



Personal Profile:

Professional School Counselor with 15 years of school experience, as well as 5 years of clinical experience in the mental health field. Adjunct professor of psychology and counseling with 8 years of experience teaching both undergraduate and graduate level courses. Elected member of the Board of Directors of the California Association of School Counselors for the past four years. Sought after conference presenter on the topics of school mental health and suicide prevention. Selected leader of the development of the mental health section of the CASC resource website during the pandemic, which has had over 60,000 views in 25 different countries: www.covid19k12counseling.org.

Education:

- PhD Psychology – Education Track* Feb. 2014
Walden University, Minneapolis, MN
Dissertation Title: Teachers’ Perceptions and Efficacy for Addressing the Mental Health Needs of Students
- MSEd in School Counseling* May 2005
St. Bonaventure University, St. Bonaventure, NY
Graduated summa cum laude
- BA in Applied Music in Percussion* May 2001
BA in Psychology Dec. 2000
Music Therapy Major (completed 4 years of academic requirements – except for internship)
State University of New York College at Fredonia

Research Experience & Interests:

- 2014 Dissertation: Teachers’ Perceptions and Efficacy for Addressing the Mental Health Needs of Students*
- Current Research Interests: School Mental Health; Homeless/Foster Youth; Equity and Social Justice*

College Teaching Experience:

- Adjunct Professor Counseling & Psychology, Graduate Programs California Lutheran Univ.* 8/18 – present
Taught various graduate level courses both in-person and virtually, for the Counselor Education and MFT programs. Courses taught include:
➤ Group Process and Leadership
➤ Educational Research
➤ Group Therapy
➤ Counseling Theories
➤ Adolescent Therapy
- Adjunct Professor of Psychology, College of Coastal Georgia, Brunswick, GA* 8/13 – 12/18
Taught introductory undergraduate psychology courses in-person and fully online. Courses taught included:
➤ Intro to General Psychology
➤ Abnormal Psychology

Conference & Professional Development Presentations:

Simi Valley Unified School District - Professional Development Topic: <i>Staff Wellness: Taking Care of You, So You Can Take Better Care of Students</i>	March 2021
Simi Valley Mental Health Summit - Webinar Panelist - Topic: <i>Mental Health Services & Resources in Schools</i>	Jan. 2021
California Student Mental Wellness Conference - Selected Speaker Title: <i>"A Song for You: The Crucial Roles of School Counselors in Suicide Prevention and School Mental Health"</i>	Sept. 2020
California Student Mental Health Week - Statewide Conference for Educators & Clinicians Title: <i>"Suicide Awareness & Prevention"</i> Title: <i>"Top 5 Mental Health Issues that our Youth Experience"</i> - Panelist	May 2020
California Association of School Counselors - NorCal Conference Title: <i>"Leaning Into The Discomfort: Seeing Through a Trauma-Informed Lens"</i>	Feb. 2020
California Association of School Counselors - Annual Conference Title: <i>"Leaning Into The Discomfort: Seeing Through a Trauma-Informed Lens"</i> Title: <i>"A Song for You: The Crucial Roles of School Counselors in Suicide Prevention and School Mental Health"</i> Topic: <i>High School Counselors Collaborative Session - Facilitator</i>	Oct. 2019
California Association of School Counselors - NorCal Conference Title: <i>"13 Reasons Revised: The Crucial Roles of School Counselors and Mental Health Awareness for All Educators"</i>	Feb. 2019
Ventura County Office of Education - Counselors Collaborative Title: <i>"Mental Health and Suicide Awareness and Prevention"</i>	Jan. 2019
California Association of School Counselors - Annual Conference Topic: <i>High School Counselors Collaborative Session - Facilitator</i>	Oct. 2018
Ventura County School Counselors Association - Winter Conference Topic: <i>The Benefits of Networking & Engaging in the State Organization</i>	Jan. 2018
Simi Valley Unified School District - Professional Development Days for SVHS & RHS Topic: <i>Suicide Awareness and Prevention</i>	Jan. 2018
California Association of School Counselors - Annual Conference Title: <i>"13 Reasons Revised: The Crucial Roles of School Counselors and Mental Health Awareness for All Educators"</i>	Oct. 2017
Georgia School Counselors Association - Annual Conference Title: <i>School Mental Health: Whose Job Is It Anyway?</i>	Nov. 2013

Professional Experience:

- High School Counselor, Simi Valley Unified School District, Simi Valley, CA** 8/16 – present
Serving caseloads between 350-750 high school students, provided various direct and indirect services to support their academic, college/career, and social/emotional needs. Facilitated counseling groups for targeted areas of need (grief, academic success, and emotion regulation). Served as a leader within the district for the Suicide Prevention Taskforce, Crisis Intervention Team, and coordinated joint efforts towards the development of a comprehensive school counseling program based on the ASCA model. Provided trainings for faculty and staff at all three high schools on Suicide Prevention and Student Mental Health. Served as the SVUSD representative on the Ventura County SEL Taskforce.
- Supervisor for School Counseling Interns** 8/17 - present
As an experienced professional school counselor, I have served as a supervisor for several interns over these past few years. The responsibilities included ongoing supervision of their individual counseling skills, group counseling facilitation, data collection, classroom guidance lessons, team meetings, and weekly consultations.
- High School Counselor, Glynn Academy High School, Brunswick, GA** 8/09 – 6/16
Served three cohorts (Classes of 2012, 2015, & 2018), each of approximately 450 students. Provided compassionate, solution-focused counseling services (grounded in the cognitive-behavioral model) to help students with their academic, social, and emotional needs, while also attending to the many other duties and responsibilities placed on our department, including test administration, Rti/504 coordination, and teacher advisement programming. Maintained a very informative website for students/parents and implemented data-driven interventions and services to assist with student retention and improving graduation rates.

Graduation Coach (At-Risk Counselor), Glynn Academy High School, Brunswick, GA 8/09 – 6/16
 Served a targeted group of students, who were most at-risk for drop-out. Provided a variety of interventions to help improve student retention and graduation rates, including ongoing individual counseling, regular family communication, coordination of a school-wide peer-mentoring program, engaging community involvement, and hosting special events for leadership/character development.

Counselor/ Case Manager, Brunswick Job Corps Center, Brunswick, GA 4/06 – 8/06
 Provided personal, social-emotional, academic, and career counseling (individual and groups) for at-risk youth, ages 16-24, enrolled in a vocational/educational program. Provided individual case management services with every student (70-80) monthly to discuss their goals and review progress. Given the challenges faced by this special population of students, of whom most had dropped out of high school, their needs required great sensitivity, empathy, and genuine care.

Mental Health Clinician, The Resource Center, Jamestown, NY 6/05 – 4/06
 Provided intensive individual mental health treatment for small caseload of adult clients with mental health diagnoses. Facilitator of numerous group therapy programs, including anger management, Dialectical Behavior Therapy for borderline personality disorder, music therapy, depression, and medication management. Completed documentation as required by state laws and regulations. Participated in team treatment meetings with therapists, counselors, family members, psychiatrist, and program director.

School Counselor Intern, Dunkirk Middle School, Dunkirk, NY 8/04 – 5/05

Counselor/ Case Manager, Cassadaga Job Corps Center, Cassadaga, NY 5/02 – 5/04

Rehabilitation Counselor, STEL, Jamestown, NY 2/01 – 4/02
 Provided intensive individual mental health treatment for small caseload of adult clients with Axis-I mental health diagnoses. Facilitator of numerous group therapy programs, including anger management, Dialectical Behavior Therapy for borderline personality disorder, music therapy, depression, and medication management. Completed documentation as required by state laws and regulations for treating patients with mental health diagnoses. Participated in Team Treatment meetings with therapists, counselors, family members, psychiatrist, and program director.

Office/Production Manager, On Location Photography, Suffern, NY 7/94 – 8/00

Volunteer Experience:

Musician (drums, vocals, guitar) - worship leader at various churches in GA and CA 10/12 – present
Foster Parent – Faithbridge Fostercare (with DFCS, Georgia) and Ventura County, CA 4/14 – present
Crisis Counselor, Help Service/Crisis Hotline, Fredonia, NY 8/99 – 2/00
Music Therapy Student Volunteer in various settings (child, adult, geriatrics) 1/98 – 12/00

Leadership:

CASC Board of Directors - elected position representing all CA high school counselors 2020 -
CASC Director of Emerging Leaders - appointed position - coordinate and mentor potential leaders 2019 -
CASC High School Vice President - elected position representing all CA high school counselors 2017 – 2019
Ventura County Office of Education Counselor Collaborative Team 2018 - 2019
VCOE Social Emotional Learning Taskforce 2018 - 2019
SVUSD Suicide Prevention Taskforce 2017 - 2018
GSCA Region Chair At Large – Director of all 12 Region Chairs throughout Georgia 2015 – 2016
GSCA Region 12 Chairperson – elected position representing 14 counties 2013 – 2015
President: ΦMA Sinfonia, National Professional Music Fraternity, PX Chapter 1999 – 2001
College Representative for MARAMTS & Music Therapy Club 1998 – 2000
Leadership Development Program: Certificate of Completion May 1998

Achievements & Skills

Mental Health Lead - for the development of Mental Health section of the CASC covid19k12counseling.com website, which involved a major collaborative effort from over 50 selected school counselors, mental health clinicians, and educators throughout California and Wisconsin to provide a comprehensive resource during the pandemic. It has had over 75,000 viewers throughout the world, and has become a leading resource for school counselors and educators.

High School Counselor of the Year - Glynn County Schools, Georgia 2015 - 2016

Nominated for Adjunct Professor of the Year - College of Coastal Georgia 2014 - 2015

Musician - Participation in numerous vocal and instrumental ensembles (drums, vocals, guitar)

Motivational speaker for challenged youth - "Student Success Conferences" 2006 - 2008

Computer savvy with both Mac and PC - 70-80 wpm - with all Microsoft Office programs including Word, Excel, Powerpoint, & Outlook, as well as Frontpage, Finale, Adobe Go-live, Photoshop, etc.
Provided technology training to colleagues, specifically in Excel and Outlook, and running reports through S.I.S.

Trained & Experienced in Crisis Intervention, Psychiatric Rehabilitation, Behavior Modification, Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Solution-Focused, & Humanistic approaches in counseling.

Professional Affiliations:

California Association for School Counselors 2016 - present
American School Counselors Association 2005 - present
Georgia School Counselors Association 2012 - 2016

References:

<u>Name</u>	<u>Relationship</u>	<u>Time Known</u>
Mr. Dean May, Principal Mr. John "JC" Baxter, Assistant Principal AP over Counseling Simi Valley High School 5400 Cochran Street Simi Valley, CA 93063 805-577-1400 dean.may@simivalleyusd.org johnc.baxter@simivalleyusd.org	Supervisor	Aug.2018 - present Aug 2018 - present
Dr. Bethany Simmons California Lutheran University 60 West Olsen Road #4250 Thousand Oaks, CA 91360 805-493-3898 bethanysimmons@callutheran.edu	Department Chair / Supervisor	May 2020 - present
Mr. Josh Godinez, CASC President 8216 Mondavi Place Rancho Cucamonga, CA 91730 760-567-2123 josh.godinez@schoolcounselor-ca.org	Colleague & CASC Board Member	Oct.2016 - present

<u>Name</u>	<u>Relationship</u>	<u>Time Known</u>
Dr. Loretta Whitson, CASC Executive Director 3602 Inland Empire Blvd. - Suite B205 Ontario, CA 91764 909-260-4780 ExecutiveDirector@schoolcounselor-ca.org	Colleague & CASC Executive Director	Oct.2016 - present
Mr. Jerry Block, former Principal Simi Valley Unified School District 3570 East Cochran Street Simi Valley, CA 93063 805-306-4500 jerry.block@simivalleyusd.org	Supervisor	Aug.2016 - June2018
Mary Belechak, Counselor Glynn Academy High School Brunswick, GA 31520 912-267-4210 ext. 3205 mbelechak@glynn.k12.ga.us	Colleague Dept. Head	2006 -.2016 2014 - 2016
Dr. Scott Spence, Principal Glynn Academy High School Brunswick, GA 31520 912-267-4210 ext. 3208 sspence@glynn.k12.ga.us	Principal / Supervisor	2012 - 2016
J. Brian Pope, Ph.D. Professor of Psychology Chair, Department of Social Sciences College of Coastal Georgia bpope@ccga.edu 912-279-5883	Dept. Chair / Supervisor	2015 - 2018
Dr. Patrice Hall, Retired Counselor 145 Harrison Point Drive St. Simons Island, GA 31522 912-223-3265 phall@glynn.k12.ga.us	Dept. Head / Colleague Glynn Academy	2006 - 2014
Dr. Melody Richardson Jones Walden University melody.richardson@waldenu.edu 832-264-4454	Dissertation Chair	2011 - 2014
Dr. Barbara Trolley St. Bonaventure University Plassman Annex B-60 St. Bonaventure, NY 14778 716-375-2537 BarbaraTrolley@aol.com	Professor / Advisor	2003 - 2005