

# Kelsey Conn Homonai, MSW, LCSW-C

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## EDUCATION

### Master of Social Work (MSW)

University of Pittsburgh – Pittsburgh, Pennsylvania

Graduated Winter 2013

### Bachelor of Arts in Social Work (BSW)

Salisbury University – Salisbury, Maryland

Graduated Spring 2012

## LICENSURE AND CERTIFICATIONS

- Maryland Licensed Certified Social Worker - Clinical (#21648) **August 2019**
  - Children Youth and Families Certificate – University of Pittsburgh **December 2013**
  - CPI restraint and de-escalation certified (Crisis Prevention Institute) **March 2017**
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## CAREER EXPERIENCE

### Dialectical Behavioral Therapist

Rathbone & Associates

**2020-Present**

Montgomery County, Maryland

- Conduct individual DBT sessions with focus on improving emotional regulation, distress tolerance, mindfulness, and interpersonal skills.
- Assess for suicidality and ongoing need for level of care.
- Actively engage with and participate in weekly DBT consultation team meetings.
- Provide phone coaching for clients and families in times of significant emotional dysregulation.

### Child and Adolescent Therapist

LifeStance Health (Formerly Argo Counseling and Wellness)

**2020-2021**

Annapolis, Maryland

- Maintain a client caseload of children and adolescents ranging in age from 8-17 years to provide evidenced based therapeutic interventions, pulling from Cognitive Behavioral, Dialectical Behavioral, and Narrative Therapy models.
- With clients and their families, create and implement treatment plans to address a variety of diagnoses including depression, anxiety, and attention deficit hyperactivity disorder.
- Use a skills based approach in sessions to teach and practice emotional regulation, distress tolerance, thought challenging, behavior activation, time management/executive functioning, interpersonal skills, among others.
- Provide psychoeducation and ongoing communication with guardians to assure proper focus and implementation of therapeutic skills, and to improve full family outcomes.

### Inpatient Social Worker

Sheppard Pratt Health System

*Adolescent Female Inpatient Unit*

**2017-2020**

Baltimore, Maryland

- Completed psychosocial evaluations for patients ranging in age 11 through 17 with varying levels of IQ, socioeconomic status, disabilities, and family support. Maintained an average caseload of 6-10 patients.
- Provided clinical treatment to patients and families in both individual and family sessions, where psychoeducation, crisis planning, skills training, and discharge planning took place.
- Served as a member of the clinical team, working closely with psychiatrists, nurses, discharge coordinators, specialized therapists, and consultants, to provide clinical recommendations on treatment, community services, and placement or level of care needs.
- Assigned cases to unit social workers and acted as Field Supervisor for advanced level Master of Social Work student interns.

**Foster Care Social Worker**  
The Arc Baltimore  
*Treatment Foster Care*

**2016-2017**  
Baltimore, Maryland

- Based on clinical assessments and in conjunction with the treatment team, developed a written service plan for each child outlining specific goals and when/how they will be met.
- Advocated for and coordinated the provision of community services, per the service plan, and provided clinical assistance to service providers as needed; advocated for children at review board meetings, IEP meetings, Family Involvement and Family Team Decision Making meetings, mediations, court hearings, etc.
- In conjunction with DSS, provided support/consultation to biological families to enhance the child's relationship, as well as the foster families' relationship with birth family members.

**Permanency Specialist II – Foster Care and Adoption**  
The Children's Institute  
*Project STAR*

**2015- 2016**  
Pittsburgh, Pennsylvania

- Provided trauma informed therapeutic services to a diverse caseload of clients through play and narrative therapy techniques to assist children and adolescents in processing their foster care, adoption or reunification experience.
- Adapted services to meet the needs of children with varying diagnoses, including, but not limited to Fetal Alcohol Syndrome, Oppositional Defiant Disorder, Conduct Disorder, and Post Traumatic Stress Disorder.
- Independently prepared families for special needs adoption through training, interviews and home studies.
- Created extensive and all-inclusive Life Books for youth through the practice of therapeutic visitation, coordination with foster and biological families, and utilization of the Child Profile.

**Permanency Specialist II – Intensive Family Support**  
The Children's Institute  
*Project STAR*

**012-2015**  
Pittsburgh, Pennsylvania

- Began as a Permanency Specialist intern in September 2012. Upon showing ability to provide exceptional case management to a full and independent caseload, was hired prior to earning a graduate degree in October 2013.
- Developed and implemented service plans to reflect the unique needs of all assigned clients in collaboration with individual families, referral sources, and judicial guidelines.
- Assessed client needs using formal and informal evaluations, Children and Youth Service recommendations, and client preferences. Provided education to meet the identified goals, including instruction in parenting, child development, budgeting, home management, and crisis intervention.

### **CRITICAL ACCOMPLISHMENTS**

- Presented at the 2019 Maryland Association of Pupil Personnel Annual Conference on the process of psychiatric inpatient admission for children and adolescents.
- Developed and led a Grief and Loss course, as well as a support group for parents during the Family Education Series at The Arc Baltimore.
- Co-created an evidenced based Cognitive Behavioral Therapy inpatient group at Sheppard Pratt.
- Completed a 12 week Dialectical Behavior Therapy training course provided by Sheppard Pratt.