

ELLEN ARLINE WHELAN, PSY.D.

PROFESSIONAL SUMMARY

Licensed Clinical Psychologist with over 20 years of experience providing trauma-informed, culturally responsive, relational, family-centered, evidence-based, empowering, affirming, strengths-based, validating and inclusive supervision, consultation and therapy to marginalized youth, adults and their families. Committed to behavioral health quality improvement, training and empowering others.

CLINICAL EXPERIENCE

07/22 – Present **THE DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES (DMHAS)**, Waterbury, CT
DMHAS Young Adult Services (YAS) was developed to help young adults transition successfully from the Dept. of Children & Families to the adult mental health system and to achieve the necessary skills for adulthood. Many of the young people who have been referred have experienced trauma, including neglect and physical, and/or sexual abuse, and as a result, may suffer from associated symptoms. Because of this, all aspects of the services are trauma sensitive and built upon the principles of trauma treatment and are client-centered.

Supervising Psychologist – DMHAS - Young Adult Services

- Provide consultation to clinicians and mental health staff on complex cases and compassion fatigue
- Provide psychological treatment and support to young adults ages 18 – 25 and their families
- Facilitate clinical groups, including meditation and dual diagnosis
- Support educational and vocational plans (high school, college and/or work experience)
- Participate in activities of quality assurance compliance including audits of medical records to support efforts to meet requirements of external licensing and accreditation agencies
- Evaluate individual levels of functioning
- Cultural Diversity Committee co-facilitator and LGBTQIA+ Collaborative member
- Develop and facilitate Human Trafficking trainings, co-develop DMHAS Human Trafficking taskforce goals
- Train Diversity Equity and Inclusion curriculum

04/07 – 06/22 **THE DEPARTMENT OF CHILDREN AND FAMILIES (DCF)**, Middletown and Hartford, CT
DCF is one of the nation's few agencies to offer child protection, behavioral health, juvenile justice and prevention services. The Albert J. Solnit Children's Center, operated by DCF, is a multi-campus behavioral health facility treating Connecticut youth with complex psychiatric profiles who cannot be safely assessed or treated in a less restrictive setting with over 300 staff of various disciplines and support roles. A significant percentage of youth served are also involved with the child welfare and juvenile justice systems. Solnit Center – South Campus includes four hospital inpatient psychiatric units (total census approximately 50) and three Psychiatric Residential Treatment Facility (PRTF) subacute units (total census 24) for adolescent girls.

Supervising Psychologist - Albert J. Solnit Center – South Campus (PRTF) (04/17 – 06/22), (01/13 – 06/16)

- Supervise clinical staff (licensed clinical psychologist, LCSWs, psychology trainees and Yale fellows) of 2 of the 3 PRTF cottages for female adolescents in providing therapy and psychological assessment
- Facilitate clinical groups and participate in DBT consultation team
- Provide psychological treatment and support to adolescent females ages 13 to 18 in subacute level of care
- Facilitate new employee orientation
- Participate in activities including audits of medical records to support efforts to meet requirements of external licensing and accreditation agencies
- Co-facilitate the Diversity Action Team. Since 2016, serve as facility representative for statewide racial justice workgroup
- December 2020 began training staff in mandatory Implicit Bias training
- Provide substance abuse intervention using the ACRA model

Supervising Psychologist - Albert J. Solnit Center – South Campus Hospital (10/16 – 04/17)

- Provided clinical and assessment supervision of psychology interns and Yale fellows in the inpatient hospital
- Completed psychological evaluations for adolescents and children admitted to the facility with presenting challenges such as self-harm, aggression, substance abuse, mood disorders, etc.
- Conducted individual, group, and family therapy with youth as well as provided case management
- Consulted with prior and future treatment providers
- Presentation of evaluation results in multidisciplinary meetings
- Participated in PPT meetings
- Provided DBT treatment, as needed and participate in DBT consultation team
- Co-facilitated the Diversity Action Team
- Served as representative for statewide racial justice workgroup

ELLEN ARLINE WHELAN, PSY.D. (2)

Clinical Psychologist

(09/11 – 01/13), (06/16 – 10/16)

- Complete psychological evaluations for adolescents and children admitted to the facility presenting with self-harm, aggression, substance abuse, mood disorders, etc.
- Develop treatment plans and integrate into treatment
- Conduct individual, group, and family therapy with youth and provide case management for Court ordered to treatment and those admitted voluntarily
- Consult with prior and future treatment providers
- Presentation of evaluation results in multidisciplinary meetings
- Participate in school meetings
- Provide clinical and assessment supervision for Yale Psychology Fellow
- Provide DBT treatment and participate in DBT consultation team
- Co-facilitate the Diversity Action Team
- Served as representative of facility for statewide racial justice workgroup

Consulting Psychologist– Central Office

(04/07 – 09/11)

- Liaison to residential treatment facilities and group homes involving collaboration with the facility to effectuate change and improvement in treatment services
- Quality assurance duties of treatment services provided, including individual therapy, group therapy, family therapy and life skills programming
- Managed database for AWOL, police calls, restraints, and suicide attempts reported by residential treatment centers
- Served as lead for DCF DBT initiative for provider teams
- Developed and facilitated behavioral health trainings for Child Protection Workers

03/06 – 04/07

WELLMORE, INC., Waterbury, CT

Wellmore, Inc., formerly the Child Guidance Clinic of Greater Waterbury (CGCGW) prior to merging with the Morris Foundation was a private, non-profit regional center that provided comprehensive mental health services to children, adolescents, parents and families. GCGW served Waterbury and fifteen surrounding communities, total population of over 265,000. Each year over 2200 children, adolescents and families were served through CGCGW's array of treatment and prevention services.

Team Leader

(09/06 – 04/07)

- Developed and managed innovative independent living program for psychiatrically complex adolescent female(s)
- Supervised all functions of the program and staff, including hiring staff, coordinating and maintaining sufficient staff, performing program and staff evaluation, record keeping, training, contract management, communication with involved parties
- Served as primary therapist and case manager

Comprehensive Global Assessment Specialist

(03/06 – 09/06)

- Completed comprehensive global assessments of children and adolescents for the Waterbury Department of Children and Families (DCF)
- Interviewed collateral sources of information Assessed major domains of functioning and highlighted strengths to be incorporated in the plan for care
- Provided specific recommendations for level of care, treatment and community supports
- Consulted with DCF staff and treatment providers regarding recommendations
- Presented cases at Managed Service System meetings

10/05 – 03/06

KOALA LEARNING CENTER, Pembroke Pines, FL

Clinician (part-time)

- Completed intellectual and achievement assessments, and a behavioral checklist for children and adolescents receiving services at the learning center and those attending the virtual classroom school program

10/05 – 03/06

THE GLASS HOUSE, Fort Lauderdale, FL

Clinician (part-time)

- Facilitated Batterer Intervention, Anger Management, Parenting and Addiction groups
- Completed progress notes to be sent to probation officers
- Provided individual therapy to private clients

OTHER CLINICAL EXPERIENCE

09/01 – 11/01 **BROWARD HOUSE**, Fort Lauderdale, FL

Clinician

- Participated in a focus group for the development of a curriculum for HIV/AIDS prevention for men who have sex with men focused in the black community
- Assisted in the formulation of a satisfaction survey to be given to individuals in the community attending the lectures based on the curriculum

ADJUNCT TEACHING EXPERIENCE

Developed and managed the class syllabus and ensuring that the syllabus met department and college standards. Planned and created lectures, class discussions, and assignments. Graded assigned papers, quizzes, and exams. Assessed grades for students based on participation, performance in class, assignments, and examinations. Advised students on how to be successful and achieve goals. Remained updated on innovations and changes within their course field. Participated in professional development activities. Learned online systems used, including Canvas and Blackboard, GotoTraining and Zoom.

06/16 – 06/22 **YALE UNIVERSITY**, New Haven, CT

Community Faculty Appointment, Clinical Assistant Professor, Yale University Child Study Center

- Provide clinical and assessment supervision to second year psychology fellows completing their pre-licensure requirements for through Yale University who are assigned to the Albert J. Solnit Center
- Attend quarterly review meetings with other field supervisors

2005 – Pres.

NOVA SOUTHEASTERN UNIVERSITY

Taught for various programs and schools within the university:

- College of Health Care Sciences: Department of Speech-Language Pathology, Counseling course
- College of Psychology: Department of Counseling, Specialist Program in School Psychology
- College of Arts, Humanities and Social Services: Department of Justice and Human Services

2008 – 2018

UNIVERSITY OF BRIDGEPORT, Bridgeport, CT

IDEAL program

2007 – 2018

NAUGATUCK VALLEY COMMUNITY COLLEGE, Waterbury, CT

RESEARCH

10/02 – 05/03

Preschool Project

Advisor: Sarah Valley-Gray, Psy.D.

- Served as Project Coordinator, which involved researching reading curricula at the preschool level and how reading is learned

09/01 – 06/02

Directed Study

Hypertension in an African-American Female as Recorded by an Ambulatory Blood Pressure Monitor

Advisor: Doil D. Montgomery, Ph.D.

- This project consisted of a case study of an African-American female with hypertension that although was prescribed medication, continued to experience elevated blood pressure
- Limitations and recommendations for future research were discussed in consideration of findings

EDUCATION

NOVA SOUTHEASTERN UNIVERSITY, Fort Lauderdale, FL

Doctor of Psychology (Psy.D.), 2004

Master in Science (M.S.), 2001

12/04 – 03/06

BROWARD SHERIFF'S OFFICE, NORTH BROWARD DETENTION CENTER, Pompano Beach, FL

Psychology Resident

- Developed and managed mental health programming for inmates housed on the 400-bed mental health unit of the jail
- Programming focus was with inmates in segregation
- Provided individual therapy for various clinical issues, including mood disorders, schizophrenia, dual diagnosis, trauma histories, eating disorders and self-injury behaviors
- Completed full battery psychological evaluations for the Court to assess inmates' appropriateness for community-based treatment

09/03 – 08/04

SOUTH FLORIDA CONSORTIUM INTERNSHIP PROGRAM

Psychology Intern

- Coordinated and facilitated daily groups for male and female inmates on mental health units of the jail
- Provided individual therapy to approximately 15 clients on a weekly basis for various issues, including mood disorders, schizophrenia, dual diagnosis, trauma histories, and self-mutilation behaviors based on cognitive-behavioral theory
- Facilitated weekly groups for male and female inmates housed on the "open" mental health units of the jail
- Conducted intake evaluations with inmates in general population for mental health services and possible psychotropic medication
- Conduct intake evaluations with inmates in general population for mental health services and possible psychotropic medication
- Assessed inmates for appropriateness for treatment in community dual diagnosis treatment programs
- Administered and scored assessment instruments, as well as complete written reports of findings
- Provided in-service training and education to deputies regarding managing inmates with mental illness
- Supervise Bachelor and Master level practicum students
- Presented therapy cases during consortium meetings

FAIRFIELD UNIVERSITY, Fairfield, CT

Bachelor of Arts (B.A.) in Psychology, 1998, Minors: Latin American & Caribbean Studies and Spanish

PUBLICATIONS

Whelan, E., & Valley-Gray, S. (2004). Hospitalization and Children. Helping Children at Home and School: Handouts from Your School Psychologist.

Whelan, E., & Valley-Gray, S. (2004). Sexuality Education for Young Children: Guidelines for Parents and Preschool Staff. Helping Children at Home and School: Handouts from Your School Psychologist.

POSTER PRESENTATIONS

| | |
|--|---|
| AAPB 03/03 | Association for Applied Psychophysiology & Biofeedback Ambulatory Blood Pressure of a Hypertensive African-American Female Whelan, E.; Yucha, C., and Montgomery, D. |
| Nova Southeastern University 11/02 | The First Annual Student Research & Clinical Conference Ambulatory Blood Pressure of a Hypertensive African-American Female Whelan, E., Yucha, C., and Montgomery, D. |

CERTIFICATIONS, LICENSES AND TRAININGS

- Licensed Psychologist, State of Connecticut – #002701, State of Florida – #PY7245
- 2024, DMHAS Training of Trainers (TOT) Diversity Equity and Inclusion
- 2024, ABA training, DMHAS Positive Support Plan training
- 2024, Cognitive Restructuring for PTSD (CR for PTSD) training
- 2022, The Application of Motivational Interviewing to Enhance Engagement along Continuum of Care
- 2022, Attachment, Self-Regulation, Competency framework Training (ARC)
- 2022, DCF Training of Trainers (TOT) Introduction to Child Trafficking in CT
- 2021, Full Certification in Adolescent Community Reinforcement Approach (A-CRA)
- 2021, Supervisor Certification in Adolescent Community Reinforcement Approach (A-CRA)
- 2021, University of South Florida, Muma College of Business, DEI in the Workplace certificate
- 2020, DCF Training of Trainers (TOT) Implicit Bias
- 2020, 200-hour Yoga Teacher Training
- 2019, First Level Clinician Certification in Adolescent Community Reinforcement Approach (A-CRA)
- 2018, Collaborative Assessment & Management of Suicide (CAMS) training
- 2014, Trauma-Focused Cognitive Behavior Therapy (TF-CBT)
- 2012, Intensively Trained in Dialectical Behavior Therapy (DBT)

SKILLS AND COMPETENCIES

- Engaging with clients and staff in empathic, validating and empowering manner through perspective taking
- Evidence-based treatment experience, specifically providing DBT, Motivational Interviewing and ACRA
- Proficient computer and research skills