

Alyssa Bernstein, LMSW

Experience

December 2018-Present **Associate in Psychiatric Social Work (in Psychiatry)** **New York, NY**
Columbia University Medical Center-Center for Anxiety and Related Disorders

- Full-time faculty position in the department of Psychiatry at the College of Physicians and Surgeons of Columbia University.
- Provides specialized in Cognitive Behavioral Therapy (CBT) for children, adolescents, and adults with anxiety disorders.
- Delivers individual and group therapy as well as diagnostic evaluations and assessments.

November 2017-December 2019 **Program Coordinator** **New York, NY**
Columbia University Medical Center-Center for Anxiety and Related Disorders

- Conducted patient screenings and clinical triage for the Columbia Psychiatry Access Service.
- Collaborated with clinical services and research study personnel to facilitate appropriate referrals.
- Counseled potential new patients on receiving treatment in the clinical and research context.
- Utilized expert clinical judgment in facilitating appropriate clinical referrals and placements.
- Co-led a CBT groups with Clinic Director and Senior Faculty.
- Completed two training years of didactic programming under the supervision of Dr. Anne Marie Albano.

March 2016-August 2018 **Fee For Service Clinician** **New York, NY**
The Jewish Board (JBFCS)-Harlem Child Development Center

- Utilized evidence-based approaches including play therapy, Cognitive Behavioral Therapy, Child Parent Psychotherapy, and Trauma-Informed Care.
- Conducted intake assessments, provide diagnoses, develop and implement treatment plans.
- Collaborated with a multi-disciplinary team to ensure treatment goals are being met upon the three-month review.
- Receiving supervision towards LCSW by providing intensive outpatient clinical treatment for children ages 4-8 and their families.

October 2015-October 2017 **Senior Operations Associate** **New York, NY**
Homes for the Homeless, Inc

- Served as lead for all clinical case consultation with the Directors of Family Services focusing on evidence-based best practices.
- Interacted weekly with clients to ensure their needs are being met through high quality service provision.
- Supervised MSW student and received Seminar in Field Instruction Certification through Fordham University.
- Spearhead Trauma-Informed Care training initiatives and curriculums across three family shelters.
- Hired, trained, and managed 18 LMSWs across three family shelters requiring recruitment planning, development of new employee orientation for licensed professionals and ongoing supervision.
- Led Quality Assurance initiatives resulting in restructuring audit tools, report tracking, and revised chart forms.
- Co-developed and implemented an approach to behavior management for children experiencing homelessness at HFH Summer Camps.
- Developed and implemented Overview of Case Management Services and Self-Care training for 36 social services staff.
- Provided clinical consultation during the opening of the Crisis Nursery/Family Respite Center.

December 2014-October 2015 **Project Director** **New York, NY**
Research Foundation of CUNY/Silberman School of Social Work

- Provided consultation on social service delivery practices to the NYC Department of Homeless Services.
- Designed and reconciled a \$500,000 budget in accordance to NY State guidelines to ensure all expectations agree with contractual obligations.
- Coordinated 100 days of training for all homeless services employees in NYC and NY State.
- Hired skilled instructors directed implementation of the trainings and evaluation process for all independent contractors and consultants.
- Liaised between instructors, curriculum consultants, Silberman staff and Office of Temporary and Disability Assistance managers.

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September 2012-December 2014

Program Director

Bronx, NY

Aguila, Inc

- Directed the opening of a Tier II family shelter for 101 families seeking temporary shelter in New York City.
- Counseled families facing barriers to permanent housing and provided resources to help expedite their stay.
- Directed program operations in accordance with funding source regulations including; social service delivery, fiscal operations, budget control, community and government relations.
- Helped low-income families access resources and innovative social service programming while maintaining their family system during a time of extreme stress.
- Coordinated all clinical operations for therapeutic services, case management training, HIPAA compliance, NYS Part 900 regulations.

October 2011-September 2012

Associate Program Director

Brooklyn, NY

Volunteers of America-Greater New York

- Assisted the program director in leading a trauma informed staff that provides recovery based services for survivors and families of domestic violence, and who are seeking emergency housing.
- Maintained a case load of high risk families and established program delivery models such as Trauma-Informed Services, domestic violence awareness, and discharge planning.
- Managed five case managers through monthly chart audits, bi-weekly supervision, and amended services as needed to ensure compliance with Human Resources Administration, Office of Children and Family Services and agency regulations.

September 2010-October 2011

Case Manager Supervisor

New York, NY

Volunteers of America-Greater New York

Continuing Education

<i>Understanding and Treating Clinical Perfectionism</i> , New York City Cognitive Behavioral Association	2019
<i>Association for Behavioral and Cognitive Therapies Annual Conference</i>	2019
<i>Addressing Practical Executive Function Deficits in Children with ADHD</i> , Silver School of Social Work	2019
<i>Acceptance and Mindfulness Based CBT Treatment for OCD</i> , Silver School of Social Work	2018
<i>Cognitive Behavior Therapy in Clinical Social Work Practice</i> , Silberman School of Social Work, Hunter College	2017
<i>Building Family Resilience</i> , Silver School of Social Work, NYU	2016
<i>Beginner's Level Conversational Spanish for Social Workers</i> , Silberman School of Social Work, Hunter College	2013

Education

The University of Georgia , School of Social Work	Athens, GA
<i>Masters of Social Work, Marriage and Family Therapy Certificate Participant</i>	
The University of Georgia , Franklin College of Arts and Sciences	Athens, GA
<i>Bachelor of Arts in Sociology, Psychology minor</i>	

Professional Affiliations

National Association of Social Workers

Association for Behavioral and Cognitive Therapies

Awards

Selected for Leadership Academy, 2011

Awarded, Rookie of the Year from Volunteers of America-Greater New York, 2011

Recipient, Full tuition from Georgia's Intellectual Capital Partnership Program, 2009-2010

Awarded, Mary Jane Coberth Award for Mental Health Advocacy, 2008-2009