Nova Wellness Center Staff

We are excited to meet you!
Medical Provider: Aviva Rubin

- **Pronouns:** she/her/hers
- **Position:** Site Director/ Nurse Practitioner
- **Training:** Emory University BSN, MSN
- **Certification/Licensure:** Family Nurse Practitioner, American Academy of Nurse Practitioners/ RN, ARNP WA state
- **Services/Areas of Care:** General Wellness Care (physicals, immunizations, labs), Contraception including IUDs and Nexplanon, Sexual Health, Gender Health
- **Interesting facts:** I have worked in healthcare in Missouri, Georgia, Arizona, New York and Washington. I am so happy to call Seattle my forever home! Accompanying my family and I on several of those moves has been our now 12-year-old dog, Baba Ghanouj.
Medical Provider: Nasya (Nasha) Sierra

- **Pronouns**: she/her/hers
- **Position**: MD, Family Physician w/ Obstetrics, WA License + NADA acupuncture + Family Medicine License
- **Training**: Swedish Cherry Hill (FMR), University of Washington School of Medicine
- **Services/Areas of Care**: Full spectrum Family Practice w/ Obstetrics, Contraception (IUD/Nexplanon/Pill/Patch/Depo), NADA Acupuncture, and other assorted outpatient procedures
- **Favorite Quote**: “If you’re always trying to be normal you will never know how amazing you can be.” Maya Angelou
- **Interesting Fact**: Outside the confines of medicine, I enjoy anything to do with water (kayaking, swimming, canoeing, floating, etc.), singing, baking, cooking, and painting. Last but not least, I always enjoy gardening, and from time to time, my plants enjoy it too and may survive.
Medical Provider: Hieu Pham

Pronouns: he/him/his
Position: Family Physician, HIV specialist
Training: Rush Medical College (MD); Swedish Cherry Hill Family Medicine Residency

Services/Areas of Care: adolescent medicine, contraception including IUDs and Nexplanons, Gender Affirming Care including hormones, Mental Health, and all primary care services

Interesting Fact: I was born in Saigon, Vietnam and moved to the United States when I was 10 years old. I identify as a gay physician with passion for caring for gender diverse populations, refugees, and immigrants. Growing up I was always looking up to BIPOC folks.

Inspired By: Two of my favorite people are Marsha P. Johnson and Audre Lorde, each amazing in their own way, each so inspirational for the amazing advocacy they have done for the LGBTQ+ community and for BIPOC community

Quote: A quote I love from Lorde is “Caring for yourself is not self-indulgence. It is self-preservation, and that is an act of political warfare.”
# Medical Provider Insights

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<tr>
<td><strong>Medical staff</strong> provide health screenings and assessments, medical exams, vaccinations, and more</td>
<td><strong>Medical staff</strong> prescribe medications (on needed basis)</td>
<td><strong>Medical staff</strong> provide linkage/referrals to Seattle Childrens for gender health needs, and other speciality clinics</td>
<td><strong>Medical staff</strong> will host informational virtual office hours on a series of health topics</td>
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Behavioral Health Specialist: Kat Felpo

- **Pronouns**: she/her/hers
- **Position**: Behavioral Health Specialist (MSW, LSWAIC)
- **Services/Areas of Care**: I am a behavioral health provider who specializes in trauma, resiliency, queer-affirming care, and writing our own stories. I aim to provide mental health services that are collaborative, inclusive, and anti-oppressive.
- **Current favorite quote**: "Nothing about us without us" (attributed to South African disability rights activists in the 80s)
- **Random Fact**: I grew up in the prairies and now can’t imagine living without the mountains, but I am still obsessed with sunshine
Behavioral Health Insights

Behavioral Health Counseling is **short term**: individual, family, and/or group counseling sessions (8 to 12 weeks).

Behavioral Health Specialist can provide direct linkage to the four behavioral health organizations servicing Nova High School: RYther, NAVOS, WAPI, & SOUND.

Behavioral Health Specialist can provide direct linkage to Seattle Children’s for gender health needs.

Behavioral Health Specialist can provide community resources/referrals to outpatient and/or inpatient services for long-term and/or crisis support.
**RYTHER**

**Treatment:** Provides ongoing, trauma-informed, individual counseling services for NOVA High School students (usually weekly or bi-weekly appointments)

**Providers:** Beth, Drew, and Galen from Ryther are available.

**Insurance:** As of January 2021, Ryther therapists can accept both Washington Apple Health and private insurance. Beth and Drew accept Apple Health and private. Galen accepts only Washington Apple Health currently.

**Additional Services:** Provide monthly “drop-in/office hours” for students or staff members who’d like to learn more about counseling services or consult on specific topics related to mental health

**Referrals:** Will go through Kat Felpo.

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**SOUND**

**Treatment:** Provides coordinated care including, case management, therapy, psychiatry, and more

**Providers:** TBD

**Insurance:** As of January 2021, Sound accepts Medicaid insurance, no private insurance

**Services:** Walk-In Intake Hours. All telehealth appointments

**Referrals:** Will go through Kat Felpo.
**NAVOS**

**Treatment:** Provides integrated care services, which include primary care, mental health, and substance treatment.

**Provider:** TBD

**Insurance:** As of January 2021, approved provider for Medicaid/Apple Health and Medicare

**Referrals:** Will go through Kat Felpo.

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**WAPI COMMUNITY SERVICES**

**Treatment:** Provides substance use disorder and mental health screening, assessment, support, and treatment services

**Provider:** Astro Pittman

**Insurance:** As of January 2021, accepts Medicaid and private pay on a sliding scale. They also offer a limited amount of MIDD funding based on need (upon approval by King County)

**Referrals:** Will go directly to Astro Pittman. Kat Felpo will assist with referrals as needed.
Clinic Administrator: Michelle Mitchell

- **Pronouns**: she/her/hers
- **Education/Areas of Expertise**: Masters of Social Work with expertise in case management, community partnership, mental health, homelessness, advocacy, cultural competence, and diversity
- **Services**: Providing administrative support to the providers and wellness center; connecting and collaborating with students, families, school staff, and community to inform about services, registration, scheduling appointments, and more
- **Inspired by**: My sister – an amazing woman that’s a breast cancer survivor to thriver. She turns the impossible to possible everyday
- **Favorite Quote**: Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us......And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others. ~Marianne Williamson
Clinic Administrator Insights

Providers: Collaborate with providers for scheduling, appointment related tasks, and other administrative/office tasks.

School Staff: Collaborate with school staff by phone, email, and office hours to connect students to services, consult with school staff as needed (with student consent).

Students & Committees: Collaborate and communicate with students via phone, email, and/or office hours to connect students to services and support; collaborate with student led-committees to bring services, improve services, and maintain services and support.

Families: Collaborate with families by phone, email, and office hours to connect students to services; consult with family members as needed (with student consent).