

Cassie Frost

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Education

MASTER OF SOCIAL WORK | IN PROGRESS: SPRING 2021 | UNIVERSITY OF ALASKA ANCHORAGE

- 4.0 GPA
- Part time enrollment; In progress

BACHELOR OF ARTS | 2009 | UNIVERSITY OF ALASKA ANCHORAGE

- Major: Psychology
- Cum Laude
- UA Scholars Award
- Psi Chi Honor Society, member and officer
- Psychology Club, member and officer

Work Experience

VICTIM ADVOCATE | VICTIMS FOR JUSTICE | SEPTEMBER 2019-APRIL 2020

- Provide direct services to victims of violent crimes in order to meet their legal, emotional, financial, and safety needs.
- Facilitated monthly Homicide Grief Group for family members of homicide victims across the state of Alaska
- Coordinated with APD, FBI, State Troopers and other agencies to enhance level of services to victims.
- Engaged with community partners to increase awareness of victims services and provided informal training regarding Violent Crimes Compensation Board (VCCB).

FAMILY SERVICES MANAGER | CAMP FIRE ALASKA | JANUARY 2013-AUGUST 2019

- Support inclusion of youth experiencing Special Needs and their families in a licensed out of school time program including managing records, planning and implementing accommodation plans, coordinating services and family advocacy according to State Child Care Licensing regulations.
- Provide observation and consultation to site teams to promote inclusion for all youth in both school and summer program settings.
- Develop and advocate for quality youth programming initiatives, including Program Quality Assessment (PQA), Strengthening Families, Thrive, and Social Emotional Learning curricula and supervise the implementation.
- Develop, lead and facilitate staff trainings based on wide array of youth development program topics including Child Development, Positive Behavioral Intervention Supports (PBIS), Trauma Informed Practices, Social and Emotional Learning, Special Needs and Developmental Disabilities.
- Collaborate with community agencies via networking and partnerships to improve family care and programming support for youth and staff.
- Serve in a leadership role by working collectively with a management team, as well as supervising and coaching staff and staff teams.

CASE MANAGER II | AK CHILD & FAMILY | JUNE 2008- DECEMBER 2012

- Provide home based case management services to youth experiencing emotional, behavioral, and/or developmental disabilities and their families in a mental health treatment setting.
- Implement treatment strategies via individual, group and family skill development.
- Network with community, school and state agencies to improve quality and consistency of care for youth to improve treatment outcomes.
- Complete assessments, treatment plans, discharge plans and other documentation per Joint Commission, OCS licensing, DBH and Medicaid standards.
- Specialized in evidence based practices including Positive Behavioral Support (PBS), Transition to Independence Process (TIP), Attachment Regulation and Competency (ARC) model and FASD mentorship.

Certifications & Special Projects

SECOND ORDER CHANGE DEVELOPER & FACILITATOR | AYDC | SINCE SEPTEMBER 2015

- Collaborate with a community team of youth development professionals to research, design and facilitate a 5 year pilot training program called Second Order Change, which emphasizes improving adult Social and Emotional Learning skills for direct service, management and executive director staff through the Anchorage Youth Development Coalition (AYDC).

YMHFA TRAINER| ALASKA TRAINING COOPERATIVE | SINCE OCTOBER 2015

- Certified to deliver Youth Mental Health First Aid, an eight-hour certification course which prepares caregivers and youth workers to provide first responder care to youth and adolescents experiencing mental health challenges or crises.

FOUNDATIONS TRAINER| ACADEMY FOR COMPETENT YOUTH WORK | SINCE APRIL 2017

- Certified to train a 30-hour course which introduces entry level practitioners to basic concepts and skills in professional child and youth work including ethics, developmental relationships, communication, documentation, behavior guidance and child and brain development.

FAMILIES THRIVE TRAINER| CENTER FOR THE STUDY OF SOCIAL POLICY | SINCE JUNE 2017

- Certified to train a 24-hour course which presents a combined framework model designed to improve youth and family outcomes, particularly those impacted by trauma and/or social injustice. It presents research on positive youth development, resilience, neuroscience, stress and impact of trauma on brain development and then provides a lens (*Guiding Premises* and *Promotive Factors*) to assess efforts to change policies, programs, training, services, partnerships and systems that impact youth and families.
- Certified to train in Strengthening Families and Youth Thrive models as well.

Practicum

PRACTIUM PLACEMENT | ACS- CANCER ACTION NETWORK | AUGUST 2019- MAY 2020

- Practicum placement for MSW program to focus on building macro level social work practice skills. Established for 16 hours per week in the Fall/Spring semester.

Activities

MEMBER | THE ASSOCIATION FOR CHILD & YOUTH CARE PRACTICE, INC. | SINCE 2017

- Advocate for the child and youth care profession through training, policy development and building certification opportunities within the state of Alaska.

PARENT VOLUNTEER | POLARIS K-12 | SINCE 2016

- Provide in classroom support for class projects, chaperoning for classroom field trips and contribution to school wide functions.

SYNC PROGRAM VOLUNTEER | BIG BROTHERS BIG SISTERS | 2013-2015

- Provided mentorship to an adolescent youth in the foster care system to ensure support and stability during a transition period in their life.

NEIGHBORHOOD GIFT & THANKSGIVING BLESSING | FOOD BANK OF ALASKA | 2013-2015

- Served as volunteer for both annual events, including food and gift distribution and support.