



BMCC PENDLETON
2411 NW Carden Ave. ♦ PO Box 100 ♦ Pendleton, OR 97801
(541) 276-1260 ♦ www.bluecc.edu

FOR IMMEDIATE RELEASE

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Two New Counselors to Support Students at BMCC

Pendleton, Ore. - Blue Mountain Community College Student Enrollment Services Department is happy to welcome two new part-time counselors to the Student Health and Wellness team.

Shayne Arndt lives in Hermiston, Oregon with his wife and two children and loves his community. He completed an Associate of Art Degree in Criminal Justice, BA in Biblical and Pastoral Ministries, and MBA with a concentration in Health Care Management. During the past five years, Shayne has worked at Community Counseling Solutions as an Alcohol and Drug Counselor and Alcohol and Drug Evaluation Specialist for the Gilliam, Morrow, and Umatilla County Courts. Along the way, he became a Certified Alcohol and Drug Counselor III (CADC III).

One of Shayne's hobbies is fast pitch softball, which lends to why he is also BMCC's Timberwolves assistant softball coach.

Shayne will start his new counseling roll at BMCC on Monday November 7, 2016 in M-134 and his days and hours are will be Mondays, 4:00 – 6:00 p.m., Wednesdays, 4:00 – 6:00 p.m. and Fridays, 8:00 a.m. – 2:00 p.m.

Dr. Bobbie Sue Arias has worked as a professional Social worker since 1997. Her work experience includes:

- Working for non-profit community mental health with children and families,
- K-12 school programs and counseling,
- Working in prisons and jails with incarcerated adults
- Associate Professor and academic advisor at Walla Walla University

Dr. Arias is a licensed Social Worker in both Oregon and Washington and is trained as an Executive Coach. She received her PhD in Social Work & Social Research from Portland State University and maintains a research interest in technology platforms and mental health utilization. She lives in Walla

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BMCC HERMISTON
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BMCC MILTON-FREEWATER
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Walla with her family, and enjoys going to the Oregon Coast, camping, and all manner of school and sports activities.

Dr. Arias offers the following words, “I think that living your best life is the highest goal that we can achieve. My counseling philosophy focuses on Peak Performance. I can help you make improvements in any area of your life. Whether it is school stress, test anxiety, homesickness, difficult relationships, or wanting to make improvements in academic or sports performance; small changes through proven techniques can make a big difference!”

She will begin her work November 8, 2016 in M-134 and her days and hours will be Tuesdays and Thursdays, 10:00 a.m. – 3:00 p.m.

Counseling services are integral to the mission of community colleges. They are designed to assist students by addressing the social, emotional, and interpersonal difficulties that they may encounter during their college experience. BMCC Counseling provides assistance in the areas of problem solving, adjustment issues, crisis intervention, and other matters of personal concern that may interfere with academic success.

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