

Sheila Gomez, LICSW
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Permanent/Current Address: 54 Thomas St. Dedham, MA 02026

Education

New York University, New York, NY
Master of Social Work, May 2007

LICSW acquired November 2011
DESE license acquired 2011

Boston College, Chestnut Hill, MA
Campaign
BA in Psychology, Minor in Studio Art, May 2004

Trainings: ~~TCBT~~, DBT, ~~CBT~~, Enough Abuse

Teaching Experience

William James College, Newton, MA (Fall 2016)
"Basic Practices in Case Management"

This course covers the variety of principles, practices, and issues associated with professional case management in human services. The purpose is to learn to coordinate and effectively manage the comprehensive and holistic care of clients, from initial contact through termination of services. This course provides a foundation for conducting needs-based assessments, completing documentation, planning for treatment and service delivery, and integrating, referring, and following up on referrals.

William James College Conference on Diversity (2016)
Presented at the conference as part of a panel focused on family engagement in urban public schools

Social Work Experience

Boston University School of Social Work
Field Education Coordinator (June 2015 - present)

Eliot Community Human Services, MSPCC, Jamaica Plain, MA (April 2014 - present)

Survivor Services Coordinator (July 2018 - 2019)

- Responsible for all aspects of coordination and oversight of VOCA programming across assigned sites.
- Provide clinical supervision and administrative oversight to all VOCA staff and interns
- Provide services to youth survivors and families that meet criteria as outlined by contract specification.
- Assure the orientation of new staff/interns to VOCA programming and the Agency.
- Ensure that all clinical staff/interns are utilizing appropriate Evidence Based Treatment framework(s) and ensure fidelity to framework implementation in assessment, treatment planning and service delivery.
- Provide bi-monthly group supervision, trainings, and in-services for VOCA staff.
- Monitor collection of statistical data for services provided and activities conducted as required by contract specifications.
- Track, manage and prepare quarterly reports on service deliverables in accordance with funder requirements.
- Review all referrals, requests for services, and screenings to determine eligibility for services.
- Support youth survivors and their families with referrals to appropriate services and Victim's Compensation.
- Communicate and coordinate care with pertinent systems (e.g., DCF, DYS, DMH, Courts, DA's, Children's Advocacy Center, mental health or medical providers, etc.) as clinically and legally appropriate.
- Provide Caregiver training "Caring for Youth Who Have Experienced Trauma: An Introduction for Caregivers"

Clinical Supervisor (April 2014 - July 2017)

- Provide clinical and administrative supervision, orientation, and training of clinicians and interns
- Prioritize referrals and make timely and appropriate case assignments to support the clinic director

- Participate in interviewing and make hiring recommendations
- Provide crisis intervention through on-call responsibilities and high-risk Case Reviews
- Participate in the Spirit Committee, in charge of building and maintaining staff morale and interconnectedness
- Provide outpatient therapy

PATHWAYS Coordinator, PATHWAYS Program (August 2014 - present)

- Collaborate in the implementation of PATHWAYS programming by coordinating and overseeing Eliot/MSPCC's effective participation collaboration with William James College and school partners in the provision of PATHWAYS services
- Recruit and hire Interns and ensure the fulfillment of necessary requirements established by Interns' school programs
- Track data, manage and prepare reports on service deliverables as required by funders and program evaluation activities
- Engage school personnel, clients and families in risk assessment, safety and crisis prevention planning and response
- Provide weekly individual supervision and regular group supervision and didactic trainings to between 4-6 interns
- Supervise the implementation of evidence-based and trauma-informed mental interventions aimed at increasing school engagement and success, reducing suspension and truancy rates, and decreasing psychosocial difficulties that interfere with successful academic performance
- Attend Student Support Team meetings and collaborate with families and teachers to identify and assess students who present with social, emotional, or behavioral school difficulties to determine if untreated mental health needs, victimization/exposure to traumatic events, substance abuse, or other psychosocial stressors could be interfering with the student's ability to function successfully at school and link them to the appropriate resources as needed
- Facilitate and monitor the ongoing work with the Operation Graduation Students, a program supporting students at risk for not graduating from high school in the attainment of a high school diploma.
- Provide clinical supervision and administrative oversight to outpatient clinicians

Clinical Director, Eliot Community Health Services, Brockton (July 2013-April 2014)

- Coordinate and provide individual, group and family therapy to clients involved in a DYS residential program
- Coordinate treatment meetings to discuss Individual Service Plans, progress reviews, re-entry plans and discharge plans
- Oversee the medication, medical needs and mental health of residents
- Oversee, monitor, facilitate DBT, Treatment/Prevention and Relapse Prevention groups
- Developed a 5 month DBT group therapy program
- Supervise Masters Level Clinicians

Italian Home for Children CBHI (July 2011-2013)

In-Home Therapy Clinician

- Worked as part of a collaborative team with a Therapeutic Training and Support Staff to provide Evidence Based services to children (ages 2-11) and families, weekly, in their homes
- Assist families in gaining access to resources in their communities and make appropriate referrals as needed.
- Complete all necessary paperwork and authorizations as per the requirements of CBHI services.
- Developed and presented a training on Mental Learning Disability to clinical staff.

Watertown Public Schools (November-2012)

Social Worker, Contracted Employee Family work with student with a TBI

Walke Partnerships Cunniff Elementary School (September 2011)

Social Worker/Behavioral Specialist

- Utilized Evidence Based Practice models to conduct weekly individual and group sessions with children ages 4-12 that have been identified as requiring emotional or behavioral support. Intervened during crises by utilizing de-escalation and stabilization techniques and evaluating need for a higher level of care. Assisted in the development and implementation of IEPs and 504s. Provide support for classroom teachers through weekly consultations and developing behavior plans.

- Supervised the Behavioral Specialist Assistant in counseling services and behavior management techniques to be utilized with the students.
- Create and deliver a PowerPoint Presentation on De-escalation techniques and Restraint procedures to teachers, instructional assistants and after school providers.