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Education

M.S. in Mental Health Counseling and Certificate in Addictions Counseling, Capella University, *Minneapolis, MN (online)* 2014
B.A. in Psychology, Adams State College, *Alamosa, CO* 2004
Associate of Arts, Colorado Mountain College, *Salida, CO* 2001

Selected Professional Experience

Program Supervisor Intake, Solvista Health, *Salida, CO* 2024

- Provide supervision and support to peers, behavior health specialists, unlicensed clinicians working towards licensure, and licensed clinicians to provide constructive feedback both on clinical work and other job duties, provide coaching on screenings prior to enrollment, provide feedback on clinical assessments to adhere to state requirements, provide training on skills to support the role, identify and request trainings and refreshers if needed, problem-solve issues that get in the way of fulfilling the job role to build competence, efficiency, coordinate, and or coach on coordinating care with other providers both internal and external.
- Work closely with other teams within the organization to problem-solve and receive feedback on processes.
- Discuss and collaborate with leadership within the organization to make changes that impact client care and staff retention

Program Supervisor, Regional Assessment Center (Acute Treatment Unit and Withdrawal Management Unit), Solvista Health, *Salida, CO* 2023-2024

- Provide supervision and support to behavior health workers, provide constructive feedback including taking disciplinary action to work on morale and teamwork, implementing programming/tasks for each milieu and assign roles to help accomplish all tasks, provide training on skills to support the role, identify and request trainings and refreshers if needed, problem-solve issues that get in the way of fulfilling the job role to build competence, efficiency, and to provide a safe working environment for clients and staff, coordinate and or coach on coordinating care with other providers both internal and external.
- Work closely with other positions within the building and model effective communication and teamwork.
- Discuss and collaborate with leadership at facility to make changes that impact client care and staff retention.

Mental Health and Substance Abuse Counselor, Solvista Health, *Salida, CO* 2014-2024

- Provide mental health/substance use assessments, determine diagnosis, develop treatment plans, provide individual mental health/substance use counseling utilizing motivation interviewing techniques, cognitive behavior therapy techniques, eye movement desensitization reprocessing techniques, dialectical behavior therapy techniques.
- Served on a DUI specialty court team in Leadville CO 2015-2022 and serve on a drug specialty court team in Salida CO as a treatment professional 2019 to present.



- Work closely with probation and other community partners in coordinating care.
- Mental Health Counselor Intern/Caseworker**, Department of Human Services, *Salida, CO* 2013-2014
- Provided counseling to clients involved in child welfare cases, worked with children, adolescents, and adults in individual sessions, there was also one family that came to therapy, worked with the nurturing parenting program and co led the adolescent group and helped facilitate the family group, worked with other caseworkers by supervising visits to work on parenting skills, was involved in meetings to look at how families and kids could be best served.
- Practicum Volunteer**, Arapahoe House, *Thornton, CO* 2013
- Worked with adolescents in the inpatient substance abuse program, working on obtaining CAC hours I worked as part of a team that helped facilitate educational and 12 step groups, recreation, school, and daily routines.
 - April through June I worked as a co counselor and observed client sessions and had a few individual sessions with clients, helped facilitate therapy groups.
- Support Team Member**, Starpoint, *Salida, CO* 2007-2008
- Provided support for Developmentally Disabled adults, assisted with daily living skills and was a role model for proper social interaction, assisted with following Individual Support Services Plans, and assisted with medication administration.
- Severe Needs Paraprofessional**, McGinnis Middle School, *Buena Vista, CO* 2005-2007
- Responsible for assisting children in regular education classes, helped children with assignments, followed IEP goals and objectives, and taught a math class.

Skills

Computer (Microsoft Word, Excel, PowerPoint)
Writing (American Psychological Association Style)
Data Entry (Statistics)
Money (Management of Client Accounts)
Mental Health and/or Substance Use Groups (Matrix Early Recovery, Matrix Relapse Prevention, Adult Treatment Court processing group, MRT group training, DBT skills group)
EMDR Certified Therapist
EMDR Consultant in Training
Advance Trained DBT clinician working towards certification
Advanced Training in DBT for Substance Use, trained in Acudetox, and a volunteer on the disaster response team

