

Caroline Garrett

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Personal profile: I am a social worker and autistic self-advocate, working as a disability service navigator for NeuroNav, a California-based startup helping people with developmental disabilities navigate the state's Self-Determination Program. Since late high school, I have dedicated my studies and work to developing a holistic understanding of autism and using my professional and personal experiences to bridge gaps in service systems. My passions include cross- and disability advocacy in the public policy arena and expansion of wraparound services for neurodivergent individuals and quality, trauma-informed mental health resources. My research interests focus on the intersection of autism, gender, mental health / quality of life, and trauma.

Education:

University of North Carolina at Chapel Hill; Chapel Hill, NC | Class of 2020
Master of Social Work, Concentration in Community Management and Policy Practice

Meredith College; Raleigh, NC | Class of 2019; Summa Cum Laude
Bachelor of Social Work, Bachelor of Arts in Psychology
Minor in Sociology

Work and Internship Experience:

NeuroNav | American Canyon, CA | January 2021 - present

- Independent Facilitator, person-centered planner, and service navigator for individuals transitioning to or enrolled in the Self-Determination Program
- Coach and educate clients on the details and benefits of the Self-Determination Program
- Conduct person-centered planning meetings with clients and families tailored to individual communication needs, goals, and interests
- Advocate alongside families in Individual Program Planning (IPP) meetings to ensure client needs are met
- Connect clients, regional centers, service providers, and Financial Management Service (FMS) agencies to ensure smooth transitions to the Self-Determination Program
- Train and coach new service navigators within the NeuroNav team

Family Support Program at the UNC School of Social Work | Chapel Hill, NC | June 2019 - April 2020

- MSW intern at an information and technical assistance office for Family Support Network™ of NC, which provides peer-to-peer support for families of people with disabilities
- Assisted with grant applications to several funders, including HRSA and NIDILRR

- Collected and compiled information in inclusive and disability-focused summer camps in North Carolina to create a 2020 Summer Camp Guide
- Edited Family Support Program website to expand and improve information for families
- Collaborated with steering committee on a HRSA-funded grant to improve navigation of autism services with a focus on rural families of color
- Tracked and analyzed quarterly data for 13 FSN affiliate programs

Carolina Institute for Developmental Disabilities | Carrboro, NC | June 2019 - April 2020

- Clinical social work intern providing modified CBT and DBT psychotherapy to adults with I/DD
- Met 1:1 with one client weekly and co-facilitate a DBT-based skills group for 4-6 clients weekly
- Interviewed individuals and their families who attended Angelman syndrome and Prader-Willi syndrome specialty clinics and contributed to multidisciplinary reports
- Connected with local residential services and Medicaid Managed Care Organizations to facilitate client services and supports

NC START Central | Raleigh/Durham, NC | January 2019 - April 2019

- Full-time BSW student intern for NC START Central, providing crisis prevention and intervention for individuals with dual diagnoses of intellectual/developmental disabilities and behavioral/mental health needs and their families and support systems
- Facilitated electronic paperwork accuracy and efficiency by tracking needed and completed documents
- Worked alongside coordinators in intake processes
- Participated in weekly team meetings to collaborate on case management and crisis prevention strategies
- Attended regular meetings with managed care organizations and advocacy organizations
- Wrote social stories for adolescent and adult clients
- Designed first quarterly newsletter
- Worked closely alongside a coordinator with a client and family to assist with an upcoming court case

Autism Society of North Carolina | Raleigh, NC | May 2017 - August 2017

- Coordinated with Development Department team for fundraising, research, and outreach to donors
- Assisted with planning and advertising for statewide Run/Walk for Autism 5k's
- Orchestrated research and recording on resources for children with autism in each public, private, and charter school in Wake County, NC

Mind Form Personal Development | Raleigh, NC | December 2015 - January 2017

- Administrative assistant for a private-practice LCSW
- Managed appointment calendar

- Fielded client emails and phone calls
- Assisted with website development
- Shadowed Dialectical Behavior Therapy groups for adolescents and adults
- Learned principles of Dialectical Behavior Therapy, Motivational Interviewing, Cognitive Behavior Therapy, Internal Family Systems, and Transactional Analysis

Meredith Autism Program | Raleigh, NC | September 2015-May 2019

- Taught a total of 17 children ages 3-6 pre-academic and social skills in a 1:1 setting
- Managed, tracked, and analyzed children's behaviors according to individualized behavior plans using Catalyst by DataFinch Technologies
- Developed functional communication skills with nonverbal clients using Proloquo2Go
- Earned Registered Behavior Technician (RBT) credential in December 2017
 - Analyzed weekly behavior and skill development data and collaborated with supervisor to adapt plan, supervise team, and prepare notes for bi-weekly team meetings
- Provided behavior support for up to 10 children in an inclusive preschool program: May 2018 - May 2019

Leadership Achievements:

Leadership Education in Neurodevelopmental and Related Disabilities | Chapel Hill, NC | August 2019 - April 2020

- Social work trainee in NC's University Center for Excellence in Developmental Disabilities LEND program
- Contributed to weekly multidisciplinary problem-based learning course to discuss innovative ways of approaching various developmental disabilities across the lifespan
- Developed a survey-based research project on the experiences of women with autism and presented findings at a symposium in April 2020

Neurodiversity Caucus at the UNC School of Social Work | Chapel Hill, NC | June 2019 - May 2020

- Co-chair for the newly founded Neurodiversity Student Caucus
- Organized monthly meetings to raise awareness of neurodiversity and provide support to neurodivergent students
- Presented on *Non-Stereotypical Presentations of Neurodiversity* panel as part of the Focus on Family and Disability Lecture Series at the UNC School of Social Work

Skills:

Computer Literacy

- Proficient in Microsoft Office programs, including PowerPoint and Excel
- Proficient in Google Suite

- Experienced with the data analytics tools Qualtrics and SPSS Statistics

Grant Writing

- Assisted with literature reviews, budget, and edits to grants funded by HRSA, NIDILRR, and the American Legion

Written Communication

- Experience writing news articles, newsletter posts, social media posts, committee meeting notes, and webpages