

# Aaliyah Nurideen, MSW, LSW

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www.aaliyahnurideen.com

732.347.6203

## PROFESSIONAL GOALS

Through my professional experience -- working directly with children, adolescents and adults diagnosed with mental illness -- I find impactful purpose in providing: interventions, strategies and techniques that support healing individuals to become the best versions of themselves.

I am dedicated to amplifying the voices of those who are marginalized and silenced by creating avenues for dialogue. I hope to continue aligning myself with opportunities which allow me to expand and share my vision alongside Black and allied communities.

## EDUCATION

**Rutgers University Graduate School of Social Work** • New Brunswick, NJ

- Master of Social Work (MSW) • 2018

**Spelman College** • Atlanta, GA

- Bachelor of Arts (BA) in Psychology • 2013

## CERTIFICATIONS/LICENSURES

**Licensed Social Worker (LSW) in the State of New Jersey**

## PROFESSIONAL ORGANIZATIONS/AFFILIATIONS

**National Association of Social Workers New Jersey Chapter**

- Member

**New Jersey State Representative** • Black Girls In Social Work (BGSW) • 03/2020-present

- Promote self-care among BGSW members
- Facilitate activities that encourage empowerment, caring for one's self, working towards BGSW mission and core values, and networking among like-minded Black Women of Social Work

## WORKSHOP/PUBLIC SPEAKING EXPERIENCE

**National Alumnae Association of Spelman College:**

**Fighting Social Injustices in 2020 Without Losing Your Sanity**

Presenter | August 2020

**Say Her Name: Why Oluwatoyin Salau's Abuse Echoes A Reality For Black Women**

Presenter | July 2020

**Malcolm Bernard HBCU College Fair**

Panelist | November 2019

**Congressional Caucus on Black Women & Girls: & Girls Conference**

Workshop Facilitator | October 2019

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908.432.2519

## WORK EXPERIENCE

### **Psychiatric Social Worker** • George J. Otlowski, Sr. Center for Mental Health Care • Perth Amboy, NJ

11/2018–present

- Maintain a caseload of approximately 70–100 clients by providing direct services and assistance, preparing relevant correspondence, and creating essential records and files for outpatient treatment
- Complete diagnostic summaries, treatment plans, progress notes, and discharge paperwork
- Conduct weekly individual and family counseling sessions in order to reduce symptoms of mental illness, improve interpersonal communication skills, and assist in achieving optimal levels of functioning
- Provide play therapy to children and adolescents while working with parents to facilitate understanding of the children's pathological behaviors and specialized needs
- Facilitate a psychotherapy group for teen girls which meets on a weekly basis
- Complete accurate session notes which include accounts of problems addressed in therapy, recordings of specific therapeutic interventions implemented, safety assessments, analyses of progress, and identification of issues to address in subsequent sessions for both individual and group clients
- Prepare psychiatric reports to relay findings and recommendations as requested by outside agencies
- Coordinate services with schools, hospitals, police departments, social service divisions, and other relevant agencies to facilitate client's gaining of access to needed resources
- Master daily utilization of CareLogic, the center's computerized recording and information system
- Participate in regular disposition meetings and case presentation discussions with peer staff social workers
- Design customized treatment plans with each client to clearly identify measurable goals, determine appropriate interventions, and anticipate length of service enrollment

### **Care Manager** • Circle of Care • Woodland Park, NJ

09/2015–10/2018

- Maintain a caseload of approximately 12–20 youth
- Collaborate with families to design, implement, and manage Individual Service Plans for children and adolescents with complex behavioral and emotional needs using both informal and formal supports
- Review referral information and existing assessments
- Perform strength and needs assessments
- Develop Individualized Service Plans for the youth, including crisis and safety plans
- Monitor the Child and Family Team (CFT) and facilitate its operation
- Advocate for youth in juvenile justice proceedings
- Coordinate and authorize services and resources available to youth in the community including but not limited to social service entitlements, inpatient and outpatient mental health and substance abuse treatment facilities, residential treatment centers, behavioral assistants, therapists, mental health evaluations, domestic violence, food pantries, housing, and rental assistance

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## RELEVANT EXPERIENCE

**Psychiatric Social Work Intern** • George J. Otlowski, Sr. Center for Mental Health Care Perth Amboy, NJ  
09/2017-04/2018

- Conducted weekly individual therapy sessions with an ethnically diverse range of children, adolescents, and adults with a variety of diagnoses
- Maintained a case load of approximately 10 clients
- Co-facilitated weekly psychotherapy group for adolescent girls diagnosed with depression, anxiety, ADHD and trauma-related disorders
- Completed diagnostic summaries, treatment plans, progress notes, and discharge paperwork
- Conducted biopsychosocial intakes and assigned diagnoses based on DSM-5 criteria
- Participated in weekly team case presentations and bi-monthly group peer supervision meetings
- Attended trainings on a variety of topics including co-occurring disorders, dementia, and the use of mindfulness in trauma

**Clinical Social Work Intern** • The Center School • Somerset, NJ  
09/2016-04/2017

- Facilitated bi-weekly social skills groups for middle school students
- Collaborated with school counselors to monitor and intervene with students when necessary
- Assisted counselors and teachers with student interventions and safety planning
- Assisted teachers with challenging student behaviors in classrooms

## SKILLS

- Active listening
- Empathic communication
- Detail-oriented
- Strength-based
- Extremely diligent and task-oriented
- Excellent written and verbal skills
- Intrapersonal and interpersonal skills
- Multicultural competency
- Computer literate; experienced with Internet, Google, Microsoft Office Suite, Cyber (Perform Care), Care Logic
- Leadership abilities in academic arenas, employment, community service positions, and social activities