

Sarah Portner, LCSW-C

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Education & Licensing

Master of Social Work / Combined Concentration

Bachelor of Social Work (Major), Media & Communication Studies (Minor)

The Catholic University of America, Washington, DC / Cumulative GPA: 3.8

LCSW-C license issued by the Maryland Department of Health & State Board of Social Work Examiners (Active & in Good Standing), License # 24256

Work Experience

Mental Health Therapist, St. Jerome Counseling Program

September 2020 - present

- Conduct biopsychosocial assessments, formulate diagnostic impressions and diagnoses
- Provide psychotherapy to individuals and couples
- Treat mental health and behavioral health conditions including but not limited to anxiety, depression, eating disorders, pornography addiction
- Collaborate with Clinical Director and colleagues in ongoing program improvement
- Keep up-to-date records and perform other administrative responsibilities
- Give talks on mental health topics to varying audiences
- Conduct research to inform practice
- Integrate Client Advocacy and Case Management efforts as appropriate

Mental Health Therapist, Mental Wellness Ministry at Our Lady of the Fields Catholic Church

November 2019 - October 2022

- Designed the new Mission & Vision for the Program, as well as all Intake paperwork
- Conducted biopsychosocial assessments, formulated diagnostic impressions and diagnoses, and provided psychotherapy to individuals, couples, and families
- Treated mental health and behavioral health conditions
- Designed Treatment Plans for Clients, and actively pursued subsequent goals
- Designed and ran workshops for parents of Religious Education students
- Interfaced with Parish staff and Parish members in sharing information about the Mental Wellness Ministry, design resource and marketing materials

Helpline Representative and Team Captain, Gabriel Network

March 2019 - October 2021

- Served as Helpline Team lead and primary contact person for all new clients and many ongoing Follow-Up Clients
- Conducted Intakes (English & Spanish), provided (crisis) counseling over the phone as needed
- Provided support and training opportunities to volunteer team leaders and their members
- Served on a small task force focused on Program evaluation and improvement
- Expanded Helpline Team: designed training and onboarding curriculum, trained and supervised new Helpline Representatives

- Collaborated with other organizations
- Conducted research pertinent to improved Client outcomes
- Made referrals and advocated for Clients in meeting basic needs, finding housing, getting connected with sustainable support
- Provided Case Management services and performed administrative responsibilities - including data collection and analysis - to optimize Helpline program
- *A colleague hired around the same time and I were the first Social Workers on Staff, began working with a Social Work Supervisor ASAP (May 2019)*

Pregnancy Counselor - Bethany Christian Services

September 2018 - January 2019

- Conducted assessments, provided clinical support to Clients in crisis
- Provided options counseling, comprehensive support, and advocacy for clients (including birth mothers, birth fathers, and infants) throughout Maryland in home, hospital, and office settings
- Exercised thoughtful problem solving as part of crisis intervention
- Coordinated all infant care during Interim Care periods, supported Interim Care families
- Maintained thorough documentation and reports
- Worked in tandem with attorneys and other agencies to effectively meet clients' needs
- Marketed agency programs
- Performed On Call responsibilities

Student Minister – The Catholic University of America

2015 – 2016 Academic Year, 2016-2017 Academic Year

- Provided emotional and spiritual support to students in one-on-one, residence hall, and campus-wide environments
- Maintained relationships with approximately 65 residents each year (freshmen and sophomores), as well as other students from the campus community
- Worked as an individual as well as a team member to plan small and large scale events
 - One on one meetings, small groups, panels, guest speaker series, retreats, & campus-wide events
- Maintained responsibility for campus-wide marketing and communication efforts
 - Oral and written correspondence, collaboration with other offices and organizations, graphic design

MSW Intern – Beacon House

2017-2018 Academic Year

- Mentored students ages 5-13
- Created and implemented Her Joy, a small group for girls ages 9-13
 - Weekly activities based in self-esteem building, health and wellness, & creativity
- Contributed to an organization-wide assessment team: data collection, presentation
 - Assessment tool: YPQI Assessment for After School Programs
- Designed evidence-based marketing materials, updated organization website

BSW Intern – The Northwest Center: Pregnancy Center and Maternity Home

2016-2017 Academic Year

- Provided support to Pregnancy Center & Maternity Home Clients: conducted Biopsychosocial assessments, phone screenings, intakes, case management, Step-Up (Check-in) and Pregnancy Test appointments

- Completed a Senior Thesis on Prenatal Care and Exercise (policy, prenatal care, health and wellness, service delivery, and agency research)
- Took part in outreach and educational workshops

BSW Intern – Catholic Charities Refugee Service Center, Washington, DC

Spring 2016

- Conducted intakes and other appointments, conducted resume coaching and job research
- Utilized the Spanish language in some client interactions
- Piloted the Human Trafficking Victims Assistance Program

Counselor - Light the World! Summer Institute

Summer 2017

- Mentored high school students in faith, college discernment, & career/hobby interests
- Worked as part of a close knit team, led discussions, shared a witness talk, and helped in executing day trips and events

Other Work Experience & Skills

BSW Intern – Catholic Charities Refugee Service Center, Washington, DC

Spring 2016

- Conducted intakes and other appointments, conducted resume coaching and job research
- Utilized the Spanish language in some client interactions
- Piloted the Human Trafficking Victims Assistance Program

Applied Behavior Analysis Therapy Assistant

Summer 2016

- As part of caring for a child who has Autism and Fragile X Syndrome, I shadowed and assisted in approximately ten hours of ABA therapy weekly

Volunteer Experience

Sacred Heart Church - Bowie, MD

- Kindergarten Religious Education Teacher (2019-2020)
- High School Girls' Small Group Leader

The Catholic University of America

- Mission Trip – Kingston, Jamaica
- Border Mission / Immersion trip – El Paso, Texas, Las Cruces, New Mexico, and Juarez, Mexico
- Beacon House- Washington, DC (Volunteer & Service Leader, 2013--2015), & various other service sites

St. Mark the Evangelist Parish – Londonderry, NH

- Music Minister, Religious Education Teacher, Youth Minister (2008-2016)