

Outline for July 19, 2019

Introduction-brief bio

What is stress? What is burnout?

Depression

Diagnoses and treatments

Anxiety

Diagnoses and treatments

Substance use/abuse

Diagnoses and treatments

Wellness and 'how to cope with the above'.

Chris M. Cashen, LCPC
405 Kays Drive
Normal IL 61761
(309)664-3130
IL license 180-001134

Professional

Order of St. Francis, Bloomington IL 2009-present
Behavioral Health Coordinator

Provide individual and family psychotherapy to children, adolescents, and adults. Work closely with physicians, APPs, nursing, other healthcare providers in outpatient multispecialty setting. Clinical issues include but not limited to depression, anxiety, trauma, behavior issues, substance abuse, health issues, and stress. Provide administrative duties in absence of lead provider or administration. Provide safety training in workplace violence assessment and prevention. Provide interviews to media as needed, public speaking to various groups on mental health topics.

Private practice 2001-present
Juvenile Detention Jail Counselor

Provide mental health assessments for persons under 18 years of age in detention at the McLean County Detention Facility. Provide suicide/homicide/violence assessment, crisis intervention, short term counseling, staff consultation and training regarding mental illness issues of children and adolescents. All services provided as needed in the absence of full time correctional counselor.

Private practice 2010-2016
McLean County Detention Facility Counselor

Provided mental health assessments and counseling for persons 18 years of age and older in detention or sentenced at the detention facility. Services included but not limited to suicide/homicide/violence assessment, crisis intervention, substance abuse assessment, short term counseling, staff consultation, critical incident stress debriefing, assessment for medication evaluations and/or psychiatric hospitalization, inmate placement, post-release planning.

Carle Clinic, Bloomington IL 2001-2009
Clinical Services Counselor

Provided individual, family, marital psychotherapy to children, adolescents, adults, couples. Worked closely with physicians, APPs, nursing, other healthcare providers in outpatient multispecialty setting. Clinical issues include but not limited to depression, anxiety, trauma, behavior issues, substance abuse, health issues, and stress.

Illinois Wesleyan University 1998-2001
Staff Counselor

Provided individual counseling to university students, faculty, and staff for a variety of issues such as depression, anxiety, stress management, relationship issues, and time management. Public speaking to classes and other campus groups on above topics.

Center for Human Services, Bloomington IL Emergency Crisis Intervention Team Program Manager	1992-2001
<p>Managed seven-person emergency crisis intervention team. Provided and supervised professional staff providing services in response to a variety of psychiatric emergencies including suicide, depression, sexual assault, substance abuse, domestic violence, psychosis, mania, behavioral disturbances. Assessments, referrals/linkage. Worked closely with psychiatrists, other physicians, agencies, emergency room staff, and law enforcement. Agency liaison for local ERs, Law enforcement, county jail. Provided suicide/violence risk assessment training for local agencies. Provided assessment, training, counseling at McLean County Detention facility. Agency administrative duties included hiring, supervision, scheduling, and staff development. As part of agency management team participated in agency policy development, corporate compliance, JCAHO accreditation standards and maintenance.</p>	
Professional Associates of Illinois Counselor	1997
<p>Provided brief, time limited, individual and marital counseling in private practice setting. Referrals from EAP programs. Clinical issues included but not limited to depression, anxiety, trauma, substance abuse, stress.</p>	
Center for Human Services, Bloomington IL Emergency Crisis Intervention Therapist	1991-1992
<p>Member of 24-hour on-call emergency crisis intervention team. Provided services in response to psychiatric emergencies as described above.</p>	
Institute for Human Resources Outpatient Therapist	1989-1991
<p>Provided individual, marital, family counseling to children, adolescents, adults, developmentally disabled, geriatric populations. Clinical issues include but not limited to depression, anxiety, trauma, behavior issues, substance abuse, health issues, and stress. Performed psychological, neuropsychological testing, evaluations, and crisis intervention services.</p>	
Chestnut Health Systems Residential Assistant	1990
<p>Monitored/charted resident's behaviors on inpatient adolescent substance abuse unit. Assisted in facilitation of treatment goals, recreational activities.</p>	
Livingston County Public Health Department, Pontiac and Dwight IL Group Leader	1990
<p>Led informational group counseling sessions for teenagers identified by schools as being at risk for drug/alcohol use, sexual acting out, criminal behavior.</p>	
Center for Human Services, Bloomington IL Emergency Crisis Intervention Therapist	1987
<p>Member of 24-hour on-call emergency crisis intervention team. Provided services in response to psychiatric emergencies as described above.</p>	

Furrow Building Materials, Bloomington IL 1982-1987
Salesman
Customer service, sales in lumber, hardware, other building materials. Responsible for inventory control, product orders.

Teaching 1990
Parkland Junior College, Champaign IL
Part-time Instructor
Taught child psychopathology, behavior management, coping skills for DCFS foster parents.

Education
Master of Science in Psychology, Illinois State University 1985

Bachelors of Arts in Psychology, Southern Illinois University, Carbondale IL 1982

44 hours towards Masters of Science in Clinical Psychology, Illinois State University 1987-1989

Internship Zeller Mental Health center, Forensics Unit 1988-1989
Student Intern
State mental hospital inpatient forensic unit. Psychological/neuropsychological testing, intelligence testing, counseling, court reports and testimony for involuntary/court commitment. Group counseling for dual diagnosis patients.

Internship ISU Student Counseling Center 1988-1989
Student Intern
Individual counseling with college students. Clinical issues included but not limited to depression, anxiety, relationship difficulties, stress, and academic/vocational concerns.

Internship ISU Office of Professional Practice 1988-1989
Student Intern
Assisted undergraduate college students in finding internships and co-op placements. Assisted in development of university relationships with sponsoring agencies, companies, and institutions. Acted as student liaison between Office and academic departments.

Professional Licensure
December 1995 Licensed Clinical Professional Counselor #180-001134

Professional Memberships
American Psychological Association
Illinois Mental Health Counselors Association
American Mental Health Counselors Association

Awards
McLean County Mental Health Professional of the Year 1999