



Hello Me

THERAPY

ALLISON HOWELLS

Allison is coming to us with 5+ years of experience working in community mental health as a therapist and a clinical supervisor. She is funny, friendly, and has a tremendous amount of tea (Really- usually 30+ blends on hand). She specializes in working with trauma and mood disorders. Allison is especially dedicated to helping those who face financial difficulties, are in recovery, or have a loved one who is incarcerated.



Allison accepts OHP (Health Share, CareOregon, and Open Card).