

## Kimberly Knowlton-Young, LICSW

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### EDUCATION

- June 2005      **Simmons College School of Social Work**, Boston, MA  
Master of Social Work
- May 2001      **Boston University School of Public Health**, Boston, MA  
Certificate in Maternal and Child Health
- May 1998      **University of Vermont**, Burlington, VT  
Bachelor of Arts; Sociology & Women's Studies

### WORK EXPERIENCE

- 10/14 - present      **Private Practice, Psychotherapist**, Norwich, VT  
Provide individual, couples and family therapy to adolescents and families struggling with mental health or relationship challenges, including substance abuse and addictions.
- 6/12 – 9/12      **Wellspring Mental Health and Wellness Center, Consultant**, Hardwick, VT  
Worked under a short term grant to assess and analyze the infant mental health resources in the geographic area served by the health center. Documented gaps identified by various service providers serving the same population.
- 9/08 to 8/11      **Adolescent Substance Abuse Program, Children's Hospital Boston, Clinical Social Worker**, Boston MA  
Conducted assessment and diagnosis, individual and group therapy, parent guidance and program development in an outpatient, hospital- based clinic as part of a multidisciplinary team of professionals. Supervised interns and coordinated Mental Health Team Meeting.
- 11/06 to 8/08      **Family Connections Program, Children's Hospital Boston, Mental Health Consultant**, Boston MA  
Partnered with an urban Childcare Center and Head Start Program to increase the Center's capacity to respond to the high rates of depression among staff and families associated with the program. Facilitated referrals; provided ongoing staff mental health trainings, mentorship and capacity building; consulted to program administration, teachers and social service team; led workshops for parents; and facilitated social skills groups for preschool children.
- 1/07 to 10/08      **North Shore Counseling Center, Clinical Social Worker**, Beverly MA  
Provided individual and family therapy services to children and adults in a small private mental health clinic, focusing on parent-child mental health, parental stress and trauma-recovery.
- 10/00 to 7/05      **Brazelton Touchpoints Center, Children's Hospital Boston, Project Coordinator**, Boston MA  
Coordinated trainings for medical, mental health, and child development professionals in Dr. T. Berry Brazelton's approach to optimizing child and family development. Participated in the ongoing collaborative process of

adapting Dr. Brazelton's approach for use in early care and education setting including seven American Indian Early Head Start programs.

9/04 to 5/05

**South End Community Health Center, Social Work Intern, Boston MA**  
Position included time at the **Blackstone Elementary School and the Solomon Carter Fuller Mental Health Center**. Provided individual, group, and family therapy to economically disenfranchised population, predominantly people of color, at community health center on and off-site at local public school settings. Clients varied in age (three to 55 years) and presenting problems, including PTSD, chronic major mental illness such as schizophrenia, addiction and bipolar disorder. Functioned as an active member of multidisciplinary child intake and adult case management teams. Developed and carried out a leadership project involving consultation with pediatric and adult medicine departments in regard to staff and program development.

9/03 to 7/04

**Academy of Physical and Social Development, Social Work Intern, Newton, MA**  
Co-lead activity-based social skills groups for children with developmental delays. Clients included children age five to fifteen diagnosed with ADHD, Asperger's Syndrome, pervasive developmental delays, non-verbal learning disorder, trauma and selective mutism. Worked with parents regarding assessment, intervention and developmental goals.

**PUBLICATIONS** *Supportive Supervision: Promoting staff and family growth through positive relationships* Caroline L. Watts, Catherine C. Ayoub, Mary Watson Avery, William R. Beardslee, and Kimberly Knowlton-Young. Copyright Children's Hospital Boston, January 2008.

## **PRESENTATIONS**

"Motivational Interviewing (MI) Overview for Pediatric Residents" & "Referral to Treatment for Pediatric Residents" Dartmouth Hitchcock Medical Center. November 7, 2014.

"Talking to Caregivers about Adolescent Substance Use: Effective Approaches for Providers" Cambridge Health Alliance. March 1, 2011.

"Adolescent Addiction Treatment: Tools of the Trade II" Psychotherapy Seminar: Presentations on Substance Abuse. Children's Hospital Boston. June 22, 2010. Co-facilitated with Marianne Pugatch, LICSW and Shannon Mountain-Ray, LICSW.

"Preventing Female Depression: Planting the Seeds in Girlhood" Round table discussion. Southern Connecticut State University Women's Studies Program's 18<sup>th</sup> Annual Women's Studies Conference: Girls' Culture & Girl's Studies: Surviving, Reviving Celebrating Girlhood. New Haven, CT. October 2008. Co-facilitated with Caroline Rose and Nancy Horn.

“Responding to Challenging Behaviors in Early Education and Child Care Settings” Training Workshop. Associated Early Care and Education Professional Development Day, Cambridge, MA. November 2007. Co-facilitated with Nicole Torcivia.

“Supportive Supervision in Early Care and Education” Round table discussion. Family Connections Annual Conference, Cambridge, MA. May 2007. Co-facilitated with Cathy Ayoub.

“Integration of the Touchpoints and Empowerment Approaches into the Applied Practice of Clinical Social Work with Children and Families.” National Institute for Child and Family Development, Nakom Pathom, Thailand. November 2006.

#### **AWARDS AND SCHOLARSHIPS**

2003 & 2004 Children’s Hospital Boston, Sibylla Orth Young Scholarship Recipient

#### **VOLUNTEER**

3/06

**Cultural Academy for Peace, Consultant, Cochin, India**

Edited program materials, created an informational brochure for program’s battered women’s shelter, led yoga and consulted with director about current HIV prevention, family therapy and therapeutic residential services.

10/05 to 12/05

**National Institute for Child and Family Development, Mahidol University, Consultant, Nakom Pathom, Thailand**

Aided in the development and piloting of a needs assessment for the Institute’s special needs program, assisted with one grant proposal for international educational and research based collaborations, staffed one program aimed at enhancing child health and development in rural Thailand, edited website and marketing materials, staffed a camp for children with pervasive developmental delays, Asperger’s Syndrome and Autism, and taught English at a comprehensive and therapeutic preschool program.

References are available upon request.