Idania Arellano AMFT  
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Experience

2019- Present Inland Valley Recovery Services Upland, CA

Marriage and Family Therapist Trainee/ Associate

* Mental health facilitator at an adult residential treatment facility
* In charge of needs assessment and individualized treatment plans
* Facilitate psychoeducation groups on healthy relationships, beyond trauma, and self-esteem for 12 or more clients
* Conduct weekly client crisis assessments for 5150, Tarasoff, child and elder abuse
* Conduct individual and group supervision, organize treatment meetings, and training as needed
* Chart progress notes, treatment plans, and other transitional documentation

2014- 2020 Boys Republic Chino Hills CA

Security Department

* Establish professional relationships with students to identify suspicious activity
* Responsible for shift patrol and surveillance
* Provide team members with mental health support during a crisis
* Document and record campus movement
* Provide student supervision during special campus events

Caseworker 2014- 2017

* Responsible for daily student psychosocial assessment, academic progress, and record transitional adjustment
* Set professional boundaries with clients to establish physical and emotional safety
* Create treatment plans and adjust client’s goals quarterly
* Facilitate daily group counseling, family group, and one-on-one counseling
* Attend in-service training, probation officer meetings, court, and weekly unit meetings

2018- 2019 Counseling Family Services Clinic Loma Linda, CA

Marriage and Family Therapist Trainee

* Mental health facilitator for children, adolescents, families and couples
* In charge of crisis assessments for 5150, Tarasoff, child and elder abuse
* Conduct weekly individual and group supervision, treatment meetings, and training as needed
* Chart progress notes, treatment plans, and all supporting documentation

2012-2014 Think Together San Bernardino, CA

Program Leader

* Deliver curriculum to 20-25 students in a classroom at an after school program
* Provide homework assistance, academic enrichment, and physical activity.

2009-2012 City of Duarte Duarte, CA

AmeriCorp VIP Fellow

* Create individualized community service plans for youth under probation supervision
* Coordinate activities such as college tours, service events, fundraisers, field trips, youth workshops, and community events
* Implement new program guidelines to ensure youth success through the use of city resources
* Attend weekly team meetings, department meetings, volunteer recruitment and annual state training

Education

2012-2014 University of La Verne La Verne CA

* B.S., Criminology
* Original thesis on Marijuana amongst young adults
* Internship, Boys and Girls Club

2016- 2019 Loma Linda University Loma Linda CA

* Marital and Family Therapy Program
* Thesis on Cognitive Behavioral Therapy
* Traineeships at Behavioral Health Institute and Inland Valley Recovery Services
* Drug and Alcohol Certificate, pending
* School Counseling Credential, pending