



JULI ALVARADO, MA, LPC, NCC

www.coaching-forlife.com

15400 W. 64th Ave, E-9, 171
Arvada, Colorado 80007
1-866-570-0604

Trauma Informed Care Educator, Author, Practitioner

Career Summary:

Expert, highly skilled, empathic, enthusiastic and articulate consultant in the area of public and private child welfare clinical practice, program development and training. Keen ability to match a large audience or one individual in affect and attuned relationship providing for deep understanding of information shared. Gentle manner of weaving in more than two decades of personal experience as a treatment foster parent with 20 years of clinical research, application and curriculum development for foster and adoptive parent training. Key resource for State Departments, counties as well as private sector child welfare agencies.

Specializations:

Training/Consultation
TRAUMA
Organizational Development
Family Systems
Attachment
Management and Supervision
Program Development

SUMMARY OF QUALIFICATIONS:

- *Master's degrees in Human Resource Development **and** in Counseling.
- *Licensed as a Professional Counselor, and certified nationally.
- *Currently serve as the expert consultant to the Colorado Department of Human Services in Foster Care, Adoption and Attachment issues.
- *20 years of direct clinical and supervisory experience with multi disciplinary teams in organizational as well as family systems focused therapy with expertise in trauma, attachment and bonding.
- *20 years of experience in training, consulting, program development in clinical as well as executive positions nationally based.
- *Extensive management experience in public and private behavioral healthcare sectors. Manage clinical as well as fiscal results to maximize positive outcomes. Experience in managing inpatient hospital care, residential treatment care, adoption and foster care.
- *Extensive experience in the Child Welfare and Foster Care arena.
- ***15 years as a licensed treatment foster family.**
- ***Development and start up operation of the first Treatment Foster Care agency in the state of Colorado with FFTA support**
- *Development and start up operation of Intensive Group Home Program in the private sector in Colorado

EDUCATION:

- Master of Human Resource Development – University of Colorado, May 1995
GPA – 4.0
- Master of Professional Counseling – University of Colorado, May 1995
GPA – 4.0
- Bachelor of Arts – University of Colorado, December 1986
Major: Psychology
Minor: Business/Spanish

EXPERIENCE:

COACHING FOR LIFE, LLC

15400 W 64th Ave, E-9, 171
Arvada, Colorado 80007

President/Owner, 1997-Present

- *Start up of consulting business providing coaching/consultation and Counseling in Child Welfare, Private/Corporate business and life Coaching for clients throughout the United States, Canada, UK and Australia
- *Program development for the Colorado Department Of Human Services Child Welfare Division
- *Provide intensive weekend trainings for state and county departments of social Services throughout the United States, focused on treating trauma
- *National lecture circuit for 10 years training/consultation in treating and

Program development for families of trauma/adoption/foster care
*Family therapy, homebased, treating families throughout the United States
Suffering from traumatic experiences and children placed out of their care

POST INSTITUTE FOR FAMILY CENTERED THERAPY

5700 SE 89th Street
Oklahoma City, Ok, 73135

National Executive Director/Consultant/Trainer, August 2003-October 2006

- *Start up and operational development of Post Institute, Colorado.
- *Start up and operational development of Post Group Homes in Colorado.
- *Supervise and train clinicians in this line of work.
- *Primary responsibility for the direct clinical practice through intensive, multifamily therapy weekends, and home based family therapy focusing on attachment, trauma and bonding challenges with adoptive and biological families.
- *Train and facilitate conferences around the United States in Family Regulatory Therapy.

PATH-Colorado

6355 Ward Road Suite 305
Arvada, CO 80004

State Executive Director, Treatment foster care program, 2001-2004

- *Primary responsibility for clinical and administrative operations of the state including direct service, customer and external relations continuous quality improvement, stewardship of financial and human resource as well as fund development.
- *Clinical training and supervision of LMFT staff working with severely behaviorally disordered children in their treatment home setting.
- *Responsible for start up of operations in a new state for PATH.

InNET, Inc.

Englewood, CO
1998-2001

***Clinical Director, Hospital Division-January 2001- October 2001**

- *Responsible for management of staff, and operations of the hospital division.
- *Oversee Medicaid eligible consumers, on 4 different psychiatric, inpatient units.
- *Reorganized the infrastructure of the division and tailored operations to deliver family based services in a managed care environment.
- *Decreased recidivism rates by 25% in first year of operations.
- *Decreased average length of stay of child and adolescents on inpatient psychiatric units, in 3 hospitals in metro Denver, by 10% in first year of operations.

- *Designed and implemented program to introduce, and transition children discharging from an inpatient unit, to a foster family. Increased successful placements of this population by 50% in first year of operations.
- *Designed a program for the community mental health centers, to increase family, crisis intervention before a hospitalization would be required for kids in foster care.
- *Established collaborative relations and developed new programs with key community agencies such as Department of Human Services, Public Schools, Juvenile Justice, and Mental Health.
- *Facilitate Best Practices conference bi-annually for the 4 major community mental health centers, 3 county departments of Social Services, and the State Hospital System. Resulted in drastic increases in collaboration amongst these agencies in working with youth in care.

***Assistant Director, Child/Adolescent Hospital Team, Hospital Division, 1998-2001**

- *Responsible for start up of operations, in utilization management, for largest MHASA in Colorado.
- *Reduced RTC placements, from inpatient units, by 15% in first year.
- *Developed and implemented liaison position between mental health and social services.
- *Developed key relationships with hospital staff and doctors overseeing our Medicaid consumers.
- *Increased the number of consumers offered family treatment, versus IP only treatment, by 60% in the first year.
- *Provided clinical supervision for 9 clinicians.

JEFFERSON CENTER FOR MENTAL HEALTH

Arvada, Colorado

1994-1998

***Family Therapist-Homebased, crisis intervention team, 1994-1998**

- *Provided 24/7 crisis intervention, and home based family therapy, for families charged with child abuse, and or domestic violence. Enjoyed 95% success rate in preventing placement out of the home. Developed and implemented a liaison position, which I filled, between the Mental Health Center and the Dept of Social Services.

***Administrator – Family Treatment Project, 1997-1998**

- *Developed and implemented a Family Therapy training program. Families were treated behind a 2 way mirror and received the benefit of a reflecting team as the therapist received the benefit of consultation and supervision from licensed and trained Marriage and Family Therapists/consultants.

CORPORATE PSYCHOLOGICAL SERVICES

Denver, Colorado

1997-1998

***Counselor, 1997-1998**

*Treated families, couples and individuals in an Employee Assistance Program. Maintained a caseload of 30 clients, focus on addictions, work related issues, and personal crisis. Also facilitated debriefing sessions for groups of employees during a major downsizing effort and groups affected by trauma, such as suicide of a peer.

INGLESIDE PSYCHIATRIC HOSPITAL

Los Angeles, California

1990-1992

***Mental Health Worker, 1990-1992**

*Facilitated intakes, co-facilitated adolescent support groups, multi-family groups and assertiveness training groups. Milieu therapist on both the adult and adolescent locked psychiatric units.

CAREERTRACK, INC

Boulder, Colorado

1985-1990

***Manager, Consumer Relations, 1985-1990**

*Managed a department of 15. Decreased turnover by 35%, increased productivity by 50%, received employee of the quarter first 2 quarter in position. Responsible for budgeting, supervising, training and maintaining contracts with outside collaborators.

***Facilitator/Trainer, 1988-1990**

*Facilitated trainings in communication, conflict resolution and Customer Service.

PUBLICATIONS:

Various and many published articles: please see www.coaching-forlife.com

Fostering Families Today, Monthly column: *Coaches Corner*

Adoption Today, Regular contributor

Adoption Today UK national journal, Regular Contributor

Educational training library created and produced by Juli Alvarado:

TIPS Trauma Informed Parenting Strategies

The Trauma Informed Leader Audio program

Taking it Home: A Guide for the Foster or Adoptive Parent of traumatized youth

From Chaos to Calm: Trauma Informed Foster Care,

DVD: Audio: Written Healing Guide:

An exploration of emotional regulatory healing in families experiencing trauma

The Transition from Existing to Living; Making it through the years of trauma
The Emotionally Regulated Man: Partners for Traumatized Children
The Right Fit: Finding a trauma informed therapist for your family
Regulation is Relationship Dependent: Emotional Regulatory Healing

Neurosequential insult to affect regulation and Neurosequential Healing; Audio and DVD training

NATIONAL TRAINING AND CONSULTATION:

FFTA, NFPA, TLC, CSFPA, FRUA, ATTACH, KAAAN, CWLA
among many state and county departments of child welfare and mental health,
juvenile justice, courts, and education
along with multiple and various private sector foster care and adoption programs

INTERNATIONAL TRAINING AND CONSULT:

Huron Perth Mental Health, London Ontario Canada
Children's Aide Society of Stratford, Canada
Trauma Association, Amsterdam, The Netherlands
Focus on the Family Adoption Program, Vancouver Canada

References: Numerous and immediately available upon request

For a list of our current and past consulting clients please visit www.coaching-forlife.com.