

Karla Solis
Bilingual (Spanish/English)

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EDUCATION AND TRAINING

- August 2016 Doctor of Psychology in Clinical Forensic Psychology
Alliant International University in Sacramento, California
(In the process of obtaining licensure)
- July 2014 Master of Arts in Clinical Forensic Psychology
Alliant International University
- December 2010 Master of Arts in Sociology with Emphasis in Criminology
San Jose State University
- May 2003 Bachelor of Arts in Psychology with emphasis in child development
University of California, Santa Cruz

Uplift Family Services
Facilitator/Clinician

August 30, 2021-Current

Under limited supervision, the facilitator works independently in the family's home and a variety of community and/or treatment settings, coordinates services with an understanding of the complexity of each family while blending the clinical care of the youth with the facilitation of the life domain planning process; Provides cross-functional team facilitation to support and enhance the efforts of youth and their families/caregivers, system workers who are part of the support team, and other individuals in a variety of environments.; Provides facilitation, assessment, and case management services including all related documentation for services planned and provided. As part of the leadership team, I also facilitate trainings around clinical foundations, mental health interventions, and application of different theoretical orientations to the treatment of youth and their families.

The Latino Commission
Contractor

June 2021-Current

As contractor for The Latino Commission, I facilitate monthly trainings on Bipolar Disorder, Schizophrenia, Major Depressive Disorder (MDD), Personality Disorders, Neurocognitive Disorders (e.g., Alzheimer's, Dementia with Lewy bodies, Parkinson's disease, Huntington's, etc.), and Traumatic brain injury (TBI). The main focus of trainings is the complexities clients face who are diagnosed with co-occurring disorders, specifically mental health illnesses and substance use disorders.

**Integrative Clinical Services, Inc.,
Consultant/Executive Assistant**

April 4, 2021 - September 10, 2021

Worked as a consultant developing a private practice for a Licensed Psychologist.

**Horizons Unlimited Inc.,
Clinical Director**

July 1, 2020 - April 4, 2021

Population: Horizons' target population is at-risk Latino and other youth of color, ages 12 to 26, and their families, living in the Mission District and throughout the City and County of San Francisco, who experience multiple barriers to living healthy, thriving lives.

Experience: As a Clinical Director of Mental Health, I supervised a team of 10 staff members. In collaboration with the program's Mental Health and program Case Managers, I jointly assessed for mental health challenges, issues and/or concerns that required a referral to a mental health specialist. On a weekly basis, I facilitated a mental health training that introduced staff to evidence-based practices, therapeutic techniques, and mental health disorders. Additionally, I served as a liaison between Horizons Unlimited, Inc., and community-based organizations.

**Department of Corrections and Rehabilitation (CDCR) April 16, 2018- July 29, 2020
Staff Psychologist**

Population: CHCF provides medical care and mental health treatment to inmates who have severe and long-term needs. The 1.4 million square foot facility is certified to provide intermediate level care and to complement less acute treatment provided in other prisons operated by the CDCR. The facility provides both outpatient and inpatient mental health services for patients with a serious mental disorder. The licensed Psychiatric Inpatient Program at this facility is designed to provide more intensive treatment for patients who cannot function adequately or stabilize in an outpatient program.

Experience: As a psychologist, I applied clinical knowledge and techniques to the assessment and treatment of mental and developmental disorders in a diverse adult patient population. In this role, I conducted various forms of group and individual therapy; made recommendations on admission, transfer, parole, discharge, and therapeutic activities; selected, administered, and interpreted personality, intelligence, and other psychological tests; and consulted with medical personnel regarding the findings of medical examinations. As a psychologist team lead, I supervised the daily operations of the outpatient program including responding to emergent referrals; implementing crisis interventions; assigning intakes to clinicians, creating and voiding orders; referring patients to higher level of care including inpatient psychiatric programs. Additionally, time management is a major part of this role, which includes and not limited to, complying with CDCR policies and procedures in a timely manner.

SUPERVISED CLINICAL EXPERIENCE-post-doctoral internship

Pacific Forensic Psychology Associates, Inc.
San Jose, Ca

October 6, 2016-April 2, 2018

Population: SHARPER FUTURE is a private-sector mental health service provider specializing in the assessment and treatment of forensic populations and others with behavioral and mental health issues. SHARPER is an acronym standing for "Social habilitation And Relapse Prevention- Expert Resources" – a brief way of describing the treatment work the company provides. SHARPER FUTURE's efforts are aimed at helping individuals deal with mental health impairments and unwanted behaviors to increase life satisfaction – both for themselves and for those with whom their lives are involved. SHARPER FUTURE provides an array of assessment and treatment services in the realm of behavioral health. These services address the needs of those who request assistance or who have been referred and who require specialized evaluations or tailored interventions to address their problems and to meet the expectations of the various referral agencies with which they have become involved.

Experience: Provide specialized “rehabilitative” forensic mental health services to various challenging and criminal justice involved populations. Delivered outpatient assessment and treatment services to adult sex offenders who are in parole or probation supervision. Conducted intakes, wrote comprehensive reports regarding client's progress in therapy, and provided individual and group therapy while collaborating with parole agents and probation officers. Conducted assessments including the LS/CMI, STABLE and Affinity to evaluate risk factors and recidivism. Participated in supervision and formalized training regarding evidence-based practices for sex offenders. Provided sex offender treatment to monolingual clients.

SUPERVISED CLINICAL EXPERIENCE-pre-doctoral internship

Catholic Charities of Santa Clara County
Santa Clara, CA

September 1, 2015-September 21, 2016

Probation Gang Resistance and Intervention Program (ProGrip)

Population: ProGrip provides mental health services to youth from Santa Clara Juvenile probation-the gang unit. The program seeks to bridge the gap between educational and vocational services and mental health needs.

Experience: Provided therapeutic and assessment services for probation youth in Santa Clara County using Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT), and Motivational Interviewing. The use of Dialectical Behavior therapy (DBT) is used to promote mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation. As a clinician working with the gang unit, knowledge about gang culture including its history is pivotal in conceptualizing cases. Worked closely with case managers to ensure youth's educational, vocational, and shelter needs are met. Met with probation officers once a month to discuss client's progress and/or challenges. Conducted collateral sessions with family members when necessary. Provided substance abuse counseling while proving clients with community-based organizations that can help their families process the impact of drugs on the family

dynamic. Collaborated with school personnel to assess how client functions at school and provide in-classroom therapeutic support to improve class behavior. When necessary, referred clients to the Behavioral Health psychiatrist for medication management.

John 23rd Integrated Primary Health Clinic

Population: Clinic provides integrated primary care, mental health, and substance use treatment services to the adults 18 or older, including adults over 65 with mental illness. Population served includes individuals who have been charged with a sex offense and/or are on probation/parole.

Experience: Provided assessment and therapy for anxiety, depression, mood disorders, co-occurring mental health diagnosis and substance abuse, trauma, relationship challenges, sexual issues, grief and loss, court required individual therapy, problems at work, parenting challenges, anger management issues, and life transitions. Participated in multi-disciplinary treatment team meetings to discuss patients' progress and their response to treatment. Under the supervision of a Licensed Psychologist and Medical Physician I conducted clinical structured interviews and produced psychological evaluations for political asylum cases, including providing Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and Cognitive Processing Therapy (CPT). Motivation Interviewing is used in therapy to address ambivalence, specifically in the substance abuse population. To promote mindfulness, DBT is used with patients with severe anxiety.

SUPERVISED CLINICAL EXPERIENCE -- *practica*

Valley Neuropsychological Services
Sacramento, CA

August 2014-July 2015

Population: Valley Neuropsychology Services (VNS) provides quality clinical care and offers a broad range of clinical and forensic services including evidence-based treatments (rehabilitation focus) as well as research-based neuropsychological evaluations. This clinic specializes in evaluation as well as cognitive remediation and adjustment based interventions for individuals of all ages with acquired brain injuries.

Experience: Conducted psychological consultations in Spanish and produced reports in English. Administered full neuropsychological assessments with Spanish-speaking clients to assess for cognitive functioning. Conducted individual psychotherapy with monolingual clients with Traumatic Brain Injury (TBI); Post Traumatic Stress Disorder (PTSD); Major Depressive Disorder, Adjustment Disorder with mixed Anxiety and Depressed Mood; Pain Disorder Associated with both psychological factors and a general medical condition; and Generalized Anxiety Disorder (GAD) using CBT, CPT, TF-CBT, and Motivational Interviewing. Participated in weekly 90-minute group supervision and individual supervision for one hour with the head neuropsychologist. Participated in peer-to-peer consultations regarding cases. Collaborated with workers' compensation personnel, primary treating physician (PTP), and any parties involved in workers' compensation and personal injury cases. Attended daily check-ins with the head neuropsychologist to determine best course of action for clients with TBI. Used different methods to help clients process their trauma and distress such as talk therapy, relaxation training,

stress management strategies, and pain coping skills training. Used Trauma-focused Cognitive Behavioral Therapy (TF-CBT) with PTSD and personal injury clients.

Supervising Faculty: Stephen Rapaski, Ph.D.

Strategies for Change (SFC)
South Sacramento, CA

September 2013-May 2014

Population: Strategies for Change provides exemplary evidence-based substance abuse treatment and mental health, co-occurring and support services for multi-culturally diverse adults, youth, and families to promote self-sufficiency, health & wholeness in a collaborative community setting. The population includes court-mandated individuals who are required to attend a substance abuse treatment program; parolees with a history of sex offending; and youth on probation.

Experience: Facilitated 90-minute anger management, parenting, and co-occurring disorders treatment groups. Conducted intake assessments using the Addiction Severity Index (ASI), Mental Health Screening Form (MHSF) and psychosocial inventory. Created and implemented treatment plans with clients. Attended weekly meetings to discuss clients' short and long-term treatment goals. Collaborated with community-based organizations, social workers and/or case managers to ensure clients' clinical needs were being met. Participated in case conferences when necessary to provide additional services to client and to discuss the client's progress. Contacted clients to remind them of scheduled appointments and make-up groups. Assisted the clinical director to create PowerPoint presentations about chemical dependency, drugs, emotional violence, and drugs. Had weekly supervision with clinical director and with licensed Clinical Psychologist, Dr. Lynn Thull. Cases were conceptualized and treated from a trauma-informed, culturally sensitive, and strength-based framework. Other tasks included, providing therapy to monolingual families and serving as a Spanish interpreter as needed. Worked with a 4th year doctoral student on his dissertation project on memory in older adults. Used the Repeatable Battery Assessment of Neuropsychological Status Update (RBANS), BDI-II, and MMSE-2: BV Mini Mental Status exam 2nd edition: brief version.

Supervising Faculty: Bobby James Davis, Ph.D., Dr. Lynn Thull, Ph.D., and Deborah Duell, MFT Intern.

Delta Elementary Charter School
Rio Vista and Clarksburg, CA

January 2012-May 2013

Population: Elementary and middle school children between the ages of 6 and 16 with learning disabilities and/or emotional/behavioral problems.

Experience: Conducted cognitive and academic assessments on elementary and middle school children to determine special education services and/or to determine Specific Learning Disability (SLD). Assisted the school psychologist with gathering collateral information from family and

teachers to determine and cross-verify the needs of the child. Completed several psycho-educational assessment reports and presented the reports at Individualized Education Program (IEP) meetings. Facilitated social skills groups with children who struggled socially in the classroom setting. Provided one-on-one support and counseling for children with behavioral problems. Attended IEP meetings to academically support youth in the school setting. Identified children who needed in-class support and supported children during instruction. Attended one-on-one meetings with the school psychologist, resource teacher, academic teachers and/or parents to discuss concerns regarding the child's needs in the classroom. Facilitated a 6th grade group for girls that faced interpersonal difficulties, school problems, and family discord.
Supervising Faculty: Amy Bettencourt

RELEVANT WORK EXPERIENCE

Strategies For Change (SFC), South Sacramento, CA

May 2014-August 2014

Co-occurring Facilitator and Mental Health Clinician

Population: Strategies for Change provides exemplary evidence-based substance abuse treatment and mental health, co-occurring and support services for multi-culturally diverse adults, youth, and families to promote self-sufficiency, health & wholeness in a collaborative community setting.

Experience: Assisted with Spanish translations. Provided Alcohol and Other Drug (AOD) counseling. Interviewed and produced psychosocial assessment reports for the on-site psychiatrist. Collaborated with case managers, social workers, therapists, and the psychiatrist to best serve the needs of the clients. Facilitated a weekly 90-minute anger management and family systems class. Worked with the co-occurring supervisor to ensure that clients were meeting treatment requirements and adhering to court mandates.

Supervisors: Bobby James Davis, Ph.D. and Deborah Duell, MFT Intern

St. Andrews Residential Facility (STARS), San Jose CA

December 2010-July 2012

Counselor Supervisor/Case Manager

Population: STARS program includes three residential care facilities for children and adolescents between the ages of 10 and 18. A majority of the residents are a ward of the state or are on informal or formal probation. The program provides counseling and care for abused, neglected, and troubled youth. The program works closely with community-based agencies to meet the psychological, emotional, and physical needs of the children. The goals of the program include providing a loving and nurturing environment for the child while also addressing the mental and emotional needs that affect the child's well being. Emphasis is on moving residents to a least restrictive environment, such as foster care or reintegration with family members.

Experience: Effectively conducted both verbal and written business communications, generated all required weekly reports to both client and supervisor in a timely fashion, and managed all assigned daily operations and enhanced process to strengthen efficiency. Consistently utilized professional problem-solving skills when dealing with residents and their families. As a supervisor, my responsibilities included generating, interpreting, and printing various reports. In

addition, it was my responsibility to review intake paperwork to determine if residents were a good fit for our program. Trained and role model “handle with care” in order to effectively de-escalate crisis between youth and youth and staff. Consistently shadowed staffs to ensure their intervention methods were effective while being compassionate and nurturing. Met with executive supervisors and/or social workers to review the residents’ progress while also promoting collaboration between mental health professionals. Facilitated staff meetings and trainings on a weekly and monthly basis to discuss the treatment facility’s progress and/or needed changes. Attended IEP meetings to academically support youth in the school setting, attended team decision-making meetings at the Department of Children and Family Services (DCFS), and participated in MYTIME meetings to ensure emancipated youth had access to the necessary resources to be successful. Worked closely with wraparound facilitators and family specialists to ensure the youth’s needs were met.

Supervising Director: Stuart Samuels, MA.

Walden House Adolescent Services, San Francisco, CA September 2007-January 2009
PM Coordinator

Population: The Walden House Adolescent Program treated boys between the ages of 12-17 with co-occurring substance abuse and behavioral/mental health problems in a gender-specific residential treatment setting. The program employed a multidisciplinary approach to treatment that blends substance abuse counseling, substance abuse groups, individual, group and family therapies, psychoeducation and peer support. The program employed current standard best practices such as Dialectical Behavioral Therapy (DBT), "Seeking Safety" for trauma issues and therapeutic behavioral coaching as needed. Participants benefitted from a safe, supportive, and structured environment where they could explore their emotional growth and develop personal responsibility. The primary objective was to help teens lead productive, fulfilling and substance-free lives. The program accepted referrals from Juvenile Probation and the Department of Social Services. The program included both an on-site San Francisco day school and a non-public school for boys with IEPs.

Experience: Worked within a multidisciplinary treatment team, provided mentoring to youth, and served as a positive role model. Case managed sensitive and confidential information regarding individual cases. Tasks included incident reporting, supervision of general activities within the facility (i.e., chores, meal preparation, etc.), supervision of direct-care counselors, overnight and weekend staff. Ensuring all rules and procedures were executed in compliance with HIPPA rules, guides, and standards to maintain client confidentiality and privacy. Attended weekly administrative meetings with the executive director and intake coordinator. Facilitated weekly groups (resident meetings, staff meetings), and supervised off-site outings and family visits. Assessed and de-escalated crisis situations and trained direct-care counselors. Collaborated with all team members to develop comprehensive treatment plans. Met with probation officers on a monthly basis to discuss clients’ progress and /or challenges.

Supervising Faculty: Gavin O’Neil (Executive Director) and Jen Leland, LMFT.

Huckleberry Youth Programs, San Anselmo, CA June 2007-September 2008
Weekend Residential Counselor

Population: Huckleberry Youth Programs is a community-based youth agency, providing a full spectrum of services to homeless, runaway, and other at-risk youth between the ages of 12 and 17 in San Francisco and Marin counties. The program is committed to providing community-based collaborative services and quality level care to homeless, runaway, and at-risk youth while providing its counselors clinical experience working in interdisciplinary treatment teams.

Experience: Provided supervision and guidance to at-risk adolescents, which included: planning, monitoring, and logging the residents' daily routines. Provided crisis prevention counseling and utilized recreation as a therapeutic solution for crisis management. Responsibilities included dispensing and logging medications to all residents. Assured the physical safety and care of residents by following proper procedures. Adhered to the California's Community Care Licensing under Title 22.

Supervising Faculty: Lisa SanFlippo, LMFT.

ADDITIONAL SKILLS

- ☐ Proficient in providing therapy using Cognitive Behavioral Therapy (CBT), Trauma-Focused Cognitive Behavioral therapy (TF-CBT), Cognitive Processing Therapy (CPT), Motivational Interviewing
- ☐ Trained in Handle with Care, which is a Crisis Intervention and Behavior Management Training
- ☐ Proficient in Spanish – spoken and written
- ☐ Ability to stay calm in crisis situations
- ☐ Ability to conduct Clinical interviews in Spanish and write Psychological Reports in English
- ☐ Use culturally responsive therapeutic framework with diverse clients
- ☐ Knowledge of Psychopathology and Pharmacology
- ☐ Proficient in documentation that is compliant with county requirements
- ☐ Proficient in electronic data system including, AWARDS (electronic health system) and other Medi-caid based tracking systems.
- ☐ Good time management skills that help with documentation timeframes
- ☐ CPR and First Aid Certification
- ☐ Knowledge about how Traumatic Brain Injury (TBI) informs assessment and treatment.

REFERENCES

Jennifer Baumgartner
Clinical Program Manager
Uplift Family Services
232 E. Gish Road
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(408) 332-6849

Debra Camarillo
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