

Catherine A. Readdy

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Summary

Creative professional with over ten years experience in the mental health field. Proven communication and organizational skills; easily builds lasting relationships with peers, management, and clients. Skilled at facilitating therapeutic activities, accepting new challenges, and motivating others.

Work Experience

Integrated Youth Services – Beaver creek, Ohio

January 2008-December 2008

Counselor Trainee

- Counseled individual children clients dealing with mental and/or emotional disorders, incorporating family therapy
- Led and Co-led Partial Hospitalization groups for children with severe mental and emotional disorders
- Completed Diagnostic Assessments and facilitated psychiatric referrals when needed

Private Home Health Aide – Dayton, Ohio

August 2006-Present

- Assisted clients with activities of daily living, scheduled and provided transportation to medical appointments, and monitored ongoing physical and mental health needs
- Provided emotional support to relative caregivers

St. Joseph Orphanage – Moraine, Ohio

January 2004-July 2006

Case Manager

- Managed caseload of 20 clients, ages 3-17, with severe emotional and behavioral issues
- Garnered appropriate community services and advocated for clients in the child serving system to provide necessary links to address clients' mental health needs
- Developed individual treatment plans and completed clinical documentation for all services provided
- Transitioned clients to appropriate level of care when program closed in 2006

St. Joseph Children's Treatment Center – Dayton, Ohio

April 2001-January 2004

Case Manager

November 2002-January 2004

- Managed caseload of 20 clients and facilitated transition of services to St. Joseph Orphanage with this provider when agency closed in 2004

Partial Hospitalization Group Leader

April 2001-November 2002

- Developed and implemented therapeutic activities for children, ages 6-10, who were severely emotionally disturbed
- Creatively taught and developed clients' anger management and coping skills, self-esteem, feelings identification and expression, problem-solving, and social skills.

Kettering Youth Services – Kettering, Ohio

August 2000-April 2001

Behavioral Care Associate

- Conducted therapeutic group and 1:1 sessions with clients of inpatient adolescent psychiatric Residential Unit

Christian Appalachian Project – Mount Vernon, Kentucky August 1999-July 2000

Americorps Volunteer

- Coordinated services for families in crisis through volunteering as full-time staff member at homeless shelter in an impoverished area
- Served as Summer Day Camp counselor for children and teenagers with emotional, behavioral, and socio-economic issues

MISSION Nursing Home – Plymouth, Minnesota

October 1997-July 1999

Director of Recreation

November 1998-July 1999

- Provided recreation programming for adult residents with chronic mental health issues, chronic substance abuse issues, and dementia in an all-male, 104-bed facility
- Completed charting and assessments, balanced Recreation budget, participated in clinical treatment team, and supervised Recreation Assistant and Volunteer Program

Recreation Assistant

October 1997-November 1998

- Conducted therapeutic group and 1:1 sessions and implemented behavior management techniques in order to meet the social and emotional needs of residents

Allentown State Hospital – Allentown, Pennsylvania

March 1997-September 1997

Music Therapy Intern

- Conducted Music Therapy groups in adult inpatient psychiatric hospital and coordinated and participated in Community Service Program to link residents with opportunities to perform and to educate the public regarding mental health

Education

University of Dayton; Dayton, Ohio

Masters of Science in Education

Major: Community Counseling

College of St. Catherine; St. Paul, Minnesota

Bachelor of Arts

Major: Music Therapy and Voice Performance

Graduated Salutatorian

Licensure

Ohio two-year Professional Counselor Licensure

Professional Development and Training

- Certified in Adult, Child, and Infant CPR and First Aid
- Trained in Therapeutic Crisis Intervention
- Member of Chi Sigma Iota Honor Society

Community Involvement

Cantor and member of church choir at St. Henry Parish – West Carrollton, Ohio

Member of Bach Society of Dayton

Parent Volunteer at Bishop Leibold School