

Rahel Bibi Mitiku, CSAC

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Personal Overview

Energetic mental health care professional with over a three year track record of making a difference in the lives of individuals struggling with substance use, mental illness, and individuals who are experiencing social problems, through innovative strategies. Experience includes working with diverse populations including adults and teens in the treatment of chemical dependence, bipolar disorder, depression, and anxiety. Committed and have an unequivocal passion toward client satisfaction and progress. Diligent worker and service oriented with a resolute work ethic. Have exceptional written and communication skills. Record of exceptional service throughout career.

Professional Experience

PHOENIX HOUSE (*Substance Abuse Treatment Center*) Arlington, VA, July 2013 - September 2015

Residential Specialist

Taught skills pertaining to abstinence and empowered clients to successfully complete a ninety-day treatment program.

- Facilitated recovery-based groups and developed strategies to help clients maintain sobriety.
- Developed key measures for relapse prevention effectiveness.
- Implemented relapse prevention techniques that improved clients' quality of life.
- Implemented group activities and supervised client-participation during group sessions.
- Increased clients' motivation in adhering to their treatment plans from 0% to 80% for two consecutive years, thereby decreasing dysfunction.
- Promoted healthy behavior with respect to nutrition that enabled clients to lose weight, and empowered utilization of proper hygiene regimen.
- Administered medications and provided documentation in Harmony and Welligent electronic health records and monitored clients for undesired effects.
- Linked and accompanied clients to twelve-step meetings such as Narcotics Anonymous and Alcohol Anonymous to promote abstinence; also did linkages for community integration.
- Provided exceptional documentation pertaining to Medicaid billing, group sessions, and progress notes.
- Managed acute milieu by utilizing conflict resolution techniques.

A - SPAN, INC. (*Emergency Winter Shelter*) Arlington, VA, November 2012 - April 2014

Case Manager

Implemented intervention strategies that were geared toward clients' shelter needs that improved individuals' quality of life.

- Collaborated with other members of the team to obtain community resources for clients.
- Developed and implemented service plans to effectively address the needs of the residents.
- Provided referrals to various organizations for continued assistance thereby preventing homelessness.
- Conducted multiple individual sessions with over fifteen clients and taught them life skills on maintaining their housing.
- Monitored clients' progress and maintained effective documentation.

NEW HOPE HOUSING, INC. (*Shelter*) Alexandria, VA August 2011 - November 2013

Residential Services Specialist

Promoted the importance of medication adherence, proper nutrition, and good hygiene and engaged clients in self-care. This resulted in a decrease of medical problems and hospitalizations.

- Completed intake and rapidly developed rapport with the clients during the process.
- Monitored clients' activities to promote safety.
- Performed occasional drug screening to assist clients with maintaining sobriety while in the shelter.
- Processed discharge and provided discharge summary.
- Taught conflict resolution skills and documented events on specific forms.

Education

ASPEN UNIVERSITY Denver, CO • Expected 2016

- M.A., Psychology & Addiction Counseling

STATE UNIVERSITY OF NEW YORK Oneonta, NY • 1982-1986

- B.A., Business Economics

NORTHERN VIRGINIA COMMUNITY COLLEGE Alexandria, VA • 2011-2012

- Substance Abuse Counselor Certificate (SARC)

Academic Honor

- Dean's List
- President's List

Certifications

- Certified Substance Abuse Counselor (CSAC) Virginia Board of Counseling

- Certified Peer Recovery Coach (Training was provided by the substance abuse and recovery alliance (SAARA), Inc.
- Medication Aide
- MANDT
- CPR/AED, First Aid, & CES

Other Skills

Proficient with Microsoft Office and PowerPoint. Possess strong interpersonal skills, ability to prioritize and multi-task.

Bi-lingual.

Coursework

[Substance Abuse] Substance Abuse Counseling Aspen University Denver, CO, 2015

Knowledge of the major categories of substances of abuse/dependence in the US; familiarity with physical illnesses, mental illnesses, and personality disorders that are associated with substance use disorders; gained ability to identify and analyze problems presented by substance abusers/dependents; Knowledge of diagnostic tools to use for substance use disorders; familiarity with systems that are involved in the treatment of substance use disorders such as the criminal justice system, social services, health care providers, support groups, the religious community, and schools.

[Groups] Group Psychotherapy Aspen University Denver, CO, 2015

Knowledge of various theoretical approaches; familiarity with ethics, legalities, and standards related to group counseling; ability to assess developmental and process dynamics in a group; knowledge of the general role and functions of a group facilitator; and ability to communicate clearly and effectively both orally and in writing.