

Cindy J. Smith MD, MPH

Dr. Cindy Smith provides clinical leadership for the Children's Farm Home residential and day treatment programs and Mid-Valley outpatient programs including promoting and teaching the principles of the Sanctuary model and the Zero Suicide Project in clinical care and community and organizational leadership. This expertise helps Dr. Smith bring the latest evidence-based practices to clients and families. She is a gifted teacher who loves working with interdisciplinary teams and breaking learning into manageable chunks using active learning techniques and promoting deliberate practice.

Dr. Smith completed her internship at Yale and her Psychiatry residency and fellowship training as well as a Master's in Public

Health at the University of Washington. She has a special interest in suicide and self-injury prevention, is extensively trained in Dialectic Behavior Therapy and co-founded one of the earliest adolescent DBT programs in 1995. Dr. Smith has worked for Trillium Family Services since 2003 implementing an adolescent DBT program at the Children's Farm Home as well as CBT treatments for anxiety and depression.

She enjoys many outdoor Oregon activities and aspires to someday have a poem published on a billboard or bus.

