

Boards & Commissions Application

I am interested in serving on the following boards/commissions. (Please indicate the order of preference).

1. ASAP Board 2. _____

As an applicant/member of a Council-appointed Board or Commission, your name, address, and phone number will be available to the press and public. Information will be kept on file for three years. Public discussion of information contained herein may occur in the meeting at which appointments are considered by the City Council.

Mr. Mrs. Ms. Miss. Dr. (Please type or print clearly)

Name: Loflin Kristen C. Date: 8/29/17
(Last) (First) (M.I)

Home Address: 282 Fairway Dr. Harrisonburg, VA Zip Code: 22802

Phone Number: 540-421-1452 Alternate Phone: 540-208-1784 work

Occupation: mental health/substance abuse counselor Employer/Organization: self-employed: Kristen Loflin

E-mail: kristenloflin@gmail.com Harrisonburg resident for 16 years. (2 yrs Rock.C)

Were you referred by anyone: Yes No Name of Referring Party: Pam Simmons

How did you hear about volunteering on a board or commission? Cable Website Council Meeting
 Other: Pam Simmons

Why do you wish to serve on a board or commission?

I am very interested in doing things that help our community work more effectively with mental health and substance issues. I appreciate those that have volunteered their time in this capacity before me, and feel that I now have time in my life to offer to others.

What relevant experience or education do you have to this board or commission?

I am a licensed professional counselor and have significant further training in substance use disorders. I worked at two different Community Services Boards doing both mental health and substance abuse counseling. I have also taught at the local ASAP office, and am familiar with the curriculum, policies, and protocols. I currently run my own private practice, and see many college students, who are population the ASAP office frequently serve.

What other interests or concerns do you have regarding the community?

I have two children, ages 6 and 9, who both attend Smithland Elementary School. I feel strongly that our public schools need to be supported to the best of our ability. I believe that early education and treatment of substance-related concerns in our youth will make our community stronger in the future.

Please list any past or present community involvement e.g. City Council, Board and Commissions, Citizen Academy, etc. in Harrisonburg or elsewhere:

Life with two young children has been busy. I have served on the Smithland PTO for the past 4 years; ~~during~~ ^{and} which I have been president of the organization for 3 years.

-Please return completed application to the City Manager's Office-

Applicants are encouraged to attach a resume or other supporting information that may be helpful to Council in considering their application

409 S. Main Street, Harrisonburg, VA 22801

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Kristen C. Loflin, LPC

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Office: 250 E. Market Street Suite A-2 ♦ Harrisonburg, VA 22801 ♦ (540) 208-1784

OBJECTIVE

To become a member of the ASAP Board for Harrisonburg-Rockingham and thereby help shape local policy through my informed background in substance abuse and mental health concerns

LICENSURE

Licensed Professional Counselor in the Commonwealth of Virginia
License Number 0701004103, Issued 12/4/06, Expiration 06/30/18

EDUCATION

James Madison University, Harrisonburg, VA

Master of Arts and Educational Specialist, May 2004

Counseling Psychology, Concentration in Community Counseling

Thesis: *The Implications of Media on the Body Image of College Women*

State University of New York (SUNY), College at Geneseo, Geneseo, NY

Bachelor of Arts, May 2001

Major: Psychology, Minors: Philosophy and Cognitive Science

COUNSELING EXPERIENCE

Kristen Loflin LPC Private Practice, Harrisonburg, VA

Therapist

October 2014 – present

- ❖ Assessed for mental health and substance use disorders
- ❖ Provided mental health and substance abuse counseling for adults and adolescents
- ❖ Collaborated with private practitioners, dietitians, treatment centers, and psychiatrists to provide best treatment for clients
- ❖ Maintained crisis coverage for active and inactive clients
- ❖ Provided case management services as needed for active clients

Virginia Alcohol Safety Action Program, Harrisonburg, VA

Instructor

Jan 2005 – March 2008, Feb 2014 – April 2015

- ❖ Facilitated bi-weekly groups for adults convicted of driving under the influence and/or underage purchase or possession of alcohol

Northwestern Community Services, Luray, VA

Adult Mental Health and Substance Abuse Therapist

December 2005 – May 2008

- ❖ Provided substance abuse counseling for primarily court-ordered adults in an outpatient public mental health clinic
- ❖ Coordinated and facilitated Intensive Outpatient Program based on the Matrix Model of recovery treatment
- ❖ Facilitated substance abuse groups for precontemplative- and recovery-stage adults
- ❖ Provided individual counseling for clients with co-occurring disorders

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- ❖ Collaborated with court, probation, and social service professionals to provide complete care
- ❖ Provided crisis intervention services through walk-in services and emergency services
- ❖ Certified as a pre-screener for the Commonwealth of Virginia
- ❖ Collaborated with agency members through substance abuse and clinic staff meetings

Harrisonburg-Rockingham Community Services Board, Harrisonburg, VA

Prevention and Early Intervention Specialist

August 2004 – December 2005

- ❖ Provided individual outpatient mental health counseling
- ❖ Assessed at-risk middle and high school students
- ❖ Facilitated Second Chance groups for minors convicted of alcohol or drug violations
- ❖ Developed new curriculum to expand Second Chance substance abuse program
- ❖ Provided crisis intervention for middle and high school students
- ❖ Acted as crisis consultant for school counselors
- ❖ Facilitated small group sessions in schools on a variety of topics
- ❖ Communicated with parents and referred students to outside counseling
- ❖ Provided case management
- ❖ Co-chaired Harrisonburg-Rockingham Substance Abuse Task Force
- ❖ Attended and participated in coalition meetings on topics of substance abuse and teen pregnancy prevention
- ❖ Provided mental health perspective for Interdisciplinary Team Meetings for truant students
- ❖ Facilitated workshops for county schools
- ❖ Participated in health and education fairs

Counseling and Student Development Center, James Madison University

Internship in Counseling

Fall 2003 – Spring 2004

- ❖ Completed 900-hour internship in counseling
- ❖ Provided individual counseling services to college students with a variety of presenting concerns
- ❖ Specialized in substance abuse and eating disorders
- ❖ Co-facilitated eating disorder and general therapy groups
- ❖ Acted as substance abuse liaison to Judicial Affairs in a psychoeducational role
- ❖ Co-facilitated structured substance abuse group to judicially sanctioned students
- ❖ Provided crisis intervention services to college students and their family members
- ❖ Evaluated student need through intake assessments and crisis intervention
- ❖ Collaborated as a member of a multidisciplinary eating disorder team
- ❖ Offered outreach and consultation services to the university community
- ❖ Participated in brief therapy seminars, psychiatric consultation meetings, and case conference presentations

Counseling and Student Development Center, James Madison University

Practicum in Counseling

Spring 2003

- ❖ Provided counseling services to college students
- ❖ Participated in weekly eating disorder group as a process observer

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- ❖ Assessed client needs, developed intervention plans, maintained progress notes
- ❖ Actively participated in weekly process group for clinician development

Sexual Assault Survivor Group, James Madison University

Group Facilitator

Fall 2002 - Spring 2003

- ❖ Co-facilitated weekly group for survivors of sexual assault
- ❖ Collaborated with co-facilitator to provide supportive environment
- ❖ Participated in The Clothesline Project and Take Back the Night

Academic Advising and Career Development, James Madison University

Graduate Assistant

Fall 2002 - Spring 2003

- ❖ Provided career counseling to undergraduate students in individual and group settings
- ❖ Utilized the theories of Holland, Super, Fine, and Perry while counseling students on topics including work values, abilities, and career options
- ❖ Supervised nine student volunteers, who performed outreach programs in career education
- ❖ Conducted resume writing clinics, internship search workshops, and tours of the career resource center
- ❖ Advised individual students on resumes and cover letters during weekly walk-in hours
- ❖ Hosted employer presentations for the On-Campus Interviewing program

Office of Judicial Affairs, James Madison University

Graduate Assistant

Fall 2001- Spring 2002

- ❖ Facilitated reflection groups for judicially sanctioned students dealing with substance abuse
- ❖ Taught classes on community standards and substance abuse issues to judicially sanctioned students
- ❖ Conducted administrative option hearings for accused students
- ❖ Liaison between James Madison Judicial Affairs and criminal justice system
- ❖ Conducted professional development for entire staff on customer service and mission

PROFESSIONAL AFFILIATIONS & AWARDS

Central Valley Counselors Association, Community Support Member of the Year	April 2005
Carl Swanson Award for contributions to the counseling community	April 2004
Chi Sigma Iota, Counseling Honor Society, President	May 2002 – May 2004
American Counseling Association	August 2001 – August 2006, August 2014 – present
Virginia Counseling Association	January 2002 – August 2006
Virginia Clinical Counselors Alliance	April 2005 – April 2006
Central Valley Counseling Association	January 2002 – January 2007
Central Valley Counseling Association, Treasurer	August 2004 – August 2005