

EDUCATION

- 2023 **Master of Social Work**
King's University College, University of Western Ontario - London, Ontario
- 2020 **Honour's Bachelor of Arts - Health Studies (with distinction)**
Queen's University - Kingston, Ontario
- 2019 **Study abroad program - Interdisciplinary Studies in Global Health and Disability**
Queen's University, Bader International Study Centre - Herstmonceux, United Kingdom

WORK EXPERIENCE

- 2023-08 - present **Registered Social Worker**
London Health Sciences Centre, Emergency Department - London, Ontario
- Complete biopsychosocial assessments and implement appropriate interventions for patients seeking care in the Emergency Department.
 - Implement strategies from crisis intervention and brief solution-focused frameworks to provide support to patients and their families.
 - Refer patients to community resources for appropriate support following discharge from hospital.
 - Collaborate with interdisciplinary health professionals to provide exceptional patient care.
- 2022-03 - present **Crisis Counsellor**
Canadian Mental Health Association Thames Valley, Crisis Services - London, Ontario
- Work with London Police Service and clients in crisis to assess the nature and scope of the crisis and take appropriate action in a manner consistent with the psychosocial rehabilitation model.
 - Provide short-term, psychotherapeutic intervention to assist clients improve their coping skills within the crisis model framework.
 - Complete mental health assessments with clients based on theory of crisis management including rapid response, risk assessment, de-escalation, and stabilization.
- 2021-08 - 2022-08 **Emergency Shelter Worker**
Youth Opportunities Unlimited - London, Ontario
- Utilized successful de-escalation techniques to support unhoused youth experiencing trauma, mental health concerns, and behavioural challenges.
 - Completed participant case notes, occurrence reports, and other documentation in a timely manner.
 - Provided appropriate community referrals and supports to participants when needed.
- 2020-09 - 2021-04 **Manager of Youth Services**
Kingston Youth Shelter - Kingston, Ontario
- Oversaw daily operations of the emergency shelter and two transition homes.
 - Interviewed, hired, and trained over 30 new employees.
 - Maintained strong communication and developed partnerships with community agencies.
 - Communicated regularly with funding bodies including City of Kingston and United Way.
 - Maintained visibility of Kingston Youth Shelter in the community through media appearances in the Kingstonist and YourTV Limestone Lens.
- 2019-08 - 2020-10 **Youth Counsellor**
Kingston Youth Shelter - Kingston, Ontario
- Maintained a safe and supportive environment for youth living in the emergency shelter and transitional housing programs.
 - Assisted residents in securing permanent housing, income support, and education.

COMMUNITY INVOLVEMENT

2010-09 - present	Meals Program Volunteer St. John the Evangelist Anglican Church - London, Ontario <ul style="list-style-type: none">Prepare and serve food for individuals in the community experiencing food insecurity.
2022-01 - 2022-09	Psychometry Volunteer London Family Court Clinic - London, Ontario <ul style="list-style-type: none">Worked in collaboration with the team of Clinical Psychologists to develop and compile recommendations for psychoeducational assessments and psychometric testing.
2019-09 - 2021-04	Volunteer Special Friend Children's Aid Society - Kingston, Ontario <ul style="list-style-type: none">Provided support, guidance, attention, and encouragement to children involved with the child protection system in a one-on-one environment.
2019-09 - 2021-04	REBOUND Program Volunteer Youth Diversion - Kingston, Ontario <ul style="list-style-type: none">Worked with grade seven and eight students in a program that strives to develop social skills, self-esteem, and other skills needed to cope with the challenges of adolescence.
2019-09 - 2019-12	Literacy Outreach Volunteer Lily's Place Family Shelter - Kingston, Ontario <ul style="list-style-type: none">Organized and implemented fun and educational activities for children staying at Lily's Place Family Shelter with the goal of improving their literacy and numeracy skills.
2016-09 - 2017-04	Breakfast Club Volunteer John Graves Simcoe Public School - Kingston, Ontario <ul style="list-style-type: none">Volunteered weekly in a local elementary school to prepare and serve breakfast to students in need.
2016-09 - 2017-04	Kaleidoscope Volunteer École Rideau Public School - Kingston, Ontario <ul style="list-style-type: none">Worked on academic work and behavioural skills with an at-risk elementary school student.

CONTINUING EDUCATION AND PROFESSIONAL DEVELOPMENT

2023-10	Wilfrid Laurier University Faculty of Social Work Professional Development Course - Traumatic Bereavement
2021-10	King's University College School of Social Work Intimate Partner Violence: Understanding the Typologies and Lethal Risk Factors for Your Work with Individuals, Children, and Families
2021-02	Wilfrid Laurier University Faculty of Social Work Professional Development Course - Understanding Youth and Addiction
2021-01	Wilfrid Laurier University Faculty of Social Work Professional Development Course - Human Resource Management

CERTIFICATIONS

2024-01	Crisis Prevention Institute Nonviolent Crisis Intervention Training
2023-07	Ontario College of Social Workers and Social Service Workers Registered Social Worker - in Good Standing
2022-02	St. John Ambulance Standard First Aid CPR-C & AED
2021-10	King's University College Naloxone Training
2021-09	Crisis Prevention Institute Verbal Intervention Training
2021-02	Crisis Consultant Group Crisis Prevention and Intervention Training
2020-12	Mental Health Commission of Canada Mental Health First Aid Training
2019-06	Living Works Applied Suicide Intervention Skills Training (ASIST)