

# **Lexi Alberts, MSW, LICSWA**

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## **Education**

Masters in Social Work – Integrative Health-Mental Health June 2018  
*University of Washington*

B.A. Degree, emphasis in Psychology and Social Work June 2014  
*The Evergreen State College*

## **Mental Health & Social Service Experience**

**Mental Health Program Manager** 09/2018–01/2021

*Partners in Prevention Education*

- Provided therapy to unhoused and unstably housed survivors of violence
- Managed contracts for program therapists, trained therapists on organizational policies, record keeping, and procedures
- Developed outreach materials and outreached to community partners and consumers to increase service utilization by our target population of marginalized survivors of violence
- Managed program supplies budget, including purchase and distribution of gender affirming goods
- Developed program policies and procedures, solicited staff and therapist feedback to optimize program function

- Updated Mental Health Resource Guide quarterly for accuracy and cultural/linguistic appropriateness to unhoused and QTBIOPIC communities
- Conducted community member applications for therapy on-demand and assessed each client therapy application for eligibility, centering the goal of serving survivors who are houseless or street-dependent, or newly housed and have multiple marginalized identities
- Engaged in advocacy with ineligible or waitlisted applicants to support them in accessing low/no income counseling options in surrounding area
- Wrote letters for Gender Affirming Surgeries when requested, followed up with insurance denials and re-wrote letters as needed
- Wrote Emotional Support Animal letters when requested
- Measured MHP quarterly outcomes prioritizing retention rate, housing status, and demographic data
- Consulted cases with contract therapists as needed between group consultation, including connecting them with relevant service organizations

### **Graduate Intern Therapist**

09/2017-06/2018

*The Evergreen State College Health and Wellness Center*

- Provided therapy to weekly caseload of therapy clients
- Co-facilitated weekly therapy group on topics including: mindfulness practices, healthy relationship skills, and trauma healing for women of color
- Attended weekly trainings on health and mental health topics given by professionals in the community with topics ranging from psychiatric care, herbalism, crisis intervention, and Veterans Affairs support
- Participated in weekly integrative team meeting between health and mental health providers to assess best practice and coordinate care for shared clients

- Participated in weekly therapy consultation both in group and individual settings
- Developed case-conceptualizations through Multicultural Counseling theory
- Developed presentation on Multicultural Counseling and Identity Development, presented to Health and Wellness Center staff and interns

### **Graduate Intern Advocate**

07/2016–06/2017

*Family Support Center and Family Justice Center of South Sound*

- Facilitated Rapid Rehousing, ACEs, and Vulnerability Index interviews with clients
- Facilitated Hope Scale Assessments with clients
- Connected clients with community resources in-person and over the phone
- Collaborated with clients to set their self-defined housing, employment, and family strengthening goals
- Staffed shelter for families experiencing homelessness
- Served as a sexual assault advocate and accompanied clients to court for protection order hearings

### **Collective Member**

03/2013–Present

*Books to Prisoners*

- Develop and host community fundraisers
- Respond to letters from prisoners and mail their book requests
- Develop and facilitate workshops that explore incarceration from a social justice lens

### **Advocate and Group Co-facilitator**

10/2015–06/2016

*Partners in Prevention Education*

- Developed psycho-educational materials for sexual violence therapy group and organization
- Facilitated psycho-education in therapy groups

- Served as WCSAP-certified Sexual Assault Advocate

### **Crisis Phone Line Operator and Intern**

7/2013–06/2014

*The Crisis Clinic of Thurston and Mason Counties*

- Responded to calls on phone line with crisis intervention
- Co-facilitated academic internship support group
- Researched self-care literary materials, developed and facilitated vicarious trauma workshop

### **Student Group Co-Coordinator**

09/2012–06/2014

*The Coalition Against Sexual Violence, The Evergreen State College*

- Organized and facilitated events for Sexual Assault Awareness Month
- Wrote budget proposals for campus events and student advocacy training at Safe Place
- Collected, formatted, edited, and distributed a yearly publication of student writing about sexual violence
- Coordinated and co-facilitated consent workshops for students annually
- Developed and facilitated workshops on how to recognize and mitigate vicarious trauma

### **Trainings & Conferences**

Gender Affirming Indigenous Mental Health Care Monthly Seminar	2020–2021
Evaluating Emotional Support Animal Requests	2021
Telehealth & The New Normal	2021
Emotional Support Animals and Mental Health	2021
Internal Family Systems Intensive Online Course	2021
Dialectical Behavioral Therapy Digital Seminar	2021

SSI/SSDI Outreach Access & Recovery Certification	2020
Providing Gender Affirming Mental Health Care	2019
Washington Coalition of Sexual Assault Programs Therapy Core Training	2019
Post-Traumatic Growth Training	2019
HIV/AIDS Training for WA Health Care Professionals	2018
Gender Odyssey Conference – Gender Affirming Health Care	2018
National Alliance on Mental Illness Conference	2020
Certified Sexual Assault Advocate	2017
Certified Domestic Violence Advocate	2017
Community Youth Services Homeless Youth Outreach	2016
Crisis of Thurston and Mason Counties Crisis Intervention	2012