**Keshia Gainey**

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Professional Summary

A compassionate, empathetic Licensed Clinical Addiction Specialist Associate (LCAS-A) with extensive experience in substance abuse treatment. Working knowledge of the Twelve Step Program of Alcoholics Anonymous and Narcotics Anonymous.

Skills

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| * Intakes and assessments * CPR certified * Substance abuse * Case management * Cognitive Behavioral Therapy (CBT) expert | * Crisis intervention * Individual counseling * Family therapy * Clinical assessment * Clinical documentation |

Work History

Substance Abuse Therapist, Current

Coastal Horizons- Whiteville, NC

* Provide pregnant and postpartum women (PPW) independent diagnostic, psychosocial and professional counseling for clients (pre-and-postpartum women, their partners, and their children) with complicated substance abuse, addiction problems, mental health and co-occurring disorders with an appropriate level of supervision
* Utilize a gender-specific, trauma-informed approach to address client substance use, mental health and other needs.
* Collaborates with an interdisciplinary team to ensure quality of client care.

**Substance Abuse Therapist**, 03/2019-10/2019

**Bridging the Gap of America**-Gastonia, NC

* Individual outpatient sessions
* Identifying issues and create goal-oriented treatment plans
* Provide updates and progress reports to courts
* Referring clients to support groups
* Facilitate Triple P’s Parenting Class
* Facilitate Drug Education Enrichment Program for Teens
* Intakes and Assessments
* Person Centered Plans

Counselor-Internship, 01/2018 to 06/2018

Trinity Counseling – Burlington, NC

* Develops comprehensive treatment plans that have focused on accurate diagnosis and behavioral treatment of problems.
* Conduct weekly individual, family and group counseling sessions with children, adolescents, and adults diagnosed with a variety of disorders including substance abuse, depression, bipolar disorder, oppositional defiant disorder, ADHD, sexual abuse/offending, post-traumatic stress disorder and others.
* Encourage clients to express their feelings, to discuss what is happening in their lives and to help them develop insight into themselves and their relationships.
* Teaching clients anger management techniques, relaxation skills, impulse control, social skills, emotional coping skills and functional living skills.
* Develop and write treatment plans, progress notes and diagnostic summaries.
* Facilitate DWI classes

Mental Health Technician/Nurse Secretary, 06/2016 to Current

Cone Health – Greensboro, NC

* Responsible for primary care, case management, and medication management.
* Provides therapeutic services to psychiatric patients under Trauma Informed Care principles as directed by a Registered Nurse and according to the plan established by the treatment team.
* Participates in department and team treatment programs via educational group and 1:1 interactions. This position serves psychiatric patients across the life span.
* Liaised between patients and physicians to ensure patient comprehension of treatment plans.

Team Leader, 11/2014 to 02/2016

New Hope Carolinas – Rock Hill, SC

* Supervised daily activities and delegate responsibilities of staff.
* Support children and adolescents in achieving their treatment goals by therapeutic interaction and behavior modification.
* Provide structure and supervision in support of each resident's Individualized Treatment Plan.
* Coordinate and participate in therapeutic activities with children/adolescents.
* Manage the milieu.

Education

Masters of Arts: Addiction Psychology, August 2018

Kaplan University Online

Bachelors of Arts: Sociology & Psychology, December 2012

University of North Carolina, UNCG - Greensboro, NC

Certifications

* Licensed Clinical Addiction Specialist Associate Cognitive Behavioral Therapy
* CPR/BLS