

ELAINE WERNER-HUDSON

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professional summary

A Dual-Diagnosis Counselor with diverse experience and mastery level Dual-Diagnosis (with over 12,000 hours of field work); a community liaison, with skills in leading situation-specific counseling sessions. Organized, committed, and dedicated to each individual as a coach with leadership qualifications, and extensively experienced in substance treatment and mental health components. Knowledge about the importance of demonstrating compassion and empathy when bringing mindful awareness of developing life skills necessary for sobriety.

skills

- CADC-II, Certified CADC supervisor
- Utilization of the 12 core functions and global criteria
- Expertise in facilitating group counseling with client's/families
- Detail-oriented: gifted with natural perception to identifying potential obstacles undermining progress with treatment
- Utilizes innovative techniques that promote development of personal identity: mindfulness, CBT, and motivational interviewing
- Through an empathetic and compassionate approach, focuses on the importance of structure and integration of life skills
- Education on the disease process with knowledge of all drugs/EtOH. Guidance with developing coping skills, awareness of triggers, and important behavioral changes necessary for sobriety; emphasis on stages of change, relapse prevention, and client's willingness for change
- Professional leader with mastery skills, strong ethical practices and commitment of "do no harm"
- Dynamic experience working in broad-base of demographics and in a myriad of roles
- Ability to calmly manage difficult situations and behaviors and willingness to comply with policies and procedures in a timely fashion
- A natural communicator, team-player, and introspective on the written progress of clients

work history

Client Counselor and Interim/Assistant Clinical Coordinator

Aug 2009 - Aug 2010

Miramar Recovery Centers

Corona Del Mar, CA

- Observed and monitored client behavior and responses to treatment
- Tailored intakes and assessments, directed in a family-centered, strengths-based, culturally competent approach
- Aided clients in arranging medication evaluations and psychological testing

Adolescent Care Coordinator

Apr 2010 - Mar 2011

Newport Academy

Orange, CA

- Gained additional experience with emphasis in co-morbid disorders
- Mentored adolescents as a mentor and interacted using a supportive system/framework

Appointed Head Chair of Health Services Advisory Board

Jan 2011 - May 2016

Saddleback College

Mission Viejo, CA

- Kept abreast of new and developing information in the mental health field by regularly attending professional conferences and workshops
- Consulted Health and Human Services leadership, and field experts to bridge the gap and provide input to better Saddleback's community outreach programs; as a spokeswoman at health fairs and served on college appointed leadership panels
(References: Kim Branch Steward [Head Chair of Human Services], Rich Goodman [Former-Head Chair, Emeritus], and Martine Weir)

Chemical Dependency Counselor

Aug 2012 - Dec 2013

Coastal Mountain Youth Academy

San Juan Capistrano, CA

- Internship opportunity, turned full-time employment

Dual Diagnosis Counselor

October 13 - Oct 2021

College Hospital

Costa Mesa, CA

- Facilitated groups with both patients and their families
- Provided assessment and subsequent treatment plans, and aided in daily case management and team decision-making
- Proven track-record: increased treatment plan compliance from 35% to 95%
- Employee of the Month [Jan 2016]; Employee of the Year [2016]

education

Associate of Science:

2016

Saddleback College

Mission Viejo, CA

- Alcohol and drug studies; pre-certificate coursework in Criminology completed
- Graduated Magna Cum Laude [GPA 3.92]; inducted member of Phi Theta Kappa Honor Society
- Awarded Associated Student Government (ASG)'s Outstanding Student of the Year [2013]

Associate of Arts:

2016

Saddleback College

Mission Viejo, CA

- Courses Aspects of Human Sexuality and Abnormal Behaviors; Intro, Research Methods and Developmental Psychology

accomplishments

- Consulted with the Orange County Register as a field-expert; featured in several editorials [2012-present]
- Featured as field-expert in NBC4:LA's segment: "Is Hysteria Over Opioids Getting in the Way of Good Medicine?" [aired: May 16th, 2017]
- Featured in Erin Marie Daly's Book, "Generation Rx: A Story of Dope, Death and America's Opiate Crisis" [Chapter 15: Signs]
- Served as committee member on Orange County's Alcohol and Drug Advisory Board hours and community forums [2010-2013]
- Founder of 501(c)(3) non-profit ProjectJOSH.org [Imagine Podcast host on Adrenaline Radio]; and co-founder of SOLACE OC [a support group for family and individuals suffering the loss of loved ones, due to complex chemical dependency]
- Various public-speaking engagements [2009-present]

references

Attached; or will be made available upon request