


# Luis Contreras, LCSW

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## Summary

Experienced Licensed Clinical Social Worker with a demonstrated history of working in the Government, Non-profit, and Hospital & Health Care industry's as well as in Private Practice. Strong assessment and advocacy skills, highly experienced in crisis intervention, Child Development, and Cognitive Behavioral Therapy (CBT).

## Experience

### **Rapid Response Mental Health Counselor at Personal Wellness Center**

Southwestern Community College District

Nov 2021 - Present (1 year 9 months +)

### **Social Worker III / Program Manager at Crisis Stabilization Unit**

Paradise Valley Hospital - Bayview Behavioral Health Campus

Mar 2018 - Present (5 years 5 months +)

As a Social Worker III, I provide emotional support, crisis intervention and counseling for Pediatrics, Adolescents, Adults, Older Adults and their significant others to cope with a multiplicity of social and emotional problems; provide information and referrals for financial assistance and supportive services to patients and families with problems that are related to treatment services, illness, disability or trauma. Provide case management & milieu management, complete psychosocial assessments, assist in the development and re-evaluation of Treatment Plans and work as a member of an interdisciplinary team, and to coordinate discharge planning. Complete necessary documentation and maintain clinical record for each client during his/her length of stay. Provide clinical oversight and supervision to ASWs and MFTIs. Assist Director in quality assurance and program development tasks for social services.

### **Owner-Licensed Clinical Social Worker**

Bonita Therapy & Consulting

Jan 2018 - Present (5 years 8 months)

Bilingual Mental Health Therapist

Completed clinical assessment including bio-psychosocial, Outcome Measures, diagnosis, and/or additional inventories with clients to assess their strengths and needs from a clinical perspective.

- Provided regularly scheduled therapy as agreed upon in the treatment plan and in compliance of all California BBS, and NASW requirements
- Completed and submitted according to profession standards all required documentation.
- Maintained a case load and weekly billable units of service goal
- Coordinated with the applicable treatment team, other agencies and affiliates when appropriate to implement treatment plan.
- Worked cooperatively with all applicable team members, collaborated and participated in agencies and provided clinical support to non-clinical mental health team members

### **Licensed Clinical Social Worker**

## RJ Donovan -Staff Today Inc.

Oct 2020 - Oct 2021 (1 year 1 month)

As a Clinical Social Worker, I am assigned to the Mental Health Services Delivery System at RJ Donovan Correctional facility where I evaluate the individual and psychosocial needs of patients. As such, I provide assessments, group therapy, collateral conferences, documentation, and evaluation of patients progress in treatment. I also serve as a member of the interdisciplinary treatment team which plans implements and evaluates individual treatment needs, plans objectives and dispositions of patients. Within this role I also participate in the coordination of placement of patients with community resources and the Classification and Parole Representative to offer interdisciplinary consultation to clinical/custody staff. Part of the responsibilities are to take appropriate action in responding to emergency situations based on the mental health needs of the patient.



## Dementia Care Consultant

### Alzheimer's San Diego

Jan 2018 - Mar 2018 (3 months)

As a Dementia Care Consultant I provided supportive counseling, connect families to trusted community resources, talked through difficult situations and worked one-on-one to develop a personalized plan for the future of the family and person suffering from dementia. I also assisted families in developing a better understanding of the disease, creating a plan to obtain necessary care, discussing options for symptom management, addressing the emotional impact of the disease and connecting with additional community resources.



## Care Coordinator

### Rady Children's Hospital-San Diego

Mar 2016 - Jan 2018 (1 year 11 months)

As a Care Coordinator with the KidSTART program, I applied principles of social work, behavioral health, and medical practices to provide patients and families with assessment, interventions, support, advocacy, and case management as part of a multi-disciplinary team, in the provision of clinical intervention and support to patients and their families. The focus was to provide assessments develop treatment plans, and provide linkages to address the needs of children with complex needs in multiple areas of daily life. Knowledge of culture, age, and developmental stages of clients were essential in developing appropriate treatment plans and interventions.



## Intensive Care Coordinator

### San Diego Center for Children

Apr 2014 - Mar 2016 (2 years)

As an Intensive Care Coordinator I provided assessment, evaluation, plan development, collateral, crisis intervention, and intensive case management services. Guided the Wrap Team development and process, ensuing smooth transition through the four phases of the wraparound process and emphasizing inclusion of natural supports. Developed, coordinated and ensured the implementation of the client plan. Monitored data on treatment progress and use this data to modify the client plan as needed. Located, coordinated and developed linguistically and culturally diverse informal and formal resources and networks for families in the communities where they reside. Supervised the development of effective crisis plans, utilizing natural support and, where needed, formal resources, and provide crisis intervention services to families 24 hours a day on call. Collaborated with CWS Social Workers, and Probation Officers, and outside resources including schools, psychiatrists, community outreach programs, family advocacy programs, and others as appropriate. Participated in fidelity and quality

improvement efforts, including wrap coaching, ongoing training, and supervisions. Sustain the team commitment to Wraparound values and approach. Coordinated efforts with Parent and Youth Partners and other appropriate staff in providing supports and services. Maintained accurate, complete, and timely case records per Medi-Cal requirements and SDCC policies.



## **Social Worker**

San Diego Youth Services

Jan 2014 - Apr 2014 (4 months)



## **Investigator**

Dependency Legal Group of San Diego

Mar 2012 - Dec 2013 (1 year 10 months)

Responsibilities:

Investigating Juvenile Court dependency matters involving physical abuse, sexual abuse, emotional abuse and neglect allegations.

Interviewing and serving subpoenas to witnesses, adult and minor clients.

Taking photographs of homes, sites, crime scenes and other items of evidence.

Managing discovery requests. Gathering information from schools, public and private agencies, evaluators, therapists, retained experts and other parties involved in dependency cases.

Preparing written reports for use in the evaluation and defense of a client's case.

Assisting staff attorneys prepare minor clients to appear at dependency hearings. Assisting staff attorneys prepare adult clients for detention hearings.

Conducting legal research. Analyzing and drafting legal documents, motions, briefs, pleadings and correspondence.

Monitors minor clients' welfare in various placement settings. Advises the attorney on the minor's adjustment, behavior and needs.



## **Protective Service Worker**

HHS-CWS

Apr 2001 - Mar 2012 (11 years)

Responsibilities:

Performed investigations, consultation, and casework for children and adults in protective services programs.

Conducted interviews, investigations, and other data gathering methods to acquire diagnostic information from children, adults and collateral contacts, in order to identify assess, and treat, social, educational, physical, and psychological dysfunctions amongst clients.

Provided intervention services pertaining to children and families as deemed appropriate.

Facilitated family reunification by monitoring behavior and progress displayed by family members, interacting with family members to provide encouragement and support, and provided services so that children may be successfully reunified with their parents if appropriate;

Documented family reunification and maintenance steps by writing progress reports and case plans that serve as legal documents or court orders.

Provided verbal and written recommendations, in regard to the case planning for children, to representatives of the juvenile court, family court, residential treatment centers/programs, and other agencies

Prepared and wrote professional reports, letters and case summaries as needed by case situations and activities.

Followed up on clients and evaluated treatment plans.

Utilized case management systems (CMS/CWS), to write status reports and document actions pertaining to assigned cases.

Evaluated the actions and behaviors of parents, children, and other persons associated with cases and determined the need for appropriate individual or family educational or counseling programs such as parenting skills, drug testing, substance abuse, or other educational/counseling programs.

Assessed and enforced licensing standards for the approval of relative homes for the placement of dependent children.

Placed children in homes of family and non-family members, foster homes, and residential treatment centers.

## **Adoptions Intern**

Health and Human Services Agency, County Of San Diego, Adoptions Program

Aug 2008 - May 2009 (10 months)

As an intern with the San Diego County Adoptions Program, I was involved in assisting with the selection process of matching families for children by attending the Adoptions Placement Committee meetings, reading through adoptive home studies of eligible prospective adoptive placements and assisting prospective adoptive families through aspects of the home study process. Additional roles constituted counseling parents, providing support to children and parents by assisting them in locating support groups, providing in home parent education, such as conducting individual psycho educational sessions, educating the clients on a range of adoption, child development, parenting topics and other referrals as needed. Moreover, I had the opportunity to work with children who have been suffering with grief and loss issues, such as those expected, through the separation from their current placements and aiding them through the transition into their new prospective adoptive placements. Additionally, I appeared on the Adopt 8 program featuring a child in need of a "forever family."



## **SDSU MSW Intern**

Home-Start Inc.

Aug 2007 - May 2008 (10 months)

Programs Worked: CHAT

Home Start Inc. provides child abuse prevention/intervention, youth development and family support services. Under the supervision of a LCSW, I provided Trauma Focused Cognitive Behavioral therapeutic interventions to at risk children and families, as well as by providing psycho-educational material. While at Home Start I also provided a twelve session parenting course, through the Community Services for Families collaborative.

## **Education**



### **San Diego State University**

MSW, Social Work

2007 - 2009



### **UC San Diego**

BA, Psychology

2001 - 2007



### **Southwestern Community College District**

Associate of Arts (AA), Psychology

1997 - 2001



### **Southwestern Community College District**

Associate of Arts (AA), Sociology

1997 - 2001

## **Licenses & Certifications**



### **Licensed Clinical Social Worker - Board Of Behavioral Sciences**

LCSW 81446

## **Skills**

Case Management • Psychotherapy • Psychology • CBT • Child Development • Mental Health • Program Development • Interventions • Program Evaluation • Non-profits