

Gabriel J. Vega

Clinical Mental Health Counselor

Top Endorsed Skills:

Public Speaking (29)

Leadership (22)

Training (17)

Professional Summary: A highly motivated compassionate young professional, dedicated to making a difference in community advocacy with a particular interest in at-risk and disenfranchised groups. I am currently an unlicensed, license eligible (expected: September 2021), Behavioral Health Clinician working with at-risk adolescents at Spaulding Youth Center. I specialize in treating complex trauma within milieus, and my future goals are to open a facility that provides trauma informed treatment for LGBT children, adolescents and families struggling with trauma, addiction, and co-occurring disorders.



Plymouth, NH, 03264
United States



EMAIL
gjv1010@plymouth.edu



WEBSITE
gabrieljvega.weebly.com

EXPERIENCE

Spaulding Youth Center, Northfield, NH

Behavioral Health Clinician (Oct. 2019 – Present):

- Provide individual, family, and group therapy as outlined in IEPs and treatment plans for 11 adolescent aged individuals.
- Coordinate with Family Workers and other team members to ensure consistent communication with parents/guardians and collaterals.
- Collaborate with interdisciplinary team members, including Behavior Analysts and Nursing, regarding treatment planning and recommendations appropriate to the residential and academic settings.
- Participate in case management activities as needed to ensure that each child's needs are being met according to the treatment plan.
- Provide in-service trainings for other clinical staff as well as other departments on relevant diagnoses and treatment techniques.

Becket Family of Services, Mount Prospect Academy, Bradford, VT; Pike, NH

Intern (Mar. 2017 – Oct. 2018), Dual role as Milieu/Permanency Clinician (Oct. 2018 – Oct. 2019)

- Provided mental health and substance abuse services for 11 at-risk adolescent males from Vermont, Massachusetts, New Hampshire, and Maine who were placed at MPA Pike; MPA Pike consisted of a higher level locked facility, an enhanced residential facility used as a step-down, as well as a general facility with males presenting with an array of co-occurring mental health impairments. Post internship, I was also hired as the first dual role position as a Milieu/Permanency Clinician.
- Lead group therapy focused on trauma treatment, DBT/EMDR skill building, social/emotional learning and independent living.
- Eye Movement Desensitization and Reprocessing (EMDR) Basic Trained (62 Hours Total).
- Co-lead adventure group therapy such as mountain biking in the Vermont wilderness, LGBT identity developments groups, social emotional learning groups, faculty and student yoga/mindfulness groups, as well as independent living groups.
- Participated in Clinical On-call rotation for one week every 4-5 weeks, as well as participated in 24/7 on-call support for family

visits, family travel, and family crisis. This on-call supported the milieu and family either via phone or in person depending on the level of support needed.

Lakes Region Mental Health Center, Laconia, NH

Child & Family Therapist (Jan. 2018 – Oct. 2018)

- Provided individual therapy for clients ages 3-21; this one-on-one service helped decrease distress, reduce psychological symptoms, and improve positive behaviors. I carried a caseload ranging from 40-55.
- Facilitated family therapy to improve how the family functions, communicates and deals with issues and problems.
- Administered weekly psychological evaluations and assessments which assist the Children and Family team in diagnosing and identifying the treatment needs of the child.
- Collaboratively supported Functional Support Services (FSS), a community-based service that helps the child learn and practice new skills where they live, learn and play, also providing parents with the skills and resources they need to better support their child.
- Co-lead group therapy focused on improving skills in a variety of areas, including self-esteem, communication, problem-solving and teamwork.

Plymouth State University Writing Center, Plymouth, NH

Graduate Assistant, Assistant Director (Aug. 2014 – Aug. 2017)

- Helped 4,200+ graduate and undergraduate students across disciplines at any stage of the writing process, such as brainstorming, creating outlines, sharing a draft or partial draft, responding to assignment feedback, checking mechanics, grammar, and citing sources.
- Facilitated weekly professional development staff meetings about the writing process and consultations, as well as discussed topics such as interpersonal effectiveness and teamwork.
- Created and promoted the annual National Day on Writing, which celebrates diverse writing across the globe, as well as helping writers from all walks of life to recognize the importance of writing.
- Generated a safe and friendly environment for group work, as well as offering genuine feedback and providing support for both individual and collective projects focused on public speaking.
- Participated in campus-wide classroom presentations on what the Writing Center offers and ways students can maximize their potential of utilizing the university resources.

EDUCATION

Plymouth State University (2018):

Master of Science (M.S.) Clinical Mental Health Counseling

Areas of study: best practice trauma treatment, addictions counseling

Franklin Pierce University (2014):

Bachelor of Art (B.A.) English | Mass Communications

Areas of leadership: Community development, event management, interdepartmental program operations

COMMUNITY DEVELOPMENT

- Trust Based Relational Intervention (TRBI) Trainer (2020-Present)
- Annual Vermont Be True Yoga Festival | Volunteer (2016 – Present)
- 12th Annual Diversity Institute | Steering Committee (2015)
- Plymouth State Graduate Research Society | VP, President (2015 – 2016)
- Showcase of Excellence | Steering Committee (2015 – 2016); Presenter (2015); Closing Speaker (2016)
- Love Of The Universal Spirit (L.O.T.U.S.) | VP, Founder (2012 – 2014)
- Franklin Pierce Gay Straight Alliance | VP, President (2009 – 2014)

RESEARCH

- **Northeastern Educational Research Association (NERA) (2017):**

***Title: Survey:** Determining student affairs practices at institutes of higher education for specific focus areas (veterans, mental health & wellness, gender issues, non-traditional students, etc.)*

Presenters: Dr. Clarissa Uttley; Gabriel Vega

- **Showcase of Excellence (2016):**

***Title:** Comparison of GLBT Homeless Youth Experiences and Their Heterosexual Counterparts (Cochran et al., 2002)*

Presenter: Gabriel Vega (Clinical Mental Health Counseling)

Faculty Sponsor: Dr. Stephen Flynn