

# SARAH MITCHELL

## Licensed School Therapist

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## PROFESSIONAL SUMMARY

Compassionate and dedicated Licensed School Therapist with over 6 years of experience providing mental health support to students in K-12 educational settings. Specialized in individual and group counseling, crisis intervention, and collaborative work with teachers, parents, and administrators. Committed to creating safe, inclusive environments where students can thrive academically, socially, and emotionally.

## CORE COMPETENCIES

- Individual & Group Counseling
- Crisis Intervention & Management
- Behavioral Assessment & Intervention
- IEP Development & Implementation
- Trauma-Informed Care
- Cognitive Behavioral Therapy (CBT)
- Social-Emotional Learning (SEL)
- Parent & Teacher Consultation
- Conflict Resolution
- Multidisciplinary Collaboration
- Cultural Competency
- Documentation & Case Management

## PROFESSIONAL EXPERIENCE

### Senior School Therapist

**Lincoln High School, Boston, MA**  
*August 2019 - Present*

- Provide individual and group therapy sessions to 40+ students weekly, addressing anxiety, depression, behavioral issues, and academic stress
- Developed and implemented a school-wide mental health awareness program reaching 800+ students
- Collaborate with teachers and administrators to create individualized support plans and accommodations
- Conduct risk assessments and crisis interventions, ensuring student safety and appropriate referrals
- Lead weekly social-emotional learning workshops for grades 9-12
- Facilitate parent education workshops on adolescent mental health and communication strategies
- Serve on the Student Support Team, contributing to IEP meetings and 504 plan development
- Reduced disciplinary incidents by 35% through proactive behavioral intervention programs

### School Therapist

**Riverside Middle School, Cambridge, MA**  
*September 2017 - July 2019*

- Provided mental health counseling to students ages 11-14 with diverse emotional and behavioral needs
- Implemented evidence-based therapeutic interventions including CBT and solution-focused therapy
- Coordinated with community mental health resources to ensure continuity of care
- Developed and facilitated support groups for grief, anger management, and social skills development
- Maintained confidential student records and progress notes in compliance with HIPAA and FERPA
- Collaborated with school counselors and psychologists to address student concerns holistically
- Provided consultation to teachers on classroom management and student mental health concerns

### School Counseling Intern

**Brookfield Elementary School, Boston, MA**  
*January 2017 - August 2017*

- Conducted individual counseling sessions with elementary students under clinical supervision
- Assisted in developing social-emotional learning curriculum for grades K-5
- Participated in multidisciplinary team meetings and parent conferences
- Observed and assisted with behavioral assessments and intervention planning
- Co-facilitated friendship and social skills groups for students

## EDUCATION

# Master of Social Work (MSW)

**Boston University School of Social Work**  
*Graduated: May 2017*

- Concentration: Children, Youth, and Families
- GPA: 3.8/4.0
- Thesis: "Trauma-Informed Practices in School-Based Mental Health Services"

# Bachelor of Arts in Psychology

**University of Massachusetts, Amherst**  
*Graduated: May 2014*

- Minor: Education
- Dean's List: All Semesters
- GPA: 3.7/4.0

## LICENSES & CERTIFICATIONS

- Licensed Clinical Social Worker (LCSW), Massachusetts - License #12345
- Licensed School Social Worker/School Adjustment Counselor, Massachusetts
- Crisis Prevention Intervention (CPI) Certified
- Mental Health First Aid Certified
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Training
- Youth Mental Health First Aid Instructor

## PROFESSIONAL DEVELOPMENT

- Annual Conference, Massachusetts School Social Workers Association (2018-2024)
- Suicide Prevention and Intervention Training (2023)
- LGBTQ+ Affirmative Therapy Workshop (2022)
- Mindfulness-Based Stress Reduction for Adolescents (2021)
- Advanced Training in Dialectical Behavior Therapy Skills (2020)

## PROFESSIONAL AFFILIATIONS

- Member, National Association of Social Workers (NASW)
- Member, School Social Work Association of America (SSWAA)
- Member, Massachusetts School Counselors Association (MSCA)

## SKILLS

**Clinical Skills:** Individual Therapy, Group Therapy, Family Therapy, Play Therapy, Art Therapy, Motivational Interviewing

**Assessment Tools:** BASC-3, Conners Rating Scales, Beck Youth Inventories, Functional Behavioral Assessment (FBA)

**Technology:** Microsoft Office Suite, Google Workspace, Student Information Systems (PowerSchool, Aspen), Telehealth Platforms (Zoom, Google Meet)

**Languages:** English (Native), Spanish (Conversational)

## VOLUNTEER EXPERIENCE

**Crisis Counselor**  
*Crisis Text Line*  
*2018 - Present*

- Provide text-based crisis support to individuals in distress nationwide
- Complete ongoing training in de-escalation and suicide prevention

**Mentor**  
*Big Brothers Big Sisters of Massachusetts*  
*2015 - 2017*

- Served as mentor to at-risk youth, providing guidance and positive role modeling

