



**Kati Michalas, LCPC**

“My personal belief is that when situations in life are thrown at us we can ignore them or try to accept and work through them. Each thing we go through in life impacts who we are as a person. We can either let them make us bitter or make us better. My goal for clients is to help you on your journey by providing tools, education, and support so you can find positive solutions to your problems by creating a comfortable, non-judgmental environment by demonstrating unconditional positive regard.”

Kati works with older adolescents, adults, couples, and individuals.



**Albert Andrews, LCPC**

My goal for clients is to live richer, fuller, and happier lives. Thus it is through therapy that one gains courage to stop living a lie. Too many times we tend to value comforting lies over harsh truths. I am very caring and compassionate about the work I do.

Albert works with clients ranging from late adolescence into adulthood with specialization in anger, anxiety,

depression, relationship issues, and domestic violence perpetrators. Albert is fluent in English and Spanish.



**Mistie Tennant, MAPC**

“Life sometimes gives us situations that test us to the edge of our coping, it’s how we respond to these situations that help to shape us into who we are and who we become. I am very much client-centered in my approach to therapy. The client drives the session and has control of what the session is about. I sometimes assign homework to help constant reinforcement of skills learned. My goal for clients is to help them learn different coping mechanisms to utilize during stressful times in their life. I also strive to help clients learn to see things in a different light and find the positive in everyday life.”

Mistie works with adolescents, adults, and recovering addicts.

## About Us

Psychiatric Services of Southern Illinois, LLC is a private practice that offers psychiatric medication management and counseling services. PSSI offers one psychiatrist and seven counselors. Most major insurances are accepted. Cash services are also provided by select providers.

### Contact Us

Phone: (618) 236-6501  
Web: [www.drchalfant.com](http://www.drchalfant.com)



## Psychiatric Services of Southern Illinois



# PSYCHIATRIC SERVICES OF SOUTHERN ILLINOIS, LLC

*Psychiatric medication management and counseling offered in the same office.*

# Meet Our Staff



**Dr. Jeffrey Chalfant**

Dr Chalfant has over 15 years' experience working in both inpatient and outpatient psychiatry. He is a board certified psychiatrist and a diplomat of the American Board of Psychiatry and Neurology. After training at Kansas University he has worked in southern Illinois. He currently operates a private practice in Belleville.

Dr Chalfant treats patients 18 years of age and up.



**Robin L. Dalske, PsyD**

My understanding of the therapy process is that of two or more people joining their resources to create change, to decrease suffering, and improve their lives. It is not the therapist that fixes a client, but it's a joining of the minds to create change together. I am honored to be a part of that change process. If the solution was simple or obvious, the client would have already done it. It is my job, at times, to help them see things from another perspective, provide understanding, share information, and introduce resources to better cope with a situation.

Robin works with individuals, couples, and families. Robin's primary interest is in helping members of families understand one another's perspective and work together to respect and meet each family member's needs to help strengthen their bond. Robin utilizes both Cognitive Behavioral and System's theory approach. She uses mindfulness and relaxation, (DBT-informed) self-awareness for a variety of difficulties ranging from stress management, anxiety or panic, chronic pain, trauma, sleep problems, and attention concerns.



**Justine Livesay, LCPC, CCCJC, MAC**

"I have a diverse background working with various age groups and have spent the last 15 years working with children and adolescents within a residential and outpatient setting. I enjoy working with children of all ages and challenges. I have a background providing behavioral healthcare services to juvenile sex offenders. Part of my training includes victimization counseling for children, adolescents, and their families. In addition, I hold certifications as a Certified Clinical Criminal Justice Specialist and Master's Addiction Counseling Certification. I have spent several years working with juvenile justice personnel in various counties and have also worked with parole agents from the Illinois Department of Corrections."

Justine works with children, adolescents, adults, couples, and individuals.



**Stefanie R. Johnson, LCPC**

"I take a holistic approach to mental health integrating physiology, cognitive, and emotional process in therapy work. I believe in the journey of life and the possibility of growth and healing for everyone. I especially enjoy working with members of the military and their families as I have been a military spouse of 24 years."

Stefanie works with adults, older adolescents, individuals, couples, military and military family issues.



**Kelsey Quade, LCPC**

"My belief is that the ultimate duty and role of the counselor is to help the client learn to help him or herself. Every individual possesses a unique set of skills and base of knowledge stemming from his or her life experiences and personality. People are often more resilient and capable of change than they realize, and it is my goal to help clients identify personal strengths, learn new skills, and create meaning, peace, healing, and change."

Kelsey works with adolescents, children, adults, and families.