

April Fitzpatrick

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Education and Licensure

Registered Mental Health Counselor Intern IMH #16719

Degree: Master of Science (MS) Art Therapy, Florida State University (Tallahassee, FL) August 2017
GPA: 3.9

Masters Project: "Project Impact: Creative Arts Therapy Program"
Qualitative analysis of intensive an art therapy program in a poverty stricken community

Degree: Bachelor of Art (BA) Psychology, Tougaloo College (Tougaloo, MS) May 2012
GPA: 3.8

Professional Experience

CEO, Pineapples with Purpose, Tallahassee, FL, Current

- Execute risk free and fail free art task to enhance identity development and increase self- esteem among groups
- Advocate for embracing cultured perspectives when addressing mental health among marginalized communities
- Provide and engage "art as therapy" with youth challenged by adverse childhood experiences
- Foster a sense of resilience among youth using art therapy directives to increase healthy psychosocial adjustment
- Manage media relations and network with community partners and local organizations

OPS, STEM Program, *Tallahassee Community College*, Tallahassee, FL, 25 hours/wk, May-June 2019

- Assist STEM director with development of Growth Mindset Curriculum
- Draw awareness to mental health by cultivating learning experiences for collegiate STEM students
- Implement Pineapples with a Purpose initiative by recreating challenges faced by students using the pineapple
- Offering a system of support for collegiate STEM students
- Engage with campus community to ignite Growth Mindset Campaign

Art Instructor, Palmer Munroe Teen Center, Tallahassee, FL, 9 hours/wk, July 2018-January 2019

- Facilitated art groups to promote self-awareness and explore interaction with one another and the world around us
- Initiated team building exercises to increase positive self-esteem, communication skills, and stress management
- Utilized culturally sensitive perspectives to empower youth's art process
- Introduced students to historical and cultural philosophies using various art forms
- Engaged students in critical thinking to address everyday issues through art

Health and Wellness Specialist, Montford Middle School, Tallahassee, FL, 40 hours/wk, January 2018-July 2018

- Conducted 30 research-based curriculum sessions to aid in promoting healthy life choices and coping for youth ages 11-15 years
- Developed treatment regimens for a variety of mentally/emotionally challenged individuals and groups to achieve social inclusion, reduce anger outburst, and improve coping skills
- Facilitated and constructed directives to promote positive self-esteem, communication skills, and stress management
- Evaluated art therapy assessments to determine the decrease in depression, anxiety, and learned helplessness in 16 youth
- Maintained supplies and equipment

Art Therapy Facilitator, Brain Injury Association of Florida, Inc., Tallahassee, FL, October 2017

- Supervised a group of 20-30 individuals with varying conditions of traumatic brain injury
- Designed and implemented art therapy workshop for survivors of traumatic brain injury to overcome hopelessness through implementation of coping skills and art expression

Art Therapy Counseling Intern, Gretchen Everhart School, Tallahassee, FL, 30 hours/wk, January 2017-May 2017

- Facilitated group and open art studio sessions with 10-12 higher functioning students
- Consulted with and trained instructional paraprofessionals on linking art expression to client's medical history
- Managed a challenging classroom environment of 10-15 students with physical/mental disabilities and personality conflicts
- Promoted sensory stimulation to increase motor skills and decrease learned helplessness
- Coordinated community learning day trips and teach students work readiness skills to advance life and social skills

Art Therapy Counseling Intern, Disc Village, *Juvenile Drug Court, Boys Residential Facility*, Tallahassee, FL, 30 hours/wk, August 2016-December 2016

- Administered 30 bio-psychosocial interviews and art therapy assessments to obtain objective and factual information pertaining to patients' needs
- Developed treatment regimens for adolescents with anger and behavioral management and social skills challenges
- Lead psycho-educational and arts-based interventions to juvenile drug court groups and individuals using trauma-evidence based practices such as CBT/DBT
- Collaborated with multidisciplinary team on art interventions to meet therapeutic objectives
- Conducted in-service training for licensed mental health counselors, social work interns, and staff

Art Therapy Counseling Intern, HealthSouth Rehabilitation Hospital, Tallahassee, FL, 30 hours/wk, January 2016-April 2016

- Tracked patient's progress using specific art therapy assessments that measure depression, anxiety, physical abilities
- Maintained and rehabilitate patients' physical and mental health by using professional insight and art therapy interventions
- Used a variety of interventions; including games, art directives, and physical activity to palliate symptoms such as depression and anxiety through art
- Presented "Information Chowdown" to colleagues over art therapy and rehabilitation to share knowledge and experience using this form of therapy

Art Therapy Counseling Intern, Pyramid Studios, Tallahassee, FL, 20 hours/wk, August 2015 – December 2015

- Adapted interactive art experiences for 5 small groups of adults with moderate to severe disabilities
- Evaluated individuals' level of functioning by observation/assessments and consultation with direct care staff to determine their needs
- Identified/monitored high risk behavioral, social, emotional, and physical clients
- Empowered clients' sense of self through artistic process

Graduate Assistant, Florida State University, *Department of Art Education*, Tallahassee, FL, August 2015 – May 2017

- Supervised and aided software users in computer laboratory
- Created department blog, interviewed alumni, consolidated current events
- Maintained social networking sites to promote departmental and Art Therapy Association activities

Graduate Assistant, Hinds Community College, *Art Department*, Raymond, MS, August 2014 – May 2015

- Supervised and aided lab users with ceramic tools, glazing process, and cleaning of lab space
- Lead students in glaze mixes, experiment with wood fire, and slips on ceramic
- Monitored and facilitated ceramics lab schedules and maintained studio and kiln firings

Presentations

- Khan, S. & **Fitzpatrick, A.** (2012) PTSD Symptom severity and its relationship with locus of control and gender. Symposium presentation at the Mississippi Academy of Sciences, (MAS) Conference, Hattiesburg, MS.
- **Fitzpatrick, A.** (2010) Examining Stressors through the Intersection of Race, Class, and Gender: Comparative Analysis of Stressors in New Orleans, USA and Ghana. Presentation at Global Issues Honors Consortium Conference, Morris, Minneapolis.

Honors and Awards

- 2018 *Creative Tallahassee* Juried Art Exhibition, 2018
- Marylou & Ernestine Kuhn Scholarship, FSU Department of Art Education, 2016
- Graduate Assistantship & Funding recipient, FSU Department of Art Education, 2015-2017
- Hinds CC Art Show Winner, Ceramics/3D Design, 2nd Place, 2014
- First Place in Oral Presentation in Social Sciences and Humanities, Tougaloo College-Mississippi College Joint (TC-MC) Undergraduate Research Symposium, 2012
- Alphonso Willis Thesis Award, 2012

