

# NICHOLAS ARNONE

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## SUMMARY OF QUALIFICATIONS

Social Services professional with expertise in documentation, customer service and personal skill development. Recognized by clients served for ability to effectively exceed consumer goals. Strong organizational skills, coupled with the ability to work autonomously. Dedicated team player that thrives on a challenge.

### **Rehabilitation Services Coordinator**, Turning Point, Inc., Alexandria, VA **2005 to present**

Provide supportive counseling, skills training and case management for adults in recovery from chronic mental illness. Manage a caseload of 20-25 consumers, providing person-centered and recovery-oriented services.

- Develop and maintain a therapeutic milieu for approximately 60 consumers daily, providing consumers with a safe environment in which to develop social skills and progress toward recovery.
- Key participant in a system and agency wide paradigm shift toward person-centered treatment planning. Served as an agency representative, attending trainings presented by the creators of this approach, and disseminated information to agency staff.
- Assess and evaluate consumer's needs and preferences and develop treatment plans utilizing a person-centered approach.
- Provide ad-hoc counseling services to consumers, dealing with both immediate and long-term issues, such as auditory hallucinations, delusions, suicidality, budgeting skills, impulsive behavior, and housing issues.
- Prepare and present psycho educational groups, including but not limited to: Hygiene and Self Care, Self-Esteem, Diabetes Education and Meditation and Relaxation.
- Prepare and facilitate activities of the business unit, providing consumers with meaningful and productive work, as well as encouraging appropriate social skills.
- Maintain complete and timely charts for 20-25 clients, adhering to Medicaid and licensure standards.
- Liaison with consumer's treatment team members, including CSB and private psychiatrists and therapists. Advocate for the clients best interests. Make referrals to other services as necessary, including Department of Rehabilitative Services, Employment Services, and Homebased Supports.

## PROFESSIONAL EXPERIENCE

### **Residential Counselor**, Valor Center, Silver Spring, MD **2003 to 2005**

Manage a caseload of up to four primary clients, providing case management, developing individual rehabilitation plans, and creating daily goals. Assist with a caseload of 16 clients, facilitating independent living skills and monitoring medications.

- Member of team providing integrative rehabilitation services. Maintain communication with fellow staff, psychiatrist, therapist, employment specialist, family, and government agencies.
- Liaison with community, serving as an advocate for consumers and encouraging community integration.
- Provide supportive counseling to clients managing symptoms of mental illness, co-occurring disorders, history of violence, criminal involvement, homelessness and/or abuse.
- Provide crisis prevention services, including managing suicidal ideation. Evaluate level of need and obtain crisis services or hospitalization when necessary.
- Maintain accurate and thorough documentation of daily interactions with clients, as well as reporting clinical impressions of monthly and bi-annual progress. Ensure all documentation of physical exams, medications and incidents are up to date and meet requirements of billing and licensure agencies.
- Develop behavior modification strategies for problems including anxiety and impulse control.
- Facilitate weekly house meetings to promote shared living skills and ensure adherence to state regulation. Integral part of maintaining state certification in inspections for two years.
- Coordinate with secondary agencies for timely medication refills and services, referrals to community resources and educational fulfillment.

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## ACADEMIC EXPERIENCE

**Research Assistant** to Robin Larabee, PhD, professor of psychology, New Mexico State University, Las Cruces, NM

- Conducted literature searches for study of facial displays of emotion in social interactions and reactions to homosexuality.
- Researched measures of homophobia, using psycinfo database and academic journals, which were included in the study.
- Participated in weekly laboratory meetings; shared information gathered in independent work and collaborated to develop the research study.

**Research Assistant** to Rosanna del Colenda, MA, Candidate for PhD of psychology, New Mexico State University, Las Cruces, NM

- Created questionnaire items while developing a survey measuring cross-cultural acceptability of lying to be presented to subjects in the US and in Ecuador.
- Developed survey to gather qualitative data on realistic and symbolic threats posed by three main racial groups in Ecuador.
- Reviewed surveys for study of maternal reverence for clarity and internal validity.
- Administered surveys and psychological measures to subjects in psychology lab.
- Entered and analyzed data using SPSS statistical software.

## Research

"Influence of Men's Fashion Magazines on Women's Body Image"

- Designed experiment to measure the effect of men's fashion magazines on women's body image.
- Administered measures to subjects in control and experimental groups.
- Entered data into SPSS statistical program and analyzed for significant differences.
- Compiled results and wrote final report presenting results that subjects who viewed men's magazines had significantly higher scores on measures of body image satisfaction than subjects in the women's magazine condition.
- Presented results at research session to psychology peers.

## VOLUNTEER EXPERIENCE

**Volunteer**, AIDS Project Hartford, Hartford, CT

(A community center providing resources and services for residents affected by HIV/AIDS)

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- Interacted with community members, providing social support.
- Organized clothing drive fundraiser to provide financially struggling residents with affordable clothing, with all profits going back into the center's services.
- Gained knowledge of the social, economic, and medical impact of HIV/AIDS.

**Volunteer**, Habitat for Humanity, Glastonbury, CT

- Planned and took part in fundraising activities to finance annual service trips and promote group cohesiveness and teamwork.
- Coordinated and participated in 2 week-long trips to PA to conduct on-site work helping Habitat families build their new homes.
- Interacted with Habitat homeowners who were completing their "sweat equity."
- Developed a greater knowledge and appreciation of housing problems.

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## EDUCATION

**Bachelor of Arts**, Major: Psychology, New Mexico State University, Las Cruces, NM. GPA: 3.98,  
June 2003

## CERTIFICATIONS, TRAINING AND AWARDS

- QMHP
- CPR
- First Aid
- CPI Non violent interventions
- Person centered treatment planning by Diane Greider and Neal Adams
- 2005 PRS "Our Clients Award"- Nominated exclusively by the consumers at Turning Point, this award is given to the staff person who best promotes recovery and self-direction through advocacy, skill training, and individualized supports.
- Alpha Chi Honor Society (Top 10% of Senior Class)
- Golden Key International Honour Society (Top 15% of Junior and Senior Classes)
- Crimson Scholar, New Mexico State University
- Dean's List (top 15% of college)
- National Honor Society Scholarship

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