

October 2025

The MCC Memo



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MCC Updates

This quarter, MCC welcomed two new staff members to the counseling team! Learn more about them below.

Jesse Bright

Licensed Clinical Social Worker
she/her/hers

Welcome to the team!



About Jesse

Jesse graduated with her Master of Social Work degree from Portland State University in 2022. Jesse has worked in the mental health field for over 12 years with adolescents and adults in a variety of roles and settings including schools, group homes and outpatient clinics. Jesse aims to provide individualized treatment that values and honors clients' presenting issues, learning style, access to resources, personality, interests, culture and stage in the change process. She strives to create a therapeutic environment that is collaborative, non-judgmental, safe, and at times, fun. Jesse is passionate about helping clients work through trauma, anxiety, depression, life transitions, relationship challenges, and school/family dynamics.

Jesse hopes to work together in helping clients build feelings of hope,

joy, peace, and to feel empowered to take agency over their own life. Jesse uses a combination of interventions, including psychoeducation, Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Acceptance and Commitment Therapy (ACT), Motivational Interviewing, Mindfulness, and Family Systems Therapy. Jesse is certified in Animal Assisted Human Health and includes her 19lb rescue mutt, McClane in sessions. Jesse enjoys snowboarding, being in nature, watching football, live music, interior design, cooking and bringing McClane everywhere she goes.



Lindsey Winkler

Professional Counselor Associate
she/her/hers



About Lindsey

Lindsey's approach is genuine, warm, relational, and grounded in the connection of mind, body, heart, and spirit. She values mindfulness and somatic-based interventions through art therapy to bring greater awareness to one's whole being. She aims to provide a safe and supportive environment where you are accepted just as you are. She will follow your lead, while remaining curious, engaged, and honest. She works to increase your ability to access your own wisdom and gain new insight and awareness. Perhaps you are stuck in your personal process or relationship(s), feeling anxious, depressed, unworthy, overwhelmed, or unsure of what to do next or how. Sometimes when lost or disconnected

we need support to process emotions, interpersonal issues, or painful life events, to once again feel whole, centered, and connected to self and others.

Art Therapy values the process of creating over the product. This means that Lindsey will gauge your comfortability in the use of art materials and will cater to your needs in challenging you to approach your experience through creativity. There is no prior skill or experience needed, and Lindsey will work with client to find an appropriate balance of talk and art therapy.

Lindsey graduated from Portland State University where she earned her Bachelors in Art Practices. She earned her Masters of Arts In Art therapy in 2025 and worked in both inpatient and outpatient settings. She has served a broad array of populations including Caregivers, LGBTQIA+, Young Adults, Adults and those affected by substance use.



Client Success Story

Olga M.



In July, with support from MCC Employment Specialist, Jennifer Covington, Olga started her job as a Merchandise Associate at Marshalls! Olga, who was referred to MCC by the Oregon Commission for the Blind (OCB), entered Job Development services with prior internship experience, but her role at Marshalls is her first paid employment opportunity.

At work, Olga stocks new products on the sales floor, puts away go-backs, helps with cleaning, and assists customers. OCB was able to provide Olga with a magnifying camera to help her with reading price tags and instructions, as well as a fanny pack where she has easy access to the camera, her cane, the department reference guide, and a mini store layout created by Jennifer.

Supervisors have shared that Olga is helpful, reliable, and hard-working; she has recently done such fantastic work in the jewelry department that the manager has deemed her the "Jewelry Ambassador." Olga enjoys working close to home and engaging with members of her community. She takes pride in putting her organizational skills to use and is looking forward to building new skills as she continues to work at Marshalls.

Staff Spotlight



Lindsey Brunken

Professional Counselor Associate

she/her/hers

Lindsey joined the Mountain Crest team as a Professional Counselor Associate in June of 2025. Despite being newer to the team, Lindsey has already made a great impact on her clients and colleagues. Lindsey is praised for providing outstanding service to her clients as well as being a team player with a positive attitude. One of her colleagues noted that, "Lindsey has made me feel really welcome." They also shared that "she is always happy to answer all of my questions and is very supportive!"

Aside from her work at MCC, Lindsey and her dog, Larry, are enjoying the season change, as it's her favorite time of year. Lindsey plans to watch a horror film every day in October, culminating with her all-time favorite, *The Blair Witch Project*! Fun fact: Lindsey is a stained-glass artist of four years!







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our website!](#)



For inquiries related to *The MCC Memo*, please contact
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