

# *M. Teresa Estrada, M.S.W., L.C.S.W*

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## **Licensed Clinical Social Worker**

### **Professional Profile**

A bilingual (English/Spanish) and highly skilled clinician with experience in the diagnosis and treatment of individuals suffering from emotional and mental health disorders using a variety of techniques from several modalities of therapy, such as, Cognitive Behavior Therapy, Rational Emotive Behavior Therapy, and Solution Focused Therapy. Superior leadership skills proven in successful staff development and group facilitation. Innate ability to empathize with others building relationships based on trust and understanding. Experienced in the treatment of adjustment and mood disorders; including those due in part to acculturation issues. Servicing a diverse group of individuals, including children and adolescents, adults, and couples.

### **Core Competencies**

- Mood Disorders
- Adjustment Disorders
- Family Education
- Client Assessment and Evaluation
- Dual Diagnosis
- Parenting Skills
- Crisis Intervention
- Treatment Analysis and Planning

### **Education and Certification**

*University of Central Florida, Orlando, Florida - M.S.W.  
Social Work*

*Saint Leo University, San Leo, Florida - B.S.W.  
Social Work*

*Pasco-Hernando Community College, New Port Richey, Florida - A.S.  
Human Services*

*Florida Department of Health – Licensed Clinical Social Worker*

*Florida Department of Education - Professional Educator's Certificate  
(Social Worker / Pre-K – 12)*

## Professional Experience

### Private Practice

#### **Licensed Psychotherapist** (7/2013 – Present)

Diagnosis and treatment of individuals experiencing emotional and mental health disorders, using a variety of techniques from several modalities of therapy, such as, Cognitive Behavior Therapy, Rational Emotive Behavior Therapy, and Solution Focused Therapy. Specializing in adjustment and mood disorders; including those who are due in part to acculturation issues. Servicing a diverse group of individuals, including children and adolescents, adults, and couples.

### Hernando County School District

#### **School Social Worker/Counselor** (8/2007 – 11/2009, 11/2010 to 8/2015)

Conduct Clinical Histories (biopsychosocial assessment), Autism Spectrum Screenings, and Functional Behavior Assessments to assist school teams in identifying and implementing intervention plans that would address individual student's needs. Work closely with interdisciplinary team in the planning, implementation, and monitoring of State and Federal mandates. Participate in student support team meetings to determine student's eligibility for state and federal programs. Provide training and assistance to educators in the development and implementation of research-based strategies to address behavior and academic concerns. Provide short term individual/group counseling to students.

### Florida Parental Information & Resource Center (PIRC) at the University of South Florida

#### **State-wide Multicultural & Outreach Specialist** (11/2009 – 11/2010)

Collaborate, coordinate, and develop partnerships with federal, state, regional, district, school, and community to maximize outreach and use of resources. Develop "needs assessment tools" to guide service delivery. Create and deliver presentations to site administrators and educators (statewide) in order facilitate the involvement of the community and increase family engagement in the education process. Evaluate practices, resources, and services on an on-going basis to assess the alignment of strategies and activities with desired outcomes

### Springbrook Hospital (Brooksville, FL)

#### **Mental Health Therapist** (9/2006 – 8/2007 PRN status)

Conduct preliminary evaluations of mentally and emotionally disturbed clients; develop treatment plans utilizing various modalities of treatment. Conduct individual, family, and group therapy sessions. Consult and work with members of the interdisciplinary team in the planning, implementation, and review of treatment plans; participate in crisis intervention and outreach activities.

### Hernando County School District

#### **Parent Educator** (9/2002 – 8/2006)

Provide services that would assure participation and continued parental involvement in children's education. Conduct home visits to assist parents on how to prepare for Individualized Educational Plan meetings (IEP), parent/teacher conferences, and other meetings. Develop partnerships with community agencies to provide families with resources within the community. Serve as translator for Hispanic families at Deltona Elementary School.

### Head Start Program (Hernando County, FL)

#### **Family Services Worker** (9/2000 – 9/2002)

Provide social services designed to enhance the environment for high-risk and/or children with special needs. Coordinate services for children, such as: speech & language, health, and dental screenings. Coordinate and monitored service delivery. Maintain open communication with families by conducting home/office visits. Develop partnerships with community agencies to provide families with referrals and contact information within Hernando and neighboring counties.

## **Awards and Accomplishments**

- Biography published in The National Dean's List (1999-2000), 23<sup>rd</sup> edition, volume 1
- Academic Excellence May 2005 & 2006, Saint Leo University
- Cum Laude Graduate (Saint Leo University)
- Research Assistant (University of Central Florida-School of Social Work) "Orange County Drug Free Workplace"

## **Professional Presentations & Public Speaking**

- La Practica Logra la Perfección – 10<sup>th</sup> Annual Parent Involvement Conference (Orlando, FL)
- Promoting Student's Emotional & Academic Success – 15<sup>th</sup> Annual Parent Involvement Conference (Orlando, FL)
- Families Caring About Testing – Test Strategies and School Accountability (Volusia County, FL)
- Response to Intervention and Family Engagement – (FL DOE, Region III)
- Promoviendo el Éxito Emocional & Académico de Nuestros Hijos – (Redlands Christian Migrant Association)
- RtI (Response to Intervention): What Parents Need to Know- Southeast Regional Latino Family Conference (Orlando, FL)
- The Biggest Winner – Presentation to educators and school administrators to assist in promoting Family Engagement Based on Needs Assessments (Sarasota, FL)