**CAREER PROFILE**

Results-oriented Mental Health professional with over 10 years of experience. Served in multiple capacities covering a broad spectrum of the mental health and psychology disciplines. Effectively delivered services to children and adults from a wide range of backgrounds. Managed and improved the operation of 2 group homes. Developed and implemented curricula and individual service plans. Seeking continued professional growth while aiding the improvement of mental health in the community.

**EDUCATION**

*American Public University*; Charles Town, WV (Present)

* Completed Master’s Degree in Psychology (2012-2020)

*Liberty University,* Lynchburg, VA (2009-2011)

* Completed Master’s Degree in Education

*Mary Baldwin College*; Staunton, VA (2000-2005)

* B.A. in Psychology (Emphasis in Child Development)
* Minors in Sociology and Leadership Studies
* Participated in the Virginia Women’s Institute for Leadership

**PROFESSIONAL EXPERIENCE**

**Mary Washington Healthcare,** Fredericksburg, VA Apr. 2017-Dec. 2020

***Case Manager/ Education Coordinator***

Learned to interact with various levels of institutional management, community resource representatives and government officials. Assess multiple levels of crisis throughout the treatment cycle. Improve customer service through the use of empathy, active listening and personalized care. Instruct classes on a wide range of common issues that students face while in school. Work as a liaison between the hospital and schools in the community. Research resources to assist patients during their transition out of the program. Provide one-on-one support for clients and their families for the duration of treatment. Work with community services agencies to ensure that patients have access to required resources. Represent the mental health interests of clients during legal hearings.

**Mary Washington Healthcare,** Fredericksburg, VA Oct. 2016-Apr. 2017

***Mental Health Technician***

Provided direct care for crisis intervention and stabilization in a clinical setting. Performed initial patient evaluations and assessments to determine treatment priorities. Provided care to patients in a manner that promoted safety and therapeutic comfort. Ensured that institutional best practices were followed throughout treatment programs. Participated in the development and implementation of patient treatment programs.

**Rappahannock Rapidan Community Services Board,** Culpeper, VA Oct. 2014-Jan. 2016

***Group Home Supervisor***

Reduced program spending by approximately $70,000 during one fiscal year through proactive budget management and fraud prevention techniques. Supervised and coordinated the delivery of mental health and behavioral management services for two group homes. Assisted in the development of individual service plans for clients and ensured that all records were properly maintained and regularly updated.

**Therapeutic Alliance, LLC.,** Manassas, VA Jun. 2013 – Jun. 2014

***Home Based Counselor***

Managed a caseload of client families by providing services on an intensive basis utilizing short-term, solution focused treatment strategies. Prepared written diagnostic assessments to evaluate clients from multiple perspectives. Prepared written service plans incorporating input from clients and service providers to clearly identify needs, strategies and service objectives. Collaborated with external service providers and professionals.

**Rappahannock Area Community Services Board,** Fredericksburg, VA Aug. 2008-Mar. 2009

***Therapeutic Behavioral Specialist***

Provided activities and services to emotionally disturbed and at-risk children and adolescents to promote the success of individual service plans. Facilitated problem-solving activities designed to endorse community adjustment and enhance functioning capacity at school, at home and in the community. Worked collaboratively with clinicians and case managers during clinical supervision to evaluate client's response to treatment.

**Knowledge Learning Corporation,** Fredericksburg, VA May 2008-Feb. 2009

***Site Director***

Counseled each child utilizing developmentally appropriate practices. Actively maintained positive communication with parents and clients. Provided daily supervision of on-site staff while addressing staff concerns. Familiarized myself with all aspects of the site’s budget to ensure that all resources were managed effectively and within budgetary constraints.

**Creative Family Solutions,** Waynesboro, VA May 2007-Apr. 2008

***Clinician***

Interviewed new clients and created an analysis of required services. Assisted in establishing appropriate treatment plans to fit each client's specific needs. Worked with other agencies and support groups to better facilitate client's progress. Evaluated client's progress in accomplishing designated objectives outlined in the individual service plan.

**Virginia School for the Deaf and Blind,** Staunton, VA Jan. 2006-Aug. 2006

***Independent Living Coordinator***

Provided data analysis of the students' needs after weeks of observations. Formulated the academic curriculum specifically designed for students with disabilities. Coordinated with other staff members with regards to the students' behavioral and academic development. Responsible for the primary daily living skills training outside of the classroom for students ranging from 6 to 18 years of age.

**Virginia Army National Guard,** Roanoke, VA May 2002-May2010

***Human Resources Specialist***

Served as a soldier in a Nuclear, Biological and Chemical Company. Prepared personnel, accounting and troop strength management reports. Prepared and submitted personnel casualty documents, investigation findings and death notifications. Evaluated military personnel qualifications for special assignments. Applied knowledge of the Freedom of Information and Privacy Acts. Prepared and processed recommendations for personnel awards and decorations.