

Meet the team

OUR PROJECT COMMITTEE



The Bend Resilience Project is a volunteer-led initiative of local mental health professionals dedicated to supporting children, families, educators, first responders, and community members following the tragedy at Silver Rail Elementary.



Ashley Niemeyer

PhD • Psychologist

A clinical psychologist in Bend with over 15 years of experience treating children, adolescents, and adults. She specializes in anxiety disorders, OCD, PTSD, and childhood trauma, and previously worked on the trauma treatment team at Children's Hospital Los Angeles.



Sara Vice Downing

PsyD • Psychologist

An expert in treating trauma, anxiety, and related disorders in children and adolescents. She completed a postdoctoral fellowship in the assessment and treatment of PTSD at the UC Davis CAARE Center and is trained in TF-CBT, ERP, DBT, and PCIT.



Alexia Spanos

PhD • Psychologist

A clinical psychologist in Bend who has provided evidence-based care to children, adolescents, and adults for over 15 years. She has specialized training in Prolonged Exposure Therapy and Cognitive Processing Therapy for PTSD.



Adam Dickey

PsyD • Psychologist

A licensed clinical psychologist in Bend specializing in the assessment and treatment of trauma and PTSD, with more than 15 years of experience. His work also supports parents, teachers, healthcare professionals, and first responders.



Wendy Laakmann

PhD • Psychologist

A child psychologist and pediatric neuropsychologist in Bend since 2012, and director of the Bend Neuropsychology Clinic. She uses a therapeutic assessment approach, incorporating family systems, school and community partnership, and child and family goals.



Amanda Dayton

PhD - Biomedical Engineering Project Coordinator

Leads planning and coordination for the project, connecting our clinicians with schools, families, and community partners. Her background is in biomedical engineering research and child health advocacy. She does not provide clinical services.



What we offer

- Parent and caregiver education
- Teacher and school staff training
- Evidence-based resources
- Connections to qualified therapists
- Trauma-focused group interventions
- Community education and outreach
- Professional training and collaboration

The Bend Resilience Project does not provide individual therapy directly. We focus on education, outreach, coordination, and connecting individuals and families with appropriately trained professionals.

Supporting our community through trauma, healing, and resilience.