

Ciara Grace Warden, LISW



817 Valley Dr. Crescent, IA 51526
402-980-4305
ciarawarden@gmail.com

EDUCATION

University of Kansas: Lawrence, KS

Master of Social Work

2011

Concentration: Adult Mental Health

GPA: 3.9

Kansas State University: Manhattan, KS

B.A. in Psychology

2008

Minor in Women's Studies

AREAS OF SPECIALTY & RESEARCH INTERESTS

Suicide: Education, Awareness, Outreach, Lived Experience, Grief & Loss

Death with Dignity vs. Suicide

Story Telling Through Photography

Crisis Intervention

Adult Mental Health

Trauma-Informed Care

Refugee Mental Health

Women's Wellness and Gender Studies

TEACHING EXPERIENCE

University of Nebraska at Omaha: Grace Abbott School of Social Work

Faculty, BSSW Program Coordinator, and Admissions Chair

2014-Present

Courses: Generalist Practice I & II, Writing for Social Work, Intro to Social Work and Social Welfare, Crisis Intervention, Clinical Social Work with Groups

- Oversees undergraduate social work program. Develops and implements CSWE curriculum and standards
- Leads the School of Social Work's Admission Committee. Reviews BSSW and MSW applications and ultimately makes recommendations for suitability of admission
- Created and implemented a new Crisis Intervention course for BSSW/MSW curriculum

Iowa Western Community College

Adjunct Instructor

2012-2016

Courses: Chemical Dependency & Social Work and Social Welfare

- Developed syllabus, detailed course structure, administered grades
- Taught online courses using the Moodlerooms LMS and engaged online students
- Taught remote for distance learning with accompanying technology

Kansas State University

Instructor: Undergraduate Psychology Teaching Practicum

2008

- Instructed General Psychology recitation class
- Developed comprehensive lesson plans, mentored students, and manually graded

WORK EXPERIENCE

Clear Mind Therapy, LLC

Co-Owner and Licensed Independent Social Worker

June 2016 – Present

- Co-owner and developer of a private practice agency
- Specializes in providing therapeutic services to those struggling with mood/anxiety disorders, crisis, suicidal ideation, relationship issues, trauma, and grief and loss
- Manages vital administrative duties to remain compliant with NASW Code of Ethics, HIPAA, and insurance providers

Iowa Western Community College

Director of Student Assistance

May 2012 – August 2014

- Managed a Student Assistance Team consisting of Mental Health Counseling, Disability Services, Student Intervention, and the Iowa Education to Employment (PACE) Program
- Developed and supervised appropriate policies, procedures, and operating systems for Mental Health and Disability Services to remain HIPAA, FERPA, and ADA compliant
- Implemented counseling services for crisis intervention, short-term therapy, and student code of conduct. Handled formal and informal conflict resolution strategies, in addition to referral services to students, faculty, and staff as needed

Methodist Jennie Edmundson Hospital, Psychiatric Services

Medical Social Worker

May 2011 – March 2014

- Initiated and verbally dictated psychosocial assessments with adult patients seeking acute psychiatric care and/or chemical dependency treatment
- Directed psycho-educational and therapeutic process groups aimed toward stabilization and higher functioning

- Managed and organized confidential information to effectively develop personalized discharge plans
- Collaborated with a distinct clinical team consisting of nurses, aides, therapists, program manager, and chief psychiatrist

Heartland Family Service

Lead Therapist: Mental Health Crisis Response Team

Nov 2011 - May 2012

- Provided immediate crisis intervention and clinical assessment for law enforcement and other community agencies within Pottawattamie County
- Determined critical client needs and on-site recommendations to appropriate level of care
- Maintained all case documentation, clinical supervision, and other essential administrative duties
- Tracked client data and program statistics for effective program evaluation and funding requirements
- Maintained collaborative and professional community relationships by promoting community outreach projects such as psycho-educational trainings and resource fairs

Choices Counseling and Consulting, Inc.

Behavior Health Intervention Services Provider

May 2011- Oct 2011

- Generated creative skill building interventions to help children and adolescents decrease their mental health symptoms
- Developed therapeutic strategies for families to successfully cope with their children's mental health diagnosis and effectively manage his/her behaviors
- Focused modalities and interventions on mental health recovery, strengths, and individual resilience

Comprehensive Mental Health Services, Renaissance West

Residential Substance Abuse Counselor

Aug 2010- Apr 2011

(Full-time field placement, MSW Intern)

- Provided individual substance abuse therapy to dually diagnosed men and women in residential and outpatient settings
- Facilitated psycho-educational groups regarding substance abuse, relapse prevention, recovery health, trauma (PTSD), domestic violence, anger management, expressive art, and life skills
- Implemented detailed goal sheets and treatment plans with a diverse clinical team

The Family Conservancy

Social Worker

(Full-time field placement, MSW Intern)

Aug 2009- May 2010

- Co-facilitated a domestic violence group of all male perpetrators
- Managed a caseload of homeless, high-school students from a Student Assistance Program that helped students attain resources, graduate high school, and develop psycho-social skills
- Conducted biopsychosocial assessments, intakes, and therapeutic case-management
- Responsible for resource allocation, strengths assessments, case/progress notes, and court reports

Manhattan Crisis Center

Police Response Advocate

Dec 2005- Oct 2006

- Managed an on-call crisis response cell phone
- Assisted at domestic violence calls
- Advocated shelter, education, and counseling on behalf of domestic violence victims
- Collaborated directly with Riley County Police Department officers and dispatchers.

COMMUNITY SERVICE & LEADERSHIP ACTIVITIES

Invited Presentations (2014-Present)

Spoke, trained, and presented in regards to suicide education, prevention, and/or sharing of lived experience.

Eastern Nebraska Office on Aging (ENOA) Volunteer Training: Keynote

National Association of Social Workers (NASW-NE) Annual Conference: Intensive Training

National Association of Social Workers (NASW-IA) Annual Conference: Intensive Training

Iowa Western Community College (IWCC) Navigating Through Mental Health Conference: Intensive Training

Grief's Journey (Formerly Ted E. Bear Hollow) Annual Grief Conference: Keynote

Nebraska Counseling Association's Annual State Conference: Keynote

Methodist Hospital's Science Café: Keynote

Omaha Film Streams, "Running from Crazy" Documentary Screening: Panelist

Millard West High School: Keynote

Human Service Advisory Council (HSAC) Annual Community Training: Keynote

Wayne State College: Keynote

Behavioral Health Education Center of Nebraska (BHECN) Ambassador Conference: Keynote

University of Nebraska at Omaha School of Social Work CEUs: Keynote

WOWT Channel 6: Interviewed as Suicide Field Expert (5+ occasions)

Planned Parenthood, Wise Guys Curriculum: Presenter

Human Service Advisory Council/Boystown/CB School District: Suicide Prevention Panelist

VODEC: Presenter

Invited Presentations Continued:

Nebraska Aids Project (NAP): Presenter

Lutheran Family Services (LFS): Presenter

Nebraska Council of Nephrology Social Workers: Presenter

Nebraska Annual State Local Outreach to Suicide Survivors (LOSS) Conference: Presenter

Kim Foundation, "The 'S' Word" Documentary Screening: Panelist

Metro Area Local Outreach to Suicide Survivors (LOSS) Team: Co-Clinical Director (2014-2017)

Omaha, NE

Collaborated with the local Kim Foundation and Lincoln, NE's current LOSS Team to develop a local, metro-area program that provides immediate peer and clinical support to those who just lost someone to suicide. Trained, supervised, and consulted on all clinical aspects.

Iowa Western Community College's Suicide Prevention Walk (2014)

Council Bluffs, IA

Developed, coordinated, marketed, and spoke at event.

Walk included stories of survivors, education, awareness, and remembrance.

Raised \$1000 in free-will donations.

Iowa Field Advocate at American Foundation for Suicide Prevention's Annual Advocacy Forum (2013)

Washington D.C.

Spoke with members of Congress regarding suicide prevention and federal policy initiatives.

KSU Counseling Services Grant Advisory Board Member (2007-2008)

Kansas State University, Manhattan, KS

Worked collectively with KSU faculty and students in allocating SAMHSA grant money toward a college-wide mental health and wellness website.

Project promotion encouraged mental wellness among the college campus particularly with regard to suicide prevention, depression, substance abuse, and encouraged help-seeking behaviors.

Asera Care, Hospice Volunteer (2005)

Council Bluffs, IA

Counseled and visited terminally ill patients in their homes.

Provided personal, emotional and mental companionship throughout the dying process.

Offered grief and spiritual support to clients and their families.

MEMBERSHIPS

American Association of Suicidology (AAS): Member, 2018- Present

National Association of Social Workers (NASW): Board of Directors, Nominations and Leadership Chair: 2014-2016; Member: 2011-Present

Human Service Advisory Council (HSAC): Member, 2012-Present

American Foundation for Suicide Prevention (AFSP): State of Iowa Field Advocate (2013); Out of the Darkness Walk (UNO) Site Supervisor (2016-Present); Fundraiser (2013-Present)