

Professional Summary

Licensed Clinical Social Worker with 16 years experience in the helping field. Experience includes: working as a drug and alcohol counselor, care coordination with health clinics, client advocate, case manager, homeless outreach worker, social worker, therapist, group facilitator, medical social worker, individual psychotherapist and private practice clinician. I have had the opportunity to work in the nonprofit sector, county government, education, and medical areas. I have most recently held roles in management in both outpatient and inpatient mental health settings.

Skills/Qualifications Summary

After completing my schooling to obtain certification as a drug and alcohol counselor, I began working in various advocacy positions. After a review of my skills and interests, I chose to further my education and enrolled in the Social Work Program at CSU-Chico. While in college, I was recognized for my academic achievements by being selected to the Dean's List in the College of Behavioral and Social Sciences. My honors projects for women dealing with co-occurring disorders and child welfare involvement have been recognized and funded by the CSU Chico research foundation. In more recent years, I have had the opportunity to develop new programs and create curriculum for special projects.

Education

Qadash School of Church Leadership and Ministry Graduate 2009-11

Program: pastoral counseling/bereavement training

CSU-Chico, CA 2009-10

Program: *Master of Social Work*

CSU-Chico, CA 2006-08

Program: *Bachelor of Social Work*

Shasta College, Redding, CA

2004-06

Program: *Associates of Arts in University Studies*

California Association of Addiction Recovery Resources Institute, Redding, CA

2003-04

Program: *Certified Addiction Specialist*

Additional Trainings

Trauma Focused Interventions

2015

TFCBT/complex trauma

Crisis Stabilization/Access team

2014

Risk assessment/5150 training

Triple P Parenting Program

2014

Level 4 and Teen

Recovery Oriented Immersion Training

2010

Program: *Turning Point Community Programs*

Beyond Trauma

2009

Program: *Helping women recover by Dr. Stephanie Covington*

Cardio Pulmonary Resuscitation and First Aid Recertification

2009

Kids Turn

Program: *Community Seminar for helping kids experience divorce and grief* 2007

Shasta County Chemical People

2005

Program: *Parent to Parent Facilitator Training*

WORK EXPERIENCE

Shasta Orthopaedics & Sports Medicine, Inc. (SOSM):

April 2020-Present

Position: LCSW Clinician

Completes psychosocial assessments, recommends therapeutic plan, provides therapy sessions. Offers nutritional and other holistic approaches to address chronic pain, and long-term healing concerns. Group and individual sessions to motivate healthy lasting change.

Restpadd Health Inc.

October 2018-October 2019

Position: Clinical Director

Hill Country Clinic

April 2017-October 2018

Position: Therapist/Crisis Center Coverage

Carries individual caseload, billing, and treatment plans, conducting marriage and family therapy sessions, seeing all ages with a focus on mindfulness, CBT, DBT, EMDR Trauma recovery, grief work, and art and play therapies. Group therapy sessions.

Mercy Hospital Redding

2016-2017

Position: Medical Social Worker

Conducts psychosocial assessments, family supports, assists with discharge planning, counsels patients in disease management and medication compliance, hospice support, education regarding palliative and hospice care, crisis management.

Higher Ground Counseling

2016-Current

Position: Therapist

-Private practice clinician, carrying caseload, billing, and treatment plans, conducting marriage and family therapy sessions, seeing all ages with a focus on mindfulness, CBT, DBT, Trauma recovery, grief work, and art and play therapies.

Shasta County Health and Human Services

2012-2017

Youth systems of care/Juvenile drug court/group homes

Mental health clinician/co-occurring specialist/adult assessments

Therapy with foster youth

Position: Mental Health Clinician

-Conducts clinical interviews with individuals seeking mental health services, as well as family members

- Gathers information about psycho-social history, presenting symptoms, developmental history, medical history and risk factors for the purpose of diagnostic assessment and eligibility determination.

-Provides mental health services in clinic and community settings as assigned that may include crisis intervention, individual, group and collateral psychotherapy, rehabilitation services, and clinical case management;

-Completes documentation of assessments and interventions as well as claiming for services provided on a daily basis -Attends departmental and community meetings, consults with other staff members and community members; participates in staff meetings and training activities as directed by the department.

Shasta County Health and Human Services

2010-2012

Mental Health, Alcohol and Drug Department

Position: Social Worker

-Perform intensive case management and provide rehabilitative treatment services

- Assist in planning, organizing and implementing specialized mental health and
- Drug and alcohol services
- Conduct individual, group, and family counseling sessions
- Facilitate treatment groups for people dealing with mental illness and/or drug and alcohol disorders
- Develop and prepare treatment plans with the goal of reducing functional impairments
- Provide interventions to persons dealing with complex co-occurring disorders
- Collect and records pertinent social data on clients, prepares documentation within
- Electronic health records
- Develop and maintains communications between the department and community agencies
- Attend team meetings, in-service trainings and continuing education

Shasta County Mental Health

2009-2010

Position: *MSW Intern*

- All department immersion training
- Annual and initial assessments and treatment planning
- Crisis services including STAR team shadowing and emergency room triage
- Inpatient Unit Crisis Residential
- Individual therapy sessions using evidence based practices designed to improve client functioning
- Group sessions utilizing cognitive behavioral therapy and rational emotive techniques
- WRAP plan development in groups and on an individual basis
- Community outreach under the path grant including visits to the local mission and Second Home
- Intensive case management and referral services to clients transitioning to community care
- Collaborating with community committees serving homeless populations
- Attending multi-disciplinary, advisory board, and quality management, and NAMI meetings
- Extensive case review and presentation of the "whatever it takes model" utilized by STAR team clinicians
- Participation, design and presentation of in house staff training on the strengths perspective

Right Road Recovery Programs Inc.

2007-2009

Position: *Counselor*

- Addiction severity index assessments
- Case management for adults and adolescents
- Facilitation of education, process and life skills groups
- Community outreach and education
- Parenting Class Coordinator/Instructor
- Individual counseling with adults
- Intensive one-one counseling with youth population

- Extensive collaboration with probation, parole, and children and family service departments
- Attendance at family team meetings and court hearings
- Facilitation of adolescent care program
- Mentor program coordinator for mothers dealing with co-occurring disorders and child welfare involvement
- Referral services including higher level of care placements

Empire Recovery Center, Redding, CA

2003 to 2007

Position: *Advocate (other positions include detox assistant & duty staff)*

- Case management services including job search and housing placement assistance
- Individual client sessions including grief therapy, meditation and relaxation, and life skill building
- Facilitation of education and process groups
- Community referrals
- Collaboration with children and family services, parole, probation, and county court systems
- Detox assistance providing graveyard supervision for clients detoxing from substances
- Night duty staff responsibilities including supervision of visits

Writing Center of Shasta College Redding, CA

2006-2007

Position: *Paraprofessional/tutor*

- Supervision of student/employee tutors
- Provided tutoring assistance to students of Shasta College
- Completed bi-weekly payroll
- Provided trainings on computer skills/facilitated writing workshop trainings

Shasta College ESL Office Redding, CA

2004-2006

Position: *Office Assistant*

- Office duties including phones, filing and student assistance
- Design of office procedures using Microsoft Office Suite programs
- Payroll and record keeping

Buz's Crab

2002-2004

Position: *Restaurant Supervisor*

- Supervision and training of front restaurant/wait staff
- Weekly scheduling
- All opening duties, menu planning and food ordering
- All closing duties including till balancing, safe and bank deposits
- Hiring and interviewing procedures

Special Projects

Qadash School of Church Leadership Director

Current

Qadash is a two year leadership training and instruction vehicle, that will produce healthy people; men and women, serving their generation with solid character, joy, integrity and great skill.

P.A.C.T (parolee action community team)

2008-2009

Project Goal: *Providing Re-entry services*

Position Held: *Guest Speaker/Resource Consultant*

Three Angel Mentorship Project

2007-2008

Project Goal: *Providing mentors for mothers and children at-risk*

Position Held: *Project Designer/Program Coordinator*

Circle of Recovery

2006-2008

Project Goal: *Counseling and empowerment training to at-risk youth
Incarcerated youth*

Position Held: *Girls advocate counselor*

References Gladly Provided Upon Request