



HCBS STRATEGIES, INC.

Improving Home and Community Based Systems
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Profile

Master of Public Health candidate planning to concentrate in health systems and policy. Pediatric physical therapist with over six years of experience working with children with physical disabilities who are medically complex, and from socioeconomically disadvantaged populations. Through my experience with this at-risk population, I have developed a passion for advocating for children with special needs, educating families, and providing evidence-based care.

Education

2014	Doctor of Physical Therapy, Duquesne University
2012	Bachelor of Science in Biology, Duquesne University
2012	Bachelor of Science in Health Sciences, Duquesne University

Professional Experience

Kennedy Krieger Institute, Baltimore, MD

Physical Therapist, April 2016 – September, 2021

- Weekend PRN physical therapist treating in the pediatric inpatient rehabilitation unit
- Perform evaluations and treatments for children from birth through twenty-one years of age with diagnoses including brain injury, chronic pain, orthopedic surgery, and complex medical conditions

District of Columbia Public Schools, Washington, DC

Physical Therapist, October 2016 – June 2021

- Full time physical therapist at a special education Title I school dedicated to serving socially disadvantaged students with severe physical and intellectual disabilities, and complex medical conditions
- Provide direct and consult physical therapy services as part of a multidisciplinary team of professionals and paraprofessionals; participate in IEP meetings
- Mentor for newly hired physical therapists focusing on protocols and regulations affecting school-based therapy services
- Design and conduct trainings and presentations for non-clinical school-based staff on methods to improve the education experience of children with disabilities

Cypress Creek Therapy, Edgewater, MD

Physical Therapist, November 2014- October 2016

- Staff physical therapist with a predominantly Medicaid pediatric caseload of patients with developmental delays, torticollis, down syndrome, cerebral palsy, seizure disorders, and several other diagnoses, including a rare condition other community therapists had declined to treat
- Networked with local pediatricians to market the clinic and provide education on the purpose and benefit of physical therapy services

- Completed evaluations and re-evaluations, and implemented a personalized plan of care for a full case load to address patients' impairments and functional limitations

Baltimore Infants and Toddlers Program: Progressus Therapy, Baltimore, MD

Physical Therapist, June 2016- August 2016

- Conducted home visits in early intervention to a socioeconomically disadvantaged population as a part time summer contract physical therapist
- Provided education to families through a coaching model to encourage active family participation in rehabilitation services

Presentations

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| December 2020 | <p>Increasing Student Engagement During Distance Learning</p> <ul style="list-style-type: none"> • Created a presentation for school-based staff and provided resources to improve student engagement in distance learning. Resources included movement activities, fact sheets on various diagnoses to help educate staff, information on school based physical therapy, and references for evidence around movement and learning. |
| March 2019 | <p>Wheelchair Positioning and Safe Procedures</p> <ul style="list-style-type: none"> • Designed and conducted a training for school-based staff on wheelchair safety and protocols for transferring and transporting students utilizing wheelchairs in order to prevent injuries to both students and staff. Synthesized data from National Institute for Occupational Safety and Health, American Physical Therapy Association, and the U.S. Department of Education to provide data around safety. |
| October 2017 | <p>Integrating Movement in the Classroom</p> <ul style="list-style-type: none"> • Summarized data in the Centers for Disease Control and Prevention review: "The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance" for school-based staff. Provided information on the importance of physical activity for health and the impact on participation in education while providing examples for teachers to use with their students. |

Professional Development

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| May 2021- Present | <p>Participant in the Beyond Clinical Practice Catalyst Group Subject Matter Expert Mentorship Program.</p> <ul style="list-style-type: none"> • Applied to and selected to participate in a mentorship program run by a section of the American Physical Therapy association in which a physical therapist is paired with a subject matter expert in an area outside of clinical care. Meetings are used to discuss transition out of clinical care, networking, and to discuss further professional development opportunities |
| June 2020 | <p>Created an online resource guide available for all physical therapists within DC Public Schools</p> <ul style="list-style-type: none"> • Created fact sheets on various medical diagnoses and disabilities that are often encountered in schools for therapists to share with teachers and school staff. Compiled a reference document summarizing standardized |

assessments commonly used in pediatric physical therapy with information on appropriate use of the tools; as well as information on validity, reliability, and interpretation of assessment results.

2015 - 2017

Participant in Mentorship program through the Academy of Pediatric Physical Therapy

- Mentee as part of a monthly program that included meeting with a mentor to complete case studies, review evidence-based care, and discuss professional development

Select Continuing Education Courses

December 2020	Pediatric Teletherapy (Summit Professional Education)
January 2020	Ethics in Rehabilitation: A Clinical Perspective for Therapists (physicaltherapy.com)
December 2019	Treatment for Children with Severe Impairments (Summit Professional Education)
December 2019	The challenge of Keeping Assessments Standardized (physicaltherapy.com)
March 2019	A quest for Quality in IEP Goal Writing (physicaltherapy.com)
September 2018	Advanced Clinical Practice in Pediatric Physical Therapy (Academy of Pediatric Physical Therapy)
March 2018	Caring for the Pediatric Patient at Home and Beyond (physicaltherapy.com)
October 2017	Pediatric Neurodevelopmental Disorders (Summit Professional Education)
July 2017	Innovations in School-Based Physical Therapy Practice (Academy of Pediatric Physical Therapy)
April 2017	Defining, Assessing, Measuring, and Treating Children with Complex Disabilities (American Physical Therapy Association)
November 2015	Academy of Pediatric Physical Therapy Annual Conference

Professional Memberships

2014 – Present	Member of the American Physical Therapy Association
2014 – Present	Member of the Academy of Pediatric Physical Therapy
2021 – Present	Member of the Health Policy and Administration Section, a specialty component of the American Physical Therapy Association