

CHABREAH ALSTON
(347) 524-1065
Chabreahalston@gmail.com

WORK EXPERIENCE

LESLEY UNIVERSITY

SEPTEMBER 2023 – PRESENT

Off-Site RDT Supervisor

- Provide weekly supervision & necessary paperwork for Drama Therapy students in their 2nd year internship

ALMA MENTE THERAPY, LLC

APRIL 2021 – PRESENT

Group Private Practice

Remote

Licensed Mental Health Counselor

- Conduct diagnostic intake & mental health assessments, create comprehensive treatment & safety plans
- Schedule and provide weekly or biweekly individual sessions via video or phone with preferred caseload
- Complete clinical documentation (i.e. Intake notes, progress notes, collateral contact information electronically)
- Attend monthly and quarterly staff meetings and trainings
- Supervision as needed
- Continuing Education courses, Maintain independent licensure

ELIOT BOYS DETENTION UNIT

JULY 2019 – FEBRUARY 2021

Eliot Community Human Services/Department of Youth Services

Dorchester, MA

Residential Clinician (RC)

- Conduct diagnostic intake assessments and create comprehensive treatment plans and ensure youth safety
- Complete clinical documentation (i.e. Intake notes, progress notes, group notes, collateral contact information, and discharge summaries electronically)
- Provide weekly and as needed individual sessions and family therapy via phone when needed
- Respond to crisis situations, create safety plans, utilize de-escalation tactics
- Communicate with legal guardians, attorneys and other providers on youth's behalf
- Schedule visits or phone calls with outside providers
- Create curriculum, plan and lead therapeutic groups including Dialectical Behavioral Therapy (DBT) and Substance Abuse Prevention incorporating Expressive Therapies components
- Participate as part of a multidisciplinary team
- Be an appropriate support for both staff and youth
- Respond to grievances filed as appropriate
- Attend weekly individual and group clinical supervision, monthly staff meetings and trainings
- Train and provide supervision to new RC and intern on program operations, clinical documentation and clinical sessions and groups
- During COVID-19:
 - Facilitate emergency court conference calls; organize and facilitate virtual visits; explain and help to enforce new procedures and protocol
 - Complete twice daily clinical checks-in and adaptable clinical groups for youth on 14 day quarantine

CENTER HOUSE DAY TREATMENT PROGRAM

SEPTEMBER 2018 – JULY 2019

Dual Diagnosis Psychiatric Day Treatment for Adults

Bay Cove Human Services

Clinician

- Create, plan and lead therapeutic groups including Addictions, Psychotherapy and Psychoeducation(CBT and DBT) groups
- Create, plan and lead Drama Therapy groups (Movement & Drama and Hearing Voices)
- Conduct diagnostic intake assessments and create comprehensive treatment plans
- Communicate with primary care physicians, psychiatrists, clinical nurse practitioners, outpatient therapists, and any other important supports
- Complete clinical documentation (i.e. progress notes, discharge summaries)
- Respond to crisis situations, create safety plans, utilize de-escalation tactics
- Participate as part of a multidisciplinary team
- Attend daily clinical rounds and present cases
- Provide individual check-ins, assist clients in identifying appropriate supports to ensure safety, monitor the milieu
- Attend weekly clinical supervision, staff meetings and trainings
- Collaborate, guide and train interns on program operations and with leading groups and case management
- Occasional administrative task (i.e. scheduling tours, creating client charts, inputting new clients into the system, managing

first days)

LICENSES & CERTIFICATIONS

LICENSED CREATIVE ARTS THERAPIST (LCAT) #002590
LICENSED MENTAL HEALTH COUNSELOR (LMHC) #12025
REGISTERED DRAMA THERAPIST (RDT) #734

STATE

NY
MA

STATUS

JUNE 2021 - PRESENT
OCTOBER 2020 - PRESENT
SEPTEMBER 2019 – PRESENT

PUBLICATIONS

CREATIVE EXPLORATIONS OF INTERSECTIONAL INJUSTICES... DRAMA THERAPY REVIEW 9.1 MAY 2023
DRAMA THERAPY & COMPLEX COLLECTIVE TRAUMA DRAMA THERAPY REVIEW 8.1 APRIL 2022

VOLUNTEER ROLES

CHED CHAIR *NORTH AMERICAN DRAMA THERAPY ASSOCIATION* *2023 – PRESENT*

- Cultural, Humility, Equity and Diversity (CHED) Chair
- Attend Board Meeting and submit a written report to the NADTA Office of tasks accomplished previous to each meeting.
- Participate in conference call meetings quarterly and as scheduled by the President.
- Behind the Scenes: Write a quarterly column about upcoming events related to CHED
- Collaborate and facilitate CHED Workshop Series
- Budget and Finance: All board members of a C-Corporation are responsible for managing the financial health of the organization and for ensuring the ethical use of funds. Review the budget and finances of the organization and provide feedback and input regarding the use of funds.
- Oversee CHED and Disability Justice Committee: The CHED Chair is responsible for recognizing and advancing issues of social equity in the organization & amongst NADTA membership.
- Perform any relevant tasks/duties assigned by the NADTA Board of Directors
- Facilitate workshops at in-person and virtual conferences

REGISTRY COMMITTEE *NORTH AMERICAN DRAMA THERAPY ASSOCIATION* *2023 – PRESENT*

- Receive complete RDT and P-RDT applications twice per year
- Review completed applications to determine if they meet identified criteria for approval of RDT or P-RDT
- Award approved RDT or P-RDT at annual conference

CONFERENCE CHAIR *NORTH AMERICAN DRAMA THERAPY ASSOCIATION* *2022*

- Lead, guide and oversee all planning needs of the conference and serve as a member of all conference committees.
- Choose a Conference Theme with team and write a Call for Proposals
- Select a Keynote Speaker with team and invite the person selected.
- Assist in the proposal review and selection process and plan the conference schedule.
- Assist in the creation of the media and registration process.
- Assist in approving various standard forms used at the conference and prepared by the NADTA office.
- Call committee meetings, coordinate volunteers and ensure understanding of responsibilities, deadlines and collaboration.
- Assist the A/V Chair in fulfilling A/V requests from presenters.
- Organize the Opening and Closing Ceremonies.
- Choose the menus for the Luncheon and President's Reception.
- Compile the venue's Banquet Event Orders (BEOs).
- Be available for pre-conference meetings with the venue's event manager and the A/V vendor and attend a post-mortem meeting.

ALUMNI ADMISSIONS AMBASSADOR *LESLEY UNIVERSITY* *2018 – PRESENT*

- Share Drama Therapy education experience with prospective students
- Answer necessary questions

EDUCATION

LESLEY UNIVERSITY AUGUST 2016 – MAY 2018
MA in Clinical Mental Health Counseling with a specialization in Drama Therapy

STATE UNIVERSITY OF NY COLLEGE AT NEW PALTZ AUGUST 2012 – MAY 2016
BA in Theatre Arts Performance & Psychology

*REFERENCES AVAILABLE UPON REQUEST