

Curriculum Vitae

Alicia Powers, MSW, LICSW

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Licenses

MN Licensed Independent Clinical Social Worker, LICSW #28520

- Licensing Supervisor, Types: Clinical & Non-Clinical

MN Licensed Graduate Social Worker, LGSW #28520 (Inactive)

MN Temporary Graduate, TG #56114 (Inactive)

Education

2017-09 - 2019-05

Master of Social Work

University of Minnesota-Twin Cities - Saint Paul, MN

- Selected as Integrative Behavioral Health Fellow for 2018-2019
- Concentrations: Clinical Mental Health & Health, Disabilities, and Aging

2011-09 - 2015-06

Bachelor of Arts: Psychology

University of California, San Diego - La Jolla, CA

- Minors: Cognitive Science and Theatre
- Awarded Friedman Award for contributions to the arts and humanities on campus

Professional Experience

2022-08 - Current

Clinical Faculty

University of St. Thomas-School of Social Work, St. Paul, MN

- Consulted with field instructors and students to problem-solve challenges completing field education learning objectives
- Advised and coached students to develop and achieve personalized professional, career, and academic goals
- Lead retention efforts for underrepresented students by bridging gaps in cultural responsiveness within the MSW program

2021-11 - Current

Psychotherapist

Hamm Memorial Psychiatric Clinic, St. Paul, MN

- Utilized somatic based therapeutic approaches to support clients in meeting therapeutic goals to reduce impact of symptoms of trauma on impairment of functioning
- Worked with clinical psychiatrist, neuropsychological assessors, and case management to review patient progress and update treatment plans
- Maintained and updated client records and treatment plans

2019-06 - 2021-10

Behavioral Health Provider

Native American Community Clinic, Minneapolis, MN

- Exceed productivity standards at monthly rate of 1.0 with a 35 person case load in individual and group sessions
- Co-facilitate Diabetes Management group with Registered Dietitian for 8 adults weekly which improves patient engagement with primary and specialty care
- Implement Mental Health PPE group for 8 adults weekly which decreases social isolation from COVID-19 pandemic
- Complete diagnostic assessments and treatment plans for adult, adolescent, and child clients addressing co-occurring substance use, SPMI, complex trauma, and court-mandated treatment
- Co-Designed Indigenous LGBTQIA adult group and Growing Healthy Habits gardening youth group to target culturally-specific needs

2018-08 - 2019-05

Integrated Behavioral Health Intern

Native American Community Clinic, Minneapolis, MN

- Launched brief psychotherapy in 5 dental clinic operatives which decreased dental anxiety and improved hygiene
- Analyzed effectiveness of dental intervention for 19 patients with culturally-based single-system evaluation
- Collaborated with medical providers in primary care visits using health coaching to improve outcomes for patients with chronic disease
- Conducted crisis assessment and interventions in medical clinic to de-escalate crisis in high acuity population

2018-05 - 2018-09

Community Health Initiative Intern

Karen Organization Of Minnesota, Roseville, MN

- Collaborated with Karen Cultural Broker at M Health Fairview for case management of 28 Karen clients addressing issues of substance use, chronic stress, and mental illness
- Increased access to resources through case management for case load of 28 Karen clients suffering from chronic stress, mental illness, and substance use
- Provided targeted case management for 2 families including cultural support during family and drug court hearings, cultural advisory for probation officers, and coordinating treatment for substance use
- Produced 5 administrative resources for social services and mental health and ensured translation from English to Karen language

2017-09 - 2018-06

Crisis Counselor Intern

Canvas Health-Crisis Connection, Bloomington, MN

- Collaborated with supervisors to engage mobile crisis teams, local police, child welfare, or vulnerable adult services preventing imminent harm during high-acuity crises
- Fielded call and texts from 15 different crises line sources, including National Suicide Prevention Lifeline and Gambling Addiction Hotline, reducing wait times state-wide
- Assessed acuity and documented safety plans for clients to increase insight and internal locus of control
- Educated high-risk teens about crisis causes and de-escalation techniques forming peer support structures

2016-09 - 2017-08

Community Service Coordinator (Interim)

University Of California-San Diego, La Jolla, CA

- Coordinate development, implementation, and evaluation of new one time and ongoing community service initiatives
- Collaborate with Justice Corps to provide volunteers that serve people coming to court without attorneys, who are trying to resolve crucial legal matters affecting their family, housing, personal safety, and financial stability
- Organized large scale community events for the San Diego population, such Martin Luther King Jr. Day of Service

2016-05 - 2016-08

Programming Assistant (Interim)

University Of California-San Diego, La Jolla, CA

- Correspond with student programming departments to implement, coordinate, and budget for student and parent orientation programs
- Balance diverse dietary needs for meal planning for 1000+ students and parents at orientation
- Establish effective strategies for Warren staff to provide a successful Transfer Triton Day
- Collaborate with the Coordinator of Student Activities and Assistant Dean on student programs
- Manage college financial transactions with the Colleges Business Office
- Utilize organizational skills to meet a variety of final deadlines that have dynamic priorities and carry a high consequence of error and utilize MarketPlace
- Articulate concise answers to client and customer questions about Warren College programs and policies
- Manage transactions and assist staff with student conduct cases

2016-01 - 2016-04

Coordinator of Student Activities (Interim)

University Of California-San Diego, La Jolla, CA

- Coordinated and implemented educational, social, cultural and community-building programs for students with cross-campus collaboration
- Advised students and college organizations to develop programs which meet diverse needs

- Acted as the liaison between departments and Dean's staff to plan the details of and publicize for college wide events such as: Triton Day, Welcome Week, Unolympics
- Managed payment and budgets for multi-funded events by working with vendors and CBO
- Recruited students for leadership roles and committees to plan co-curricular events

2015-08 - 2016-01

Student Organization Advisor (Interim)

University Of California-San Diego, La Jolla, CA

- Pioneered new diversity training for 2,435 students with the National Conflict Resolution Center
- Resolved conflict and monitored University protocol for 220+ student planned events on TAP
- Implemented weekly leadership development trainings as supervisor for student staff of 16
- Processed multi-step applications to register 113 organization in 1 month
- Managed logistics for Annual Student Services Fair of 60+ campus department
- Designed weekly leadership development workshops as supervisor for student staff
- Inspected multi-step applications to register 100+ organization in 1 month

2013-08 - 2015-06

Triton International Leader

University Of California-San Diego, La Jolla, CA

- Coordinated weekly cultural and social exchanges about United States with educational activities for diverse group of international students
- Trained students to strengthen leadership skills by emphasizing prioritization and goal setting
- Shaped and improved successful cultural talent show as event chair, emcee, and performer
- Mentored students using interpersonal communication skills to accommodate wide range of personalities and backgrounds

2013-05 - 2015-06

Student Involvement Leadership Consultant

University Of California-San Diego, La Jolla, CA

- Boosted student involvement through planning large-scale events for 2000+ students
- Processed consultations for student organizations and departments to process event requests using EMS in all University Centers locations in person, on phone, and via email
- Planned and Developed educational Peer Leadership Conference for UCSD students

2012-08 - 2014-08

Orientation Leader

University Of California-San Diego, La Jolla, CA

- Guided incoming freshmen and transfer students through difficult transition by using enthusiasm and experience as non-resident to inspire students to find their own community on-campus

- Conceptualized and coordinated themed performance dance routine for 800+ incoming students

2018-03 - 2018-03

CLARION Competitor

University Of Minnesota-Twin Cities, Minneapolis, MN

- Create root cause analysis of case-study of rural opioid epidemic in West Virginia
- Collaborate across differences with interdisciplinary team of healthcare students
- Present case-analysis and evidence-based solution plan during local competition

2018-01 - 2019-05

Student Representative

UMN-School Of Social Work Council, St. Paul, MN

- Gather student input to serve as member of council
- Vote on policy changes affecting university students

2018-01 - 2019-05

Student Representative

UMN-School Of SW Diversity And Equity Committee, St. Paul, MN

- Served on Accessibility and Climate Subcommittee to shape short-term and long-term goals for school
- Developed structure and priorities for recognition event for Custodial and Audio/Visual Technician staff

2015-08 - 2017-08

Community Advisor

UCSD Alternative Breaks, La Jolla, CA

- Support student leaders in planning, prioritizing, budgeting, implementing community service educational programs about social justice issue for trips to Kansas City, MO and Double Head Cabbage Village, Belize
- Mediate group dynamics through conflict resolution within student group, nonprofits and other staff members while being liaison for all parties
- Facilitate group discussion to foster student growth in leadership and character
- Advise students while leading week-long service-learning trips

2014-05 - 2015-06

Weekend Trips Service Leader Chair

UCSD Alternative Breaks, San Diego, CA

- Introduced 100 students to active citizenship by establishing quarterly service weekends with local San Diego nonprofits

2014-01 - 2017-08

IMPACT Team Member

Reality Changers, San Diego, CA

- Tutor and Mentor for low-income teens who are victims of drug abuse, domestic violence, and gang crimes to motivate them to become first generation college students at four-year universities

2013-09 - 2014-06

Service Leader

UCSD Alternative Breaks, San Diego, CA

- Organized weekly meetings about community development, poverty, and housing in Philippines
- Planned volunteer service trip (flights, donations, fundraising events) lesson plans for elementary school in Nicaraguan rural village
- Coordinated fundraising events for donations totaling to over \$24,000

2015-08 - 2016-02

Director of "The Vagina Monologues"

University Of California-San Diego, La Jolla, CA

- Oversaw and coordinated theatre production of skits that spread messages of fighting domestic violence, stopping sexual assault and empowering women
- Organized weekly meetings that educated and uplifted women on topics of sexuality and gender disparities to promote inclusivity of people from all backgrounds
- Produce theater show for 400 audience members each night for 4 performances

Training

James P. Shannon Leadership Institute

Center for Practice Transformation Supervision Training

Narrative Exposure Therapy

Certified in Mind Body Medicine

In Touch Again Multi-Sensory Play Therapy

STAR-Lite Strategies for Trauma

Crisis Intervention Team

Celebrating Families! Model-White Bison

Trauma Focused-Cognitive Behavioral Therapy: Honoring Children Mending the Circle

Skills

Intervention Planning

Cultural Responsiveness

Group Facilitation

Multidisciplinary Teamwork

High Productivity

Crisis De-escalation

Public Speaking

Electronic Health Record Proficiency