

# 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 Professional Counselor License, #5555

## **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