

William T. Day, M.S.
Clinical Mental Health Counselor

Maple Leaf Clinic
Telephone: (802) 446-3577; (802) 446-3801 (Fax)
Email ~ MapleLeafClinic@vermontel.net
Website ~ www.MapleLeafClinic.com

167 North Main Street
Wallingford, Vermont, U.S.A. 05773

71 Allen St. Unit 202
Rutland, Vermont, U.S.A. 05701

UNIVERSITY EDUCATION

Master of Science - Clinical and Mental Health Counseling, 2012
– 4.0 GPA Western Carolina University, Cullowhee, NC

Bachelor of Arts - Environmental Studies: Emphasis in Environmental Education, 2007
B.A. Outdoor Leadership
Warren Wilson College, Asheville, NC

PROFESSIONAL EXPERIENCE

Rutland Mental Health, December 2016 - December 2020
Rutland, VT

- Outpatient treatment clinical therapist working with children and their family's aged 4-22
- Provided therapeutic intervention to youth that included person centered, play therapy, art therapy, activities therapy, sand tray, using nature as a metaphor, and cognitive behavioral therapy to help youth work through trauma, complex trauma and other presenting issues
- Maintained an average caseload of 24 clients, providing individual therapy, family therapy, group therapy, case management, and crisis coordination
- Strong personal focus on discovering the strengths of the entire person and family and bringing this into therapy

North Star Hospital, December 2015 - September 2016
Anchorage, AK

- Worked in an integrated care setting with psychiatrists, psychologists, medical doctors, nurses and mental health professionals as a clinical therapist in an acute psychiatric hospital for children aged 4-18 (only acute facility of its kind to take children under 12 in state of Alaska)
- Creating treatment plans for over 14 patients at once that incorporated the integrated care team including patient, family and when applicable probation officers, representative of the Office of Children's Services, and the courts
- Gave court testimony in placement hearings on behalf of the hospital and treatment team.
- Incorporated solution focused therapy with play therapy, art therapy, individual therapy, family therapy, group therapy, nature therapy, CBT and trauma informed therapy in a fast passed setting

Clinical Therapist AK Child & Family, January 2013 - January 2014

Anchorage, AK

- Psychiatric Residential Treatment Facility working with children aged 6-18
- Provided therapeutic intervention to youth that included person centered, play therapy, art therapy, activities therapy, sand tray, using nature as a metaphor, and cognitive behavioral therapy to help youth work through trauma, complex trauma and other presenting issues.
- Maintained an average caseload of seven clients, providing individual therapy, family therapy, group therapy, case management and crisis intervention (including on-call crisis rotation)
- Developed individualized person centered treatment plans, discharge placements, and review of each treatment plan with the youth and their family as often as possible
- Managed staff interactions with students on a daily and weekly basis through staff meetings and one-on-one coaching
- Strong personal focus on discovering the strengths of the entire person and family and bringing this into therapy

Clinical Intern Eliada Homes, Inc., August 2011 - May 2012

Asheville, NC

- Psychiatric Residential Treatment Facility working with children aged 5-18
- Provide individual, family and group therapy to teens with various diagnoses including oppositional defiant, conduct disorder, PTSD, anxiety, depression, bipolar, ADHD, and autism spectrum disorders
- Used a mixture of art therapy, play therapy, and person centered therapy to work with youth
- Maintain a caseload of six clients, providing individual therapy, family therapy and group therapy
- Participated in the review board for potential students and advocated for admitting difficult cases
- Co-facilitated a presentation on pervasive developmental disorder to entire organization
- Strong personal focus on discovering the strengths of the entire person in treatment
- Advocate for each client's needs in treatment, team meetings and in treatment design

Adjunct Instructor Warren Wilson College, August 2007 - May 2012

Asheville, NC

- Designed courses and lesson plans for experiential class on rock climbing
- Provided in-field and classroom instruction
- Responsible for students on day trips and maintaining standard safety protocol at all times
- Taught future instructors how to teach rock climbing and outdoor skills

Fox Mountain Guides and Climbing School, October 2006 - May 2012

Brevard, NC

- Professional rock climbing instructor for groups of people aged 4 to 72
- Facilitated day-long trips to learn about both climbing skills and personal self-discovery
- Worked with Wellsprings Adventure camp from 2007 to 2009 facilitating the development of resiliency, increasing self-confidence and creating positive self-image

Graduate Assistant Western Carolina University, August 2010 - December 2011

Cullowhee, NC

- Worked through the Western Carolina Graduate Program as a teaching assistant, assisting in grading, class preparation and research
- Taught undergraduate freshman study skills courses introducing students to on-campus resources and to higher education. Created syllabi, developed, and implemented curriculum, coordinated guest speakers, and graded students papers and projects
- Taught a resource development course for second semester freshmen with a GPA of 2.0 or below
- Worked with students both in-group settings and individually to develop time management skills, study methods, critical thinking skills, long and short term academic goal setting, and how to improve concentration

Instructor - Western Carolina University, August 2010 - December 2011

Cullowhee, NC

- Taught a freshman level study skills course focusing on the fundamentals that a high school student will need to transition to college

Graduate Assistant - Western Carolina University, August 2010 - December 2011

Cullowhee, NC

- Work with a graduate level special education professor. Grade papers for classes, edit manuscripts, perform research for manuscripts and edit classroom materials

Wellsprings Adventure Camp, May 2010 - August 2010

Waynesville, NC

- Saw 18 youth on a weekly basis between the age of 12-18 in both individual and group settings
- Used CBT skills training as well as discovering the inner talents and inner beauty of each of student
- Worked with many different departments coordinating resources for students
- Developed tailored meal plans for students to use at home
- Consolation with cabin counselors on interpersonal issues and worked with parents on a weekly basis to facilitate communication and transitioning campers back home

Trip Leader - Warren Wilson Outdoor Programs, August 2005 - May 2007

Asheville, NC

- Planned and organized all trip logistics as well as food preparation and organizing gear also developed appropriate emergency evacuation plan
- Responsible for the well-being and safety of students during off-campus trips and in charge of campus-wide publicity

Rock Climbing Instructor - Blue Star Camps, May 2006 - August 2006

Hendersonville, NC

- Worked as a climbing instructor and assistant guide for, and worked both as an instructor on their climbing wall and Guiding at Looking Glass, and Rumbling Bald Mt

Environmental Trips for Challenge Counselor, June 2001 - August 2005

Newton, NJ

- Responsible for all pre-trip organization including food preparation, organizing gear and prepping children
- Guided backpacking, canoeing, caving, biking and top rope rock climbing trips
- Accountable for children's safety and well-being both in camp and on adventure trips
- Taught staff safe rock climbing, backpacking, canoeing, prepping for a trip and wilderness navigation skills

Promoted to Senior Trip Leader June 2005

- In addition to counselor responsibilities also supervised Campers in Training (CIT)

Environmental Educator, May 2004 - June 2004

Newton, NJ

- Taught environmental education at Fairview Lake Camp which included river, stream, lake and forest ecology

Program Specialist for Camp Conferences, May 1999 - August 2003

Newton, NJ

- Worked part-time as a lifeguard, taught, archery and safe rifle use
- Supervised and assisted at the climbing wall and guided team building activities on the low ropes course

SERVICE WORK & VOLUNTEER PROJECTS

Alaska Mountain Rescue Group, April 2013 - October 2016

Anchorage, AK

- Volunteered with rescue group as a preliminary member
- Participate in trainings and search and rescues when available

Hearts and Horses Inc., August 2012 - October 2012

Loveland, CO

- Worked one on one with at risk and developmental disability children aged 5-16
- Walked next to youth and use the horse that they are riding as a median for therapeutic growth
- Worked on growing self-efficacy and self-esteem

Child Centered Play Therapy Anxiety Group, March 2011 - May 2011

Asheville, NC

- Co-created child centered play therapy groups in two different schools that were facilitated once a week for 14 weeks
- Worked with second and third graders using cognitive behavioral therapy to teach a therapeutic skill
- Facilitated a 45 minute child centered play therapy session, allow students an opportunity to process the CBT lesson and their own troubles and trauma

Creating Positive Change Through Groups, Coming Full Circle, May 2011

Cullowhee, NC

- Presented at Western Carolina University's annual conference on the power of groups and potential collaboration between school counselors and community mental health counselors

Western Carolina University Counseling Program Advisory Council, January 2010 - May 2011
Cullowhee, NC

- Invited to be a part of Western Carolina's Review Board for the counseling program consisting of students, faculty and prominent figures from the community
- The counsel addressed issues surrounding the counseling field that affected the program

October Road Multi-Family Group, September 2010 - November 2010
Asheville, NC

- Co-created a multi-family therapeutic group at a substance abuse center and facilitated a support group once a week for 8 weeks. Created a therapeutic environment for recovering substance abusers and their families

Partners Unlimited, February 2010 - May 2010

- Work with students who have been suspended for a semester or more, or are on parole. Work with students to recover lost class credits, work on a GED, gang prevention, job readiness skills, self-esteem skills, and self-empowerment

Brevard Rescue Squad, November 2007 - January 2010
Brevard NC

- Assist in local emergencies and Search & Rescue missions along with high angle rescue

Warren Wilson Ski Trip, January 2006

- Planned and organized all trip logistics, campus-wide publicity, managed budget, coordinated pre-trip meetings with students and was the liaison for campus sponsored ski trip

CERTIFICATIONS

Parent Child Interactive Therapy, Rutland Mental Health 8/20-Present

- PCIT is an evidence-based treatment for young children with behavioral problems (age 4-7)
- PCIT is conducted through "coaching," sessions during which a parent and their child are in a playroom while the therapist is in an observation room watching interactions through a one-way mirror
- The parent wears a "bug in the ear," device so the therapist can provide in-the-moment coaching and skills to manage the child's behavior

Youth Mental Health First Aid, Rutland Mental Health 5/18-Present

- Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human service workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis

Too Old? Too Big? Older Child Adaptations of PCIT, Virtual

5/20

- For children who are showing behavior problems that would normally benefit from PCIT but are too big to carry to time-out or for those who are too mature to enjoy the high rate of PRIDE skills and positive attention that the little kids love, there is an adaptation for older children that is proving helpful.
- 1 contact hour

Challenge Course Practicum, Asheville NC

08/05-10/05

- Trained in facilitation on high ropes courses
- Experienced in set-up and rescue techniques on high ropes courses
- Trained to adapt courses for individuals with disabilities

National Outdoor Leadership School (NOLS), UT

08/02

- Participated in a 16-day white water kayaking/paddle rafting/oar rafting on the Green River. In addition to learning kayaking skills, took classes on river hydrology, history and geology.

AWARDS

Eagle Scout, CPR and AED certifications, Outdoors Emergency Care (OEC), National Ski Patrol Member