



## Youth Drug and Alcohol Counselor

# Emily Chen LMHC

### Professional summary

Licensed Mental Health Counselor (LMHC) with over 8 years of experience working with adolescents facing substance abuse challenges. Specializing in trauma-informed care and family dynamics to support youth in overcoming addiction.

### Experience

#### Youth Substance Abuse Counselor

June 2018 - Now

Pathways Youth Recovery Center, Seattle, WA /

- Develop tailored treatment plans for adolescents with substance abuse and mental health disorders.
- Provide one-on-one counseling and led group therapy sessions for teens ages 13-18.
- Collaborate with families to provide education on addiction and ways to support their children.
- Engage with community partners to establish additional resources for youth in recovery.

#### Mental Health Counselor

September 2016 - June 2018

Seattle Teen Health, Seattle, WA /

- Conducted assessments to diagnose substance abuse and mental health issues in adolescents.
- Offered crisis intervention services and developed safety plans for at-risk youth.
- Led weekly workshops on coping mechanisms and resilience-building for young people.

### Community Outreach Experience

#### Youth Advocate Volunteer

January 2017 - Now

Seattle Youth Outreach Program, Seattle, WA

- Coordinate community events focused on drug education, addiction prevention, and mental health awareness for adolescents.
- Deliver workshops at local schools, engaging youth in discussions about the dangers of substance abuse.
- Collaborate with local police, healthcare providers, and educators to build a strong network of support for at-risk youth.

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### Education

#### Master's in Clinical Psychology

University of Washington, Seattle, WA

Graduated: May 2016

#### Bachelor's in Social Work

Washington State University, Pullman, WA

Graduated: May 2014

### Skills

Trauma-Informed Counseling

Youth Substance Use Counseling

Group and Individual Therapy

Family Therapy and Mediation

Crisis Intervention

### Courses

#### Licensed Mental Health Counselor

2016

Washington State