

TOCCARA N. LYNCH



EDUCATION

Master of Social Work, East Carolina University - May 2009

Bachelor of Science, Family and Community Services, East Carolina University - May 2007

LICENSURE

Licensed Clinical Social Worker, State of North Carolina, December 2012, #C008116

Licensed Clinical Social Worker, State of Texas, July 2017, #64600

CERTIFICATIONS

Internal Behavioral Health Consultant, Trained by: Defense Health Agency
CBT for Chronic Pain

GROUP FACILITATIONS

Mental Health Crisis Stabilization Group

Womens Mental Health Support Group

Parenting Skills Support Group

Anger Management for Adults

Anger Management for Kids

ANCILLARY SERVICES

Department of Veterans Affairs, Social Work Service:

- Education Committee
- Social Committee
- Mentor of New Employees
- Provided Supervision of Social Work Student Interns

PROFESSIONAL HIGHLIGHTS

Adjunct Social Work Professor August 2019-Present

Angelo State University, San Angelo, TX

- Educate students, facilitate discussions, and grade assignments, timely via online platform.
- Serve as mentor and advisor to students within Social Work department.

Behavioral Health Clinician, Utilization Management October 2019- Present

Aetna, Remote Position

- Utilize advanced clinical judgment and critical thinking skills to facilitate appropriate member behavioral healthcare through assessment and care planning,
- Direct provider coordination/collaboration, and coordination of psychosocial wraparound services to promote effective utilization of available resources and optimal outcomes.

- Uses advanced clinical skills, performs crisis intervention and provides crisis follow up to members to help ensure they are receiving the appropriate treatment/services.
- Identifies members at risk for poor outcomes and facilitates referral opportunities to integrate with other products, services and programs.
- Complete PHQ 9 screeners daily.
- Work independently and remotely while managing a high case load.

Behavioral Health Consultant, January 2019-October 2019

DoD Contractor, Laughlin Air Force Base, Del Rio, TX

- Independently delivered brief, behaviorally based interventions that emphasize education, skill-building, self-management and solution focused strategies to Active Duty members, Veterans, & Sponsors within military treatment facility.
- Made appropriate referrals to the specialty mental health clinic when needed & provide crisis intervention as needed.
- Worked cohesively within primary care team to address behavioral concerns of patients in fast paced environment providing same day care. Provide initial consultation and follow-up to patients with positive Depression, Anxiety, PTSD and Alcohol use screeners.
- Facilitated classes pertinent to chronic medical/behavioral trends within the clinic (sleep, stress management, weight management)

Mental Health Social Worker, December 2014- August 2018

Department of Veterans Affairs, Greenville, NC

- Independently conducted psychosocial assessments and provide psychosocial treatment to a wide variety of individuals from various socio-economic, cultural, ethnic, educational and other diversified backgrounds.
- Maintained caseload of individuals with complex concerns such as dual diagnosis, poly-trauma injuries, spinal cord injuries, traumatic brain injuries, visual and hearing impairment and other chronic medical needs.
- Provided consultation, education, case management and referrals to VA and/or community services when required.
- Implemented treatment modalities in working with individuals, families and groups who are experiencing a variety of psychiatric, medical and social problems to achieve treatment goals.
- Developed treatment plans in collaboration with the Veteran, family and behavioral health interdisciplinary treatment team (BHIP).

Special Needs Coordinator, May 2013-December 2014

DoD Contractor, Seymour Johnson Air Force Base, Goldsboro, NC

- Oversaw and managed Exceptional Family Member Program (EFMP).
- Coordinated care for individuals enrolled in the program who are experiencing a wide range of complicated medical, psychiatric, emotional, behavioral, financial, legal and psychosocial problems
- Provided short term, solution focused counseling to family members that were enrolled in EFMP.
- Ensured medical/educational service requirements for special needs families could be met when sponsors undergo reassignment.

Psychotherapist, November 2010-December 2014
Restoration Place, Rocky Mount, NC

- Completed clinical assessments and provided counseling for children, adults, and families on a contract basis. This position was an apprenticeship.

Psychotherapist, April 2011- May 2013
Valiant Families Counseling & Consulting, Rocky Mount, NC

- Completed clinical assessments and provided counseling for children, adults, and families.
- Facilitated adolescent anger management groups & parenting classes for individuals involved with Child Protective Services.
- Provided court testimony and administered reports as needed.

Renal Social Worker, August 2009-January 2011
Fresenius Medical Care, Rocky Mount, NC

- Assessed dialysis patients' psychosocial status, strengths and areas of need that may affect rehabilitation and optimal treatment outcomes as part of the comprehensive patient assessment.
- Participated in care planning in collaboration with the patient and healthcare team to identify effective interventions that will help the dialysis patient meet treatment goals and improve quality of life.
- Provided support and goal directed counseling to dialysis patients while emphasizing on self-care.

School Social Worker, Intern, August 2008-May 2009
Nash-Rocky Mount Public Schools, Rocky Mount, NC

- Provided weekly counseling sessions for at-risk school students.
- Implemented support groups pertaining to Domestic Violence, Self-Esteem, and Anger Management.
- Evaluated progress and behavior of students through case management.
- Visited students who were residing at the Domestic Violence Shelter to discuss transition and provided short term counseling.

Social Worker III (Investigative), Intern, January 2008-May 2008
TEDI BEAR Children's Advocacy Center, Greenville, NC

- Assessed sexual/physical abuse cases and the investigative process during forensic interviews.
- Aided in developing Multidisciplinary Teams to enhance the system response to child abuse concerns, as well as outcomes for child abuse victims within North Carolina region.

Case Manager, August 2006-August 2007
Life-STRIVE Greenville, NC

- Provided job readiness training to clients, which developed the interpersonal and behavioral skills needed to create financial independence.

Social Worker II, Childcare Caseworker, Intern, January 2007-May 2007
Department of Social Services, Greenville, NC

- Conducted monthly-unannounced visits to childcare providers to ensure proper procedures were being followed.
- Determined eligibility requirements to assist low-income families with the cost of paying their childcare.