

Maria Angelica Mejia

Ph.D, LMFT

Clinical Director | Qualified Supervisor

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PROFILE SUMMARY

Dedicated and accomplished Clinical Director with a rich background in mental health counseling, program development, and leadership roles. With a Ph.D. in Marriage and Family Therapy and over 10 years of experience, I have consistently demonstrated a commitment to enhancing mental wellness, promoting systemic change, and driving the success of healthcare programs. My expertise encompasses: Student Support and Wellness, Educational Excellence, Consultation and Supervision, Community Advocacy.

SKILLS

PROFESSIONAL SKILLS

Cross-Cultural | Compliance | Critical Thinking | Presentation Skills | Team Leadership
Excellent Communication | Public Speaking | Decision Making | Project Management
Strategic Planning | Process Improvement | Expert in Suicide Intervention and Prevention
LGBTQIA+ Expert | Trauma-Informed | Development of Programs | Grant Writer
Collaborator | Treatment Planning | Healthcare Management | Clinical Supervision
Evidence-Based Practices | Development of Employee Trainings | Employee Wellness
Networking | Crisis Intervention | Family Therapy | Mental Health | Group Therapy

TECHNICAL SKILLS

AI | Microsoft | IOS | Salesforce | Titanium | Mediat | EHR Development

WORK EXPERIENCE

Adjunct Professor

Nova Southeastern University | Davie, FL | 01/20 - Present

- Teach the following courses: External Practicum Supervision, Internal Practicum, Sexuality and Gender, Intro to Systems, Suicide Prevention and Crisis Management, International Perspectives of Marriage and Family Therapy, Theories of Personality and Psychopathology

Co-Founder, Therapist

Adaptive Connection Consultants | Fort Lauderdale, FL | 9/18-Present

- Supervised and mentored registered interns in Marriage and Family Therapy (MFT) and Mental Health Counseling (MHC), fostering their professional growth and ensuring high-quality client care.
- Offered expert corporate consultation services, specializing in enhancing mental wellness programs to improve employee well-being and productivity.
- Specialized in providing targeted therapy services tailored to the unique needs and challenges faced by frontline workers, ensuring their mental health resilience.
- Designed and delivered customized workshops for organizations, addressing specific mental health and wellness needs of employees, resulting in improved workplace morale and productivity.

Manager of Clinical Student Support

Ross University School of Medicine | Miramar, FL | 10/18 – 10/23

- Spearheaded the creation and implementation of innovative burnout prevention and intervention programs for medical students, resulting in improved mental well-being and academic performance.
- Offered individualized mental health counseling and support to medical students during their demanding clinical years, facilitating their emotional resilience and success.
- Delivered expert mental health consultation services to medical students across the United States, offering valuable guidance on stress management and mental well-being.
- Trained front-line staff in effective de-escalation techniques, equipping them to assist anxious students, ensuring a safer and more supportive learning environment.

- Collaborated seamlessly with various academic departments to design and deliver specialized training programs, enhancing the skills and resilience of medical students.
- Conducted comprehensive clinical assessments for suicide risk and trauma, playing a crucial role in the early detection and support of at-risk students.
- Pioneered the development of comprehensive wellness initiatives for medical students in clinical rotations, positively impacting their overall mental and emotional health.
- Led nationwide workshops to raise awareness about burnout among medical students, empowering them to take proactive steps toward well-being.
- Provided specialized consulting services to address test anxiety in medical students, enhancing their test-taking skills and confidence.
- Played a pivotal role in expanding the mental health department across the United States and establishing a network of mental health providers, ensuring comprehensive student support.
- Expertly triaged students in crisis to appropriate mental health providers, offering timely assistance and intervention when needed.
- Assisted medical leave students in meeting technical standards required for their return to the hospital setting, facilitating their successful reintegration.
- Innovated the development of telehealth mental health services tailored to medical students, enhancing accessibility and flexibility in mental health support.
- Collaborated with the policy department to establish new standards for maintaining high levels of mental wellness throughout medical school, contributing to a healthier learning environment.

Associate Clinical Director

Sunserve | Fort Lauderdale, FL | 08/2015 – 10/2018

- Provided comprehensive training sessions to community agencies on LGBT competency, fostering inclusivity and cultural sensitivity.
- Led and supervised student interns and staff therapists, nurturing their professional growth and ensuring the highest standards of client care.
- Managed and maintained the electronic billing system and client database, ensuring efficient and accurate financial transactions and records.
- Mentored and trained new therapists in assessment techniques and effective therapeutic note writing, ensuring consistent high-quality client documentation.
- Collaborated closely with other community agencies to coordinate and enhance client care, promoting holistic well-being.
- Conducted thorough clinical assessments for suicide risk and trauma, playing a vital role in early intervention and support.
- Presented research and best practices for transgender youth at regional and state conferences, contributing to the advancement of knowledge in the field.
- Provided individual and family therapy sessions, offering personalized support and facilitating emotional growth.
- Supervised and facilitated youth groups, creating a safe and empowering environment for young individuals to connect and grow.
- Led as the primary facilitator for the Different Drummer program, fostering community engagement and empowerment.
- Successfully secured grants and developed new program protocols, expanding services and impact.
- Collaborated across departments to provide comprehensive wrap-around care, addressing clients' multifaceted needs.
- Developed and refined clinical training protocols and procedures, ensuring consistency and quality in service delivery.
- Managed billing processes for various funders, maintaining financial transparency and compliance.
- Actively engaged in community meetings, contributing to collaborative efforts and staying informed about local needs and resources.

PUBLICATIONS

Mejia, M.A. (2021) 'Introduction: The technological evolution triggered by covid-19: How we adapted, coped, and thrived when asked to survive', *Journal of Systemic Therapies*, 40(1), pp. 17–20. doi:10.1521/jsyt.2021.40.1.17.

Richartz, J.-L. *et al.* (2021) 'Teletherapy in training: A trying and transformative experience', *Journal of Systemic Therapies*, 40(1), pp. 36–51. doi:10.1521/jsyt.2021.40.1.36.

EDUCATION

PH.D. IN MARRIAGE AND FAMILY THERAPY NOVA SOUTHEASTERN UNIVERSITY, DAVIE, FLORIDA	08/2012 – 05/2018
M.S. in Marriage and Family Therapy NOVA SOUTHEASTERN UNIVERSITY, DAVIE, FLORIDA	08/2010 – 05/2012
B.S. in Psychology Florida International University, Miami, FLORIDA	08/2006 – 07/2010

PROFESSIONAL CONFERENCES

United Way Behavioral Health Conference United Way of Broward Topic : How To Help Teen Girls Thrive	May 2024
Educational Workshops Children Services Council Topic : Telehealth Training Part 1 and Part 2	Monthly in 2020
Telehealth Therapy Workshop Nova Southeastern University Topic: Helping the Helper: Covid-19 Burnout Intervention	October & July 2020
Transgender Care Summit Equality Florida and North Florida School Districts Topic: Providing competent care for transgender students	January 2019
Clinical Training Children's Service Council of Broward County Topic: Clinical Competency with transgender youth	October 2018
Gender in the Early Years Early Learning Coalition of Miami-Dade Topic: Gender in the Early Years	June 2018
Creating a Welcome Miami for LGBT Refugees & Immigrants Gulf Coast Community Services Topic: LGBT Immigrants Best Practices	June 2018
United Way Behavioral Health Conference Broward Topic: Systemic Intervention and Prevention of Therapist Burnout	May 2018
United Way Behavioral Health Conference Broward Topic: Systemic Intervention and Prevention of Therapist Burnout	May 2018
United Way Behavioral Health Conference Broward Topic: Clinical Practices with Transgender Youth	May 2018
Provider County Training Children Services Council Topic: Systemic Factors to Burnout	November 2017
LGBT Competency and Transgender Care Competency Various agencies in Broward Children Services Council, Guardian at Litem , Private Practices, Childnet, Broward County Agencies, Broward Hospital, Memorial Hospital, DJJ, Family Court	November 2016- Present
United Way Behavioral Health Conference Broward Topic: Working with Transgender Youth	May 2017
Fifty Shades of Kerr Bowen Nova Southeastern University Topic: Burnout Prevention using a Natural Systems Perspective	May 2015
Faculty of the Graduate School for Social Sciences and Humanities Nova Southeastern University Training Topic: Using Appreciative Inquiry to Improve Retention Rates and Lower Attrition Rates in the College.	June 2013
International Family Therapy Conference Orlando Florida Training Topic: How Graduate Programs Can Help their Students During Life Altering Events	March 2013
Community Youth Services All Staff Meeting Memorial Regional Hospital Research Topic: Family Engagement and Resistance in Therapy	November 2012
China: Intercultural Exchange in Family Therapy Nova Southeastern University Topic: Our Intercultural Exchange in China	October 2011
Intercultural Exchange in Counseling, Psychology, and Family Therapy Beijing Normal University, Beijing China Topic: Cross Cultural Theory and Intervention: Clinical Delivery Strategy and intervention in variety of settings Research Topic Presented: What Clients Find Helpful In Therapy Worldwide	June 2011

References Upon Request

