

Cynthia Nichols

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EDUCATION, LICENSURE, & AWARDS

- **University of Connecticut School of Social Work** August 2020-Present
PhD Student
- **Boston University School of Public Health**, Non-Degree Student Spring 2015
Introduction to Biostatistics (MPH program)
- **University of Connecticut**, Graduate School August 2012 – May 2014
Masters of Social Work, Concentration: Casework
- **The Pennsylvania State University, University Park** August 2008 – May 2012
Bachelor of Science, Psychology/Neuroscience
Minor in Human Development and Family Studies
Dean's List
- **Licensure**
MA Licensed Independent Clinical Social Worker (LICSW) October 2016
MA Licensed School Social Worker, Initial April 2019
MA Licensed Alcohol and Drug Counselor February 2020
CT Licensed Clinical Social Worker (LCSW) April 2020
CT Licensed School Social Worker February 2020
- **Ruth Ann Lobo Award Recipient**, UCONN School of Social Work May 2014

PROFESSIONAL EXPERIENCE

Brigham and Women's Faulkner Hospital, Boston, MA December 2016-Present
Outpatient Addiction Recovery Social Worker, Outpatient Suboxone Program

- BWFH Social Work Continuing Education Committee member since September 2018. Participates in monthly meetings, recruits faculty for presentations, and completes applications for continuing education units.
- One of two social workers within BWFH Suboxone Program (160 patients).
- Provides individual and group counseling to the patients within Outpatient Addiction Recovery Program receiving Suboxone or Vivitrol treatment using supportive therapy, relapse/overdose prevention counseling, Motivational Interviewing, DBT and CBT skills.
- Manages an additional caseload of approximately 40-45 dual diagnosis patients referred by PCPs, ED, BWFH outpatient/inpatient programs, and the community.
- Facilitates Women's Seeking Safety group for patients with co-occurring PTSD and substance use disorders.
- Facilitates Early Parenting/Mother's group; offers peer support for mothers in recovery.
- Monitors recovery of patients, conducts bio-psychosocial assessments, screens for and assesses suicide risk, creates treatment plans, provides care coordination with outside providers, provides case management around transportation and housing needs.
- Completes mandated assessments and files reports as needed.
- Facilitates family meetings that provide psycho-education about mental health and substance use issues.
- Participates in weekly interdisciplinary Addiction Recovery Program rounds and BWFH Outpatient meeting.
- Provided overdose prevention/harm reduction training for psychology interns, April 2019
- Participated in BWFH Schwartz Rounds.

Brigham and Women's Faulkner Hospital, Boston, MA May 2015-December 2016
Addiction Recovery Social Worker, Inpatient Detoxification Unit

- Completed bio-psychosocial assessments for patients who were admitted for detox treatment.
- Facilitated 1-2 group meetings per day dedicated to educating patients on coping and relapse prevention skills utilizing DBT, CBT, and motivational interviewing.
- Facilitated substance use and mental health aftercare planning for outpatient treatment, residential treatment, and self-help meetings in the community.
- Attended daily interdisciplinary rounds to further facilitate patient care, aftercare planning, and progress of treatment plan.
- Provided mandated assessment and filed reports as needed.
- Facilitated family meetings providing aftercare planning and addiction recovery education.
- Assisted patient in completing Health Care Proxy documentation when needed.

- Co-presented information about the Addiction Recovery Program to hospital nursing staff.

Habit OPCO/CRC Health Group, Boston, MA
Substance Use Clinician, Methadone Treatment

Sept. 2014 – April 2015

- Provided individual and group substance use counseling; facilitated 1- 2 groups per day and several individual counseling sessions utilizing DBT, Motivational Interviewing, and CBT.
- Managed a caseload of approximately 75 patients; provided referrals for medical examinations, transportation aid, housing, and drug screenings.
- Monitored recovery of patients, conducted bio-psychosocial assessments, created treatment plans, updated files regarding regular appointments, missed appointments, and progress.
- Collaborated with clinic physician, nurses, intake coordinator, and counselors; coordinated care with outside PCPs, psychiatrists, probation officers, DCF workers, and attorneys.
- Completed weekly supervision with clinical director and attended weekly clinical/staff meetings; participated in CRC health online and Webinar trainings.

University of Connecticut Health Center, Farmington, CT
Oncology Social Work Intern (Field Work)

Sept. 2013 – April 2014

- Completed 560 internship hours.
- Provided individual and family counseling using evidence-based practices for inpatient and outpatient oncology floors, including radiation, chemotherapy, sickle cell, and surgical patients.
- Collaborated with physicians, nurses, case managers, the American cancer society, and palliative care teams to provide optimal care for patients.
- Managed a caseload of approximately 20-30 patients per month; aided patients with questions regarding health insurance, Advance Directive counseling, and transportation.
- Co-facilitated the cardiac support group with the head cardiac social worker.
- Attended weekly Breast Cancer Tumor Boards.
- Shadowed Inpatient Psychiatric and PHP/IOP floors.

Parkville Community Elementary School, Hartford, CT
School Social Work Intern (Field Work)

Sept. 2012 – April 2013

- Completed 560 hours of internship.
- Provided individual weekly sessions to address the psychosocial needs of 7 students, with collaboration from teachers and families.
- Oversaw plans for academic success, including Behavior Intervention Plans and Individualized Education Plans.
- Co-facilitated weekly group sessions using Second Step Curriculum: social skills training.
- Created comprehensive ODD Guide for school employees.

UCONN MSW Program Director, West Hartford, CT
Employed as Research Assistant

August 2013 – June 2014

- Studied Focus Groups for the State of Connecticut's Fetal and Infant Mortality Program: Prenatal Care Experiences of Women in Connecticut, Funded by DPH.
- Participated in Research of Infant Mortality rate and barriers to prenatal care for mothers throughout Connecticut.
- Performed literature reviews and data analysis with NVivo, a qualitative data software.

Toddlers Into Kindergarteners: Emotions Study (TIKES)
 The Pennsylvania State University, University Park, PA
Volunteered as Research Assistant

August 2010 – May 2012

- Participated in family visits, specifically interacted with children when collecting data.
- Coded data and entered data through Excel.

ADDITIONAL

- Naloxone (Narcan) trained for rapid opioid overdose response.
- University of Connecticut School of Social Work: Travel Study Program to Puerto Rico, May 2013
- State College Area School District Family Outreach Volunteer, September 2011
- Nurturing Families Network Volunteer, June 2011
- Big Brothers, Big Sisters Volunteer, Spring 2010