



ONE LIFE. LIVE WELL.
r j l t h e r a p y p l l c

RYAN LINDSEY, LICSW, SUDP

(253) 215-8527 | Ryan.Lindsey@RJLTherapyPLLC.com

SOCIAL WORKER (LICSW, SUDP) with experience in work with individuals struggling with substance use and co-occurring disorders. Proven ability to successfully engage challenging clients. Significant knowledge of substance use disorders. Experience with in-home, online, and agency-based client engagement, assessment, and treatment planning. Experience facilitating supportive, educational, and therapeutic groups. Thorough understanding of document management and legal reporting requirements. Excellent writing and editing skills. Proven ability to work with staff and on multi-disciplinary teams. Articulate communication skills.

CORE STRENGTHS

- Initial client consultation, assessment, and treatment planning
- Significant substance abuse knowledge
- Work with low/no-income population
- Work with legally involved clients: probation and Dept of Correction
- Work with families: Dept of Children, Youth, and Families; Family Treatment Court
- Rapport building
- Work on multi-disciplinary teams
- In-home, online, and agency-based client engagement
- Group facilitation
- Documentation management
- All-level staff engagement, communication, and cooperation
- Financial planning and billing expertise
- Writing and editing
- Clinical supervision

EXPERIENCE

RJL Therapy PLLC

Owner, Licensed Independent Clinical Social Worker

Lake Tapps, WA

Aug 2021 – present

Provide clinical services focused on substance use/addiction and mental health disorders focusing on:

- Substance use disorders
- Trauma
- Bipolar disorders
- Anxiety

Therapeutic approaches employed:

- Cognitive Behavioral Therapy (CBT)
- Motivational Interviewing
- Trauma-focused Treatment
- Mindfulness
- Humanistic

Sound

Clinical Supervisor – Adult Services

Auburn, WA

Mar 2021 – Sept 2021

Served as supervisor of campus adult mental health and substances use disorders teams, by

- providing clinical supervision for team members;
- assisting in hiring process and training for new team members;
- reviewing records to ensure accuracy and timeliness;
- coordinating care between various agency services;
- organizing initial assessment intake schedules;
- monitoring utilization of services and success of outcomes measures; and
- attending to client grievances.

RYAN LINDSEY, LICSW, SUDP

Clinical Social Worker – Substance Use Disorder Clinician

Nov 2015 – Mar 2021

Served as counselor for individuals struggling with substance use and co-occurring disorders by

- providing intake evaluations;
- holding individual counseling sessions with an assigned client caseload;
- facilitating group therapy for clients and families;
- developing and implementing treatment plans per ASAM Criteria;
- preparing necessary written reports, summaries, and progress notes as dictated by agency policy;
- providing case management services;
- performing collateral liaison duties with intra-agency departments and other community agencies as related to individual clinical cases;
- developing working relationships with potential referral sources; and
- other duties as assigned or assumed.

Lower Eastside Service Center

New York, NY

Clinical Social Worker – Substance Disorders Counselor

Sept 2014 – May 2015

Served as counselor for individuals struggling with substance use and dual-diagnoses disorders by

- conducting pre-screenings and intakes with potential clients at the Dual Recovery Services center;
- holding individual counseling sessions with an assigned client caseload;
- facilitating two or more weekly, 15-person therapy groups covering various set topics;
- participating in weekly case conference meetings;
- preparing and updating client-specific treatment plans;
- reporting client statuses to New York State Department of Correctional Services, New York State Department of Social Services, and New York City Administration for Child Services; and
- maintaining client records to meet requirements of the New York State Office of Alcoholism and Substance Abuse Services.

Carter Burden Center for the Aging

New York, NY

Clinical Social Work Intern

Sept 2013 – May 2014

Assisted the Case Management team at an organization serving homebound seniors by

- conducting in-home assessments and reassessments;
- locating new living arrangements for clients no longer able to live independently;
- facilitating an online, politics-centered discussion group for homebound seniors;
- maintaining client records to meet requirements of the New York City Department for the Aging; and
- helping clients address various serious concerns, significant examples of which include:
 - working with a client with atypical Parkinson's, with whom communication was extremely difficult, to secure homecare and Medicaid;
 - assisting an elderly hoarder with clearing her apartment and building skills to curb hoarding behavior; and
 - working clinically with a depressed client who was a victim of childhood physical and sexual abuse.

RYAN LINDSEY, LICSW, SUDP

EDUCATION

Hunter College Silberman School of Social Work

New York, NY

Master of Social Work in Health and Mental Health, 2015

- *Honors Graduate*
- *Student Senator* - Student/Faculty Senate
- *Student Representative* - Faculty Curriculum Committee
- *Published Contributor* - Peer-reviewed student journal, *Voices*

Northeastern University

Boston, MA

Bachelor of Arts in Political Science, 2001

CERTIFICATIONS

LICSW – Licensed Independent Clinical Social Worker (LW60606389)

Washington State Department of Health

SUDP – Substance Use Disorder Professional (CP60904621)

Washington State Department of Health

INTERESTS

Social justice and social policy change, particularly at the direct political level; addiction and rehabilitation studies; American politics and foreign affairs; fiction, poetry, and writing; travel; museums and monuments; gardens; and cookbooks, cookware, and the accompanying experimentation.