

DePaul Community Resources

Counseling Services Team



Sheena Flanner, LPC
Regional Manager of Community-Based Services

Sheena is a Licensed Professional Counselor and is the Regional Manager of Community Based Services. Sheena provides supervision to residents and staff. Sheena also provides outpatient therapy services. Sheena has 13 years of experience in the mental health field. Sheena graduated from the University of Virginia's College at Wise with a bachelor's degree in psychology. Sheena then attended Liberty University and obtained her master's degree in professional counseling. Sheena worked as a therapeutic day treatment counselor for 9 years. Sheena has been doing outpatient therapy for 5 years. Sheena has experience in working with all different ages as well as providing family therapy. Sheena has a passion for providing clinical therapy to our individuals in rural areas.



Kim Gregory, LCSW
Outpatient Therapist

Kim is a Licensed Clinical Social Worker with over 12 years of clinical experience. Along with her therapy dog, Daisy, Kim splits her time providing services to individuals and families in our Roanoke and Christiansburg offices. She has experience treating mental health and behavioral issues using a variety of evidence-based approaches, both in-person and via telehealth platforms, and is currently under supervision for her Registered Play Therapist credential.





Lorie Cardenas, MSW, LMHP-S
Child and Family Services Clinical Specialist

Lorie provides an array of services in DePaul's Abingdon office location, including intensive in-home, life skills coaching, therapeutic mentoring, and outpatient counseling. Having completed her bachelor's degree at the University of Nebraska and her Master's in Social Work at Liberty University, Lorie is currently a Supervisee in Social Work, pursuing supervision towards becoming a Licensed Clinical Social Worker. She loves working with youth and young adults and has a special interest in learning about and treating complex trauma in families.



Carmelita Gaines, MSW, LMHP-S Outpatient Therapist

Carmelita provides evidence based therapeutic interventions to youth and families in DePaul's Charlottesville location. Carmelita holds a BSW, MSW, and is currently under supervision as a Supervisee in Social Work, as she pursues full licensure as a LCSW. Carmelita is an EMDR-trained clinician, and also utilizes sand tray techniques in play therapy, art therapy techniques, and CBT in her delivery of services. Carmelita understands the importance of creating and maintaining mental health well-being for youth and families.





Molly McPike-Copenhaver, LCSW
Outpatient Therapist

Molly has been working in the Social Work field since 2011, across several different states and is currently licensed as an LCSW in the state of Virginia. Molly has training in providing EMDR through EMDRIA as well as extensive training in attachment work through ATTACH (Association for Training on Trauma and Attachment in Children) and through Trauma Research Foundation. Populations of special interest include working with individuals with Autism, ADHD, AudHD and LGBTQIA+ individuals. It is Molly's personal mission to ensure that her clients leave counseling with an effective toolbox of skills to assist in coping with everyday life stressors and feel confident in their interpersonal relationships.



Whitley Wagner, M.Ed.
Resident in Counseling

Whitley holds a Bachelor's degree in Counseling and Human Services and a Master's degree in Education with a focus in Mental Health, both from Lindsey Wilson College. She is credentialed as a resident in counseling through the Virginia Board of Counseling and has spent almost 13 years supporting mental health in a variety of roles and settings, bringing a compassionate and grounded presence to her work with clients. Her approach blends traditional therapeutic frameworks—such as Existential, Psychodynamic, and Cognitive Behavioral Therapy—while utilizing somatic techniques and mindfulness-based practices. This integrative style allows her to meet each client where they are, supporting healing in both the mind and body. Whitley has experience working with children, adults, Families, LGBTQ+ individuals, and those navigating trauma and addiction. She is especially passionate about walking alongside individuals on their journey of recovery from trauma, helping them reconnect with their inner strength. Fun fact: Whitley loves dinosaurs, gardening and being in nature.





Jason Poston, LCSW, LSATP, CSAC, CSOTP, MAC
Director of Community Based Services

Jason received his Bachelor of Social Work degree from Virginia Intermont College and his Master of Social Work from Radford University. He is credentialed as a Licensed Clinical Social Worker, Licensed Substance Abuse Treatment Practitioner, Certified Substance Abuse Counselor, and Certified Sex Offender Treatment Provider in the state of Virginia; and holds a national Master Addiction Counselor credential. He has worked in substance use, mental health, and behavioral health treatment for almost 20 years and has experience in residential treatment programs, juvenile probation, community mental health, and foster care and adoption. He is also an adjunct instructor for the Virginia Community College System, where he teaches courses on substance abuse treatment and counseling.

