

HIGHLIGHTS OF QUALIFICATIONS

Experienced and compassionate social worker who builds strong client relationships to help children, adolescents and parents/caregivers navigate challenging situations. Known for excellent verbal and written communication skills resulting in thorough assessment reports and strengths-based treatment plans. Extremely adept at working in tense and highly conflictual situations, managing high caseloads and consistently meeting deadlines. Key knowledge areas and skills include:

- Completing assessments (ex. trauma, parenting plans, psychosocial) and working with clients to develop goals and treatment plans
- Impact of trauma, abuse, neglect, exposure to conflict/violence, exploitation, addiction and mental health issues on child and youth development and well-being
- Child and adolescent development, attachment theory and family systems theory
- High level organizational skills resulting in efficient management of workflow and timely task completion

PROFESSIONAL EXPERIENCE

Child and Family Therapist, Assessment Directed Therapy Program **November 2021 - Present**
Boost Child and Youth Advocacy Centre

- Complete trauma assessments with children and adolescents (ages 4-18) and their families
- Provide assessment directed trauma therapy for children and adolescents
- Provide support and brief therapy to caregivers and involved family members
- Liaise with professional partners including child welfare, police services and health care providers

Clinician **July 2020 - Present**
Mackenzie Clinic

- Complete Parenting Plan Evaluations (also called Section 30 Assessments)
- Provide Individual Therapy for children, adolescents and adults
- Provide Family Therapy (including family therapy for parent-child contact problems/reintegration therapy)
- Complete Voice of the Child Reports

Internship (with Dr. Shely Polak) **August 2019-January 2020**
Mackenzie Clinic

- Intern on a Section 30 Parenting Plan Evaluation with Dr. Polak. Responsibilities included, but not limited to, document review, shadowing/participating in interviews with parents and child, attending/ participating in observation visits, speaking with collaterals, helping develop proposed parenting plan, shadowing/ participating with Dr. Polak in writing of final report and participating in disclosure meetings.

Child Protection Worker (Investigations/Family Service Worker) **2010 –2018**
Jewish Family and Child Service of Greater Toronto **(contracts/permanent since 2016)**

- Conducted interviews and psychosocial assessments, provided analysis to identify presenting issues, develop recommendations and service plans and evaluated ongoing progress of goals
- Provided counselling for children and families including crisis intervention in an on-call capacity

- Managed caseload of 15-25 cases at one time. Conducted investigations and worked with families to address child protection issues including physical, sexual and emotional abuse, neglect and impact of exposure to conflict, violence, addiction and mental health issues on safety and wellbeing of children
- Collaborated with various community partners through presentation of cases, case management, identification of supports, making referrals and advocating for services for children and families
- Completed required documentation for case notes, assessments, recordings and after-hour alerts

Hospice Social Worker **2017–2018 (Contract)**
Jewish Family and Child Service of Greater Toronto

- Conducted psychosocial assessments and provided counselling for clients with life-limiting illnesses
- Coordinated services, participated in interdisciplinary rounds, provided care planning and advocated for supports and services in collaboration with physicians, nurses, allied health and community professionals

Interim Permanency Worker **Fall 2015 (Contract)**
Jewish Family and Child Service of Greater Toronto

- Provided emotional and logistical support to adoptive, foster and kinship parents. Included supportive counselling, strategizing with respect to managing behavioural issues and identification of resources
- Conducted SAFE (Structured Analysis Family Evaluation) Home Studies for adoptive and foster parents

Interim Foster Care Coordinator **Fall 2014 (Contract)**
Jewish Family and Child Service of Greater Toronto

- Conducted home safety assessments, annual reviews and ongoing home visits for foster homes
- Provided emotional support to foster parents and kinship parents

Social Worker **March-August 2011 (Contract)**
SickKids – Neonatal Intensive Care Unit (NICU)

- Conducted in-depth psychosocial assessments with parents of newborns with serious and/or life-limiting illnesses and developed intervention plans with an interdisciplinary team
- Provided adjustment, supportive and grief counselling for families as well as crisis intervention

Social Worker **June 2010-March 2011 (Contract)**
SickKids – Suspected Child Abuse and Neglect (SCAN) Program

- Conducted psychosocial assessments and provided crisis and adjustment counselling and educational information for non-offending caregivers (including sexual abuse, physical abuse and medical neglect)
- Provided psychosocial consultation service to all medical inpatient units and outpatient clinics

Social Work Practicum Student **May-July 2009**
The Children’s Aid Society of Ottawa – Pre/Post-Natal Protection Unit (Intake & Ongoing)

- Conducted interviews, apprehensions, counselling and supervised access visits

Social Work Practicum Student **January – April 2007**
Children’s Hospital of Eastern Ontario – Abuse/Trauma Unit and Neurology/Neurosurgery Unit

- Counselling children, aged 5-15, who had experienced sexual abuse as well as their parents/caregivers
- Counselling and case management for inpatient children and their families (Neurology/Neurosurgery)

Director **2005 – 2006**
United Way/Centraide Ottawa – “Success By 6” Early Childhood Development Initiative

- Responsible for day-to-day operations and overall strategic direction

Manager, Special Projects**2002-2005****SickKids – Department of Pediatrics**

- Project manager for departmental annual report, development of departmental/divisional websites, physician workload evaluation, space planning and execution and evaluation of Gallup Survey process

EDUCATION**Carleton University, School of Social Work****2006- 2009****Master of Social Work**

- Additional courses in Counselling Techniques and Emotionally Focused Therapy at Saint Paul University
- Paper: Co-author and Presented - *Identification of Gaps in Social Work Services in Obstetrical Care at the Ottawa Hospital* at Canadian Association of Schools of Social Work Conference/Congress of Humanities & Social Sciences.

University of Toronto, Rotman School of Management**2000-2002****Master of Business Administration**

- Awarded Canadian Credit Management Foundation Fellowship
- Awarded Cressy Student Leadership Award for outstanding extracurricular contributions to the University
- Awarded Rotman Gratitude Leadership Award

CONTINUING EDUCATION/COMMITTEES

- What is Narrative Therapy? (2023)
- Trauma Focused Cognitive Behavioral Therapy (3 Day) - 2023
- Anxiety – Practical Intervention Strategies - 2022
- Dialectical Behaviour Therapy -Balancing Acceptance and Change - 2022
- Dialectical Behaviour Therapy Skill: Radical Acceptance - 2022
- Regulation Strategies for Children and Youth in Crisis - 2022
- Introduction to Dialectical Behaviour Therapy - 2022
- Complex Trauma Informed Therapy with Survivors of Human and Sex Trafficking - 2022
- Trauma Focused Cognitive Behavioural Therapy Web 2.0 – 2021
- Columbia-Suicide Severity Rating Scale (C-SSRS) - 2021
- Children Resisting Post-Separation Contact – Families Moving Forward - 2021
- Certificate in Cognitive Behaviour Therapy – Hincks-Dellcrest Centre – 2018
- Counselling Group with Dr. Marshall Korenblum (Jewish Family and Child Service) – 2015-2018
- Protection Investigations within Custody and Access Disputes (OACAS) – 2017
- Assessing Parenting Capacity (OACAS) – 2017
- Forensic Interviewing (OACAS) – 2016
- Children’s Aid Society/Violence Against Women Symposium (external) - 2016
- FASD Introduction and Overview Training –2016
- Child and Youth Advocacy Centre Training – 2016
- Signs of Safety Training – 2015-2016/Signs of Safety Steering Committee - 2016
- SAFE-T Understanding Childhood Sexual Behaviour Training – November 2015
- Safety Planning with Suicidal Clients Training– 2015 (Internal)
- Front Line Workers Trauma Assessment – Hincks-Dellcrest Centre - 2011
- Access for Parents and Children in Ontario (APCO) – Board Member – 2011
- Children’s Aid Society of Ottawa – Child Access Supervisor – 2005-2007

Member in good standing of the Ontario College of Social Workers and Social Service Workers (OCSWSSW)