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OBJECTIVE

Develop programming that manages the scope of services necessary to impact a community positively to include treating mental illness, substance abuse, acute behavioral care, intensive treatment, and integrated services. Identifying philanthropic relationships to support the needs of behavioral health, which are transitioning to hybrid care, which provides substantial support for the community to learn and adapt to healthy functionality. Develop strong relationships with community resources to create better partnerships that positively impact residents in the community. Provide therapeutic support to individuals and families. Provide effective clinical supervisory training to behavioral health providers. Develop trauma-based programming that addresses underlying factors impacting relationships and functionality.

EDUCATION

Bachelor of Arts in Psychology-George Mason University May 2003

**Master of Education & Human Development with Concentration in Community Agency
Counseling-George Mason University May 2007**

**Doctorate, Psychological and Counseling Studies with a Concentration in Trauma and
Crisis Counseling December 2021**

*Licensed Professional Counselor in the State of Virginia

*Licensed Clinical Supervisor in the State of Virginia

KNOWLEDGE, SKILLS, & ABILITIES

Proficiency in Windows, Mac, Microsoft Office (Word, Excel, PowerPoint, Outlook, Access), ACT! Database System, SYNAPs & Psych Consult. Working knowledge of the Department of Juvenile Justice Tracking System (JTS), the Supreme Court of Virginia's Case Management System (CMS), Oasis Production, CASE Management System, Credible, Advanced MD & EPIC.

- Broad comprehension of the philosophy, objectives, practices, and techniques of therapy related to mental health, substance use disorders, and co-occurring disorders
- Wide-ranging knowledge of appropriate substance abuse treatment strategies for each state of recovery for adolescents and adults
- Highly experienced with Stages of Change
- Strong leadership skills that focus on developing relationships, structure, modeling, and providing support to be efficient and successful
- Good knowledge of national and local prevention programs

- Exceptionally good knowledge of self-help programs and how they function
- Capacity to accurately diagnose mental health and substance use disorders
- Strong case management skills and experience with complex cases that need crisis intervention
- Particularly good experience with inferential statistics and interpreting data to illustrate programming needs
- Good familiarity with resources in the community for intensive services, hospitalization, and residential placement
- Ability to maintain effective working relationships with clients, their families, colleagues, and other professionals
- Significant knowledge and practice of evidenced based interventions, including Cognitive Behavioral Therapy and Dialectal Behavior Therapy
- Broad knowledge and experience with *Motivational Interviewing*
- Experience with application of the *Level of Care Utilization of Services (LOCUS)* for Psychiatric and Addiction Assessment Tool
- Experience with facilitating prevention, psycho educational, and process groups
- Extensive experience with Child Services Act (CSA) case management and Family Assessment Planning Team (FAPT) process
- Broad history of completing Children's Assessment and Needs Screening (CANS) to identify placement for at risk youth
- Good working knowledge of the *American Society of Addiction Medicine (ASAM) Patient Placement Criteria*
- Experience with implementing *Integrated Dually Diagnosed Treatment (IDDT)* model
- Experience with conducting VICAP Assessments and identifying appropriate level of therapeutic services
- Strong clinical supervisory skills

EXPERIENCE

Program Director, The Williams Centers for Wellness & Recovery, September 2022-Present

- Ensure compliance with all regulations including, but not limited to, individual licensing boards, HIPAA, and Human Rights.
- Provides therapeutic support to individuals experiencing co-occurring disorders.
- Function as consultant for clinical staff on their clinical cases.
- Coordinate staff development program.
- Coordinate clinical supervision groups.
- Monthly workforce analysis and plan to ensure appropriate therapist numbers and disciplines.
- Provide clinical guidance to Intake staff, ensuring Policies and Procedures are adhered.
- Recruit therapists to provide clinical or educational services in partnering agencies.

- Monitor compliance and performance against grant outcomes and direct adjusted activity, as necessary.
- Develop and oversee the use of outcome assessment measures.
- Review and suggest edits to Center grant proposals.
- Develop and ensure the implementation of training policies and procedures.
- Oversee interviewing and selection employees and student trainees.
- Make appropriate arrangements for training seminars.
- Develop and ensure the implementation of group policies and procedures.
- Monitor group data and take action to maintain profitable levels of group activity.
- Recruit therapists to fill group facilitation needs.
- Communicate with the therapist community to promote and fill groups and learn needs.
- Ensure strategic goals for group program achieved.
- Oversee and report monthly on all group activities, including outreach activities, number of groups and participants, pipeline, and fee exceptions.
- Assist as required in developing and implementing other Center programs and operations.

Integrated Behavioral Health Therapist IV & Clinic Manager, INOVA Health System, July 2017-January 2022

- Provides therapeutic support individuals and families in a primary care setting
- Consults with physicians, nurses, and psychiatrists to provided wrap around care to patients
- Collaborates with patients and collaterals to prepare effective treatment planning
- Manages behavioral health needs of primary care practice
- Creates presentations for staff and colleagues to increase understanding of evidence-based treatment
- Effectively manages caseload with autonomy
- Consistently participates in case consultation to support team members
- Initiated sunshine committee to increase moral and team spirit
- Maintains healthy relationships with team members, physicians, and psychiatrists
- Manages Behavioral health clinic to include support team consisting of psychiatrists, psychologists, therapists, nurses, and support staff

Behavioral Health Senior Clinician, Fairfax-Falls Church Community Services Board, 2016-2017

- Performs complex evaluations and makes independent diagnoses using Diagnostic and Statistical Manual of Mental Disorders 5 & ICD-10
- Provides individual, family, and group treatment
- Maintains a diverse caseload of clients with acute, chronic mental illness
- Implements therapeutic treatment plans
- Conducts intensive clinical interventions
- Facilitates DBT groups for at high-risk youth
- Recommends, monitors, and coordinates clinical care to high-risk clients

- Provides discharge planning and coordination of after-care service plans for clients leaving state, local, and private psychiatric hospitals
- Collaborates with service professionals of Interdisciplinary Teams such as Family Assessment & Planning Team (FAPT)
- Consults with professionals on a variety of problems including delivery of needed services for clinically complex cases
- Acts as a liaison to community agencies to facilitate communication and service provision for clients requiring multiple services
- Monitors and analyzes the impact of psychotropic medication on client's functioning and mental status
- Provides risk assessments for suicidal/homicidal thoughts and intents
- Provides crisis stabilization and crisis management

Clinical Director, Ascending Counseling Solutions, 10/13-02/16

- Performs psychosocial evaluations and analyzes clinical assessments
- Provides clinical supervision to counseling staff
- Supervises and monitors treatment accomplished by counselors
- Develops Professional Improvement/Quality Assurance by implementing or maintaining quality assurance processes
- Oversees clinical assessments of patients and assigns the applicable diagnosis
- Conducts individual, group and/or family therapy with individuals and families that present for care with co-occurring disorders and/or substance abuse disorders
- Performs diagnosis of mental health disorders and determines level of patient treatment that focuses on treatment intensity and individual patient needs
- Researches and determines professional training needs and opportunities for staff
- Prepares and conducts in-service training as required
- Manages/supervises full clinical performance of counseling staff to include training, coaching, counseling, tutoring, and mentoring counselors
- Keeps abreast of clinical supervision/training and closely related areas in the field, with an emphasis on substance abuse and co-occurring disorders intervention, assessment, and treatment
- Assists the Site Director with the provision of the clinical services
- Assists staff throughout the day and week as needed via phone and email
- Advises counselor on multi-disciplinary meetings (FAPT) and court hearings
- Recommends, prepares, and facilitates trainings as necessary to assist staff in better meeting the needs of clients
- Facilitates wraparound team meetings to enlist existing supports in determining and meeting service objectives and to identify additional resources and supports

- Fulfills all documentation, case management for providing direct service as outlined in the counselor job description
- Adheres to and upholds the guidelines and standards of DMHMRSAS and DMAS standards and guidelines, in the provision of supervision and clinical care

Private Practice Therapist, Bridgett Whitehead, M.Ed., LPC, LLC, 3/10-Present

- Provides therapeutic services for individuals, families, and couples in the community
- Provides services to clients with co-occurring disorders
- Facilitates groups for teens and adults
- Consults with other therapists on diagnoses and treatment
- Conducts clinical assessments and develops appropriate diagnoses
- Collaborates with client to develop appropriate treatment plans
- Provides supervision to master level residents and license eligible clinicians

Mental Health/Substance Abuse Therapist II, Prince William County Community Services, New Horizons Program, 11/07--3/13

- Provides therapeutic services for clients with issues related to substance abuse, mental health and co-occurring disorders in a local high school and community services clinic
- Provides therapeutic services, including individual, group and family therapy, for youth, adolescents and families with issues related to substance abuse, mental health, and co-occurring disorders
- Provides CSA case management for multi-problem youth, including outreach, assessment, linkage to resources, client advocacy, coordination with other service providers and after-care services
- Provides crisis intervention services for youth at elevated risk for suicide and/or homicide
- Provides prevention groups that identify the effects of underage drinking and drug use
- Provides seeking safety groups to increase prevention of self-harming behaviors with teenagers
- Conducts clinical evaluations and drafts reports for the judicial system, schools, and other agencies
- Conducts clinical assessments, makes diagnoses, collaborates to develop, and implement treatment plan
- Maintains records according to agency's policies and procedures and prepares reports
- Collaborates and consults with schools, other professionals, community agencies and families; extensive history with attending FAPT meetings

- Completes CANS to identify appropriate least restrictive level of services for client
- Conducts VICAP assessments for at risk children and adolescents

Mental Health Supervisor/Specialist, Fairfax-Falls Church Community Services Board, New Horizons Treatment Center 9/10-10/11

- Ensures continuing education of staff by creating presentations that illustrate innovative interventions and strategies that are evidenced based
- Provides consultation and guidance to staff in addressing client management, therapeutic intervention, crisis intervention, and emergencies to ensure adherence to professional policies and appropriate care to clients
- Provides therapeutic services, such as assessments, individual/group/family therapy, and case management to individuals with co-occurring disorders
- Supervises staff assisting clients with clinical case management, crisis intervention, supported services, and counseling
- Facilitates complex clinical staff meetings
- Provided clinical supervision to therapists, counselors, and relief staff
- Works collaboratively in a team setting
- Leads team in implementing evidence-based practices for individuals with co-occurring disorders
- Coordinates and facilitates WRAP group
- Coordinates community focused events that target prevention efforts
- Exhibits knowledge of psychopharmacology to better understand client's treatment
- Coordinates and collaborates with multiple programs and services to develop and implement program evaluation so that maintenance of appropriate professional standards is adhered

Family Counselor Internship, Juvenile & Domestic Relations District Court, Family Counseling Unit, 8/06-4/07

- Provided effective counseling to at high-risk individuals and families mandated by the courts
- Prepared evaluations for the Diagnostic & Interdisciplinary Team
- Created court reports to discuss families' progress
- Prepared quarterly staffing reports for clients
- Prepare daily documentation/records for all interactions with clients
- Prepared social history assessments for clients on probation
- Maintained working relationships with school personnel, parents, DFS, and other County agencies
- Monitored juveniles placed at JDC and LSS
- Maintained daily documentation/records for all interactions on JTS

Home-Based Counselor, Victoria Transcultural Clinical Center, 12/05-11/07

- Provided transportation to therapy, medical appointments, and for the purpose of support work
- Provided mentoring, behavior management, and structured recreational activities for home-based clients as requested by that child's case manager
- Conducted therapeutic individual and family counseling
- Prepared effective treatment plans for clients
- Implemented productive interventions for at high-risk clients and families
- Provided resources for client and family

Substance Abuse Counselor II, Fairfax County Alcohol & Drug Services, 12/04-12/06

- Provided intervention techniques for teenagers abusing substances
- Counseled both family and client during rehabilitation process
- Interacted with clients during peer groups and conducted one on one sessions
- Performed analysis of progress in clients
- Transported residents to AA Meetings and Medical Appointments
- Assisted in creating treatment plans for residents

Training/Certification

- Dialectic Behavior Therapy Academy
- Clinical Supervision
- Overdose Prevention: Naloxone Administration
- Separation and Loss in Human Services Practices
- Crisis Intervention
- The Impact of Abuse and Neglect on Children and Families
- Substance Abuse Subtle Screening Inventory (SASSI)
- Child and Adolescent Needs & Strengths Assessment (CANS)
- Global Appraisal of Individual Needs (GAINS)
- American Society of Addiction Medicine Criteria (ASAM)
- Over-the-Counter Drug Abuse Prevention
- Trauma Focused Cognitive Behavioral Therapy
- The Other Co-Occurring Disorder: Intellectual Disabilities with Mental Health and/or Substance Abuse
- Understanding the Perfect Storm: Psychosis & Addiction
- Cognitive Behavioral Therapy-Youth Skill
- Integrated Dually Diagnosed Treatment (IDDT)
- Motivational Interviewing
- Certified Pre-Admission Screener for Hospitalization

- Collaborative Assessment and Management of Suicidality (CAMS)
- Psychological First Aid
- Columbia Suicide Risk Severity Scale (C-SRSS)
- Campbell's Danger Assessment
- Century Anger Management-LEVEL 1
- Crisis Prevention Institute (CPI)
- Clinical Supervisor, Virginia Department of Health
- Living in Balance (Hazelden® Curriculum)