

# SARA CADALIG, DSW, LCSW#73615



info@drsaracadalig.com



Sara Cadalig is a bilingual Licensed Clinical Social Worker with 20 years of experience in the social services profession. Sara's broad experience over the years includes community organizing, program development, workshop/training facilitation, and clinical mental health services. Sara is a passionate advocate and changemaker, utilizing her forward-thinking, research, and innovation mindset to improve the lives of others. She believes in the power of stories, the innate resilience of individuals, the strength of community, and the vast possibilities that innovation and design bring to help reduce inequity and address social justice issues.

## EDUCATION

### DOCTOR OF SOCIAL WORK, DSW

University of Southern California  
8/2019 - 8/2021

### MASTER OF SOCIAL WORK, MSW

CSU Stanislaus State  
9/2009 - 6/2011

### ASIAN AMERICAN STUDIES BACHELOR OF ARTS,

Minor in Public Policy & Social Research  
University of California, Los Angeles

## PRESENTATIONS & TEACHING

- CR<sup>2</sup>CLE Program  
Co-author & Trainer  
2019-Present
- CalSWEC (California Social Work Education Center) Title IV-E Summit Conference  
April 2019
- Bay Area Academy: Proactive Practice Conference  
April 2019
- CWDA (County Welfare Directors Association of California), Annual Conference  
October 2018 & 2020
- Tools for Well-being Program  
Co-author & Trainer  
2016-Present
- New Views on Child Development & Healing: Stanislaus County BHRS  
May 2014

## EXPERIENCE

### CONSULTANT/ FIELD INSTRUCTOR FOR MSW INTERNS

Dependency Legal Services. / Modesto, CA / Aug. 2021 - May 2022

- Provide instruction, training, mentorship, and supervision for two graduate student interns from the CSU Stanislaus University, Master of Social Work program
- Mentor interns to apply classroom knowledge in a social work environment
- Collaborate with Dependency Legal Services attorneys and CSU Stanislaus MSW department Field Liaison faculty and instructors

### PSYCHIATRIC LICENSED CLINICAL SOCIAL WORKER

Kaiser Permanente Behavioral Health Dept. / Lathrop, CA / Aug. 2018 - May 2022

- Provide outpatient psychotherapy services (therapy, evaluation, diagnosis, treatment plan, crisis intervention, and advocacy) to children and adults
- Counsel individuals with mild to severe mental health illnesses related to mood disorders, trauma, abuse, psychosis, life transition, relationship, and family issues
- Facilitate the Nephrology Support Group for Kaiser
- Developed and lead the 'Destress Class' grounded in mindfulness meditation
- Created and facilitated the 'Worry Warriors' program (4-week class) for children (9 to 12 years old) to gain understanding of anxiety and learn healthy coping mechanisms to manage anxiety symptoms
- Collaborate with interdisciplinary team including psychiatrists, doctors, case managers, psychologists, and other mental health providers

### PSYCHIATRIC LICENSED CLINICAL SOCIAL WORKER

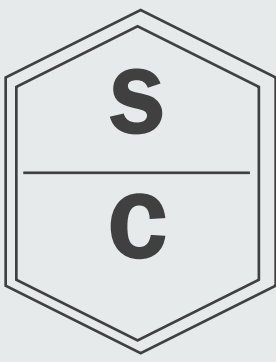
Kaiser Permanente Peritoneal Dialysis Dept. / Santa Clara, CA / Feb. 2017 - Aug. 2018

- Provided counseling, advocacy and case management to adult patients diagnosed with ESRD (End Stage Renal Disease) and their families
- Counseled individuals with mild to severe mental health illnesses related to mood disorders, trauma, abuse, psychosis, life transition, relationship, and family issues
- Facilitated the Nephrology Support Group
- Developed classes to address emotional well-being for patients
- Collaborated with an interdisciplinary team including psychiatrists, doctors, case managers, dietitians, nurses, and other providers
- Assisted patients and families with treatment care planning and discharge plans
- Participated in Utilization Management and Quality Assurance activities, taking on the lead responsibilities for data collection, evaluation, and presentation development of the social workers' reports

### LICENSED CLINICAL SOCIAL WORKER

Private Practice: [www.drsaracadalig.com](http://www.drsaracadalig.com) / Oakland, CA / June. 2018 - Present

- Provide outpatient psychotherapy services (therapy, evaluation, diagnosis, treatment plan, crisis intervention, and advocacy) to adults
- Counsel individuals with mild to severe mental health illnesses related to mood disorders, trauma, abuse, psychosis, life transition, relationship, and family issues



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## EXPERIENCE

### CHIEF EXECUTIVE OFFICER, FACILITATOR AND TRAINER

Wellness Options LLC: [www.wellnessoptionsllc.com](http://www.wellnessoptionsllc.com) / Vacaville, CA / Jan. 2016 - Present

- Co-author and co-facilitator for the Tools for Well-being evidenced-based program, currently utilized in Merced County and studied through CSU Stanislaus State, Master of Social Work Dept.
- Co-author and co-facilitator for the CR<sup>2</sup>CLE Executive Leadership evidenced-based program for social service managers to be implemented at Merced County
- Conduct and develop research, curriculum, programs, and workshops centered on organizational wellness and employee wellness for social service employees and managers

### MENTAL HEALTH CLINICIAN- Special Education Dept.- Emotionally Disturbed Students

Ceres Unified School District / Ceres, CA / Jan. 2014 - Feb. 2017

- Provided psychotherapy services (therapy, evaluation, treatment plan, crisis intervention, and advocacy) to children and families
- Counseled children (children labelled with an Emotional Disturbance [ED]) with moderate to severe behavioral and mental health illnesses related to mood disorders, trauma, abuse, psychosis, life transition, relationship, and family issues
- Facilitated daily Mindfulness Destress activities for the students and staff
- Created and facilitated weekly social skills class and psycho-educational groups for the students
- Conducted Educational Related Mental Health Services assessments, presented results at the IEP (Individualized Educational Plan) meetings to school staff and families
- Collaborated with an interdisciplinary team including teachers, administrators, school psychologists, case managers, families, and other community providers
- Field Instructor: Provided supervision to a CSU Stanislaus social work intern

### MENTAL HEALTH CLINICIAN- Severely Emotionally Disturbed Children/Adolescents

Stanislaus County Behavioral Health Services / Modesto, CA /

(Part-time): June 2014 - April 2016 and (Full-time): January 2012 - January 2014

- Provided outpatient psychotherapy services (therapy, intake evaluation, diagnosis, treatment plan, crisis intervention, and advocacy) to children and their families
- Provided therapy to children with mild to severe mental health illnesses related to issues such as mood disorders, trauma, abuse, psychosis, life transition, relationship, and family issues
- Created and developed psychoeducation classes for children and adolescents
- Conducted home visits
- Collaborated with colleagues to connect children and adolescents to community resources and information through activities and field trips
- Collaborated with interdisciplinary team including psychiatrists, doctors, case managers, nurses, and other community providers

### SOCIAL WORK INTERN-Family Reunification Unit

San Joaquin County, Child Protective Services / Stockton, CA / Sept. 2010 - May 2011

- Provided case management and advocacy for children and families
- Conducted interviews, biopsychosocial assessments, and court reports
- Assisted with arrangement for child placement with appropriate care facilities
- Conducted home visits

## PUBLICATIONS & ACHIEVEMENTS

### Catalysts Redefining Resilient Communities & Leadership Excellence: CR<sup>2</sup>CLE Program

Doctor of Social Work Capstone Research Paper and Innovation Project, University of Southern California 2021

### Tools for Well-being Program

Co-author & Trainer 2016

### Reflections of spirit [thesis]: social workers' perceptions and experiences of meditation and spirituality

Master of Social Work thesis CSU Stanislaus State 2011

### Most Distinguished Student Award

Master of Social Work CSU Stanislaus State 2011

### Intern

Governor Gray Davis's Office Sacramento and Los Angeles, CA 1998-2001

## CERTIFICATIONS & TRAININGS

EMDR (Eye Movement Desensitization & Reprocessing)

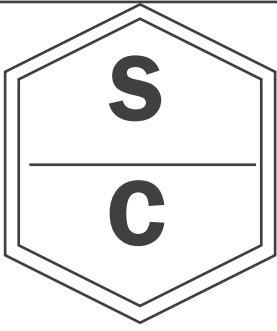
Mindfulness certification

5150 Certification

Compassion Cultivation Training

Dialectical Behavioral Therapy Training

ACT (Acceptance and Commitment Therapy) Training



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## EXPERIENCE

### SOCIAL WORK INTERN

Project ACTION, Cardozo Middle School / Riverbank, CA / Sept. 2009 – June 2010

- Provided case management, counseling and advocacy for at-risk children and adolescents
- Empowered youth to facilitate their own H.E.L.P. group (Helping Every Living Person) for youth
- Provided supervision to the H.E.L.P. youth group, assisting with youth led programs and activities (i.e., implementation of their ideas, volunteer opportunities, etc.)
- Collaborated with an interdisciplinary team including program supervisors, school staff, families, and other school administration

### SCHOOL SUCCESS COORDINATOR

Communities in Schools at South Lake High School / Seattle, WA / April 2008 – Feb. 2009

- Provided case management, counseling, crisis intervention, and advocacy to at-risk youth
- Developed the programs in-take and progress notes system
- Within 3 months developed dynamic collaborative community partnerships which resulted in on-site and off-site programs (i.e., field trips to Seattle Seahawks games, spoken word/poetry classes from Gabriel Teodoros, trips to Washington National Parks, art classes with local non-profits, etc.)
- Collaborated and engaged parents to create the first Parent Advisory Group
- Collaborated with an interdisciplinary team including program supervisors, school staff, families, and other school administration

### CAREER DEVELOPER

San Joaquin County, Office of Education; WorkStart Yes Program / Stockton, CA / Oct. 2003 – Nov. 2007

- Provided case management, counseling, crisis intervention, and advocacy for at-risk youth ages 11 to 18 years old and their families
- Provided career, vocational guidance, and job referral placements for youth
- Created and facilitated vocational training and life skills workshops for youth
- Organized and empowered youth to create the first Youth Advisory Board for the WorkStart Yes Program
- Collaborated with an interdisciplinary team including program supervisors, colleagues, educators, San Joaquin County Worknet Staff, and other program staff
- Conducted home visits

### DIRECTOR, YOUTH PROGRAM COORDINATOR, CASE MANAGER

L.A. Family Housing / North Hollywood, CA / June 2001 - Oct. 2003

- Began as Case Manager then promoted twice to Youth Program Coordinator, then to Director of Child and Youth Programs
- Supervised Child and Youth Program facilities and seven employees
- Provided counseling, case management and advocacy for adults, children, youth, and families
- Organized and empowered youth to create the first Youth Rap Group (where youth discussed issues and challenges in their communities)
- Collaborated with an interdisciplinary team including program supervisors, colleagues, and community partners
- Created partnerships with local property management companies and owners to find permanent housing for clients: with 90% of homeless clients in permanent housing within a year and 80% remained in permanent housing for at least 5 years
- Conducted home visits
- Created and maintained community partnerships, implementing on and off-site programs (i.e., Los Angeles Lakers field trips, Poetry Slam classes, art mural project on-site, on-air Los Angeles radio station POWER 106 FM, etc.)