

HELMA MILLER

Boston, MA

(617)-930-2492

hmiller@gmail.com

EDUCATION

Simmons University, Boston, MA
Master in Social Work, anticipated May 2012

University of California, Los Angeles, CA
Bachelor of Arts in Art Studio, 2006
Minor: Education Studies
GPA: 3.8

SOCIAL WORK EXPERIENCE

Lawrence Elementary School, Brookline, MA Fall 2011-Present
Social Work Intern

- Counsel seven individual clients ranging from kindergarten to eighth grade to address issues of anxiety, social exclusion and depression
- Manage family cases leading to utilization of healthcare, housing, and childcare resources
- Designed and led five week-long kindergarten groups to develop cooperative skills. Teacher reports indicate that many students played more cooperatively after participation in group
- Led two fifth grade groups to build social skills. Students' counterproductive behaviors during group lessened, while openness in discussing personal issues increased over 10 weekly meetings
- Co-lead "early morning reading/math group," effectively facilitating educational activities that result in constructive use of students' time before school

Lakeside Counseling Program, Canton, MA 2010-2011
Community mental health resource center
Social Work Intern

- Provided individual and group counseling to children, adolescents and adults with depression, anxiety, court involvement, substance abuse, unemployment and lack of health insurance
- Researched available community resources and coached clients on contacting and utilizing resources with particular focus on accessing MassHealth requirements and applications
- Facilitated recreational and activity-based group with Latino children during a parenting group for mothers. Children engaged in collaborative exercises to build socially appropriate skills. Incidents of aggression during group activities decreased significantly.
- Recognized by supervisor for astute evaluation skills, positive outlook and ability to quickly engage clients in the therapeutic process

RELATED EXPERIENCE

RB Care, Rushville, Montana 2009- 2010
Support Worker for Intellectually Disabled

- Provided personal care and home cooked meals to non-verbal disabled in group homes
- Facilitated art, dance, and relaxation sessions at day placement. Agitated clients appeared visibly calmer after participating in music therapy, and tactile activities
- Ensured clients' safety by responding appropriately to medical emergencies, such as seizures and choking incidents.

RELATED EXPERIENCE (CONT.)

Leaps in Literacy, Brockton, MA

2008- 2009

AmeriCorps Parent Outreach Coordinator

- Collaborated with Cape Verdean, African American, and Caucasian parents to generate newsletters, plan four family nights, and conduct conferences regarding student progress
- Met daily with low performing second and third grade students to improve reading skills. Two teachers reported improved student performance in classroom
- Designed unique oral, artistic and written activities for every book read by students, including writing to the author

Early Academic Outreach Program, Los Angeles, CA

2005-2006/2007-2008

Bruin Advisor

- Advised students in under-funded public high schools about college requirements to encourage increased minority presence within local public universities
- Provided mentoring and personal support to improve students' morale and encourage academic achievement
- Presented university information to classes resulting in an increase in student visits to three high schools' college offices

SKILLS

Language: Fluent in French; conversational in Spanish

Computer: Proficient in Microsoft Office