

**Lydia Stellwag**  
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Recent social work graduate student with experience in healthcare including inpatient and outpatient hospital settings, knowledge of case management, assessment and brief treatment and program management. Experience working with children, adults and groups from diverse populations including uninsured and underinsured populations, the LGBTQ community, the neurodivergent community, people with severe eating disorders, and children and young adults with chronic illness.

**Education**

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**Master of Social Work – LCSWA Pending** May 2023

University of North Carolina at Chapel Hill  
UNC-PrimeCareForYouth Awardee, 2022-2023

- Received competitive stipend while participating in supplemental coursework and training focused on trauma-informed care for children, youth, and their families as part of a specialized Integrated Behavioral Health Care Training Program funded by the Health Resources and Services Administration (HRSA).

**Bachelor of Arts, Psychology** May 2017

University Of North Carolina at Wilmington  
Scott Robertson Memorial Scholarship Recipient

**Work History**

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**Neurodiversity Empowerment Services: Psychotherapist, Chapel Hill, NC** 06/2023-present

- Provide individual outpatient psychosocial assessments, mental health screenings for children and young adults to identify goals of therapy and current functioning.
- Provide individual outpatient therapy to children and young adults utilizing a trauma informed neurodivergent affirming lens, elements of dialectical behavior therapy, cognitive behavioral therapy and person centered therapy.

**UNC Hospital Pediatric Pulmonary Clinic, Cystic Fibrosis team: Intern, Chapel Hill, NC** 09/2022-05/2023

- Provide group and individual outpatient psychosocial assessments and mental health screenings for children and their families to identify social, emotional and environmental areas of need and strength to understand how they may benefit from resource assistance
- Provide group and individual outpatient brief treatment to children and their parents utilizing Cognitive Behavioral Therapy (CBT), Group therapy principles, Motivational Interviewing (MI), and Dialectical Behavior Therapy (DBT) with individual patient goals in mind
- Develop and implement psychosocial treatment plans for patients based on assessment and electronic health record (EHR) information
- Provide psychosocial education to children and parents around cystic fibrosis diagnosis, treatment, and disease related developmental shifts.

**Student Health Action Coalition: Social Work Student Director, Carrboro, NC** 08/2021-05/2023

- Collaborate with co-directors to update existing clinic work flow, prepare new volunteers to perform psychosocial assessments and provide resources, divide monthly tasks for clinic flow, volunteer outreach, and trainings
- Provide outpatient psychosocial assessments and mental health screenings for uninsured and underinsured children and adults to identify social, emotional and environmental needs and refer them to community resources such as affordable housing, food, rent, utility assistance and mental health services
- Provide patients with appropriate internal referrals to departments such as medication management, psychology and counseling services, and Medicaid or Medicare services
- Update medical team with patient needs and existing patient support systems

**Alamance County Health Department: Intern, Burlington, NC** 08/2021-05/2022

- Provide brief, focused interventions to uninsured and underinsured adults including mindfulness and Cognitive Behavioral Therapy (CBT), under the supervision of field instructor
- Provide intake assessments for adults that include understanding social determinants of health, support systems, areas of concern, relevant history and patient goals for therapy
- Created and hosted a mindfulness based psychoeducational workshop for 18 patients in a Latinx women's group, with the aid of an interpreter
- Attend home visits and interviews with patients in the Care Management for High Risk Pregnancies (CMHRP) and Care Management of At Risk Children (CMARC), including evaluations, follow up calls and visits in accordance with insurance policies

**Aquity Solutions: Medical Scribe Yale Ped Endocrinology & Yale Orthopedics, Virtual** 02/2020-07/2022

- Record information during clinic visits with children and adults in patients electronic health record chart utilizing Subjective Objective Assessment and Plan (SOAP) note format to capture pertinent appointment communication
- Updated patient charts including patient history and patient contact information to reflect recent change in gender, pronouns, or name change to better serve the transgender community
- Regularly revise provider note preference document for future scribes and emergency coverage scribes

**Duke Clinical Research Institute: Data Technician, Durham, NC** 12/2017-07/2019

- Managed the coordination of 14 Data Safety Monitoring Boards (DSMB) including scheduling meetings between internal and global external members, facilitating contracts and documents required for contract adjudication process, and communicating regularly with the lead statistician of each committee to customize the coordination of board meetings for each trial
- Authored a manual for the coordination of Data Safety Monitoring Boards for new employees
- Authored 5 documents for the organizational work flow and process of DSMB coordination

**Veritas Collaborative: Therapeutic Assistant, Durham, NC** 05/2017-11/2017

- Provided inpatient relationship-based treatment to on average 12 patients with eating disorders by utilizing positive supportive recovery based care, supervision during mealtimes, outings, group activities, morning and night routines and social milieu activities
- Provided updates on patient behaviors, concerns and achievements to clinical team by attending strategic clinical team meetings and through daily documentation of patient behaviors

**Physician's Alliance for Mental Health: Intern, Wilmington, NC** 01/2017- 05/2017

- Attended intake assessments and individual therapy sessions for adults with substance use disorders and severe and persistent mental health disorders
- Participated in and shadowed group therapy for adults with severe and persistent mental health disorders

**Honors and Involvement**

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Interprofessional Education and Practice (IPEP) Distinguished Scholars Program, 08/2022-05/2023  
 LGBTQ+ Caucus, Member 08/2021-05/2023  
 Disability Caucus, Member 08/2021-05/2023  
 Gender Affirming Care, Webinar host, 01/2022-12/2022  
 National Association of Social Workers, Member 08/2021-05/2023

**Skills and Training**

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Enterprise Project Management  
 EPIC Electronic Health Record Software  
 Trauma Informed Cognitive Behavioral Therapy (TF-CBT) certification