



Bernie Strand, L.L.C. is located in Windward Oahu.

CONFIDENTIAL, comfortable, private office is inviting to children and adolescents. Young people tend to resist treatment settings they perceive as rigid or institutional.

Office is close to bus stop and convenient to schools.

Flexible office hours accommodate children enrolled in school and their working parents.

Direct billing to insurance providers, where possible.

Parental involvement is encouraged in assessment and treatment of children and adolescents.



(808) 265-0868

Call for a brief, FREE consultation to see whether behavioral health services may be right for you or your family.

Preferred Provider:



Professional Affiliations:



Bernie Strand, L.L.C.

41-038 Wailea St., A-1

Waimanalo, HI 96795

(808) 265-0868

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Licensed Clinical Social Worker (LCSW)

Certified Substance Abuse Counselor (CSAC)

National Association of Social Workers
Association of Play Therapists



CHILDREN, TEENS, FAMILIES

MILITARY, VETERANS, AND FAMILY MEMBERS

TRAUMA INFORMED CARE

SUBSTANCE ABUSE

GENERAL MENTAL HEALTH



WWW.BERNIESTRAND.COM

CHILDREN DON'T COME WITH INSTRUCTION MANUALS

Parents do their best to provide guidance and direction for their children. At times, despite everyone's best efforts, professional help is necessary.

Since 1990, Bernie Strand has been helping those with behavior problems and mental illness. She offers experience, solutions, and hope to parents and children struggling through difficult times and emotions.

SUBSTANCE ABUSE

Rates of illicit drug use among youth in Hawaii are higher than average. (YRBS, CDC, 2013) Addiction impacts everyone in the family, not just the user. Intervention can be effective in reducing harm before using patterns become addiction. CSACs are professional allies who can walk along with those finding their path to recovery. Recovery is possible. Treatment works.

GENERAL MENTAL HEALTH

Life throws many of us a wicked curveball. At times, it may seem like the pitches just keep on coming. If you or your loved one is feeling overwhelmed, whether by one big issue or a pile of smaller ones, pride only prolongs needless suffering. Reach out. Help is just a phone call away.

TRAUMA INFORMED CARE

Strengths-based support and empowerment enhances the natural resilience of survivors. Those who struggle to find peace and safety alone can benefit from professional help. Fear does not have to rule their life forever.

MILITARY, VETERANS, AND FAMILY MEMBERS

Confidential, goal-focused co-operation helping heroes and their families identify and adapt to the new normal pre-, during, and post-deployment.

QUEST PATIENTS WELCOMED

QUALIFICATIONS

- Licensed Clinical Social Worker (**LCSW**)
- Certified Substance Abuse Counselor (**CSAC**)
- National Association of Social Workers (NASW)
- Association of Play Therapists (APT)
- MSW, U of Michigan
- BSW, U of Wyoming
- AA, Addictions Specialist
- Experienced with school-based services including IEP, case management, and assessment of youth.
- Specialized training in Play Therapy
- Experienced with foster care system and services
- Experience in teaching, Crisis Debriefing, and with community emergency response teams
- Service Members, Veterans, and Their Families Policy Team
- Board Member, Waimanalo Market Co-op
- Member Hawaiian Civic Club of Waimanalo
- Member Waimanalo Ahupua`a Coalition
- Member University of Hawaii Alumni and Friends
- Member Friends of Waimanalo Library