



ANA VILLANUEVA

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Pronouns: They, Them, Theirs

OBJECTIVE

Obtain a position in an organization where I can maximize my education, training, and skills to achieve the company's goals.

EXPERIENCE

Mental Health Systems, New Entra Casa Residential Treatment Center

Substance Use Disorder Counselor | Present

- Thorough knowledge and understanding of biopsychosocial model in recovery, and ability to implement MI and cognitive-behavioral skills appropriate for co-occurring population with mental illness within the criminal justice system.
- Thorough understanding of the therapeutic community model in recovery at an inpatient treatment level, and ability to implement relapse prevention skills within program to help clients recover.
- Ability to work both collaboratively and independently in a team.
- Facilitator for psycho educational groups daily, with a focus on relapse prevention and life skills necessary to sustain recovery (community building, REBT, CBT, and motivational groups for substance abuse treatment settings.)
- Abiding by ethical standards of privacy to protect client information per HIPPA and CRF 42.
- Ensuring compliance of clients with guidelines established by NEC Services through administrative paperwork that reflects clients' activities (passes, medication logs, phone logs, educational groups attended, etc.)

- Developing treatment plans and maintaining progress notes according to Drug Medi-Cal OPTUM processes and procedures (DMC). Transporting clients to services in the community as needed.

ACADIA Healthcare, Fashion Valley Comprehensive Treatment Center

Counselor II| Bilingual, 2018-2019

- Thorough knowledge and understanding of replacement therapy under Title 9, and integrated treatment model of recovery for opiate use disorder through pharmacotherapy. Ability to implement harm reduction skills within program to assist patients in monitoring and tapering down their medication. ASAM knowledge and understanding for the purpose of screening clients upon admission, and ability to develop treatment plans that reflect patients' needs based on intake evaluation and process thereafter.
- Ability to exhibit therapeutic rapport with patients while maintaining professional boundaries in session at an outpatient treatment level- (MAT).
- Maintaining large caseload (80-90 patients) and proper documentation per services provided. Assisting patients with crisis interventions as needed, developing plans for aftercare, scheduling follow-ups, and acting as a liaison between referral sources and patients within different types of health care insurances for resources needed outside the clinic.
- Ability to evaluate patients' progress and determine counseling interventions that can assist patients in developing the tools needed to achieve self-efficacy for relapse prevention purposes (MI, CBT, DBT, Psychodynamic, REBT).
- Complying with organizational rules, policies, and procedures regarding confidentiality per HIPPA and CRF 42.
- Communicating clearly and effectively with patients, guests, and other members of health care team- clinical team, nurse department, medical department, and case management department for Drug Medi-Cal, and Grant services.

- Working with criminal justice population and STOP program patients through Healthcare 360 on weekends. Facilitating groups that address relapse prevention, and assisting patients with legal services during counseling for the purpose of completing parole requirements and for integration back into the community.
- Observing interpersonal processes and dynamics while gatekeeping and facilitating other psycho educational groups for general population at the clinic.

Community Research Foundation, South Bay Guidance Recovery Center

Case Management & Peer Support | Bilingual, 2017-2018

- Thorough knowledge and understanding of biopsychosocial model in recovery, and ability to implement self-sufficiency model and dialectic, strength-based, solution focused, therapeutic interventions when assisting transitional age youth (TAY) and older adults with severe use disorder and mental health problems at an outpatient treatment level.
- Working with various providers in the region in order to facilitate resources available in the community that support the “No Wrong Door” philosophy in order to link clients to these services.
- Offering practical experience, knowledge and insight for the benefit of clients, as an ambassador of recovery and in means to develop rapport with clients as well as facilitate process for symptom management, and their ability to sustain recovery and a higher level of life.
- Responsible for documenting specific services provided to clients- peer counseling and consultation, group processes, employment and case management services, transportation, etc.
- Training in WRAP (wellness recovery action plan) for wellness and empowerment in living.

Mental Health Systems, Center STAR ACT

Intern | Dual Recovery Specialist 2017

- Thorough knowledge and understanding of biopsychosocial model in recovery, and ability to implement cognitive-behavioral skills appropriate for co-occurring population with severe mental illness within the criminal justice system.
- Thorough understanding of the therapeutic community model in recovery at an outpatient level, and ability to implement harm reduction skills within program to help clients recover.
- Ability to work both collaboratively and independently in a team. Communicating to team supervisors, primary counselors, case managers, and housing specialist' client issues and needs in order to ensure community services available through the agency and clinical work. Assisting staff meetings.
- Facilitator for psychoeducational groups weekly, with a focus on relapse prevention skills necessary to sustain recovery (community building, REBT, CBT, symptom management skills, and motivational groups in substance abuse treatment setting.)
- Observed the development of treatment plans and behavioral health assessments (BHA), as well as case management services offered through housing, case management, and medical staff.
- Complying with organizational rules, policies, and procedures regarding confidentiality per HIPPA and CRF 42.

Heathcare Services Lighthouse Treatment Center

Support Staff Monitor 2017

- Comprehensive understanding of the disease model in recovery, and ability to implement therapeutic model of recovery at an inpatient level within program. General understanding of the Twelve Step program including Al-Anon, N.A and A.A and attending groups for peer support and community building purposes.

- Ensuring compliance of clients with guidelines established by Healthcare Services through administrative paperwork that reflected clients' activities (passes, medication logs, phone logs, educational groups attended, etc.)
- Securing safety of clients and staff through floor supervision, room checks, body checks, and conflict-resolution interventions as needed.
- Demonstrating honesty and willingness to listen to client's issues. Communicating with clients' primary counselors verbally and through staff log. Abiding by ethical standards of privacy and conduct to protect client information. Attending all staff meetings.

MAAC Project, Nosotros Men's Recovery Home

Intern | Drug & Alcohol Counseling 2017

- Comprehensive understanding of the disease model in recovery in residential treatment, and ability to implement social model recovery services within our program. General understanding of the Twelve Step program including Al-anon, N.A and A.A for peer support and community building purposes.
- Facilitator for educational groups in prevention and treatment of alcohol and drug abuse within criminal justice population (AOD education, relapse prevention, community building, cognitive-behavioral therapy, rational emotive behavioral therapy, process groups, motivational groups, anger management, etc.)
- Developing treatment plans and maintaining progress notes, assessment screening intakes (ASI's), and intake files through SanWITS data entry program. Ability to refer clients to resources and other social services in the community as needed.

Stepping Stone of San Diego

Intern | Drug & Alcohol Counseling 2016

- Co-facilitator for educational groups in prevention and treatment of alcohol and drug abuse within LGBTQ+ population, dual diagnosis mental health services were offered specifically, (process groups, motivational groups, and HIV health groups.)

- Assessment screening and referring clients to other social services and LGBTQ+ resources such as gender identity groups, and HIV support groups in the community when needed.
- Observed the development of treatment plans and one-on-one processes between clients and drug and alcohol counseling supervisor.
- Comprehensive understanding of biopsychosocial model of recovery in residential treatment and ability to implement group dynamic principles within structured group sessions. Ability to implement Twelve Step program into treatment plans for social support and community building purposes.

Hillcrest LGBT Youth Center

Volunteer | LGBT Youth Services 2016-2017

- Empowering LGBTQ+ youth ten to thirteen years old through group activities that promoted personal development and growth. Role modeling leadership and advocacy in the community to maximize self-sufficiency. Use of transparency as a building block to create healthy interpersonal relationships and boundaries between mentors and mentees.
- Developing plans to promote social integrity and a strong sense of identity and belongingness among peers and youth.
- Full knowledge and previous hands-on experience working with the transgender and gender non-conforming LGBTQ+ population. Disbursement of community resources and development of events that promoted LGBTQ+ safety.

San Diego LGBT Center

Volunteer | Woman's Resources & Family Matters 2013- 2017

- Facilitator of Professional Lesbians United Sisterhood group, women 18 and over. Developing communication strategies among members and organizing health-promoting activities outside of group. Discussion groups offered included gender-identity topics, as well as other LGBTQ+ oriented topics of interest.

- Networking through media and community events that allowed members to connect at a professional level with other women of color in the community. Empowering members through use of other community based career development services made available.
- Supervision and assistance with children three and over during *Family Matters* community fundraising events such as the annual *Easter Egg Hunt*, *Nightmare on Elm Street*, *Dinning Out for Life*, *San Diego LGBT Pride*, and *Children's Friday Movie Night*.

EDUCATION

California State University of San Marcos, 2018-2020

Bachelor's Degree | Psychological Science, Spring Semester 2020

PRIDE Center, Volunteer

Educational Opportunity Program, Member

California Consortium of Addiction Programs and Professionals, 2019

Certified Alcohol and Drug Counselor (CADC-I) 2019 | #Ci27230419

Registered Alcohol and Drug Technician (RADT) 2018 | #R1289000218

San Diego City College, 2012-2017

Associates Degree, Behavioral Sciences: Psychology 2017

Associates Degree, Behavioral Sciences: Alcohol and Other Drug Studies 2017

Alcohol and Other Drug Studies Certificate of Achievement 2017

Child Development Credits (9 units) & TB Screening

A-B-CPR & First Aid Training Certified 2018-2020

Self-Management and Recovery Tools Certified (SMART) 2015

Barry University, 2005-2010

Psychology & Creative Writing, 30 Units

Microsoft Office Program Completion, 72wpm

National Honor Society in Psychology (Psi Chi)

Gay/Straight Alliance Club, President

Sweetwater High School, 2000-2004

High School Diploma

Rising Stars (Advanced Placement Students/Top Ten Freshmen)

Gay/Straight Alliance Club, President

LANGUAGES

English and Spanish.

REFERENCES

Wendy Wiehl, PharmD

Director of Alcohol and Other Drug Studies Program &

Co-Chair Department of Behavioral Sciences, San Diego City College

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Keith Burke, PhD

Clinical Director, Soledad House/ABC Sober Living

Adjunct Professor, Behavioral Sciences Department

Alcohol and Other Drug Studies Program, San Diego City College

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Josh Palmer, CADC-I

Clinical Supervisor, ACADIA

El Cajon Comprehensive Treatment Center

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SAN DIEGO CITY COLLEGE

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To whom it may concern,

I am a clinical psychologist and professor of Behavioral Sciences at San Diego City College in the highly regarded Alcohol and Other Drug Studies (AODS) program, a vocational training program for individuals studying to become state-certified drug and alcohol counselors. Ana is a former student of mine who has previously completed two courses for this major with me: Chemical Dependency Family Counseling Techniques and Co-Occurring Disorders in Chemical Dependency Counseling. I have also been the City College coordinator for Ana's mandatory internship to complete her certificate in AODS.

Ana completed the Chemical Dependency Family Counseling class and demonstrated that she understands the complexity of family system dynamics and the relation to alcohol and drug treatment. One of the assignments in that class is to do an assessment of one's own family system. Ana articulated and demonstrated that while she has come from multiple challenges in her past, she has developed resilience and the strength of character necessary to perform in this field. Ana also demonstrated the skills necessary to successfully facilitate drug and alcohol treatment process groups in Group Dynamics in Chemical Dependency Counseling. She was enrolled in a work experience/internship at Mental Health Systems, Center STAR ACT, a busy treatment and support facility for homeless clients with co-occurring disorders where she demonstrated proficiency with all eight of the practice dimensions for alcohol and drug counselors. Ana also previously completed practicum and volunteer hours at Health Services Lighthouse Treatment Center, MAAC Project: Nosotros Men's Recovery Home, Stepping Stone of San Diego, Hillcrest LGBT Youth Center, and San Diego LGBT Center.

During her coursework Ana demonstrated critical thinking and strong academic skills. In the Family Counseling class, Ana got 99% on the comprehensive final exam, which was the top score in a class of 35 students. She has also exhibited a keen concern for ethical practice, appropriately bringing to my attention (as her internship coordinator) a situation at her internship that crossed ethical standards. Ana was able to discuss this, develop a plan, and appropriately communicate with the Human Resources department for resolution.

If you have any questions or would like further information, please do not hesitate to contact me at the phone number or email listed below.

Sincerely,

Keith T. Burke

Keith Burke Ph.D.
Behavioral Sciences Department
Alcohol and Other Drug Studies Program

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