

Elissa Elliott, M.S., LCMHC
NH Mental Health License # 2150
ME Licensed Clinical Professional Counselor #CC6971
NH Acupuncture Detoxification Specialist License #30
Certified Mental Health Integrated Medical Practitioner
Level I, II, & III Certified Usui Reiki Practitioner

Education

September 2012 to May 2016	Southern New Hampshire University Masters of Science in Clinical Mental Health
2007 to 2010 Concord, NH	Granite State College Bachelor of Behavioral Sciences

Work Experience

Fruition Counseling & Wellness
Somersworth, NH

Owner/Licensed Therapist
April 2021 to Present

- Perform pre-screenings and individual intakes for clients seeking clinical services. Coordinate information prior to intake appointment and determine clinically appropriate level of support. Make referrals out when appropriate
- Develop treatment plans specific to client needs and identified goals, with periodic reviews and assessment
- Provide individual therapy for individuals with co-occurring disorders, including intellectual disabilities, acquired and organic brain injury, mood disorders, psychotic disorders, substance use disorders, and personality disorders through use of trauma-informed Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Motivational Interviewing, and Solution Focused Therapy modalities, with accommodations made as needed
- Incorporate AcuDetox/Auricular Acupuncture per the National Acupuncture Detoxification Association (NADA) 5-point ear protocol as complementary intervention to promote wellness across a variety of wellness challenges
- Implement Emotional Freedom Technique (EFT), otherwise known as “tapping” to support energetic balance and relief from a variety of mental health challenges
- Identify additional holistic strategies for wellness, with referrals to appropriate parties as needed
- Maintain daily progress notes, collaboration documentation, and complete documentation of all services

Blue Lotus Counseling & Wellness Center
Manchester, NH

Licensed Therapist
September 2019 to September 2021

- Perform pre-screenings and individual intakes for clients seeking clinical services. Coordinate information prior to intake appointment and determine clinically appropriate level of support. Make referrals out when appropriate
- Develop treatment plans specific to client needs and identified goals, with periodic reviews and assessment
- Provide individual therapy for individuals with co-occurring disorders, including intellectual disabilities, acquired and organic brain injury, mood disorders, psychotic disorders, substance use disorders, and personality disorders through use of trauma-informed Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Motivational Interviewing, and Solution Focused Therapy modalities, with accommodations made as needed
- Case consultation, clinical education, and team collaboration on intra-agency and inter-agency levels
- Maintain daily progress notes, collaboration documentation, and complete documentation of all services

WestBridge, Inc.
Manchester, NH

Residential Clinician
June 2019 to December 2019

- Provide individual and group therapy for men with co-occurring disorders, such as mood disorders, psychotic disorders, and substance use disorders through use of trauma-informed Cognitive Behavioral Therapy, Motivational Interviewing, and Solution Focused Therapy modalities, with accommodations made as needed
- Facilitate clinical groups (WRAP, Helping Men Recover, IMR, CBT) to support skills development
- Work within a team setting to support men within the milieu of residential treatment setting, including modeling pro-social behaviors and providing support through direct care into the community
- Work in collaboration with multidisciplinary team to develop treatment plans specific to client needs and identified goals, with periodic reviews and assessments
- Case consultation, clinical education, and team collaboration on intra-agency level, coordinating care between admissions team, medical staff, and ACT staff as appropriate to client needs
- Maintain daily progress notes, collaboration documentation, and complete documentation of all services provided in electronic medical record
- Promote family wraparound supports through appropriate contact for clinical updates, as well as facilitating Family Education Supports in a team dynamic

Center for Life Management
Derry/Salem, NH

Team Lead /Adult Therapist
October 2018 to June 2019
Intellectual Disability Specialist/Adult Therapist
June 2016 to October 2018

- Provide individual therapy for individuals with co-occurring disorders, including intellectual disabilities, acquired and organic brain injury, mood disorders, psychotic disorders, substance use disorders, and personality disorders through use of trauma-informed Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Motivational Interviewing, and Solution Focused Therapy modalities, with accommodations made as needed
- Perform pre-screenings and individual intakes for clients seeking clinical services. Coordinate information prior to intake appointment and determine clinically appropriate level of supports. Make referrals out when appropriate
- Develop treatment plans specific to client needs and identified goals, with periodic reviews and assessment
- Provide supervisory support to team members, including direct hires and interns. Supervisory duties include, but not limited to, training on EMR system, assessments, note development, quarterly and annual paperwork procedures, supporting staff through initial team meetings with external agencies, determining State eligibilities for appropriate level mental health care, and case consultation
- Support the program coordinator through assisting in the interviewing process for new hires and interns
- Case consultation, clinical education, and team collaboration on intra-agency and inter-agency levels
- Maintain daily progress notes, collaboration documentation, and complete documentation of all services provided in electronic medical record
- Develop and co-facilitate clinical groups to support skills development

Moore Center Services
Manchester, NH

Direct Support Professional
May 2013 to June 2016

- Assist clients in managing emotional responses to life situations and model pro-social behaviors
- Facilitate engagement in the community for individuals engaged in one-to-one and three-to-one groups
- Formally teach individuals social skills and career planning
- Assist individuals with developmental challenges to develop and utilize employment and social skills
- Assist individuals in using effective coping skills and behavior management
- Maintain daily notes on client activities and responses to situations

Southeastern New Hampshire Services
Dover, NH

Graduate Level Intern III
May 2015 to September 2015

- Assist in running Addiction Recovery Center office:
 - Answer inquiries regarding treatment
 - Perform preliminary telephone screens and post-communications
- Perform intake duties with new clients:
 - Review agency policies and expectations for treatment
 - Perform urinalysis as necessary
 - Ensure safety of client property upon entering treatment
- Work directly with individuals entering 28-day recovery treatment from substance use following the 12-Step Process
- Engage clients in group context: meditation groups; therapeutic process groups; psychoeducation
- Engage clients in Addiction Severity Index (ASI) Assessment using NH WITS system
- Assist clinical staff in weekly case reviews and client updates in NH WITS system
- Writing daily contact notes
- Participate in daily shift report meetings
- Develop and publish discharge summaries

Harbor Homes, Inc.
Nashua & Milford, NH

Graduate Level Intern I & II
April 2013 to May 2014

Winter Street & Chestnut Street Residential facilities:

- Provide daily living assistance to individuals living with persistent mental illness in a group home setting
- Engage clients in discussion groups and healthy lifestyle activities

Milford Regional Counseling Services, Inc.:

- Provide individual and couples counseling in clinical outpatient setting
 - Supports using elements of Cognitive Behavioral Therapy, Motivational Interviewing, Dialectical Behavior Therapy, Rogerian Therapy
 - Develop care plans with clients to address needs associated with symptoms of adjustment disorders, depressive disorders, anxiety disorders, Attention Deficit Hyperactivity Disorder, and substance use
- Write daily counseling notes
- Perform telephone intakes and individual mental health assessments
- Maintain client files
- Assist in developing updated clinical assessment paperwork for office
- Work with collaterals to provide holistic support for mental health clients

Volunteer Experience

Southern NH Services
Manchester, NH

Thresholds One-on-One Counselor
2009 to 2017

- Teach positive critical thinking and decision-making skills to pre-screened inmates residing at Hillsborough County Department of Corrections in one-to-one setting
- Working with team instructors to present the material in a timely manner
- Providing a safe, confidential environment through establishing respectful boundaries
- Working within and abiding by all expectations of program and Hillsborough County Department of Corrections

Affiliations

American Counseling Association

American Mental Health Counselors Association

NH Mental Health Counselors Association; Current Board Member - Mentoring Chair

Paneled with Aetna, AmeriHealth Caritas (Medicaid MCO), Anthem/BCBS, Cigna, Optum/HP/United