

Rashell Stubbs, CMHC

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EXPERIENCE

Associate Clinical Director/Primary Therapist Discovery Ranch South June 2017-Present

- Conduct Biopsychosocial Assessments
- Complete Treatment Plans
- Individual, Family and Group Therapy
- Attend weekly Treatment Team Meetings
- Supervision of Therapists
- Staff Trainings
- Collaboration with all departments
- Establish relationships with Education Consultants and other referral sources.
- Integration of many different modalities, experiential therapy, CBT, RO DBT, Brainspotting

Mental Health Counselor/Therapist/Clinical Director Turning Point Family Care October 2008-2017

- Conduct Mental Health Assessments
- Complete Treatment Plan and Treatment Plan Reviews
- Write progress notes based on therapy sessions.
- Conduct individual, family, and group therapy.
- Provide support to line staff when youth are in crisis.
- Build rapport and develop relationships with the clients.
- Build relationships with caseworkers, probation officers, parole officers, and case managers.
- Certified NOJOS (Network on Juveniles Offending Sexually) therapist

JJS Counselor II in the Secure Unit Juvenile Justice Services Southwest Utah Youth Center, March 25, 2006-October 2008

- Document daily progress of youth and daily occurrences in the center.
- Provide individual therapy to the youth using cognitive behavioral therapy.
- Provide group therapy dealing with sexual issues, criminal behavior, relapse prevention, and other mental health issues.
- Write Treatment Plans and Parole Reports for the youth.
- Provide support to the youth and fellow staff members.
- Supported youth who are victims of abuse, have mental health issues, and have committed many different criminal offenses.

**Juvenile Justice Technician II in the Detention Unit Juvenile Justice Services,
Southwest Utah Youth Center, January 19, 2005-2006**

- Document daily progress of youth and daily occurrences in the center.
- Input youth's information into computer program CARE.
- Supervise and help the youth while in school during the day.
- Help youth communicate with counselors, probation officers, and parents.
- Opportunity to work with a diverse population of both males and females.

EDUCATION

- University of Phoenix, Master in Mental Health Counseling, January 23, 2005 – February 24, 2008.
- Southern Utah University, B.S. in Sociology with a minor in Psychology 2003.
- Cedar City High School, H.S. Diploma 1999

INTERNSHIP

Southwest Behavioral Health Center October 2006 – April 2007

- Participated in a women's group with Ross Williams working with women dealing with past traumatic experiences.
- Became familiar with the computer program Profiler.
- Composed Assessments for clients.

Certifications/Trainings

- Certified by the National Board for Certified Counselors (NBCC)
- Brainspotting Phase 1
- Radically Open DBT Level 1