

# LEAH POST

MSW, MPH, LICSW

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## EDUCATION

### **Master's in Social Work**

University of Minnesota - Twin Cities

**May 2017**

### **Master's in Public Health**

University of Minnesota - Twin Cities

**May 2017**

### **B.A. in Gender Studies**

University of Minnesota - Twin Cities

**May 2011**

## TEACHING AND STUDENT SUPERVISION

### **Field Education Instructor**

*Perfectly Queer Counseling - Seattle, WA (2 UW MSW students)*

*MEND Seattle - Seattle, WA (7 UW MSW students)*

- Interview and select students for placement openings
- Identify, adapt, and provide support for individual student learning styles and the students emotional experience throughout their field education experience
- Provide supervision, consultation, professional development, and training opportunities to students
- Evaluate each student quarterly per UW requirements in addition to ongoing evaluation, supervision and clinical support

**Sept 2020 - Present**

### **Program Manager - Training & Education**

*Neighborhood House - Seattle, WA*

*MEND Seattle - Seattle, WA*

- Create and update educational programming for all staff through evidence-based, peer-reviewed research and teaching methods
- Provide continuing education for direct service staff related to case management, health education, public health and harm-reduction methods
- Utilize internal and external resources to provide a robust, comprehensive and engaging curriculum for diverse learning styles
- Teach monthly clinical training for graduate interns from five university programs

**Jan 2019 - Apr 2022**

### **Community and School-Based Education Coordinator**

*Anoka County - Anoka, MN*

*Northpoint Health & Wellness - Minneapolis, MN*

*Brooklyn Center Community Schools - Brooklyn Center, MN*

- Provided education and consultation to staff and community members on community health topics
- Developed and presented health education curriculum to youth and adult students in schools and through continuing education courses
- Coordinated and supervised after-school programming for queer youth group focused on peer education and community engagement

**Apr 2013 - Dec 2018**

## CONFERENCE PRESENTATIONS

"Lose the Heteronormativity", Rainbow Health Initiative Opportunity Conference, Minneapolis, MN, February 2017

"Youth Development: What it is, Why it Works, and How You Can Use it in Any and Every Interaction With Young People (Including Sex Ed!)", Teenwise Annual Conference, Brooklyn Center, MN, May 2015

"How the Birds and the Bees helps with ABCs, GEDs & ACTs", Youth Education Network Panel, November 2014

## RECOGNITION

Teen Alliance Program Coordinator; Recipient of "Outstanding Teens of the Year" Award through TeenWise MN, 2015

Recipient of "Responsible Sex Ed Award" Award through Better Together Hennepin, 2015

Recipient of "Accessible Reproductive Health Services" Award through Better Together Hennepin, 2014

Recipient of "Certificate of National Service" Award through Minnesota Alliance with Youth, 2012

Recipient of "Enthusiasm Award" through MetroCorps - Americorps Branch, 2011-2012

## PROFESSIONAL SERVICE

### Special Programs Director

Oct 2022 - Present

*Asian Counseling and Referral Service - Seattle, WA*

- Plan, organize and direct day-to-day operations of in-house grant specific programs
- Supervise, train, and provides administrative and clinical support
- Work collectively with administrative and direct service staff in strategic planning and program development
- Oversees and ensures delivery of required programs/contract performance outcomes, projects, narratives, financial reports, output measures and invoices

### Founder/Director

June 2022 - Present

*Perfectly Queer Counseling PLLC*

- Provide clinical services: Clinical supervision, individual psychotherapy, intake assessments, and crisis intervention
- Field Education Instructor for graduate-level interns
- Manage all business operations

### Clinical Supervisor & Mental Health Therapist

July 2019 - Aug 2022

*MEND Therapy Services - Seattle, WA*

- Provide direct clinical services included individual psychotherapy and intake assessments
- Field Education Instructor for graduate level interns

### Community Health Program Manager

Jan 2019 - Apr 2022

*Neighborhood House - Seattle, WA*

- Manage community partnerships and contracts with mental health providers including contract negotiations, budget management and invoice processing
- Supervise, hire, train and support a team of 16 supervisors, case managers, peers support specialists and compliance/data specialists who provide direct service to at-risk individuals in King County
- Provide oversight and management of HIV/HCV testing certifications, mental health/SUD/COD referrals, coordinated entry and housing referrals

### Community Health Outreach Prevention Coordinator

Nov 2017 - Jan 2019

*Anoka County Public Health - Anoka, MN*

- Coordinate county-wide community-based programs for violence prevention, chemical health, mental health
- Provide training, recruitment and quality assurance for grant-based programming
- Provide supervision management of partners, interns and community health staff

### Medical Social Worker (Part-Time)

Jul 2018 - Dec 2018

*Allina Hospital: Unity Campus - Fridley, MN*

- Completed psycho-social assessments and short-term case work counseling for patients of all ages
- Provided behavioral health consultation to any department in the hospital with a focus on the emergency room, surgical recovery and ICU

### Mental Health Therapist

Aug 2016 - Sep 2018

*P.O.R. Emotional Wellness - Golden Valley, MN*

- Provide direct clinical services including individual and family psychotherapy, diagnostic assessments, treatment planning and crisis intervention for adolescents and young adults
- Work with clinical care team (case managers, peer support specialists, supervisors) to manage client care
- Provide training, consultation and support to staff as needed
- Proficient in Procentive electronic medical records system

### **Community Health Programs Supervisor**

**Feb 2016 – Sep 2017**

*Northpoint Health and Wellness Center - Minneapolis, MN*

- Supervise Community Health department staff including hiring, annual performance reviews, training
- Work with primary care providers and clinic staff to advocate for patient needs, provide patient education and referrals as needed
- Manage and oversee grant funding and reporting requirements
- Provide consultation and trainings for clinic staff monthly

### **Program Coordinator**

**Apr 2013 – Feb 2016**

*Brooklyn Center Community Schools - Brooklyn Center, MN*

- Provided consultation and education to school staff
- Managed Better Together Hennepin grant including all program planning, budget and evaluation activities
- Provided one-on-one mentoring and education with teens aged 13-19
- Developed year-long classroom-based curriculum

## **PROFESSIONAL MEMBERSHIPS**

- WA State Society for Clinical Social Work (WSSCSW)
- American Association of Sexuality Educators, Counselors and Therapists (AASECT)
- WA State Public Health Association (WSPHA)
- WA Mental Health Counselors Association (WMHCA)
- National Association of Social Workers (NASW)

## **LICENSES & CERTIFICATIONS**

- Licensed Independent Clinical Social Worker, Washington State, LW61092858
- WA State approved clinical supervisor

## **REFERENCES**

**Tanya Ranchigoda**, Lecturer  
University of Washington  
[rancht@uw.edu](mailto:rancht@uw.edu)

**Cecania Alexander**, Therapist  
MEND Seattle  
[cecania.a@mendseattle.com](mailto:cecania.a@mendseattle.com)

**Natalia Pierson**, Program Manager  
Neighborhood House  
[nataliap@nhwa.org](mailto:nataliap@nhwa.org)