

O. HORAK, MSSW, LSW

CLINICAL SKILLS

- Utilize Brief Solution Focused Therapy, Cognitive Behavioral Therapy, Narrative Therapy, and Mindful Meditation with clients.
- Facilitated long-term support groups for adolescents and young adults with a variety of topics including LGBTQ, meditation & mindfulness, anxiety, psychotherapy, pregnancy, self-esteem, and grief & loss.
- Provided individual therapeutic services to adolescents and young adults for a variety of issues, including teen survivors, gender identity, sexual orientation, depression, anxiety, and substance abuse.
- Evaluated and formulated appropriate DSM-IV treatment plans for clients.
- Conducted crisis intervention with suicidal clients.
- Provided discharge planning for clients with individualized resource and referral lists.

MEDICAL SOCIAL WORK

- Provided patients, families, and caregivers with detailed medical information.
- Assisted patients through crisis, delivering cancer information and working with families through grief & loss.
- Assisted patients and families to develop short-term financial plans and connect to appropriate resources.
- Mentored new Cancer Information Specialists to ease the transition from training to active call taking.
- Supported clients living with HIV/AIDS, including finding financial assistance resources, medical referrals, and psychological assessments for clients.
- Created, organized, and administered a school-wide health fair for 300 students.

ADMINISTRATIVE & COMMUNICATION SKILLS

- Educated schools and community organizations about working with LGBTQ young adults.
- Created curriculum for young adults and *Being An Ally* trainings for two years.
- Created, designed and implemented public relations media including websites for several non-profits.
- Developed & presented educational series for practitioners related to HIV & the transgender community.
- Over six years' experience as an agency spokesperson for various non-profits, conducting community outreach regarding agency initiatives and fundraising.
- Evaluated outcome studies to aid in the application of a national housing grant for HIV patients.

WORK EXPERIENCE

Community Violence Prevention Program , <i>Mentor</i> , Chicago, IL	2014-present
Lutheran School of Theology at Chicago , <i>Circulation Manager, Assistant Housing Manager</i> , Chicago, IL	2013-present
American Cancer Society , <i>Cancer Information Specialist</i> , Austin, TX	2007-2012
Spiritual Pride Project , <i>Curriculum Planner / Facilitator</i> , La Grange, TX	2009-2012
Out Youth , <i>Social Worker Intern</i> , Austin, TX	2010-2011
American Youth Works , <i>Social Worker Intern</i> , Austin, TX	2008-2009
AIDS Services of Austin , <i>Social Worker Intern</i> , Austin, TX	2006
The Gender and Sexuality Center , <i>Intern Researcher and Graphic Designer</i> , Austin, TX	2006

EDUCATION

The University of Texas at Austin <i>Master of Science in Social Work, Clinical Concentration</i>	Austin, Texas 2011
The University of Texas at Austin <i>Bachelor of Social Work, Educational Psychology Minor</i> <i>Certification, Bridging Disciplines Program, Cultures and Identities</i>	Austin, Texas 2006 2006
Study Abroad , <i>an international perspective of social justice</i> , London, England	2005

COMMUNITY SERVICE & AFFILIATIONS

Augustana Lutheran Church of Hyde Park , <i>Member, Social Committee Member, Sunday School Teacher</i>	2013-Present
National Social Work Association , <i>Member</i>	2010-Present
ReconcilingWorks: Lutherans for Full Participation , <i>National Board Member of Intersections of Oppression</i>	2010-2012
Lutherans Concerned of Austin & Central Texas , <i>Board Member and Presenter</i>	2004-2012
Lutheran Campus Ministry , <i>Served on hiring committee, Council, and Webmaster</i>	2002-2011
Sun Dragon Martial Arts and Self Defense, NFP , <i>Student, Fundraiser, and Volunteer</i>	2009-2011
Lutheran Student Movement , <i>Regional Representative and National Council: Advocate for Diversity & Service-Learning</i>	2003-2010
Longhorn Scholar Mentor , <i>Mentor</i>	2003-2006