

TIFFANEY MILLS

LICENSED CERTIFIED SOCIAL WORKER CLINICAL

WORK EXPERIENCE

Therapist, Individual & Skills Training

Rathbone & Associates / Rockville, MD / January 2022- Current

- Provide comprehensive DBT treatment to adolescents, adults and families
- Facilitate skills training in group format
- Contributing member of DBT consultation team
- Collaborate with community partners to ensure comprehensive client care

DBT Lead Therapist/Assistant Clinical Program Supervisor

Families First Counseling & Psychiatry / Olney, MD / April 2019-Current

- Provided clinical mental health treatment to both DBT and non DBT clients and families
- Functioned as a contributing member of DBT consultation team
- Facilitated and created content for DBT skills training
- Supervised DBT skills training groups
- Implemented new training protocol and served as lead trainer for onboarding new staff
- Functioning member of DBT management team
- Served as diagnostic therapist for incoming clients/families
- Reviewed and approved clinical documentation to include treatment plans, clinical notes and incident reports, etc.
- Completed chart audits to ensure compliance with professional standards and regulating bodies
- Provided clinical supervision (individual and group) to master's levels social work and counseling clinicians
- Created and maintained supervision standards, best practices and notes
- Collaborated with other clinical supervisors regularly to illicit support and challenge personal clinical skills

Therapist (Contract)

JMJ Healthcare / Bowie, MD / May 2018- July 2019

- Conducted diagnostic evaluations
- Provided psychotherapy to children and adults
- Maintained clinical notes and record

EDUCATION

MASTER'S DEGREE / SOCIAL WORK

Howard University
2012-2015

BACHELOR'S DEGREE / CRIMINAL JUSTICE

Saint Augustine's College
2004-2008

SKILLS

PROFESSIONAL

- Team Oriented
- Professional/Clinical Writing
- Rapport Building
- Clinical Documentation
- Solution Focused
- Leadership
- Verbal Communication
- Problem Solving
- Team Motivation
- Public Speaking/Training

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WORK EXPERIENCE - CONTINUED

Adolescent Therapist

Sandstone Care / Rockville, MD / August 2017-March 2018

- Facilitated both IOP and PHP programming for persons with co-occurring disorders
- Lead multifamily parent groups
- Created therapeutic content to incorporate body movement, breath work and music
- Provided individual, family and group therapy for adolescent and adult clients
- Assisted in collection of urine samples for drug screenings
- Created and maintain clinical records to include progress notes, referrals, and other clinical materials.

Foster Care Placement Coordinator/Diagnostic Social Worker

First Home Care / Washington, DC & Lanham, MD / September 2016-April 2017

- Completed diagnostic evaluations for clients and families. Rendered diagnoses and treatment recommendations
- Created and maintained clinical records for evaluations and referrals
- Maintained database containing active and accurate information on available foster families across Maryland counties
- Collaborated with local DSS agencies in locating and securing safe and appropriate placement for foster care youth
- Conducted home visits to ensure well-being of foster care youth and offer support to foster parents
- Maintain records for foster care youth

Therapist

Synergy Family Services / Hyattsville, MD / 2012-2017

- Provided mental health treatment to individuals and families
- Member of quality assurance team to support and maintain CARF certification
- Served as community outreach specialist responsible for community visibility, referrals and outreach
- Participated in formation of internship program

PROFESSIONAL INTERESTS

- DBT/Contextual DBT
- ACT
- Parental & Perinatal Mental Health
- Racialized Trauma
- Supervision/Professional Development

TRAINING & CERTIFICATIONS

BOARD APPROVED CLINICAL SUPERVISOR

MD BOARD OF SOCIAL WORKER EXAMINERS
APRIL 2020 – CURRENT

BOARD APPROVED CLINICAL SUPERVISOR

MD BOARD OF PROFESSIONAL COUNSELORS
September 2021-CURRENT

CONTEXTUAL BEHAVIOR APPROCHES TO DISTRESS

EMP, UNIVERSITY OF CHICAGO
JUNE 2021

CERTIFICATION IN DBT (C-DBT)

EVERGREEN CERTIFICATIONS
AUGUST 2021 – CURRENT

PERINATAL MENTAL HEALTH

PSI ANNUAL CONFERENCE
ATTENDED: 2020 & 2021