



Maine Township
1700 Ballard Road
Park Ridge, Illinois 60068

Special Township Board Meeting

NOTICE IS HEREBY GIVEN that a Special Township Board Meeting of the Maine Township Board, Cook County, Illinois will be held on Monday, March 16, 2020 at 6:30 p.m. in accordance with Section 80-10(b) of the Illinois Township Code, 60 ILCS 1/80-10(b). Said meeting has been called by Township Supervisor Laura Morask. The meeting will be held at 1700 Ballard Road, Park Ridge, IL 60068, for purposes of considering the following agenda:

SPECIAL BOARD MEETING AGENDA

Call Meeting to Order
Pledge of Allegiance
Roll Call

1. Public Participation
2. Approving of Annual Town Meeting Agenda
3. MaineStay Full-Time Therapist Open Position
4. Adjournment

Peter Gialamas
Maine Township Clerk

**Maine Township
Annual Town Meeting Agenda
April 14, 2020
7:00 p.m.**

- 1. Call meeting to order**
- 2. Pledge of Allegiance**
- 3. Selection of Moderator and Parliamentarian**
- 4. Old Business**
 - * Approval of Minutes of the 2019 Annual Town Meeting
 - * Supervisor's Report
 - * Awards Presentation
- 5. New Business**
 - Sgt. Karen Lader Memorial Good Citizen Award
 - Approval of Resolution 2020-3 Establishment of Date for 2021 Annual Town Meeting
 - Approval of Resolution 2020-4 Compensation of Moderator
- 6. Public Comments**
- 7. Adjournment**



Memo

To: Maine Township Board

From: Richard Lyon, MaineStay Youth & Family Services Director

Date: March 11, 2020

Re: Family Therapist Position

Attached please find cover letter and resume for the candidate we are recommending for the position of Family Therapist. This position became open when Family Therapist Naomi Bowman was promoted to the position of Assistant Director on February 25, 2020.

Director Richard Lyon, MA, LCPC, CADC
MaineStay Youth & Family Services
1700 Ballard Road
Park Ridge, IL 60068

19 February 2020

Dear Director Lyon,

It is with great enthusiasm that I am applying to be a Family Therapist with MaineStay Youth & Family Services. As you will find in my attached resume, I am a Licensed Professional Counselor (LPC) in the state of Illinois. I most recently worked as an Outpatient Therapist at Leyden Family Service & Mental Health Center with a caseload comprised of children, adolescents and adults from varied contexts and identified needs.

My experience in community mental health afforded me the opportunity to work with individuals wrestling with persistent mental illness (i.e. Schizophrenia, Personality disorders, etc.) and complex trauma cluttered throughout their narrative. Many of my clients simultaneously grappled with anxiety, depression, life transitions and substance use. Much of my work involved supporting clients as they learned how to assertively establish interpersonal boundaries and heal from relational traumas.

My theoretical approach blends psychodynamic, family systems and humanistic modalities to help people identify how past wounds affect their life in the present. I enjoy integrating expressive therapies such as art, writing, music and sand tray in my work to strengthen the therapeutic rapport. Each person's path towards restoration is unique. I receive the privilege to enter the sacredness of people's vulnerability with deep gratitude, and I am committed to honoring the pace of their trust.

I am compelled by MaineStay's dedication to ensuring accessibility for all Maine Township residents to support the growth of healthier families using a strengths-based approach. My cross-culturally informed training in trauma-focused interventions and my work with children, adolescents and adults with disabilities and/or histories of abuse/neglect has equipped me to work with people of multiple backgrounds. Furthermore, I am hoping that the chance to work with MaineStay would allow to me continue applying my clinical interests of trauma-focused care and restorative work with persons who have been marginalized and wounded by our society on the basis of racial and/or ethnic identification, age, socioeconomic status, and/or gender.

I am sure that I would learn a wealth of knowledge from the professionals at MaineStay Youth & Family Services. I look forward to discussing my qualifications with you. Thank you for your time and consideration.

Gratefully,

EDUCATION

Clinical Mental Health Counseling, MA

Wheaton College Graduate School
(CACREP accredited)

2016 – 2018

Creative Writing, BA

University of Illinois at Chicago

2010 – 2014

LICENSE & CERTIFICATIONS

Licensed Professional Counselor (LPC)

License No: 178.014.140

National Certified Counselor (NCC)

Trauma-Focused CBT (Completed Online Certification)

Psychological First Aid (Completed Online Certification)

LANGUAGES

English

Spanish (Conversational)

Tagalog (Filipino)

linkedin:

EXPERIENCE

Outpatient Therapist | Leyden Family Service & Mental Health Center Franklin Park, IL / May 2019 – December 2019

- ✦ Maintained caseload of 25-30 clients comprised of children, adolescents and adults who have experienced complex trauma and experience symptoms related to anxiety, depression, substance abuse gender dysphoria and other issues related to mental health

- ✦ Conducted intakes using IM+CANS assessment tool for clients with Medicaid, assigned diagnoses, identified needs and developed treatment plans outlining client goals, objectives and therapeutic interventions, used to guide clients towards progress

- ✦ Provided individual therapy sessions utilizing approaches that are cross-culturally informed while integrating Psychodynamic, Humanistic and Existential modalities

- ✦ Collaborated with staff psychiatrist and attended treatment team meetings for participate in client centered consultation

Aftercare Clinician | Leyden Family Service & Mental Health Center Franklin Park, IL / September 2018 – May 2019

- ✦ Engaged clients in their milieu and empowered them in their context through community support, case management, individual therapy and facilitation of psychosocial rehabilitation groups

- ✦ Maintained a caseload of 7-9 clients wrestling with severe and persistent mental illnesses (e.g. Schizophrenia, Borderline Personality Disorder, Bipolar Disorder, Post-traumatic Stress and Gender Dysphoria) and utilized strengths-based approach to motivate improvement with their independent living skills and Dialectic Behavioral Therapy (DBT) to help clients learn how to emotionally regulate and increase their distress level tolerance

- ✦ Evaluated and screened client candidates for the Transitional Living Program through interviews and following up with provided references

Counseling Intern | Trinity Christian College Counseling Center Palos Heights, IL / August 2017 – May 2018

- ✦ Engaged with college students seeking therapeutic services for challenges related to anxiety, adjustment disorder, depression, trauma and substance abuse

- ✦ Received individual & didactic supervision and learned how to conceptualize and present clinical cases

Research Assistant | Wheaton College Graduate School Wheaton, IL / September – December 2017

- ✦ Managed professor's research on cross-racial trust factors between people of color who have had White mentors in the counseling profession

Clinical Intern | Neurofeedback & Integrated Therapeutic Institute Naperville, IL / May – July 2017

- ✦ Administered biofeedback by applying monitor sensors to specific points on clients' craniums and integrated therapeutic interventions during individual therapy sessions in concert with biofeedback

- ✦ Utilized play therapy during individual therapy sessions with children wrestling with Fetal Alcohol Syndrome Disorder (FASD) and other cognitive deficits caused from abuse/neglect
