

## **JENNIFER C. SPEARS**

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(609) 346-1673

### **SUMMARY**

Licensed, master-level clinician with fourteen years post-graduate experience in mental health and addictions counseling. My clinical experience includes working in diverse settings, including both inpatient and outpatient/community settings including Partial Hospitalization and Intensive Outpatient Programs towards providing quality and efficient service delivery to adolescents and adults. Additional specialization includes working with individuals with co-occurring substance abuse and mood disorders. Skills include motivational interviewing, cognitive behavioral, dialectical behavioral, and trauma informed therapy. Seven years supervisory experience in a team setting providing administrative, clinical oversight. I possess ten years' experience as an independent contractor in private, group practice settings providing individual therapy to adolescents and adults. Experience in telehealth counseling, group counseling, case management, treatment planning, and crisis-intervention. Competency in knowledge and practice of compliance regulations, utilization reviews/ oral/written communication skills, and competency in electronic medical record system(s). Received certification as an Approved Clinical Supervisor (ACS) for the State of New Jersey in June 2021 towards supervising licensees. I have special interest in trauma informed treatment and in Summer 2021 completed required trainings for certification in Trauma and Response Crisis Intervention through Rutgers Continuing Education School of Social Work.

### **EDUCATION**

- **Monmouth University, West Long Branch, NJ**  
Post Masters Certification in Professional Counseling, December 2010  
Masters of the Arts in Psychological Counseling May 2008
- **Rutgers University (College of Arts and Sciences), Camden, NJ**  
Bachelor of the Arts in Psychology, with a concentration in Childhood Studies, May 2006

### **CERTIFICATION**

- National Board-Certified Counselor, **Effective 8/14/13 (Active)**
- Certified Grief Counseling Specialist, **Effective 8/30/20 (Active)**
- Approved Clinical Supervisor (#3909), **Effective 6/10/21 (Active)**

### **LICENSURE**

- License Professional Counselor (LPC) - **37PC00453800-NJ (Active) valid 11/2020-11/2022**

### **CREDENTIALING**

- **Aetna**
- **Horizon**
- **Tricare**
- **Optum**

**PAST AWARDS/MEMBERSHIPS**

- Dean's List (2002-2006)
- Phi Theta Kappa Induction (2003)
- James Dickinson Carr Scholarship Recipient (2004-2006)
- Paul Robeson Award Nominee & Recipient (2005)
- Psi Chi Induction (2006)
- Athenaeum Honor Society Induction (2006)
- Chi Sigma Iota, Mu Upsilon Omega Chapter, Induction (2007)

**TEACHING EXPERIENCE****Rutgers University (College of Arts and Sciences), Camden NJ****Teaching Assistant, 01/2006-05/ 2006 (Supervised by Dr. Ann Rosen-Spector)**

- Collaborated on curriculum material for course, Psychology of Intimate Relations, emphasizing specialized interest in couple infertility through developing a lecture and experiential role-play assignment to supplement student's learning.
- Facilitating group discussions related to weekly lecture material.
- Assisting professor in grading papers.
- Liaison between both students and professor in classroom setting.

**RELEVANT EXPERIENCE****10/01/2022-PRESENT****Executive Center for Psychological Medicine, Voorhees, NJ**

- **Independent Contractor/Therapist**
- Performing initial clinical evaluations/ assessments.
- Providing in office and telehealth counseling to adolescents and adults with mood, psychosis, and co-occurring mental health and substance use disorders.
- Collaborating with family and/or external providers towards continuity of care and treatment goals.
- Participating in aftercare/discharge planning.

**01/2021-PRESENT****Bridge to Balance, Hamilton & Voorhees, NJ**

- **Independent Contractor/Therapist**
- Performing initial clinical evaluations/ assessments.
- Providing in office and telehealth counseling to adolescents and adults with mood, psychosis, and co-occurring mental health and substance use disorders.
- Collaborating with family and/or external providers towards continuity of care and treatment goals.
- Participating in aftercare/discharge planning.

**02/2015-PRESENT****Rutgers University (University Behavioral Health Care)****Acute Partial Hospitalization Program, Cherry Hill NJ**

- **Program Coordinator (Full – Time)**
- Daily supervising of staff on unit, providing administrative direction and monitoring department workflow.
- Provides clinical direction to staff regarding best practice and interventions through individual and group supervision, team meetings, and case conferences.
- Scheduling referrals for intake, collaborating with internal and external agencies.
- Managing daily assignment of intake schedule with clinical staff.
- Monitoring staff performance through annual appraisals.
- Providing clinical oversight in facilitating both individual and team clinical supervision.
- Regularly participating in monthly chart reviews for monitoring program compliance.
- Reviewing daily clinical documentation within department towards monitoring program compliance.
- Tracks and monitors monthly program outcomes with referrals, admissions, and discharges, completing monthly report towards reporting to program manager.

**12/2014-02/2015****Rutgers University (University Behavioral Health Care)****Acute Partial Hospitalization Program, Cherry Hill, NJ**

- **Mental Health Clinician III (Full-Time)**
- Performing clinical intakes/evaluations as well as intakes for client's transfer/step-down to lower level of treatment.
- Facilitating psycho education, therapeutic, wellness, co-occurring, and skill building groups.
- Providing individual therapy to adults with co-occurring addiction and psychiatric disorders using evidenced –based treatment modalities.
- Engaging clients in treatment, relapse prevention and crisis planning.
- Documenting clinical services through weekly individual client notes and daily group therapy notes.
- Collaborating with both client's external providers and family towards continuity of care.
- Assessing for risk for suicide using CASE Approach towards crisis planning and intervention.
- Performing utilization review towards justifying clinical rationale for level of care.
- Assisting in facilitation of scheduling intakes for new admissions and readmissions of clients, as needed, by clinical supervisor in her scheduled absence.
- Participating in weekly treatment team meetings towards review of clinical cases.

**12/2012-12/2020****Pinnacle Behavioral Health Institute, Marlton NJ**

- **Independent Contractor**
- Performing initial clinical evaluations/ assessments.
- Providing in office and telehealth therapy sessions to adolescents and adults with mood disorders and co -occurring mental health and addiction disorders.

- Collaborating with family and/or external providers towards continuity of care and treatment goals.
- Participating in aftercare/discharge planning.

**07/2012-12/2014****Hampton Hospital Counseling Center, Satellite Campus, Cherry Hill, NJ**

- **Outpatient Therapist (Full-Time)**
- Providing primary case management for clients with both mental health and co-occurring mental health and addiction needs.
- Facilitating group psychoeducation groups.
- Facilitating correspondence with both client's external supports.
- Performing clinical assessments and facilitating initial and random UDS samples.
- Aftercare/discharge planning towards transitioning to outpatient providers post discharge towards re-integration.
- Engaging in utilization review and providing weekly clinical case reviews.
- Documenting clinical services.

**04/2011 -08/2013****Twin Oaks Community Services Crisis (Formerly Steininger), Cherry Hill, NJ**

- **Crisis Intervention Specialist (Part-Time/Per Diem)**
- Providing crisis assessment to determine level of care.
- Providing supportive counseling to individuals
- Formulating and presenting clinical presentation to unit team to assess safety risk.
- Monitoring clients while on crisis unit towards ensuring safety during psychiatric emergency.
- Documenting progress notes.
- Facilitating safety and discharge planning towards further stabilization and appropriate linkage.
- Obtaining collateral from identified family and/or external supports.

**08/2008 -07/2012****Twin Oaks Community Services (Formerly Steininger), Cherry Hill, NJ****Programs of Assertive Community Treatment (PACT)****Clinician (Full-Time)**

- Collaborating with multidisciplinary team in providing clinical services to adults diagnosed with chronic, psychiatric and co-occurring mental health and addictions.
- Performing supervision and clinical oversight for a three-month interim to treatment team.
- Completing intake assessments and treatment planning with clients.
- Facilitating treatment team sessions with clients and external providers/supports.
- Providing individual counseling.
- Facilitating evidenced based psychoeducation groups.
- Providing documentation of services through daily progress notes and treatment planning.

- Facilitating linkage to external treatment providers and/or state assistance programs.

**09/2007- 08/ 2008**

**Steininger Behavioral Care Services, Berlin Campus, Berlin, NJ**

**Partial Care Program**

**Rehabilitation Counselor (Full-Time)**

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- Providing case management services to adults with chronic mental health and co-occurring mental health and addiction.
- Facilitating both day and evening psycho education groups.
- Treatment and aftercare planning with clients.
- Individual counseling to clients.

**07/2006 –09/ 2007**

**Hampton Hospital, Westampton, NJ**

**Mental Health Associate (Part-Time/Per Diem)**

- Providing a safe and therapeutic environment to patients through observing safety precautions through admission process (i.e., floating on adolescent, adult, co-occurring, and geriatric units).
- Monitoring patients ‘safety through 15-minute interval checks,
- Writing nursing notes for next shift to review/charts
- Taking patient’s vitals as indicated by treatment needs.
- Facilitating psycho education groups.

## **PRESENTATION(S)**

**04/ 2009: “EVIDENCED BASED PRACTICES: IMPLEMENTING ILLNESS, MANAGEMENT, & RECOVERY IN GROUP SETTINGS**

[Guest Speaker at NJAMHA’s 2009 Annual Conference, Woodbridge, NJ]

## **REFERENCES**

- Aliya Adenuga, LPC, **The Epiphany Room LLC Founder & Therapist –Former Colleague at Hampton Counseling Center, (609) 864-6897**
- Janine Gardner, MA, CBIS, **Bancroft NeuroHealth Residential Director, Former Colleague at Steininger Partial Care, (609) 784-3361**
- Allison DiFilippo, LCSW- **Former Supervisor, Hampton Counseling Center, (856) 361-3230**