

January 2026

The MCC Memo



MCC Updates

Client Success Stories

Staff Spotlight

MCC Updates

This quarter, MCC welcomed a new staff member to the counseling team! Learn more below.

Welcome to the team!

Ric Hagemeister

Professional Counselor Associate
he/him/his



About Ric

Ric graduated from Oregon State University with a Master of Counseling in Clinical Mental Health Counseling and holds a Bachelor of Science in Social Science. Before entering the counseling field, he worked in creative and human resources roles – experiences that deepened his appreciation for personal growth, meaning, and authentic connection.

Ric approaches therapy with the belief that healing and growth emerge through awareness, acceptance, and intentional action. He views counseling as a collaborative process of discovery—one that helps clients connect more deeply with their values, strengths, and sense of meaning.

His style is warm, grounded, and reflective. Drawing from Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Narrative Therapy, and mindfulness-based approaches, Ric helps clients develop awareness, emotional flexibility, and alignment with their values. He also integrates humanistic and existential perspectives, and at times may invite practices such as mindfulness meditation, guided visualization, or symbolic journaling to support reflection and meaning-making.

Ric feels honored to walk alongside clients and to support them as they move toward healing, growth, and self-discovery.





CLIENT SUCCESS STORIES

Kaylee M.

In October, with support from MCC Employment Specialist, Edie Mueller, Kaylee started her first job as a Warehouse Associate at Mama & Hapa's Zero Waste Store! Edie helped Kaylee secure this opportunity after nearly a year of practicing work-related skills and gaining work experience in a volunteer role with Portland Parks & Recreation.

Kaylee works for one hour each week and helps with the production and assembly of Mama & Hapa's deodorant tubes; Kaylee prepares the tubes to be filled with product, labels them, and packages outgoing shipments, making sure to keep her workspace neat and orderly. Kaylee is non-verbal and uses an Augmentative and Alternative Communication device to communicate. She enjoys chatting with her colleagues about their weekend plans, listening to music while she works, and hanging out with Rosie, the warehouse dog.

Kaylee's supervisor notes that Kaylee "has met every task and has completed them with an attention to detail that has impressed her coworkers." Her supervisor reflects: "We often take for granted — or even dread — clocking in to work, and witnessing Kaylee's excitement each shift has truly reframed my outlook. This was an experience that I am not sure I would have had if we had not begun working with Mountain Crest.





You're
DOING
GREAT!

Ryan C.

Since August of 2021, Ryan has been working in his job as a Picker with Mindlance at Nike's The vAn. In his role, Ryan works with a warehouse team to carefully locate products and assemble orders for shipping.

Prior to his placement with Mindlance, Ryan worked with MCC for a couple years exploring career options. After a series of informational interviews with Nike employees, Ryan told his Job Coach that he was *determined* to get a job on the Nike campus. Ryan and his Job Coach worked tirelessly to make that dream a reality!

Ryan feels proud of his ability to fill orders efficiently with accuracy and good attention to detail. He also shares that it feels good to be apart of a team that works well together. One of Ryan's shift leads notes that "Ryan comes in to work everyday with a 'can do' attitude and willingness to get the job done... Ryan has regularly achieved his targets daily and when he doesn't, he will always try to find way of improving next time." They note that Ryan brings an "incredible work ethic with an eye for accuracy... we are proud to have him on our team."

Ryan is looking forward to continuing to grow in his role at The vAn. Keep up the great work, Ryan!

Staff Spotlight



Jeff Silverstein

Employment Specialist

he/him/his

Jeff joined the Mountain Crest team as a Employment Specialist in May of 2025. Our team at Mountain Crest recognizes his positive attitude, patience, and unwavering dedication to meeting his clients' needs.

Jeff is originally from Sacramento and moved to Portland in 2006. Aside from his work at MCC, Jeff enjoys reading, watching movies, and spending time with his grandkids, some of whom are pictured to the right. Jeff also loves to visit Yosemite National Park and has a special interest in street photography!

Thank you for all your hard work, Jeff!





[Check out
our website!](#)



For inquiries related to *The MCC Memo*, please contact
general@mountaincrestcounseling.com.