

## **RESUME**

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### **Objective**

To attain a position that utilizes my excellent oral and written communication skills, as well as, my extensive experience in social and human services

### **Summary of Qualifications**

MSW candidate 2006, BSW, and Licensed Practical Nurse with over 30 years experience in healthcare management, including both intensive and home care services. Clinical placements consisted of operating room, scrub and circulating nurse positions. 15+ years of public health training and education including project management and planning of educational events, fundraisers, workshops, substance abuse groups, women's support groups and more. More than 15 years of work with women recovering from substance abuse offering counseling and referrals including serving as a crisis hotline counselor for active substance users.

### **Education**

#### **University of Pittsburgh Oakland Campus**

Sept.2005--Dec.2006

Graduate School of Social Work

**Masters Degree in Social Work**

#### **Carlow College**

Sept. 1999 – May 2005

Pittsburgh, Pa.

**Major: Bachelor of Social Work**

**Minors: Psychology and Counseling**

#### **Leadership Development Training**

June 1994 – June 1995

Pittsburgh, PA

#### **Just Harvest**

Public speaking, personal empowerment, goal setting, time management and entrepreneurial training.

#### **Community Development & Leadership Institute**

Sept. 1993 – Sept. 1994

Washington, DC.

Planning, facilitation, program management, recruitment, grants and proposal writing.

#### **Connelly Technical Institute**

Sept. 1964 – Sept. 1965

Pittsburgh, PA

**School of Practical Nursing**

### **Professional Experience**

Personal Consulting Services

1985 – Present

Pittsburgh, PA

**Various homecare, program development, and training services including but not limited to personal care of senior adult, private duty nursing, peer support groups, and events.**

- 2005 - Poster Presentation "Does Social Activity have a Positive Effect on the Psychological Wellbeing of the Elderly" Institutional Review Board Approved Research Project on same subject, Carlow University.
- 2004 – 2005, The Lemington Community Service Center and Assisted Living Facility , Needs assessment, resource and referral coordinator, program development, used culture as an enabler of activity and exercise
- 2004 - Faculty, Pennsylvania Association for Adult Continuing Education (PAACE) on Health Literacy. Facilitated the following training topics: "Commitment, Trust and Goal Setting: Time Management"; "Dual diagnosis Management and Medications"; "Boundary Setting" and "Racism and discrimination".
- 1996-1998 - Health Education Center, Inc., Healthy Families Consultant, Coordinated and facilitated workshops on self esteem, goal setting, role modeling, child development, nutrition, discipline and safety.
- 1994 -1998 - Sisterhood and Female Youth Mentoring Project, Developed, implemented and coordinated peer support group, fundraising and grant writing for a peer mentoring group that supported single mothers in navigating social welfare programs, childcare agencies, educational attainment, drug and alcohol support, counseling and referral.
- 1992-Present - Convention organizer and planning committee member for nonprofit support groups, organized and planned multi-day training and educational events for 100's of people along the eastern seaboard; Provide impromptu and formal speaking engagements on topics ranging from drug and alcohol prevention; women's empowerment; fiscal responsibility; relationships and marriage; children and youth and more
- 1965 – 1985 - Magee Women's Hospital, Licensed practical nurse  
Scrub, Circulating OR nursing, Intensive Care and med/surge nursing; filed reports, dispensed medications, provided wound care, and other professional nursing as assigned

#### **Awards, Recognitions and Affiliations**

- **"Moms and Cops"(PC61) Certificate** Community Services and Training (WPIC) February 2005
- **Substance Abuse Prevention Specialist Training-** Department of Health March 2005
- **Academic Excellence Award** – Carlow University, Social Work Department, April 2005
- **Graduated Carlow University BSW- Dean's List, Magna Cum Laude** May 2005
- **Values For Life Parent Training-** Center For Family Excellence October 2005
- **National Association of Social Work** - member since 2003- present
- **Pennsylvania Recovery Organization Achieving Communities together (PRO-ACT)** an affiliate of Pennsylvania Recovery Organizations Alliance (PRO-A) *Family Program Facilitator* and active member and volunteer with Message Carriers. Part of a statewide advocacy project that supports recovery, treatment, and advocacy families impacted by substance use. 2004
- **Northeast Addiction Technology Transfer Center** – *Ambassador*, serves the mid-Atlantic region by improving addiction treatment by focusing on six areas of interest including building a better workforce, advancing knowledge adoption, ongoing assessment and improvement, forging partnerships, developing and disseminating, tools, and enhancing cultural appropriateness.- 2005.

*References Available Upon Request*