

Mellessa K. Brenem

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Summary

I am a sincere, loyal and dedicated individual who has a great deal of ambition. Although I have experience in treatment, prevention and intervention; I love to learn and I am always up to a challenge. I work well with others while also working efficiently on my own. I am seeking a position where I can develop and excel while giving my best to a committee or group.

Education

Fort Stockton High School 1996-1999
Midland College 2000-2003
Odessa College 2009-2010

License

Certified Prevention Specialist Intern 1065 effective 3/2/2011
Certified Prevention Specialist 1915-1214 effective 12/5/2014
Texas Tobacco Awareness Program Instructor by the Department of State Health Services Offender Education Program effective 6/12/2015

Work Experience

Permian Basin Regional Council on Alcohol and Drug Abuse (PBRCADA)

Community Liaison PRC 9/1/2014-Current

Prevention Resource Center Coordinator 9/1/2012-9/1/2014

Tobacco Education Specialist 2/1/2012-9/1/2012

- * Serve as a source by providing prevention materials, information and expertise in the areas of substance abuse and mental health promotion throughout a thirty county radius in region 9.

- * Maximize regional prevention efforts by coordinating with community, state and regional stakeholders through trainings, prevention education, data collection and surveys to determine the needs of the community and to promote the well-being of the community.

- * Utilize strategic planning to market our prevention efforts and ensure that needs are being met by everyone in region 9.

- * Collaborate and network with community agencies, faith-based organizations, colleges/universities, news media, intervention/prevention programs, treatment providers, law enforcement, schools administrative and personnel, youth and adults in order to implement prevention education throughout the community.

- * Oversee the X-Out Youth Leadership Coalition. This is a youth led coalition that brings awareness to community and their peers about the dangers of alcohol, tobacco, and other drugs through activities, events, presentations, psa's, social media, and health fairs.

- *CHOICES-co-facilitate a two hour monthly educational presentation strictly for truancy students and for juvenile probation students.

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LCDC-Intern 9/2011-2/2012

Prevention Technician 1/2005-2/2012

Programs I worked at PBCC (Top Rank Youth, Pregnant and Post Partum Intervention/Prevention (PPI), and the CHOICES (YPS) program.

Top Rank Youth

TRY Program is an outpatient treatment program for adolescents. I provided weekly groups, weekly family sessions, and weekly individual counseling sessions. I provided education on HIV/STD's, tuberculosis, tobacco, alcohol, and other drugs.

In the TRY program I collaborated with the juvenile justice program and other local agencies in order to create communication for the adolescents to succeed in this treatment program.

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Work experience continued

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PPI Program

Worked with pregnant and Post Partum Women who were at risk. Provided intervention counseling, weekly parent education groups, alternative activities and conducted home visits. I also provided referrals for participants and ensured they were given the assistance needed.

Youth Prevention Selective Program

I facilitated and evidenced based curriculum to children ages 4-17. I had daily classes and served over 600 students in the community. I presented to many schools, Rotary Club, Beta Sigma Phi, and other organizations on the topics of alcohol, tobacco, and other drugs.

Skills

Excellent written and verbal communications skills. I am highly motivated, organized, team player, and I am self motivated. I can utilize Microsoft Word, Outlook, Excel, and Power Point.

Awards

2013 Texas Tobacco-Free Award given by the
Texas Department of State Health Services and The Texas Safety School Center

Continued Education

Kids Connection Facilitator Training 9/21/2005
Youth Connection Facilitator Training 9/22/2005
Child and Adolescent Development 3/21/2006, 2/23/2012, 3/13/2015
University of Oklahoma OUTREACH College of Continuing Education SAPST-Lubbock 9/2007
Prevention Across the Life Span 9/2/2009, 2/16/2010, 3/28/2011, 2/21/2012, 3/11/2015
Risk and Protective Factors/Building Resiliency 9/2/2009, 2/16/2010, 3/28/2011, 2/21/2012, 3/12/2015
Strategies for Strengthening Families 9/3/2009, 2/17/2010, 3/29/2011, 2/22/2012, 3/12/2015
Enhancing Cultural Competency 9/3/2009, 2/17/2010, 3/29/2011, 2/22/2012
Child and Adolescent Development 9/4/2009, 2/18/2010, 3/30/2011
44 hour Prevention Specialist Training with 6 hours Ethics 11/1/2009
HIV/AIDS Update 3/27/2009 **UPDATE 6/5/2013**
Motivational Interviewing 3/26/2009, 3/19/2012
CMBHS PPI Training 10/5/2010
Family Development Resources INC. Nurturing Program 1/30/2010
SAMHSA FASD Center for Excellence FASD-The Course 1/15/2010
Roads to Recovery 7/19/2010
Teens and Young Adults with Mental Health Disorders: Who they Really Are 7/19/2010
The Secret Cut: What you NEED to know about Self Injury 7/19/2010
Double Jeopardy: Addiction and Depression 7/20/2010
Recovery and Reunification: The Family's Process of Healing 7/20/2010
Finally, Motivational Interviewing made SIMPLE Part 1 & 2 7/21/2010
Impaired clients, Impaired Children: Fetal Alcohol Impact 7/22/2012
Teens, Trends and Prevention: It Can Be Done! 7/22/2010
Inter-conceptual Care with Ira Chasnoff MD 3/17/2011
Breastfeeding guidelines for Chemically Dependent Women 3/17/2011
Prenatal and Postpartum Care for Chemically Dependent Women 3/10/2011
Methadone Maintenance Therapy for Pregnant Women 3/10/2011
CYT Overview Training 10/18-10/21/2011

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Continued Education

Prevention Specialist Training 3/30/2011
Hurt, Hope & Healing for Children and Youth with and Addicted Parent 12/9/2011
Teaching & Training: The Art of Getting Your Message Across 12/8/2011
Effective Prevention Services Begin with Effective Communication 12/8/2011
Children's Behavioral Health Crossing the Dotted Line 12/7/2012
Substance Abuse: The When, The Why & the What 12/7/2011
Substance Abuse Counseling: Treatment Planning with the Client 3/20/2012
Reflect, Realign, Recharge.....then the Rest is Easy 9/24/2012
Illicit Narcotic Trends 9/25/2012
Youth Suicide Prevention Depression and Treatment of Suicide Ideation 10/11/2012
Crime Victims Conference:
 Family Violence and Protective Orders 12/18/2012
 Human Trafficking 12/18/2012
 New Synthetic and Designer Drugs 12/18/2011
Hep C (A and B): Basic Knowledge 6/5/2013
Verbal Prevention & Management of Aggressive Behavior 6/6/2013
Bridges out of Poverty UTPB 8/2015
Drug Addiction 7/2015
Drugs of Abuse 7/2015
Current Drug Trends 7/2015
Effective Networking and Collaboration 5/2015
Data Training 6/2015
Marijuana the Laws are a CHANGING 1/13/2015

Texas Behavioral Health Institute 8/10/2015-8/14/2015

Ethical Supervision
Generation Found
Enhancing Media Relations
Core Foundations of Child Traumatic Stress
Prescription Drug Use, Overdose and Addiction Among Adolescents
Communicating with Teens about Sensitive Topics
Recent Trends
Cultural Competency
Cessation Initiatives to help all Tobacco Users

Texas Behavioral Health Institute 7/22-7/26/2013

Preventing the Preventable
Applying Risk and Protective Factors
School Violence: What's Really Going On
Preventing Substance Abuse and Promoting Behavioral Health Across the Lifespan
Adolescent Brain Development 101
Drug Trends : Old Drugs and New Problems, New Drugs and New Problems
Navigating Changes in Family Life: Divorce and the young Child
Drug Trends and Emerging Data

Curriculum Implementation Trainings:

Life Skills 2013
Strengthening Families Certified Group Leader Training 2013
Project Toward No Drug Use (PTND) 2013
Curriculum-Based Support Group Program Facilitator Training Rainbow Days Kids
 Connection 2013
All Stars Facilitator Training 2013, 8/2014, 3/2015
Positive Action 2013