

Sarah Hammer, MSW, LCSW

CURRICULUM VITAE

Personal Summary

Ten years of experience as a Licensed Clinical Social Worker with a strong background in clinical work with children, adolescents, and adults in multiple therapeutic settings. Extensive experience in providing supervision and evaluation to adult learners. Excellent leadership, organizational, and communication skills. Well adept at creating and providing presentations and lectures. Recognized by supervisors for developing and effectively leading a therapeutic team.

Expertise Areas

- Facilitating individual, group, and family therapy
- Effectively working with children and adolescents with intense mental health concerns
- Developing and delivering lectures and presentations to adult audiences of 10-180
- Supervising masters-level interns
- Working with racially, economically, and culturally diverse populations
- Utilization of conflict resolution in working with difficult populations
- Organizing and leading multi-disciplinary teams
- Developing treatment and intervention plans for specific behaviors of concern
- Providing experiential interventions (wilderness therapy, art therapy and team building activities)

Education and Credentials

- LCSW, Interpersonal Practice Children & Youth – University of Michigan, May 2004
 - Licensed Clinical Social Worker, July 2006
 - SSW – School Social Worker Credential – University of Michigan, May 2004
 - NR-SSW MI Scholars & Dean’s Scholarships, 2002-2004
- B.A., Psychology and Cultural Studies – Magna Cum Laude; University of Tennessee, 2000
 - Study Abroad Program; Tilburg University, The Netherlands

Relevant Skills

Clinical Skills

- Effectively provided individual, group, and family therapy
 - Utilized a variety of modalities including: crisis intervention, solution-focused, cognitive behavioral, paradoxical, client-centered, play therapy, art therapy
 - Delivered researched-based curriculums: Love and Logic, 2nd Step, Think Kids, GIRLS (Girls In Real Life Situations), Why Try, and SOS (Signs of Suicide – Suicide Prevention)
- Served a range of clients, preschool to adults with a variety of backgrounds, including: mental health concerns, trauma histories, disruptive behavior problems, personality disorders, attachment disorders, ADHD, autism, developmental disorders, and substance abuse histories
- Provided clinical supervision to seven graduate-level interns (from Metro State University, Denver University and Colorado State University) over the past five years
- Provided district-wide case consultation regarding intense mental health concerns to DPS social workers, psychologists, and school counselors

Treatment Planning Skills

- Developed diagnostic profiles and treatment plans, effectively addressing clients' needs and strengths
- Collected and analyzed behavior data to inform intervention and evaluate student progress
- Utilized family, community, and research-based interventions to support and address clients' needs
- Facilitated weekly multi-disciplinary meetings to address social emotional programming for students
- Case management through collaboration with external agencies (psychiatric care, external mental health providers, courts, social services, and funding providers) and utilization of community resources
- Advocacy of clients' rights as they pertain to: accessing education, disciplinary action, and social justice

Programming and Planning Skills

- Developed adventure, anger management, social skills, therapeutic art, and culture groups for clients
- Assisted in interviewing and hiring mental health teaching and paraprofessional school positions
- Developed summer recreation/adventure programs for residential treatment facility and camp settings
- Organized the school-based Clothing and Food Bank
- Assisted in hiring, training, directing, and supervising 30 summer camp staff
- Planned and facilitated therapeutic and recreational wilderness trips and expeditions
- Successfully wrote and received grants to fund specific programming
- Was a member of the DPS ADHD Panel to establish district guidelines for determining eligibility and best-practice interventions for students identified with ADHD

Presentation and Lecture Skills

- Developed and facilitated multiple district-wide professional development presentations
 - *Developmental Disabilities and Mental Health Supports* – 3 hrs
 - 11/12/2013: 15 Coaches working with post-secondary students with developmental disabilities
 - *Supporting Parents of a Student with a Disability* – 3 hrs
 - 8/1/2013: 35 Special Education providers
 - *Tier II and Tier III Interventions for Students with Emotional Concerns* – 2 hrs
 - 1/28/2013, 2/9/2012, and 12/6/2010: 25 – 35 DPS Social Workers & Psychologists
 - *SIED (Significantly Identifiable Emotional Disabilities) & Intense Mental Health Concerns* – 2 hrs
 - 2/21/2012: 50 DPS Social Workers & Psychologists
 - *Data Based Behavioral Decisions Making & Social Emotional Interventions* – 3 hrs
 - 5/7/2010: 180 DPS Social Workers & Psychologists
 - *Differentiating Emotional Disabilities, Conduct Disorders & other Mental Health Disorders* - 2 hrs
 - 1/11/2009: 40 DPS Social Workers & Psychologists
- Coordinated and Co-facilitated the Professional Development Course
 - *Treating Explosive Kids: The Think Kids Model* – 45 hrs
 - 10/1/2012 - 5/15/2013: 20 Teachers, Para-professionals & Mental Health Providers
- Presentations for the multi-disciplinary mental health team:
 - *Self Care* – 2 hrs
 - 2/13/2013: 10 Teachers, Para-professionals, & Mental Health Providers
 - *Vicarious Trauma* – 2hrs
 - 10/17/2012: 10 Teachers, Para-professionals, & Mental Health Providers
 - *Attachment Disorders and Best Practice Interventions* – 2 hrs
 - 3/16/2011: 10 Teachers, Para-professionals, & Mental Health Providers
- Presentations for Denver University School of Social Work
 - *Behavior Plans* – 1.5 hours
 - 10/21/2013: 15 Graduate-level social work students
 - *School-based Mental Health Support: the Role of a Social Worker in an Educational Setting* – 2 hrs
 - 9/30/13, 2/5/13, and 6/6/12: 10 - 20 Graduate-level social worker students

Relevant Work History

School Social Worker - Intensive Day School - Denver Public Schools; Denver, CO

Aug 2007 – present

- Provide therapeutic services and case management for 2nd – 5th grade students identified with intense mental health concerns and other behavior concerns
- Collaborate and provide support to parents and caregivers through consistent communication and facilitation of Parent Empowerment (bi-monthly parenting group)
- Provide clinical supervision to masters-level interns
- Create and deliver district-wide presentations addressing mental health concerns
- Write grants to fund therapeutic art interventions, field trips, and other program needs
- Respond and manage crisis through use of non-violent crisis intervention, suicide assessments, and threat/risk assessments
- Serve on the PBIS (Positive Behavior Intervention System) team and the Attendance Team

School Social Worker North High School, Multi-Intensive Programs - Denver Public Schools; Denver, CO

Aug 2013 – present

- Facilitation of social/emotional groups and individual interventions for high school post-secondary students with developmental disabilities and cognitive disabilities

Child & Family Therapist - Mount St. Vincent Home; Denver, CO

July 2006 – Aug 2007

- Provided individual, group, and family therapy through the use of a variety of modalities
- Developed diagnostic profiles and treatment plans addressing clients' needs and strengths
- Served on the clinical team and provided case consultation, therapeutic crisis interventions, and clinical support to on-sight residential units

School Social Worker – Adolescent Day Treatment School; Livonia, MI

Apr 2004 – June 2006

- Provided therapeutic interventions/support to high school students identified with emotional disabilities
- Trained students to become Peer Mediators using an experiential leadership model
- Served as the advisor and facilitator of Student Council

Substance Abuse Counselor – Redford Counseling Center; Livonia, MI

Jan 2006 – June 2006

- Provided weekly, experiential-based treatment to court-referred adults facing issues with alcohol and substance abuse

Assistant Camp Director – Camp Henry; Newaygo, MI

May 2003 – Aug 2004

- Assisted in hiring, training, directing, and supervising 30 summer camp staff
- Developed and oversaw the Junior Counselor Program
- Facilitated school, corporate, and other retreat groups in team building and adventure activities

Recreational Coordinator- St. Vincent and Sarah Fisher Center; Farmington, MI

May 2002 – Jan 2003

- Developed summer recreation/adventure programs for residential treatment facility
- Instructed adventure-based groups for kids
- Oversaw recreation staff

Wilderness Instructor – SUWS: Wilderness Therapy Program; Oldtown, NC

Nov 2001 – Apr 2002

- Facilitated wilderness therapy trips for “at-risk” adolescents with behavior concerns
- Trained students in wilderness and survivor skills

Group Leader – New Dominion School; Newtown, MD

Jan 2001 – June 2001

- Supported daily living and communication skills for 12 court-referred male adolescents identified with behavior/conduct concerns in a wilderness setting
- Was a member of the treatment team delivering therapeutic interventions and supports for clients

Head Counselor - Camp Henry; Newaygo, MI

Summers; 1997-2000

- Supervised 12 children and adolescents in recreational activities
- Oversaw and lead 10 other female counselors
- Facilitated adventure trips (rock climbing, kayaking, hiking, and camping) across America

Professional Training

- Licensed Clinical Social Worker; July 2006
- Licensed School Social Work; May 2004
- Nonviolent Crisis Intervention Training
- Peer Mediation Trainer
- Trauma-Informed Care Training
- Member AEE (Association of Experiential Education)
- Low/High Ropes & Team Building Facilitator
- Solution-focused Brief Counseling Training
- Crisis Telephone Worker Training – 40 Hrs
- Love and Logic trained
- School Social Work Intern/Practicum/Field Placement Supervision – 40 Hrs
- Book Study: *The Trouble With Black Boys: ...And Other Reflections on Race, Equity, and the Future of Public Education*
- Think Kids (Collaborative Problem Solving) – 40 Hrs
- Using Multi-Tiered Systems of Support to Improve Outcomes for African American Males Training
- Suicide Prevention Institute

Community and Volunteer Experience

- President (3 yrs); Secretary (3 yrs): Juan Sanchez Plaza Home Owner Association; Denver, CO
- Coordinator (6 yrs): Juan Sanchez Plaza Pig Roast - Charity event; Denver, CO
- Coordinator: Adventure Therapy Club, University of Michigan; Ann Arbor, MI
- Volunteer: Girls on the Run: Empowerment Running Program for Adolescent Girls; Detroit, MI
- Volunteer: Youth Council of Ann Arbor; Ann Arbor, MI
- Asst Coordinator: S.E.E.D. (Students Educating Each other about Diversity); Ann Arbor, MI
- Crisis Line Specialist/Volunteer: Contact Crisis Hotline; Knoxville, TN
- Research Assistant for Project, *Adolescent Relationships*: University of Tennessee; Knoxville, TN