

## **AHEC-SSW Training Partnership Consultant Information Sheet**

**Name:** Caroline Garrett

**Position/Title:** Clinical Social Worker/UNC-CH, SSW Alumni

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**Education/Degrees:** UNC Chapel Hill School of Social Work, Master of Social Work

**Academic Experience:** I graduated from Meredith College in 2019 with bachelor's degrees in social work and psychology and a minor in sociology, then continued my social work education at UNC Chapel Hill's School of Social Work for my MSW degree. Through my academic experience, I focused on mental health and disabilities through frameworks of social work, psychology, and sociology and honed skills in public policy analysis, advocacy, research, and trauma-informed psychotherapy.

**Brief Summary of Work Experience:** For the past six years, I have focused my internship and work experience on intellectual / developmental disabilities across the lifespan. I currently work as a service navigator for NeuroNav, a California-based company that provides person-centered planning for people in the Self-Determination Program, a home and community-based waiver option that allows people more flexibility and choice in their services. Through this role, I seek to empower people to create autonomous, meaningful plans for their lives.

Previously, I worked as a 1:1 teacher and Registered Behavior Technician at Meredith Autism Program with preschool-aged children for four years. In this position, I developed experience with communication differences, self-injurious behaviors, and sensory processing needs. At Carolina Institute for Developmental Disabilities, I worked with adults with I/DD and autism providing modified DBT-based psychotherapy in individual and group settings. Through internships at the Autism Society of North Carolina and the Family Support Program at the UNC School of Social Work, I gained skills in nonprofit administration, including grant writing, research, website development, and fundraising.

**Specialization/Research Areas:** Autism Spectrum Disorder, Mental Health, Trauma-Informed, Neurodiversity, Autism and Girls/Women, Autism and LGBTQ Populations

**Available for presentations on the following topics:**

- Autism/Neurodiversity in Girls and Women
- Disability Culture and Identity-First Language
- Neurodiversity in the Workplace