

Tomeka D. Bright

TomekaBright@hotmail.com

Objective

The primary objective is to help individuals improve their quality of life. I am currently a Certified Rehab Counselor (C.R.C.), Certified School Counselor, and Domestic Violence Expert.

Education

Webster University, Jacksonville, Florida

Master of Arts Degree in Counseling, August 2009

Florida State University, Tallahassee, Florida

Bachelor of Arts Degree in Psychology, December 1999

Professional Experience

Counselor/Consultant, BrightIdeas Consulting Inc.

6/2005-Present Jacksonville, Florida

Social Services Counselor, Department of Health

5/2013-Present Jacksonville, Florida

School Counselor, Duval County Schools

08/2012-11/2012 Jacksonville, Florida

Vocational Rehabilitation, Vocational Rehabilitation Counselor

02/2011-08/2012 Jacksonville, Florida

River Region Human Resources, Psychosocial Rehabilitation Specialist

08/2010-02/2011 Jacksonville, Florida

Mental Health Resource Center, Family Services Counselor

6/2006-06/2010 Jacksonville, Florida

Family Nurturing Center, Parent Educator

06/2003-12/2006 Jacksonville, Florida

Department of Education Vocational Rehabilitation, Technician

01/2001-01/2003 Tallahassee, Florida

Children and Families Developmental Disabilities, Human Services Counselor

02/2000-01/2001 Tallahassee, Florida

- Provide skilled solution focused counseling to families in crisis. Facilitate group counseling and provide individual counseling sessions with adults and/or children. Provide therapeutic services with an interactive approach. Document therapeutic interventions in the client's record in a time efficient manner.
- Counseled families in crisis, created treatment plan for services, addressed family dynamics issues: interpersonal relations, domestic violence, substance abuse, child abuse, mental health, and child development. Working closely with other team members in the treatment plan. Requires working with Fleet and Family Services to coordinate for military families. Requires excellent documentation and customer service, verbal communication, and written communication skills
- Assessed and documented family safety risk factors. Created treatment plans to address risk factors and draft other pertinent documents. Provided and/or referred families to service providers. Opened, maintained and closed files related to families being served.
- Made contact with families within 24 hours. Maintained weekly contact with Fast In-home services families. Conducted bi-weekly home visits with caregivers, children, and parents. Reported indicators of abuse, neglect and/or abandonment to Florida Abuse Hotline
- Train and supervise trainees in the implementation of age appropriate nurturing parenting techniques, including parenting skills for teens, with the curriculum of Steven J. Bavolek Ph.D, to prevent the abuse and/or neglect of children

Certification/Training

- Certified School Counselor PK-12 8/2012
- Response to Intervention (RtI) 8/2012
- Certified Rehabilitation Counselor 10/2011
- Sexual Safety and Healing 5/2010
- Expert Domestic Violence Safe and Together Model 01/2009
- Family Team Conference Training 01/2009
- Motivational Interviewing 08/2007
- Nurturing Parenting, Recognized Consultant 08/2005