

DEIRDRE DROHAN FORBES, CASAC

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EDUCATION

New York University, Graduate School of Social Work, New York, NY

- One Year Residency (OYR) program
- Concentration: Policy Practice
- MSW expected May 11, 2009
- GPA 3.85
- President's Service Award winner 2008
- Seevak Scholarship Award winner 2008-09
- Selected as a student blogger for Silver School of Social Work 2008-09
<<http://blogs.nyu.edu/blogs/ddf226/oyr/>>

Westchester Community College, Valhalla, NY

- Certificate program in Chemical Dependency Counseling
- May 2004
- 40 earned credits, GPA 4.0
- Honors graduate
- President's List
- Curriculum Award winner

Rutgers University School of Alcohol and Drug Studies, New Brunswick, NJ

- 90 hours of course work
- Working with Groups
- Psychodrama—Experiential Therapy
- The Family in Relapse
- Family Therapy for Addiction Counselors
- Activities for Adolescents

University of Missouri, Columbia, MO

- Bachelor of Journalism 1975

Lehman College, Bronx, NY

- Completed 50 Credits toward BA 1970-1972

AWARDS, RECOGNITIONS & SERVICE BOARDS

- Outstanding Recovery Volunteer Award for 2008 from the Office of Alcohol and Substance Abuse Services of New York State (OASAS)
- NYU President's Service Award 2008
- OASAS CASAC-Trainee of the Year Award 2006-07
- Member of New York State Co-occurring Disorders Advisory Committee
- Member Substance Abuse Sub-Committee Westchester County Community Services Board
- Advocate of the Year Award 2006 from Peers Influence Peers
- Selected as 1 out of 100 people from across the US to attend CSAT Summit on Recovery in Washington DC (2005) Selected by OASAS to represent NY State in

Families of Youth with SUD: A National Dialogue, Washington DC (March, 2009)

EMPLOYMENT

March 2005-present **Mount Sinai Medical Center**, New York, NY

January 2009-present

Project Coordinator, Department of Community Psychiatry

World Trade Center Mental Health Program

- Monitoring, Assessment, Intake and treatment of First Responders and other volunteers who worked at ground zero as part of long term research study
- Program development: introduced an Evidence Based Treatment curriculum, *Seeking Safety*, for those with PTSD and addiction disorders

Wellness Self-Management, statewide recovery based research initiative for SPMI

- Track, record and disseminate qualitative data
- Literature review and analysis
- Fidelity rating
- Qualitative data collection

Family Advocate Research Consortium, a learning based collaborative

- Administrative and program support for learning collaborative board
- Family Driven sub-committee meeting support

Clinic Plus, an OMH research initiative for early childhood MI intervention throughout NY State

- Facilitate Focus Group
- Input qualitative data
- learning collaborative support

PACT, a research initiative for evidenced based treatment

- Trained to work with young victims of sexual abuse, ages 10-14 and the non-offending parent or guardian
- Support weekly organizational meeting

March 2005-December 2008

Intake Coordinator, Madison East

- Take and make referrals, interview, assess and coordinate admission to private-pay amenities inpatient co-occurring disorder unit
- Help plan and implement daily schedule and specific groups for unit
- Market unit to other chemical dependency rehabs across the U.S.
- Assist social worker with discharge planning
- Facilitate psychoeducational and therapeutic groups in both the inpatient unit as well as the Intensive Outpatient Program known as AOD
- Individual counseling as needed for both patient and “family”
- Work as team member consisting of Psychiatrist, Social Workers, CASAC, Resident, Nurse in the care of patients
- Participated in 2 co-occurring disorder webcasts for SAMHSA
- Keynote speaker at annual Addiction Conference of the Carolinas (2005)

2004 January-June **Women's and Family Wellness Center**, Bronx, NY

Addictions Counselor

- Provide individual and group counseling in intensive outpatient rehab for women
- Facilitate Groups included both educational and therapeutic milieu

- Manage a caseload of 13 clients
- Conduct intakes, assessments, bio-psychosocials and referrals
- Write and present treatment plans at case conference
- Keep all appropriate documentation and records for OASAS
- Advocate for passage of Timothy's Law (parity legislation)

2003 February.-November **Greenburgh Addiction Treatment Services (ATS) White Plains, NY**

Intern

- Co-facilitated numerous groups
- Instituted Journaling group
- Biopsychosocial assessments
- Intakes
- OASAS paperwork and documentation

ADVOCACY & VOLUNTEER WORK

Substance Use and Mental Health

June 2008 – present **Founding Board Member Friends of Recovery, NY State (FOR-NY)**

- Establish non-profit 501 (c) 3
- Establish and implement policy and procedures
- Write policy briefs
- Attend monthly board meetings

2003-Present **Friends and Voices of Recovery/Westchester (FAVOR)**

- Chair and Founding Member
- Formed inclusive group of recovering people and their supporters to educate and advocate for others in recovery, and fight stigma and discrimination pervasive in our society through policy changes
- Organized Recovery Workshop for providers and consumers during Recovery Month (2005)
- Organized with other recovery advocacy groups to work toward passage of Timothy's Law (parity)
- Appeared on various radio programs and in print
- Wrote numerous letters and Op-Ed pieces published in local press regarding recovery issues
- Testified before state senate committee on health (2004), state assembly committee on health (2004) and Congressional field hearing on parity (2007)
- Host a list serve which distributes current information both clinical and policy oriented as it appears in peer reviewed journals and/or the popular press

2003-2005 **Board Member National Council on Alcohol and Drug Dependence/Westchester**

Prevention

2003-2004 **Westchester Coalition for Drug and Alcohol Free Youth, White Plains, NY
Planning Committee**

- Helped to establish a county-wide umbrella coalition for community groups located within towns and villages in Westchester County

Parenting

2006 - present “ **It Takes a Village,” Greenburgh, NY**

Founder and Facilitator

- Monthly support group for parents of teen and adult children with mental health and substance use disorders

2002-2006 **Hastings Parents Network, Hastings-on-Hudson, NY**

Co-founder

- Co-moderator of a list serve discussion group for parents of middle and high school students
- Post topics and report on information relevant to parents concerned with issues such as underage drinking and school policies
- Consult with other parent organizations about starting their own networks
- Advocate for policy changes within the school community

1994-1996 **Compact for Learning (State Education Department)**
Hastings-on-Hudson, NY

- Reviewed policy in local school district, 1992-1996

1991-1993 **Latin America Parents Association (LAPA), Queens, NY**

International Adoption Director

- Helped guide and facilitate prospective parents through the adoption process in Central and South America

1991-1997 **Committee for Special Needs Children, Hastings-on-Hudson, NY**

Co-chair

- Facilitated monthly support group meetings
- Acted As liaison between parents and school administrators
- Arranged for guest speakers and special events

JOURNALISM

1982-2003 *New York Times, Working Women, New York Teacher* et al
Freelance photojournalist

1975-1982 *Daily News*, New York, NY

Photojournalist

- Award-winning staff photographer

MEDIA

- Blogger NYU Silver School of Social Work
<http://blogs.nyu.edu/blogs/ddf226/oyr/>
- Letters to the Editor, Op-Ed articles (addiction and recovery field)
- Interviewee for numerous publications including the *NY Times*, on Webcasts produced by CSAT and CADCA (Recovery and Co-occurring disorders)

- “Saving Carrick,” a Dateline NBC documentary on addiction and recovery in families

PROFESSIONAL AFFILIATIONS

- National Association of Social Workers (NASW) student member, Westchester affiliate
- NASW/Westchester Mentor group
- New York State Coalition of LMSWs
- The National Association for Drug and Alcohol Addiction Counselors
- Association of Addiction Professionals of New York State
- American Group Psychotherapy Association

REFERENCES

Professional

Dr. Richard Lewis, Psychiatrist
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Educational

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