

RACHEL SURPRENANT

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EDUCATION

Master's in Social Work- Loyola University of Chicago; Mental Health Concentration. Chicago, IL.

Bachelor of Science in Education and Social Policy - Northwestern University; Human Development & Psychological Services, Psychology. Evanston, IL.

PROFESSIONAL EXPERIENCE

Program Director - Tuesday's Child

Chicago IL May 2019 - present

- Supervise multiple therapeutic programs providing behavior intervention services to children 0-7, including weekly classroom programs, a full time- preschool, parenting training, social thinking groups, school-based services, and in home prevention initiative services
- Provide clinical supervision to teachers, therapists, and undergraduate interns incl. training, reflection & support
- Conduct intakes for all incoming families and provide enrollment recommendations
- Reformulate program practices to reflect latest evidenced based practices and rising demand for services
- Innovate new programming to meet needs of our families, including the development of tele-health services
- Appropriately staff and fill all programs run through Tuesday's Child, including hiring of new employees and interns
- Coordinate with members of clinical team on case progress and provide families with appropriate referrals
- Oversee outreach efforts including school presentations, local seminars, and distribution of materials
- Provide regular trainings to staff regarding multiple behavioral intervention methods, diagnoses, and clinical options
- Provide support to all programs in need throughout the day, including providing intervention for disruptive children

Child and Family Therapist - Midwest Institute and Center

Chicago, IL Feb 2020 - present

- Conduct individual therapy inc. processing current stressors, identifying coping skills, and teaching regulation skills
- Providing family therapy inc. psycho-education, empathic support, and collaborative problem solving
- Utilize a variety of approaches designed for the needs of the family, emphasizing behavioral modification and CBT
- Management of all case notes and appropriate documentation to ensure confidentiality
- Participation in weekly supervision with LCSW supervisor

Partial Hospitalization Social Work Intern - Ann & Robert H. Lurie Children's Hospital

Chicago IL July 2018 - May 2019

- Conduct individual and family sessions surrounding reason for admission and prioritization of treatment goals
- Formulate diagnoses with input from patient, family, scales, and PHP team and communicating results to families
- Disposition management for all patient and family social needs, including treatment, housing, insurance, etc.
- Lead group therapy utilizing multiple formal modalities, including CBT, DBT, and Zones of Regulation curriculums
- Create individualized treatment goals for family, milieu, and patients including behavior plans and reward systems
- Lead weekly parental education seminars on multiple treatment modalities and parenting strategies

Milieu Therapist - Inpatient Psychiatry, Ann & Robert H. Lurie Children's Hospital

Chicago, IL Aug 2014 - May 2019

- Provide therapeutic patient care, inc. behavioral modification, coping skills, and psycho-education
- Lead and co-lead group therapy, journaling activities, and parental education sessions
- Maintains safety in the milieu, utilizing prevention and de-escalation CPI and CCM techniques
- Training of new staff in behavior management, safety precautions, and therapeutic relationships

Community Support Specialist Social Work Intern - Thresholds Buffet Place

Chicago, IL Sept 2017 - May 2018

- Conduct individual sessions with members regarding mental health, substance use, and community support
- Complete case management for members including social security, Medicaid, and medication management
- Compiling mental health assessments and care plans including diagnostic assessment and SMART goals

Lead Therapist - Outpatient Child Psychiatry, Lurie Children's Outpatient Center

Chicago, IL, Sept-Nov 2015

- Lead group of children aged 3-6 with disruptive behaviors related to inattention, dysregulation, & anxiety
- Create activities to meet each child's behavioral and developmental needs to encourage behavioral modification
- Consult with psychiatry team on behavioral improvements and medication management

RELEVANT ACCOMPLISHMENTS & SKILLS

- Guest Lecturer - Loyola University of Chicago
- DCFS Training - CWEL, CERAP, and CANS certificates
- Parents as Teachers Training, Reflective Supervision Training, Mandated Reporter Training