

# O. HORAK, LMSW

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## PROFESSIONAL SUMMARY

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Social Worker with over 15 years of experience working with adolescents in various settings, including a drop-in center, camps, and schools. Utilizes Brief Solution Focused Therapy, Cognitive Behavioral Therapy, Narrative Therapy, and mindful meditation to achieve measurable results with clients. Extensive experience designing and facilitating curriculum with a focus on career development, mindful meditation and LGBTQ education for young adults and adolescents. Excellent communication skills including writing, desktop publishing, websites, presenting, and social media. Over seven years experience as an agency spokesperson for various non-profits, excelling in fundraising and providing community outreach regarding agency initiatives.

## EXPERIENCE HIGHLIGHTS

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### **Waterloo Counseling Center**

2022-present

*Therapist Intern, Austin, TX*

- Provides affordable long-term individual, couples, family and group mindfulness-based psychotherapy to LGBTQIA+ clients and the general population.
- Conducts trauma-informed initial assessments and diagnostic evaluations.
- Develops and monitors treatment plans.
- Provides referrals to clients as needed.

### **Communities in Schools of Central Texas**

2020-2022

*Program Manager at LBJ Early College High School, Austin, TX*

- Planned, implemented, and evaluated effective intervention with an active caseload of 110 clients and their family units.
- Interviewed, selected, and provided ongoing supervision and support to BSW/MSSW interns and CIS team members; conducting evaluations, and helping them establish goals while maintaining agency cultures, standards and systems.
- Partnered with various non-profit organizations to bring mentors, restorative circles, peer sex education and emotional support to the campus.

*Program Manager at Bastrop Intermediate School, Bastrop, TX*

- Assessed client strengths with accuracy to implement service plans for 75 active clients and their family units.
- Provided individual counseling to clients, conducted crisis management as needed, conducted outreach to parent and family units. and facilitated 15 ongoing groups varying in subject matter, from Relationship Building to Grief & Loss.
- Documented clinical services in accordance with CIS and professional standards.
- Formulated appropriate treatment plans utilizing the DSM-5.

### **American Cancer Society**

2014-2020

*Remote Case Manager, Austin, TX*

- Conducted need assessments, developed short-term financial plans, and facilitated access to care by connecting clients with appropriate resources; maintaining an active caseload of up to 100 patients.
- Trained, coached, and provided feedback to new employees to ensure agency performance measures were met.
- Advocated for patients in a multidisciplinary team of oncology social workers, nurses, family members, treatment facilities, and social service professionals.
- Successfully problem-solved and deescalated difficult cases and often was asked by leadership to intervene during crisis situations and with escalated patients; this led to several Employee Awards for Outstanding Work.

### **Community Violence Prevention Program**

2014

*Mentor & Facilitator, Chicago, IL*

- Trained and utilized MHA 21st Century Skill “The Building Blocks”, used to increase success factors for youth in social, emotional, and cognitive skills critical for college, career, and life success.
- Facilitated multiple trainings with at-risk youth in job readiness, skill building, and career development on topics such as monthly budgeting, college scholarships, 30-second interview pitches, and resume building.

**Augustana Lutheran Church of Hyde Park** 2013-2014

*Youth Director, Social Committee Member, Sunday School Teacher*

- Transformed a large youth program, of 60+ children, to include intergenerational retreats and meditation classes.
- Created, taught, and implemented family education programming and curriculum for ages 3-18.
- Coordinated and coached youth on how to fundraise for causes of their choice.

**American Cancer Society** 2007-2012

*Cancer Information Specialist, Austin, TX*

- Assisted patients through crisis, delivering cancer information and working with families through grief & loss.
- Provided the public with comprehensive education regarding cancer prevention and cancer treatment.
- Obtained extensive leadership and quality assurance training.

**Spirit Pride Project** 2009-2012

*Curriculum Planner & Facilitator, La Grange, TX*

- Co-founded and implemented a camp for LGBTQ youth as an open place to explore spirituality through team-building, community-building, and identity-forming games, workshops, and activities.
- Served on the committee that created a board of directors to sustain the camp.
- Trained educators, behavioral health professionals, and clergy about working with and on behalf of LGBTQ youth.
- Created all *Being an Ally* curriculum to support clergy and co-created all student programming for the camp for two years.

**Out Youth** 2010-2011

*Social Worker Intern, Austin, TX*

- Facilitated long-term support groups and individual therapeutic services for adolescents and young adults (12-23) with a variety of topics including gender affirmation, meditation & mindfulness, anxiety, depression, and substance abuse.
- Coordinated ongoing events for the Youth Drop-In Center; including creating a beautiful moveable walking labyrinth.
- Conducted crisis intervention with suicidal clients.

**American YouthWorks** 2008-2009

*Social Worker Intern, Austin, TX*

- Facilitated long-term support groups and individual therapeutic services for adolescents and young adults (14-22) with a variety of topics including LGBTQ, teen pregnancy, self-esteem, grief & loss, and teen survivors.
- Independently created, organized, and administered a school-wide health fair for 300 high school students.

**AIDS Services of Austin** 2006

*Social Worker Intern, Austin, TX*

- Supported clients living with HIV/AIDS, included helping find financial assistance resources, medical referrals, and psychological assessments.
- Developed & presented a 5-week educational series for practitioners related to HIV & the transgender community.
- Evaluated outcome studies to aid in the application of a national housing grant for HIV patients.

## EDUCATION

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**The University of Texas at Austin, Steve Hicks School of Social Work** Austin, Texas  
*Master of Science in Social Work, Clinical Concentration* 2011

**The University of Texas at Austin, Steve Hicks School of Social Work** Austin, Texas  
*Bachelor of Social Work, Educational Psychology Minor* 2006

**Bridging Disciplines Program** (Certification), *Cultures and Identities, emphasis in Sexuality and Gender Identity* 2006

## COMMUNITY SERVICE & AFFILIATIONS

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**Social Work Alumni Network (SWAN) Board** 2022-present  
*Board Member for Steve Hicks School of Social Work*

**Living Word Lutheran Church** 2014-2021  
*Council Member, Youth Educational Coordinator, Sunday School Teacher*

**ReconcilingWorks: Lutherans for Full Participation** 2010-2012  
*National Board Member of Intersections of Oppression (Bisexuality & Race)*

**Sun Dragon Martial Arts and Self Defense, NFP** 2009-2011  
*Student, Fundraiser, and Volunteer*