manipulative treatment.

In his free time, Dr. Blumer enjoys spending time with his wife and three children. Some of his favorite hobbies include rockhounding, woodworking, swimming and scuba diving.



Valerie Dougher, LCSW, attended Ohio State University where she received a bachelor's degree in social welfare. She later earned a master's degree in social work from the University of Michigan. Valerie is a licensed clinical social worker with more than 25 years of experience as a mental health therapist working with adults, adolescents and children.

Valerie's specialties include the treatment of depression, anxiety, grief and loss, life transitions, separation and divorce, parenting issues, school-related problems, stress management and self-esteem. She is a member of the National Association of Social Workers.



Michael May, MD, was born in Omaha, Neb., and grew up in Phoenix, Ariz. He trained at the University of Nebraska Medical Center. He completed an internship at Oregon Health & Science University and residency training at Stanford University Hospital in California. Dr. May has been the medical director for Samaritan Mental Health since 1992.



Tania May, PMHNP, earned a bachelor's degree in nursing from California State University, Fullerton. She has a master's degree in nursing from Gonzaga University in Spokane, Wash., where she completed the psychiatric mental health nurse practitioner and clinical nurse specialist program.

Prior to her specialty training, Tania practiced as a registered nurse for 27 years with 15 of those years in acute mental health care. Her other areas of practice included oncology, pediatrics and cardiac care.

Tania combines psychotherapy, strategies of self-care, and prescribes medications when indicated. She loves working with patients who present with a wide variety of concerns.

Cindy Miller-Aron, LCSW, CGP, is a native Oregonian. She graduated from Simmons School of Social Work in Boston, Mass., and completed internships at the Massachusetts Mental Health Center and Tufts University Counseling Center. She is active in the American Group Psychotherapy Association and is the Founding President of the Oregon Group Psychotherapy Society. She is also a member of the Association of Applied Sports Psychology.



James Phelps, MD, received a bachelor's degree in human biology from Stanford University in California and a medical degree from Case Western Reserve University in Ohio. He completed an internship at the University of Nevada, and residency and fellowship training in psychiatry at the University of New Mexico.

Most recently, Dr. Phelps held a private practice in Corvallis while writing an internationally known website, PsychEducation.org, and teaching across the U.S. He is recognized as a national expert on the topic of bipolar disorder, and has published more than 15 books and journal articles pertaining to mental health.



