

# **Luis A. Contreras, LCSW 81446**

Linked In Profile: [linkedin.com/in/luis-contreras-lcsw-73256416](https://www.linkedin.com/in/luis-contreras-lcsw-73256416)

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## **PROFESSIONAL SUMMARY**

Licensed Clinical Social Worker with over 20 years of experience spanning behavioral health, child welfare, crisis intervention, forensic settings, and higher education. Demonstrated leadership in program development, trauma-informed systems of care, clinical supervision, and cross-sector collaboration. Committed to advancing equity, culturally responsive practice, and the application of field-based knowledge to drive systemic change. Passionate about mentoring emerging social workers and bridging clinical practice with academic instruction and policy impact.

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## **EDUCATION**

### **San Diego State University (SDSU)**

Master of Social Work (MSW), 2009

### **University of California, San Diego (UCSD)**

Bachelor of Arts in Psychology, 2007

### **Southwestern College**

Associate Degrees in Psychology and Sociology, 2001

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## **LICENSURE**

### **Licensed Clinical Social Worker (LCSW)**

California Board of Behavioral Sciences — License #81446

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## **TEACHING EXPERIENCE**

### **Lecturer – School of Social Work**

*San Diego State University* — Aug 2022–Present

- Teach graduate and undergraduate courses including:
  - SWORK 720 – Psychosocial Development of Vulnerable Children

- SWORK 750 – Advanced Field Practicum: Direct Practice Social Work
  - SWORK 489A/B – Field Experience in Social Work
  - SWORK 381 – Practice Skills: Micro – Motivational Interviewing
  - Mentor field practicum students, integrating clinical expertise and systems-level awareness into course instruction.
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## CLINICAL & SYSTEMS PRACTICE EXPERIENCE

### **Owner – Licensed Clinical Social Worker**

*Bonita Therapy & Consulting (Private Practice)* — Jan 2018–Present  
3065 Beyer Blvd, Suite B-103, San Diego, CA 92154

- Deliver bilingual, trauma-informed psychotherapy to diverse populations.
- Conduct biopsychosocial evaluations, treatment planning, and coordination with external providers.
- Supervise pre-licensed clinicians and support community-based partnerships.

### **Social Worker III / CSU Program Manager (2018–2023)**

#### **Social Worker III Per Diem-Clinical Consultant (2023–Present)**

*Paradise Valley Hospital – Bayview Behavioral Health Campus* — Mar 2018–Present

- Led acute inpatient care teams in delivering crisis stabilization, treatment planning, and discharge coordination.
- Supervised associate-level clinicians and led QA initiatives to improve clinical documentation and care outcomes.
- Currently serve per diem as a clinical consultant supporting high-need periods and complex cases.

### **Rapid Response Mental Health Counselor**

*Southwestern College – Personal Wellness Center* — Nov 2021–Present

- Provide short-term mental health support and crisis response for college students.
- Conduct risk assessments, deliver brief therapy, and collaborate with student services and campus partners.

### **Licensed Clinical Social Worker – Correctional Mental Health**

*RJ Donovan Correctional Facility – Staff Today Inc.* — Oct 2020–Oct 2021

- Provided individual and group therapy, crisis intervention, and treatment planning within a carceral setting.
- Participated in reintegration planning, interdisciplinary coordination, and emergency response protocols.

**Dementia Care Consultant**

*Alzheimer's San Diego* — Jan 2018–Mar 2018

- Delivered short-term counseling and education to caregivers and families of individuals with dementia.
- Created care plans and facilitated access to supportive community resources.

**Care Coordinator – KidSTART Program**

*Rady Children's Hospital* — Mar 2016–Jan 2018

- Coordinated care for children with complex developmental and behavioral health needs.
- Worked as part of a multidisciplinary team to deliver integrated treatment and culturally responsive support.

**Intensive Care Coordinator – Wraparound Services**

*San Diego Center for Children* — Apr 2014–Mar 2016

- Led wraparound teams for high-risk youth, integrating natural supports and 24/7 crisis response.
- Partnered with CWS, schools, and probation officers to coordinate holistic care plans.

**Investigator – Juvenile Dependency Court**

*Dependency Legal Group of San Diego* — Mar 2013–Dec 2014

- Investigated dependency cases and gathered evidence for legal defense.
- Conducted interviews, home visits, and advised attorneys on children's emotional and behavioral well-being.

**Protective Service Worker – Child Welfare Services**

*County of San Diego, HHSA* — Apr 2001–Mar 2013

- Investigated abuse/neglect, managed family reunification plans, and developed court reports.
- Partnered with legal teams and service providers to promote safety and permanency for children.

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**INTERNSHIPS****Adoptions Intern**

*County of San Diego – Adoptions Program* — Aug 2008–May 2009

- Participated in adoption matching, parent education, and child transition planning.
- Provided counseling to families coping with separation, grief, and post-adoption adjustment.

**MSW Intern – CHAT Program**

*Home-Start Inc. — Aug 2007–May 2008*

- Delivered TF-CBT interventions and parenting education to at-risk families.
  - Participated in community outreach and child abuse prevention services.
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**AREAS OF EXPERTISE**

- Trauma-Informed Clinical Practice
  - Crisis Intervention & Risk Assessment
  - Cross-System Collaboration (CWS, Courts, Corrections, Schools)
  - Wraparound & Family Systems Approaches
  - Clinical Supervision & Mentorship
  - Program Evaluation & Quality Assurance
  - Higher Education Instruction & Student Mentorship
  - Motivational Interviewing
  - Child Welfare & Permanency Planning
  - Bilingual Service Delivery (English/Spanish)
  - Equity-Driven Practice & Cultural Competence
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