

Elena Millnamow

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CLINICAL MENTAL HEALTH COUNSELING INTERNSHIP

Master of Arts Clinical Mental Health Counseling student (LMHC track) at Southern New Hampshire University (SNHU) with 10+ years of experience providing advocacy and therapeutic intervention to diverse populations. Communicate with compassion and understanding, building relationships through trust and rapport. Lead collaborative and successful relationships delegating and organizing tasks and assignments.

EDUCATION

Master of Arts in Clinical Mental Health Counseling Southern New Hampshire University	Anticipated May 2025
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Licensed Alcohol and Drug Certificate II	August 2022
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Bachelor of Science in Counseling, Psychology minor Lesley University	February 2013
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COUNSELING SKILLS

- Execute microskills attending with reflecting feeling and encouragers developing open and trusting conversations with clients.
- Assess physical and cognitive development employing appropriate counseling theory through care meeting individualized needs.
- Sustain awareness and respect of cultural differences working effectively with colleagues and clients without bias or judgment.

PROFESSIONAL EXPERIENCE

Milieu Therapist DPH/Tewksbury State Hospital (Tewksbury, MA)	November 2022-current
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- Create activities modeling appropriate behaviors implementing individual behavioral plans.
- Assess psychosocial/behavioral modalities developing individualized plans and monitor treatment.
- Plan and coordinate self-help meetings monitoring patient attendance and maintain records.
- Support patients in the development of discharge plans providing recreational activities for independent participation.
- De-escalate patients delivering appropriate crisis intervention techniques.

SUD Clinical Stabilization Services Clinician Serenity at Summit New England (Haverhill, MA)	May 2022-November 2022
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- Prepared group and individual counseling specified to client treatment plan providing continual case consultation.
- Exercised standardized and evidence-based assessment tools collaborating with clients in substance abuse treatment.
- Provided clear and timely clinical documentation leading to successful placement of client case-loads.

Therapeutic Mentor

March 2021-April 2022

My Way Soziale Dienste (Berlin, Germany)

- Managed case load of 5 adult clients coordinating support and guidance with housing, re-integration, finances, social, personal, and health goals to stabilize at risk clients.
- Maintained consistent, accurate documentation collaborating with clients and developing individual treatment plans.
- Accompanied clients with participation at legal, medical, psychiatric, or other appointments providing support and advocacy.

Mental Health Counselor

February 2020-October 2020

Anna Jaques Hospital (Amesbury, MA)

- Monitored the safety of 12-bed pediatric psychiatric unit auditing and preparing patient evaluations and daily schedules.
- Designed and facilitated therapeutic groups collaborating with treatment team helping children and adolescents reach their full potential.

Substance Use Case Manager

September 2018-February 2020

Pine Street Inn (Boston, MA)

- Facilitated bi-weekly groups providing substance use case management services to homeless adult men.
- Collaborated with outside resources for effective discharge planning participating in case rounds/team meetings.
- Received "Stabilization Employee Recognition" award in October 2019.

Receptionist

August 2014-January 2018

Goethe-Institut (Boston, MA)

- Coordinated events improving communications between departments via administrative support.
- Greeted, checked-in visitors, guests, students, and staff maintaining inventory and coordinating regular upkeep of all classrooms and common spaces.

Rehabilitation Specialist

July 2014-October 2015

Bay Cove Human Services (Boston, MA)

- Managed case load of 13 clients, aged 24-60, providing individualized therapeutic, social supports.
- Organized personalized weekly schedules for each client coordinating appointments with third parties.
- Processed client check requests, maintained service notes, wrote independent action plans (IAP's) and participated in team meetings.

Developmental Specialist

December 2013-July 2014

Bay Cove Human Services (Boston, MA)

- Monitored and supervised group of 20 developmentally disabled clients, aged 25-70, facilitating client educational groups and providing leadership support for program staff.
- Planned and implemented daily curriculum providing transportation and assisted with daily meal preparations.