

MICAELA COSTA

📍 93 Canonicus Trail, East Greenwich, Rhode Island 02818 📞 401.207.2269 ✉️ micaelacosta21@yahoo.com

Social Work Faculty Position

*Crisis Intervention ~ Risk Assessment ~ Cross-functional Collaboration
Leadership ~ Case Management ~ Rapid Conflict Resolution*

QUALIFICATIONS PROFILE

Highly motivated, multifaceted, and goal-driven professional, with extensive experience in the field of social services within diverse clinical settings; complemented with background in teaching and leadership. Keynoted as an effective leader, with capability to lead and manage cross-functional teams to ensure successful attainment of set-forth goals and objectives. Well versed in providing mental health counseling to individuals, groups, and families, clinical supervision, employee mentorship and leadership. Adept at performing initial assessments of client's situation as well as developing and executing treatment plans to identify, provide needs and goals and safely discharge highly complex patients. Equipped with exceptional communication and interpersonal skills in cultivating productive rapport with professionals at all levels. Technically proficient with Microsoft Office Suite (Word, Excel, PowerPoint, and Outlook), Black Board, CPRS, VISTA, website design, movie creation, and multiple virtual platforms.

TEACHING EXPERIENCE

Bridgewater State University | Bridgewater, MA

Part-Time Instructor

2020

- Taught Advanced Research and DSM V courses to graduate school students

LEADERSHIP EXPERIENCE

Brockton VA Medical Center (VA Boston Healthcare System) | Brockton, MA

Inpatient Mental Health Social Work Supervisor

2016–Present

- Supervise eight inpatient social workers both in clinical and administrative aspects
- Actively participate in leadership meetings to advocate the Social Work Department as well as in innovative project design and program development
- Help in the selection and hiring of seven inpatient mental health social workers
- Manage group programming for the inpatient in collaboration with Whole Health, Mental Health Intensive Case Management (MHICM), Psychosocial Rehabilitation and Recovery Center (PRRC), and the Homeless Team to improve treatment
- Ensure completion of comprehensive suicide risk assessment (CSREs) within inpatient mental health and gather data to monitor compliance in the department
- Render clinical support to mental health social workers trainees within the department while assessing employee performance and complete annual reviews
- Employ interpersonal skills in communicating with multiple teams and professionals, including:
 - Multiple disciplines in ensuring quality improvement of practice;
 - Inpatient mental health social work supervisors throughout the A1 facilities for quality improvement; and
 - Mental Health leadership in organizing and executing the MH Summit in 2018
- Maintain coordination of care to veterans within the acute and sub-acute inpatient mental health units in accordance with the inpatient mental health social work responsibilities, and assisted with complex cases to the inpatient mental health service
- Assume responsibility in authorizing or denying time and leave requests through VATAS; generating a comprehensive resource folder for the inpatient mental health social work service; and updating template notes to attach health factors for data collection
- Lead a subcommittee in developing two GS 12 positions on the inpatient mental health service, which was approved by the chief of staff
- Draft functional statements for the current GS 9, 11, and 12 positions within Inpatient Mental Health along with SOP handbook for inpatient mental health social work service
- Provide assistance in coordinating social work coverage for the MH Bed Search Team for one and a half month

Career Highlights

- ✓ Worked with leadership after the national social work encounter guidelines review to properly match encounters to clinical notes, which improved the relative value unit (RVU) rating of the inpatient mental health social work staff
- ✓ Garnered numerous awards, such as Social Work Hero Award in 2019 and Social Worker of Year in 2017 as well as the Whole Health Champion for inpatient mental health
- ✓ Played a vital role in facilitating six competency trainings for the social work service focused on completing a literature review and on using the knowledge library; educational competency training focused on guardianship process; and a 20-minute lecture on the publication process for social work service
- ✓ Built a website to provide information to DSW prospective students regarding the programs within the US as well as the benefits and implications of the degree for the field of social work

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CLINICAL EXPERIENCE

Brockton VA Medical Center (VA Boston Healthcare System) | Brockton, MA

Inpatient Mental Health Social Worker

2013–2016

- Observed signs and symptoms of psychiatric function in acute psychiatric unit and render brief crisis counseling to veterans and veterans support system
- Conducted sessions to two groups on a weekly basis, including positive thinking and recovery, memories, and life
- Served as a member of Multidisciplinary Treatment Team and helped in developing Treatment Team
- Performed biopsychosocial assessment and prepared suicide behavior reports, mental health safety plan, and recovery plan
- Rendered support in coordinating discharge planning and referred veteran to appropriate aftercare
- Acted as mental health officer in urgent care while supervising Master of Social Work (MSW) students and licensed clinical social worker (LCSW) staff

Career Highlights

- ✓ Received various awards such as Social Work Hero Award in 2015 and 2014 as well as Pickle Award in 2014

Our Lady of Fatima Hospital | North Providence, RI

Social Worker, Inpatient Mental Health

2009–2013

- Keenly monitored signs and symptoms of psychiatric functions for both geriatric and adult populations within acute psychiatric unit
- Offered consultation to both patients and families across individual and group format
- Informed patients and families regarding psychiatric illness and coping skill development
- Took part in the Multidisciplinary Treatment Team in providing assistance to develop and execute treatment plans
- Collaborated with outside agencies in improving quality of life for patients and families, which included hospice, visiting nurses, assisted livings, nursing homes, and subsidized housing
- Provided support in the community networking and education
- Guided colleagues in the completion of applications such as Preadmission Screening and Resident Review (PASSAR), state hospital, and expedited level of care for Medicaid

EARLIER POSITIONS HELD:

Roger Williams Medical Center | Providence, RI

Social Work Intern, Geriatric Unit

Kent Center | Warwick, RI

Mental Health Case Manager, Mobil Treatment Team

St. Joseph's Hospital | Providence, RI

Social Work Intern, Geriatric Unit

EDUCATION

Doctor of Social Work, In Progress: Expected Completion Date: May 2021

Rutgers, The State University of New Jersey, New Brunswick, NJ, USA

Master of Social Work

Alpha Delta Mu, National Social Work Honor Society

Rhode Island College, Providence, RI, USA

Double Major in Bachelor of Arts in Psychology and Bachelor of Social Work

Graduated magna cum laude

Psi Chi, National Psychology Honor Society | Psi Beta, National psychology honor society

Rhode Island College, Providence, RI, USA

International Student Program

Middlesex University of London, London, ENG, UK

CERTIFICATIONS AND LICENSES

Licensed Independent Clinical Social Worker: State of Rhode Island

Certified Social Worker in Health Care (C-SWHC)

Certified Advanced Social Work Case Manager (C-ASWCM)

Case Manager Certification (CCM)

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ACTIVITIES

Professional Social Work Counsel
Social Work Research Committee
Facility Guardianship Committee
Behavioral Rapid Response Committee
Geriatric Nursing Committee - Our Lady of Fatima
Synapses to Symptoms Faculty Expert, Harvard South Shore Residency Program
Court Appointed Legal Guardian, Rhode Island Volunteer Guardianship Program
Oversight to Chief of Social Work, Social Work Career Development Committee

PUBLICATIONS

- Costa, M., B. (2021). The use of exposure therapy in the discharge planning process. *Journal of Social Work and Health Care*, 034, 1-8.
- Costa, M., B. (in press). How would a doctor of social work graduate say their degree helped their career, if at all?. *Journal of Social Work Education*.