



BRITTANY GOLDING, LMSW

Results driven LMSW-educated professional with a dedicated work ethic in client care, advocacy, and rapport building with a patient-centered care framework integrated in the practice of community health and well-being.

EDUCATION

Masters of Social Work
University of Connecticut
Hartford, CT • May 2017

Practicum Experience: *Community Organizer*

The Center for Justice & Leadership (formerly known as *The Christian Activities Council*)

- Identified and built relationships with community members and leaders.
- Campaigned on subsidized housing disparities in the Clay Arsenal neighborhood.
- Collaborated with local organizations, government agencies, and stakeholders to influence policy changes.

PROFESSIONAL EXPERIENCE

Licensed Social Worker

Complete Care of Hyattsville
Hyattsville, MD • March 2022 – Present

- Conduct comprehensive psychosocial assessments of new residents.
- Develop individualized care plans in collaboration with residents, families, and interdisciplinary teams.
- Manage a caseload of 80-90 residents at the facility.
- Regularly review and update care plans based on residents' changing needs and conditions.
- Advocate for residents' rights and ensure they are upheld within the facility.
- Educate residents and families about their rights and available resources.
- Act as a liaison between residents, families, and staff to resolve concerns and conflicts.
- Develop and implement discharge plans for residents transitioning to other care settings or returning home.
- Coordinate with external agencies, home health services, and community resources to ensure a smooth transition.
- Educate residents and families on post-discharge care needs and available support services.
- Work closely with healthcare providers, nursing staff, therapists, and other professionals to ensure comprehensive care.
- Communicate residents' psychosocial needs and preferences to the care team.
- Ensure compliance with regulatory requirements and facility policies.
- Educate residents and families on topics related to aging, health, and wellness.
- Provide training to staff on psychosocial issues, cultural competency, and effective communication strategies.
- Promote understanding and sensitivity towards the emotional and social needs of residents.

Psychotherapist

Anchored Hope Therapy

Annapolis, MD • August 2023 – Present

- Conduct initial assessments to understand clients' mental health history, current issues, and treatment goals.
- Use standardized psychological tests and clinical interviews to diagnose mental health conditions.
- Develop a comprehensive understanding of clients' backgrounds, including their physical health, social environment, and family dynamics.
- Collaborate with clients to create individualized treatment plans that outline therapeutic goals and interventions.
- Provide individual and family therapy sessions using evidence-based therapeutic techniques to a caseload of 15-20 clients.
- Utilize various therapeutic modalities such as cognitive-behavioral therapy (CBT), psychodynamic therapy, dialectical behavior therapy (DBT), and others.
- Help clients develop coping strategies and skills to manage stress, anxiety, depression, and other mental health issues.
- Provide crisis intervention and support during emergencies or acute mental health episodes.
- Assist clients in building healthy relationships and improving their communication skills
- Regularly monitor and evaluate clients' progress towards their therapeutic goals.
- Maintain detailed and confidential records of therapy sessions, treatment plans, and progress notes.
- Ensure compliance with legal, ethical, and professional standards for documentation and client confidentiality.
- Provide resources and referrals to support clients' understanding and management of their conditions.
- Collaborate with other mental health professionals, including psychiatrists, psychologists, social workers, and counselors.
- Participate in supervision and peer consultation to improve therapeutic effectiveness and self-awareness.
- Adhere to ethical guidelines and standards set by professional organizations such as the National Association of Social Workers (NASW).
- Maintain licensure and certification requirements through ongoing education and practice.
- Ensure informed consent and confidentiality in all client interactions.

Mental Health Blogger

Grounded Truth LLC

Virtual • May 2020 – Present

- Write and publish informative and engaging blog posts about various mental health topics.
- Create multimedia content such as videos, infographics, and social media posts.
- Develop content that includes personal stories, expert interviews, practical tips, and evidence-based information.
- Foster a supportive and inclusive online community where readers feel comfortable sharing their experiences.
- Implement SEO strategies to increase blog visibility and reach a broader audience.
- Build partnerships with mental health professionals and advocacy groups to broaden the blog's impact.
- Encourage readers to get involved in mental health advocacy and support initiatives.
- Manage the blog's website, ensuring it is user-friendly and regularly updated
- Maintain confidentiality and respect the privacy of individuals who share their experiences.
- Provide disclaimers that blog content is for informational purposes and not a substitute for professional therapy.

Virtual Family Assistance Navigator

DC Dept. of Behavioral Health

Washington, D.C • Aug 2020 – Aug 2021

- Advocated and provided social service referrals including follow-up services for families impacted by COVID-19 through a contractual grant for natural disasters from FEMA.
- Provided emotional support and encouragement to families to ensure they were assisted during their grieving process.
- Mobilized services for over 200 families of descendants in the District of Columbia by providing crisis support through psychological first aid.
- Conducted comprehensive assessments to understand the needs, strengths, and goals of the family members.
- Provided information and referrals to local, state, and federal resources.
- Collaborated and strategized with leadership staff regarding client and provider concerns.
- Maintained accurate and detailed records of assessments, service plans, progress notes, and interactions with families.

Family Engagement Specialist

Sasha Bruce Youthworks

Washington, D.C • April 2018 – January 2020

- Serviced over 50 youth and families enrolled in our community-based program who were considered at-risk by facilitating interventions of individual and family therapy, home visits, follow-up, and building social/emotional activities.
- Engaged in reciprocal team building and communication with stakeholders such as Department of Human Services and DCPS.
- Advocated for and assisted in the development of systemic change designed to provide extended supportive services to meet at-risk family's needs.
- Maintained accurate and routine record keeping through the submissions of reports in databases such as Quickbase, HMIS, and FAS.
- Served as a liaison between families, schools, and community organizations to ensure effective communication and collaboration.
- Collaborated with new partnerships to develop a creative and non-traditional approach to therapeutic interventions as an outlet for youth storytelling.

SKILLS

Technical Skills

- Knowledge of gerontology and the aging process.
- Familiarity with regulations and standards governing long-term care facilities
- Specialized training in specific therapeutic approaches or populations
- Excellent writing skills with the ability to convey complex mental health topics clearly and compassionately
- Basic knowledge of website management, SEO, and digital marketing

Soft Skills

- Strong communication and interpersonal skills.
- Ability to work independently and as part of a team.
- Knowledge of community resources and social services.
- Experience in advocacy, public speaking, and campaign planning.
- Strong organizational and project management skills.
- Ability to work with diverse populations and build inclusive communities.

LICENSURE

Licensed Master Social Worker
State of Maryland • License No. 29436

PROJECTS

Standing with Minneapolis

Minneapolis, MN • June 2020

Grounded Truth partnered with The Campaign for Black Men to raise \$5,000 in 5 days to assist 120 families Northside of Minneapolis area with household essentials due to experiencing food deserts, riots, and looted stores because of the public response to the George Floyd murder.

Research with Syrian-Armenian Refugees

Yerevan, Armenia • May 2017

Participated in a program exchange with Dr. Rebecca Thomas and students from Yerevan State University to conduct qualitative research on Syrian refugees who sought asylum in Armenia from the government during the Syrian Civil War. Interviews were conducted with the refugees and transcribed as references for publication in *Remittances: The Impact on Families in Armenia*.

Social Tales: Minority Perspective of Hartford's Education System

Hartford, CT • May 2017

I created a photovoice project to reflect the issues in the Hartford Public School (HPS) system by using Thirman Milner School as the focus. The project mirrored the success of students who grew up in HPS, highlighted hope for future scholars and educators navigating the HPS and brought awareness to the neighborhood and educational issues that were affecting students. Through the utilization of photography and videography, imagery captured the collaboration of MSW graduates from UConn School of Social Work, Saint Joseph's School of Social Work, and students from Thirman Milner School during an interactive facilitated session of discussions and activities that touched on education as a minority and positive reassurance.

PROFESSIONAL AFFILIATION

National Association of Social Workers (NASW), Member • January 2023 – Present

Upholding the professional and ethical standards of the social work profession

National Association of Black Social Workers (NABSW), Member • October 2016 – Present

Providing support to the local community and descendants of African heritage through advocacy, direct service, and research

Shelley C. White, Jr. Memorial, Board Member • August 2015 – Present

Supporting high school graduates in reaching their higher educational goals through scholarship and education

REFERENCES

Available upon request