

EDUCATION:

North Carolina Central University (NCCU), Durham, NC
Master of Arts in **Clinical Mental Health Counseling**

August 2017
GPA: 3.7

The University of North Carolina at Greensboro (UNCG)
Bachelor of Arts in **Psychology**; Minors: **ASL/Deaf Studies** and **Sociology**

May 2014
GPA: 3.62

PROFESSIONAL EXPERIENCE:

Director of Admissions and Outreach, Fusion Academy, Burlington, MA . October 2018 - Present

- Inform and support parents in their decision to transition their child to enroll in Fusion
- Answer questions and facilitate the admissions process
- Connect and network with professionals in the field to develop Fusion's collaborative relationship with other professionals and programs
- Practice and promote Fusion Academy's core principles that develop a positive campus culture

Residential Case Manager, Cambridge Eating Disorder Center, Cambridge, MA March 2018-October 2018

- Managed revolving caseload of 3-5 female residential clients thrice weekly and 2-3 outpatient clients via weekly sessions
- Planned and facilitated 5-6 group therapy sessions per week focused on topics such as CBT, DBT, Psychotherapy, and Coping skills through psychoeducation and practical exercises
- Focused individual and family therapy sessions on trauma-work, family dynamic concerns, and safety planning
- Engaged in case management role for caseload which involved weekly documentation and interaction with patient's insurance companies through insurance reviews and discharge summary provision

Psychological Counselor, Duke University Talent Identification Program, Durham, NC May 2017-July 2017

- Served Duke East campus' 600 total student participants and 50 staff members over two three-week summer sessions
- Duties included providing outreach services to students, creating and implementing staff training for both sessions, and serving as student support within a brief therapy model and crisis intervention lens
- Co-led bi-weekly and daily support group sessions for interested students focused on coping skill development, academic support, and mindfulness techniques

Intern, North Carolina State University Counseling Center (NCSU), Raleigh, NC August 2016-May 2017

- Conducted weekly individual counseling sessions and treatment planning with adult students suffering with Anxiety disorders, Depression disorders, anger issues, family of origin issues, and ADHD
- Co-facilitated two support groups for international students and graduate student women, focusing on interpersonal relationships, stress management, and culture-specific developmental tasks
- Liaison for Veteran's and Multicultural centers on campus, providing ~5 hours of consultation for students who feel a barrier to seeking treatment via the counseling center
- Piloted outreach programs and other psychoeducational endeavors including triage counseling, basic skills training, and mental health awareness throughout campus

Residential Advisor, Duke University Summer Session, Durham, NC June 2016-July 2016

- Managed hall of 19 high-school aged females for two month summer session focused on academic and social development through nightly presentations and discussions
- Served as a Global Giver driver for outreach purposes, engaged in volunteer work with 100 students at the Durham Senior Center, and assisted with tutoring services in English and Biology courses
- Completed residential duties such as roll call, bonding exercises, group processing of camp-related information, and served as mediator for student conflict within the residence halls

VOLUNTEER/COMMUNITY SERVICE:

Program Volunteer, REACH Beyond Domestic Violence, Waltham, MA December 2017-Present

- Attend 45 hours of training for overview of domestic violence, sexual assault, crisis counseling techniques and legal

documents affiliated with domestic violence and sexual assault advocacy

Program Volunteer, Interact of Wake, Raleigh, NC

January 2015-May 2015

- Attended 30 hours of training for overview of domestic violence, sexual assault, crisis counseling techniques and legal documents affiliated with domestic violence and sexual assault advocacy
- Facilitated group therapy sessions for children of survivors of domestic violence and/or sexual assault with evidence-based curriculum created by on-site counselors once a week for eight week intervals
- Created a safe environment for survivors of sexual assault and/or domestic violence and focused on empowering victims by guiding them through their options and respecting their autonomous decision making

TEACHING EXPERIENCE:

Career Assistant, Massachusetts Institute of Technology (MIT), Boston, MA

August 2017-March 2018

- Co-planned the curriculum and implementation of a career development course for Spring 2018, the Freshmen/Alumni Summer Internship Program (F/ASIP), to include a full-day career development symposium
- Co-instructed the F/ASIP curriculum to 80 freshmen to scaffold their internship search process, and contribute to program assessment by creating surveys to measure learning outcomes, analyzing data, and making changes to the program based on student feedback
- Advised 15-20 MIT students and alumni weekly on resumes, cover letters, graduate school and career preparation through appointments and drop-ins

AmeriCorps Member, Youth Mental Health First Aid Corps, Wake AHEC, Raleigh, NC

July 2014-May 2015

- Educated target audiences in 8-hour course on mental health issues and disorders that may emerge in adolescence, and taught an action plan that aids professionals in intervening with youth in crisis
- Coordinated location, food services and participants interested in attending a Youth Mental Health First Aid program while maintaining multiple Excel databases on each program's outcomes and evaluations
- Attended intensive, week-long training to become a certified Youth Mental Health First Aid Instructor

PUBLICATIONS/PRESENTATIONS:

- **Wells, V.** (2017). Improving Race Relations: How understanding trends in interracial and intra-racial relationships can help us serve multicultural couples in counseling. NCCA poster presentation.
- **Wells, V.** (2017). Multicultural Body Image: A look into the differences in self-esteem, body image, and subsequent disorders among women of different racial heritages. ACCA poster presentation.
- Wasik, S., Barrow, J., & **Wells, V.** (2016). *Exploring the role of school counselors as school-based mental health clinicians*. Manuscript submitted for publication.

LEADERSHIP ACTIVITIES/AFFILIATIONS:

Member, American Counseling Association (ACA)

September 2017-Present

Presenter May 2018, *Multicultural Body Image on College Age Women, Revised*

Member, American College Counseling Association (ACCA)

November 2016-Present

Presenter Feb 2017, *Multicultural Body Image on College Age Women*

Emerging Leader, Awarded Feb 2017

Committee Member, Professional Advocacy and Public Awareness Committee

Member, Licensed Professional Counselors Association of North Carolina (LPANC)

November 2016-Present

Member, North Carolina Counseling Association (NCCA)

November 2016-Present

Presenter Mar 2017, *Improving Race Relations; School Counselors as School-Based Mental Health Clinicians*

Treasurer, NCCU Chi Sigma Iota Honor Society

April 2016-May 2017

President, UNCG Psi Chi Honor Society

August 2013- May 2014

SKILLS:

Computer: Microsoft Office 2010 (PowerPoint, Excel, Word), Gradebook Wizard, some SPSS

Languages: Intermediate Fluency in American Sign Language