
Cassandra Sanchez

Work Experience

Department of Children & Families, 10/2016-present

Kinship Supervisor

- Within the policies and procedures of DCF, ensure the safety of children and stabilization of families.
- Supervise 5 workers in a kinship unit. (These are typically court involved cases where children have been removed from their primary caregiver and placed with family). Provide 1 hr of clinical supervision weekly.
- Assess the needs of the child/family, determine necessary services to address the family's needs, ensure children/young adults (birth to 22) are receiving mental health services to address trauma suffered and any additional mental health needs, and work towards reunifying the family whenever possible.
- Daily tasks include, supervision of 5 workers, interacting with community collaterals, the courts, and foster parents, ensuring best practice is used to serve clients, and hosting/attending meetings per policy.
- Participate in external groups on behalf of the Department, such as the Lowell Parenting Task force and the Lowell Trauma Informed Leadership Team.

Wayside Youth & Family, 09/2015-10/2016

Intensive Care Coordinator

- Coordinate with providers, community resources, and state agencies for youth treatment.
- Complete comprehensive and CANS assessments, which include family history, difficult behaviors, strengths, and mental health diagnoses.
- Facilitate care plan meetings that involve families, schools, state agencies, and mental health providers.
- Create and implement treatment plans to address behavioral and emotional needs of children.

South Bay Mental Health, 12/2014-08/2015

Treatment Coordinator

- Manage a caseload between 15-27 adults with mental illness and/or dual diagnosis in a community day program.
- Prepare psycho educational curriculum and facilitate mental health groups.
- Contact and outreach clients, their collaterals, and community collaborators.
- Maintain a network of community resources available to clients.

Renaissance Club, 03/2012-12/2014

Recovery Coach

- Worked with adults suffering from severe and persistent mental illness in a community based recovery center.
- Interacted with diverse low-income population in the non-profit setting.
- Taught life skills and helped members gain independence by working side by side to complete clubhouse tasks.
- Ran and operated the clubhouse on nights and weekends.

About Me

Gained 10 years of work experience in the mental health field. Worked with adults and young adults with mental illness, substance use, and dual diagnosis as well as children with behavioral and mental health issues. Throughout this time, gained knowledge of working with low-income, diverse, and underserved populations. Obtained a Community & Social Psychology Master's degree in Spring 2014. Completed an internship working with CTI Lowell on their strategic planning. Most recently completed a post-masters certificate program through Simmons University.

Education

Simmons University
Certificate, Advanced Graduate Program in Treatment of Multicontextual Trauma
2020-2021

University of Massachusetts,
Lowell
MA, Community and Social Psychology
2012-2014
GPA: 3.67

BA, Psychology
2010-2011
GPA: 3.73

Professional Organizations

SCRA, Society of Community Research and Action
09/2013-Present

Psi Chi, Psychology National Honor Society
Spring 2011-Present

Skills

- Community Mental Health
- Case Management
- Knowledge of Community Resources
- Community Collaborations
- Program Development
- Event Planning/Fundraising
- Psychological Research

Internships

Community Teamwork, Inc.

09/2013-05/2014

Aided the planning department throughout their Strategic Planning process. Created survey instruments and prepared documents that explained the Strategic Planning process to others within the organization.

Renaissance Club

02/2011-03/2012

Worked with adults with mental illnesses, on vocational skills and planning. Facilitated with resumes, interview skills, and job applications.

Professional Trainings

Plummer Permanency Planning

Dawn Jewett, Cheryl Peltler & Lauren Frey

May-September 2019

Summit to Support the Resiliency and Well Being of Staff

Candice Saunder, LICSW & DCF AILT

June 12, 2019

Motivational Interviewing: Helping People Change

Margie Simone, LCSW

May 21, 2019

Developing Nurturing Families and Communities

Maxine Hall & John O'Neil (Family Nurturing Center)

November 13-15, 2018

Advanced Clinical Skills

Mary-K O'Sullivan LMFT, LADC, LPC

June 15, 2018

Advanced Practice Seminar - Critical Thinking

DCF CWI trainers

March 20, 2018

New Supervisor Training Series

DCF CWI trainers

May 2017-June 2017

Ages and Stages of Adoption

Joyce Maguire Pavao, Ed.D.

April 13, 2016

How the Adults in Adoption Impact the Experience of the Children and Themselves over Time

Joyce Maguire Pavao, Ed.D.

March 23, 2016

Working Effectively with LGBTQ Youth

Colby Swettburg, LCSW

February 24, 2016

Understanding and Treating the Complex Puzzle of Non-Suicidal Self Injury

Barent Walsh, Ph.D.

January 20, 2016

Skills Continued

- Effective Communication
- Motivational Interviewing
- Group Facilitation
- Community Outreach
- Assessing Needs
- Working with Diverse Populations
- Empowering Others
- Teamwork
- Organization
- Public Speaking
- Safety Planning
- Microsoft Office

Certifications/Licenses

LSWA

03/2017-Present

Middlesex Children's Advocacy Center 51A & Mandated Report Certificate Program

09/2015-Present

Massachusetts Child and Adolescent Needs and Strengths (CANS)

09/2015-Present

Professional Trainings Cont.

DSM 5 part 2 – Cultural Factors, Specifiers in Diagnosis & Treatment Planning

Judy Bralove, LICSW

December 16, 2015

DSM 5 part 1 – Use of New DSM 5 in Treatment Planning

Judy Bralove, LICSW

November 17, 2015

Family Driven Care Coordination: Using the Wraparound Process

Anthony Irsfeld, Ph.D.

November 2015