

CARLA C. PAPPAS

EDUCATION

UNIVERSITY OF MARYLAND, Baltimore, MD
Master of Social Work, May 2001
UNIVERSITY OF MARYLAND, College Park, MD
B.A. Psychology, May 1997

PROFESSIONAL CERTIFICATION

Licensed Certified Social Worker - Clinical, Maryland

PROFESSIONAL EXPERIENCE

LINKAGES TO LEARNING, Gaithersburg, MD
GUIDE Program, Inc.

July 1, 2003 – October 12, 2006

Forest Oak Middle School

Previously at Gaithersburg Middle School

Intensive Intervention Therapist

- Provided individual counseling to students in school based environment.
- Through the use of effective treatment planning, clients ages 12 to 15 with various needs, received services which included a gentle approach and implementation of interventions to manage mood, anger, anxiety, improvement of skills and motivation.
- Performed diagnostic evaluations and psychosocial assessments.
- Worked intensively with school staff and community organizations to coordinate additional resources and adequate support to clients and families.
- Facilitated groups for students that promoted conflict resolution, positive relationships, anger management and self esteem.
- Provided clinical and general supervision to social work intern.

LINKAGES TO LEARNING, Silver Spring, MD

AMIGO/ Child Center and Adult Services

August 2001 – July 1, 2002 (contract ended)

YMCA/ Silver Spring Youth Services

July 1, 2002 – July 1, 2003

Pine Crest Elementary School and Montgomery Knolls Elementary School

Mental Health Therapist

- As mental health therapist, provided individual, group and family counseling in educational setting while consulting with other professionals involved in treatment. Participated in meetings with school staff and family members to promote well-being of clients.
- Position allowed me to work with children ages 5 to 12 with needs ranging from Adjustment Disorder, Post Traumatic Stress Disorder, Asperger's Syndrome, Mood Disorders, Attention Deficit and Hyperactivity Disorder, Developmental Disabilities.
- As site coordinator, performed a needs assessment for Pine Crest and Montgomery Knolls Elementary Schools and developed partnerships within the community. Organized donation drives during the holiday season to support families at each of the two assigned schools.
- Case manager role involved providing several types of social services to clients including assistance with referrals, application processes, resource identification and attainment.

MONTGOMERY GENERAL HOSPITAL, Olney, MD

September 2000 – May 2001

Social Work Intern

- In the Adolescent Substance Abuse Program, co-led group of dual diagnosed adolescents, ages 13 to 18, by incorporating educational presentations and therapeutic support. Implemented group activities and prepared individual treatment plans. Located resources to meet client needs. Led family meetings and conducted psycho-social assessments.
- Worked with seniors with dual diagnosis in Day Treatment Program by developing stress management strategies, providing support and co-leading group activities.
- Provided case management services for clients in the Inpatient Psychiatric Unit.

CPC HEALTH, Wheaton, MD

September 1999 – May 2000

Social Work Intern

- Provided individual therapy as well as case management services for clients in Developmental Disabilities Program. Coordinated treatment plans and located resources according to clients' needs.
- Co-led therapy group for children with Disorders First Diagnosed in Infancy and Childhood, ages 7-9.

RELEVANT EXPERIENCE

UNIVERSITY OF MARYLAND, Department of Psychology, College Park, MD.

August 1996 – May 1997

Peer Advisor/Intern

- Responsible for admitting students into the Psychology major. Advised students with scheduling, major selection and academic adjustments.

Undergraduate Advisor Committee Member

- Worked with professors and administrative staff to ensure quality service to students. Implemented decisions regarding class availability and placement.

SKILLS

CPR and First Aid Certification; Foreign Languages- Fluent in Portuguese and Spanish