

SARAH STERLING, MSW, LCSW, LCASA

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Creative clinical social worker with background in education and 5+ years of experience working with children, adolescents, and adults in public school, healthcare, and wilderness settings. Interested in providing direct care while engaging in quality improvement strategies to improve patient outcomes and reduce provider burnout.

EDUCATION

University of North Carolina at Chapel Hill School of Social Work

Master of Social Work, 2017

Substance Use and Addiction Specialty Program

PrimeCare Integrated Behavioral Health Trainee

University of Pennsylvania College of Arts and Sciences

B.A. in English with an emphasis in Creative Writing, GPA 3.9/4.0, 2011

EXPERIENCE

Substance Use Counselor, October 2019- present

UNC Infectious Disease Clinic, Chapel Hill, NC

- Provide substance use screening, assessment, case management, therapeutic interventions, and referrals for HIV-positive patients who are un/under-insured
- Collaborate with patient care teams (infectious disease doctors, nurses, and social workers) to create person-centered treatment plans to support harm reduction and recovery
- Work with clinic staff to implement screening, brief intervention, and referrals to treatment (SBIRT) for substance use disorders to entire clinic population

Outpatient and School-Based Therapist, March 2019-present

Carolina Outreach, Durham, NC

- Assessed and diagnosed clients presenting for services and recommend treatment strategies
- Provided individual and family therapy to children and adolescents with anxiety, depression, trauma, and conduct issues (using MATCH modality)
- Provided individual therapy to adult clients with co-morbid mental health and substance use diagnoses (using CBT, CPT, motivational interviewing, and relapse prevention planning)
- Assessed for safety and facilitate safety planning for clients; engaged Child and Adult Protective Services and/or emergency services as appropriate
- Created and updated all documentation including assessments, treatment plans, service notes, disclosures and exchanges of information, and discharge reports
- Consulted with client, medical team, formal and informal supports as necessary to identify client needs and refer to higher and lower levels of care as appropriate

Intensive In-Home Therapist, June 2018-June 2019

Carolina Outreach, Durham, NC

- Provided therapeutic intervention for children and young adults ages 6-18 with severe emotional disturbance and their families (using Eco-Systemic Structural Family Therapy)
- Responded to parent coaching calls and crisis calls in order to help stabilize crises and/or determine if emergency services are needed
- Met weekly with team members to consult about cases and adjust interventions
- Collaborated with other service providers (DSS, DJJ, schools, doctors, etc) and hosted monthly Child & Family Treatment Team meetings in order to coordinate care and treatment for families

**please note, there is overlap between my 2 jobs at this agency, I transitioned during March-June 2019*

Clinical Social Worker, June 2017-June 2018

UNC Tobacco Treatment & Weight Management Program, Chapel Hill, NC

-Cancer Center Outpatient Clinics

- Managed Cancer Center Tobacco Treatment Program, including referrals, clinical work, data collection, program evaluation, and integration into NC Cancer Hospital
- Assessed cancer center patients with tobacco use disorder and provided motivational interviewing, psychoeducation, and behavioral change counselling as appropriate
- Documented all patient interactions in the electronic medical record (EPIC) and billed accordingly
- Helped implement a National Cancer Institute Grant to expand our services to all eligible patients
- Trained 2 new cancer center employees hired with grant funds
- Participated in department quality improvement initiatives

-Inpatient Setting

- Provided brief interventions and referrals for hospital inpatients that used tobacco products
- Recommended appropriate inpatient and discharge medications to patients' providers

-Weight Management Program

- Lead weekly behavior change groups for UNC Healthcare employees struggling with obesity
- Worked with other group leaders monthly to review and improve our curriculum on ongoing basis
- Interviewed members and published success stories in the employee newsletter

Social Work Intern, August 2016-April 2017

UNC Tobacco Treatment & Weight Management Program, Chapel Hill, NC

- Screened, assessed, planned treatment, kept records, and provided referrals for UNC Family medicine patients working to quit tobacco use or manage obesity
- Provided weekly individual counseling sessions using motivational interviewing and CBT
- Co-created and facilitated weight management group curriculum for both patients & employees

Research Assistant, January 2016-December 2016

Project NO REST, Chapel Hill, NC

- Researched current news and academic articles about sex and labor trafficking in NC
- Composed daily social media messages about child trafficking abroad, in the US, and North Carolina
- Collaborated with project partners to evaluate applications for 5 pilot sites to receive funding

School Social Work Intern, August 2015-April 2016

Ephesus Road Elementary School, Chapel Hill, NC

- Delivered behavioral interventions, such as Check-In Check-Out, for students across grades K-5

- Assessed the needs of students' families and connected them to community agencies
- Attended weekly meetings with other school staff (principals, nurse, counselor, etc) to discuss at-risk students and to create plans to address their needs

English Teacher, September 2014-August 2015

English Program in Korea, Daejeon, South Korea

- Taught daily English classes for grades 4- 6, creating games to supplement textbook lessons
- Planned and executed week-long English immersion camps, creatively tying in the year's lessons
- Created and facilitated weekly interactive lessons for 30 students who had lived abroad (grades 1-6)

Communications Coordinator, September 2013-July 2014

Medical Students for Choice (MSFC), Philadelphia, PA

- Composed daily social media posts about reproductive health care news, research, and policies
- Wrote and edited messaging for MSFC donors, members, and outreach publications
- Updated and maintained website content for all departments and program events

Team Lead, July 2012-June 2013

City Year Greater Philadelphia, Philadelphia, PA

- Supervised 17 first-year corps members; facilitated team dynamics and skills development
- Tracked, recorded, and monitored team objectives, such as hours tutored and volunteers engaged
- Served as a liaison between corps members, program manager, and school staff

Corps Member, August 2011-June 2012

City Year Greater Philadelphia, Philadelphia, PA

- Tutored and coached 15 at-risk ninth-grade students in Math, English, attendance, and behavior
- Tutored and mentored 9-12th grade students during 90 minute after-school sessions
- Helped plan and lead community volunteer work (mural painting, beautification projects)

Trip Leader, Summers of 2009, 2010, & 2011

Darrow Wilderness Trip Camp, Grand Lake Stream, ME

- Co-led 4-10 middle and high school students on 2- to 3-week canoe trips
- Planned and coordinated route, meal plan, gear outfitting, and emergency procedures
- Supervised and dealt with all medical, safety, and emotional issues 24/7 while out on trips