

# Janel Washington

Chapel Hill, North Carolina

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## SUMMARY:

Mental health clinician with over 7 years experience working with clients with a wide range of concerns. Clinical style is warm, open, friendly and collaborative. Creating a therapeutic space that is safe, allowing for rapport building. Helping the client to work through emotional concerns and develop skills to help accomplish their goals.

- **Crisis:** Extensive experience working in crisis intervention, including working in the ER, inpatient and on-call.
  - **Interdisciplinary collaboration:** Collaborating with medical/school staff to ensure best care of clients.
  - **Population:** Experience providing care to elementary aged children and adults clients. Clinician also has extensive experience working with clients from diverse backgrounds with mild, moderate and severe mental illness.
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## CAREER OVERVIEW:

### Enlighten Minds LLC, Oak Creek, CO/North Carolina

Founder/Owner, Clinical Mental Health Therapist, LPC-2021-Present

- Provide brief, long-term therapy to adults, children and adolescents.
- Provide individual and Family therapy
- Provide crisis intervention
- Child Family Investigations
- Certified TF-CBT Therapist

## **Mindsprings Health**, Steamboat, CO

Clinician III, Therapist 2018- 2021

- Provide brief, long-term therapy to adults, children and adolescents.
- Provide individual and Family therapy
- Provide crisis intervention in surrounding areas including Aspen, Vail, Steamboat and Craig
- Provide training and in-services to teachers and students
- Provide clinical assessments, case management, creating treatment plan, coordinating care with other agencies that also provide prevention and intervention programs

## **Northwest Colorado Health**, Steamboat, CO

Clinician II, Behavior Health Provider 2018-2018

- Brief therapy in a primary care practices
- Assisted client whom struggle with chronic pain, stress, sadness and substance use
- Provide create treatment plan, case management, coordinating care with physician, psychiatric and housing authorizes.

## **LSSI-Methodist Hospital/Welcoming Center**, Chicago IL

Clinician I, Crisis Counselor 2016-2018

- Conducting in-take assessment and perform involuntary/voluntary hospitalizations in the clinic and Emergency Room.
- Providing crisis intervention, safety planning, triage clients and referral to social service agencies.
- Perform individual/group psychotherapy underserved and unfunded clients.
- Conducting in-take assessment and perform involuntary hospitalizations in the clinic and Emergency Room
- Providing crisis intervention, safety planning, triage clients and referral to social service agencies.

## **Centene- Ilinicare, Chicago IL**

Program Specialist/Coordinator 2016-2016 (Temporary Position)

- Provided case management for over 400 members of the Medicare/Medicaid Dual (MMP) with low and medium acuity population, working with community outreach/member advocates to coordinate member's care.
- Successfully, engaged members in care coordination with integrated case management, and utilizing effective motivational interviewing techniques to develop a trusting relationship while building SMART care-plan goals.
- Utilized Tru Care and related databases to build a comprehensive health assessment (HRA/HRS/MCMA).
- Completion of nearly 100 Interdisciplinary Care Team (ICDT) care plan team reviews with member participation during the month of June 2016 ICDT

initiative.

### **Thresholds, Chicago, IL**

#### Community Support Specialist 2015-2015

- Provided case management for over 50 clients with severe mental illness in the underserved community. Maintaining case notes; met billing targets and completed all documentation within assigned timeframe.
- Performed involuntary hospitalization of a client and provided support and intervention in a crisis
- Gather member information and assessed the need for service, made recommendations for treatment, identified and investigated existing natural resources and supports, explained options available to the member and assisted in application process.
- Supported and promoted member self-efficacy and participation and in decision-making, treatment and treatment planning. This includes teaching members independence and community living such as housekeeping, shopping, as well as the development of functional, interpersonal, support system and coping skills.

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## **LICENSE**

- *LPC-Colorado*
- *LCPC-Chicago*

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## **EDUCATION:**

### **Master of Arts, May 2017**

- Roosevelt University, Chicago, IL
- Master: Clinical Mental Health Counseling

### **Bachelor of Science, June 2000**

- The University of Illinois
- Major: Animal Science