

EDUCATION

Boston College *Boston, MA* May 2018
Masters of Social Work

Emmanuel College *Boston, MA* May 2015
B.A., Psychology – Concentration in Health Counseling
Minor, Business Management

RELEVANT EXPERIENCE

CEO & Clinician – SKG Wellness, LLC February 2023 - Present

- Oversee all aspects of practice operations, including strategic planning, budgeting, and resource allocation
- Supervise and manage clinician's to ensure ethical and state standards are met
- Develop and implement strategies to attract new clients and expand the practice's client base
- Implement retention strategies to enhance patient satisfaction and loyalty
- Provide direct clinical services to 40+ clients

Adjunct Professor– Boston College January 2026- Present

- Instruct and train Social Work students at the Master's level
- Upgrade the curriculum and pedagogical tools to support student learning
- Led interactive lectures and discussions aligned with program outcomes and accreditation standards

Adjunct Professor– Simmons University September 2022- Present

- Instruct and train Social Work students in general practice and theoretical development
- Create and deliver lectures in accordance with objectives and course material
- Evaluate and grade student coursework to provide supportive and directive feedback

Consulting Supervisor– Lighthouse Behavioral Health October 2025- Present

- Provided weekly clinical and administrative supervision to clinicians, interns, and volunteers
- Ensured ethical practice, client confidentiality, and compliance with best-practice standards
- Oversaw daily clinical operations, including insurance authorizations and utilization reviews
- Reviewed and approved assessments, treatment plans, progress notes, and discharge documentation

Clinical Director – Equilibria Mental Health November 2022- May 2024

- Manage 15+ outpatient clinicians at differing levels of practice and provide clinical supervision for 12+ LCSW clinicians
- Recruit and train new clinicians
- Maintain individual client caseload of 15+ clients
- Create goals and strategize to meet company initiatives and growth

Senior Clinician– Equilibria Mental Health October 2020- November 2022

- Provide individual and family clinical services to clients across the lifespan
- Maintain medical records and assessments for up to 45 clients
- Incorporate individualized clinical modalities and interventions

Supervisor and DMH Administrator– *Children's Services of Roxbury* July 2019 – August 2020

- Assist Program Director in managing department wide programs
- Provide individual supervision as well as group supervision for clinicians, support staff, and interns
- Submit and review Department of Mental Health (DMH) documentation

Internship Program Manager– *Children's Services of Roxbury* July 2019 – August 2020

- Create ongoing partnerships with graduate programs in the greater Boston area
- Recruit, train, and manage 25 graduate level interns from MSW and MH programs

Mobile Crisis Clinician–*BEST at North Suffolk Mental Health* October 2019 – May 2022

- Conduct psychiatric safety evaluations that assess for risk and support clients to return to pre crisis functioning level
- Work on a multidisciplinary team to coordinate care

In Home Therapy Clinician– *Children's Services of Roxbury* June 2018 – July 2019

- Provide clinical services to children and families managing severe emotional disorders
- Create detailed documentation and perform psychosocial assessments

Graduate Academic Technologist– *Harvard Business School* June 2016 – June 2018

- Evaluate new technologies and their ability to meet both pedagogical needs and HBS requirements
- Benchmark what competitors and leading edge institutions are doing around instructional technology, helping to evaluate the worth of emerging technologies across the HBS community

CLINICAL CERTIFICATIONS

Bounce Back Trauma Curriculum (2019)

Cognitive Behavioral Interventions for Trauma In Schools (2019)

DC: 0-5 Diagnostic Classification of Mental Health and Developmental Disorders (2020)

Sex Therapy Introduction (2020)

TEACHING EXPERIENCE

Simmons University– *BSW Program*

- Interviewing and Documentation in Human Services (*Fall 2022 & 2023*)
- Social Work Practice II - Work with Individuals and Families (*Spring 2023*)
- Social Work Practice III - Group Therapy (*Fall 2023*)
- Behavioral Health in Children and Adolescents (*Fall 2024*)
- Human Behavior in the Social Environment (*Spring 2024 & 2025*)

Boston College– *MSW Program*

- Interviewing and Documentation in Human Services (*Spring 2026*)

PRESENTATIONS

Alfonso-Barry, J., Brown, M., Smith, J. Kilduff, S., et al. (2014). Factors Related to Support for a Campus-Wide Smoking Ban in Small Liberal Arts College Settings. New England Psychological Association. Lewiston, Maine.