

Curriculum Vitae

Jae “Kierstin” Carreira

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Bethlehem, PA 18015

Phone: 610-997-0927

email: drcarreira@newempowermentpathways.org

Education

- 2023 DSW Clinical Social Work, University of Pennsylvania, Philadelphia
- 2017 MSW Social Work, University of New England, Biddeford
- 2013 BS Marketing Management, Western Governors University, Salt Lake City

Language

English – native/ French – conversational

Publications

Book Reviews: Carreira JK. Book Review: Program evaluation pragmatic methods for social work and human service agencies. *Research on Social Work Practice*. June 2021.

 Carreira, J.K. Book Review: Unglued: A Bipolar Love Story. *The New Social Worker*, Fall 2021. Retrieved from: <https://www.socialworker.com/feature-articles/reviews-commentary/book-review-unglued-bipolar-love-story/>

Invited Talks

- 2019 Trauma and Resiliency, NASW Pennsylvania Chapter

Departmental Talks

- 2019 Resiliency in children with high ACE scores, Presentation to BHRS department
- 2019 Child development, norms versus adverse behaviors, Presentation to BHRS department
- 2019 Understanding ACE scores and how to use the ACE’s questionnaire to guide treatment, Presentation to BHRS department

Teaching Experience

2023- present Adjunct Professor, Marywood University, Lehigh Valley Satellite Campus

2021 TA - University of Pennsylvania, Philadelphia, PA. Mental Health Diagnostics

2019 Field Instructor – Marywood University Student

2018 Field Instructor - Kutztown University Student

Non-Academic Professional Experience

June 2021 - Present HearthFire Psychology, Allentown, PA

Chief Operating Officer/Mental Health Therapist

Clinical Social worker working in an outpatient capacity for clients with myriad diagnoses. Therapeutically able to build strong rapport with clients and build lasting connections. Built resilience and positive strategies for change with individuals, couples and families. Helped clients see their strengths and build stronger alliances within their own units. Worked closely with the owner of the practice to grow the company from 5 clinician's to 20 clinician's within two years. Organizationally managed various situations related to employee retention, workplace management, marketing, and many other small business activities.

September 2021 – 2022 Independent Contractor, Lehigh Valley, PA

Mental Health Therapist

Clinical therapist working with a variety of populations and diagnoses to help alleviate problematic and/or maladaptive coping skills and increase positive outcomes. Works with evidence-based models and psychodynamic theories to address a variety of challenges resulting in positive outcomes.

March 2020-September 2021 Access Services, Bethlehem, PA

Lead Clinician/Clinical Supervisor

Lead clinician and clinical supervisor for Intensive Behavioral Health Services (IBHS) program in Lehigh and Northampton County. In the role of Behavior Consultant (BC) and Mobile Therapist (MT) helped families improve relationships and behaviors by implementing positive parenting strategies and improving coping mechanisms. Regularly tracked behavior improvements through quantifiable measures and modified treatment strategies accordingly. Reduced time in services by implementing evidence-based models and techniques thus increasing success and confidence in family dynamics and child outcomes. As lead clinician and clinical supervisor, increased compliance in IBHS regulations, improved completion time and accuracy of notes, enhanced quality of treatment plans and biopsychosocial assessments as per MCO requirements and helped build stronger clinician skills through regular supervision and support.

November 2018-March 2020 Concern Behavioral Health, Bethlehem, PA

BHRS Clinical Supervisor

Clinical supervisor offering clinical oversight and support to staff in Behavioral Health Rehabilitation Services (BHRS). Effectively trained all staff on CASSP principles and BHRS model, ensured tracking of data across all services (TSS, MT, BSC), ensured successful placement of all incoming clients with minimal wait times, ensured staff maintained appropriate caseloads, ensured appropriate training and compliance with company and state regulations. Managed client and parent expectations as well as staff concerns and meeting expectations. Managed budgets and fundraising for the program and implemented incentive programs to increase utilization and program outcomes.

December 2017-November 2018 Elwyn/Arch of Lehigh Valley, Allentown, PA

Behavior Specialist Consultant/Mobile Therapist

Behavioral Specialist Consultant (BSC) working with families and other service providers involved in the child's life to design and direct behavior modification plans that will allow for positive progress toward treatment goals. Working mainly with children with severe Autism diagnoses, the BSC realized many positive outcomes with children and their families including increased socialization, interaction with others including reciprocal play and eye contact, and reduced time in services due to structured treatment plans and increased participation by parents in services.

October 2017-April 2018 KidsPeace Children's Psychiatric Hospital, Orefield, PA

Clinician I/II

Hospital clinician working with children and adolescents aged 5-18 who were in crisis and in need of stabilization. Using movement therapy as well as motivational therapy, the clinician was able to increase the clients understanding of their needs and reasons for being in the hospital setting and where they wanted to be once discharged. Clinician worked intensively with youth on developing coping skills and increasing family communication as well. Additionally, clinician worked with youth and family to develop comprehensive safety plan ensuring safe return to home setting and goals to not return to hospital.

May 2017-October 2017 Community Solutions, Inc. Allentown, PA

MST Therapist

Multisystemic Therapist working with at risk youth, ages 12-17, who were exhibiting problematic behaviors in home or elsewhere. Therapist utilized this empirically supported model of therapy to help families identify their strengths as a family system and to call upon those strengths to help the child. Therapist was able to discharge several clients successfully in a short amount of time due to focused intensive work in this model.