



Piper Simmons

Adult Outpatient Therapist

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SUMMARY

Licensed Clinical Professional Counselor with six years of behavioral health experience, including more than five years serving adults with serious and chronic mental illness. Provides evidence based individual and **group psychotherapy, diagnostic assessments**, treatment planning, crisis informed support, and coordinated referrals across psychiatric, medical, housing, benefits, and social service providers. Manages complex outpatient caseloads with consistent therapeutic contact, timely outreach, and accurate clinical documentation. Applies **cognitive behavioral therapy**, motivational interviewing, trauma informed care, **recovery oriented practice**, risk assessment, de escalation, and safety planning. Protects confidential information and maintains compliant records while coordinating whole health services across providers. Clinical judgment, calm crisis response, and clear communication support thoughtful care for adults, families, and multidisciplinary teams.

EXPERIENCE

Adult Outpatient Therapist

Oak Brook Community Counseling 📅 June 2023 - Present 📍 Oak Brook, IL

Leads outpatient behavioral health services for adults with serious mental illness, supporting psychotherapy, clinical assessment, treatment planning, coordinated referrals, compliant records, and urgent response across a complex caseload.

- Provided individual and group psychotherapy using CBT and **motivational interviewing** for adults with **serious mental illness**.
- Translated diagnostic assessments into **treatment plans** defining goals, service intensity, visit frequency, and progress indicators.
- Managed complex outpatient caseloads through regular contact, timely outreach, and thoughtful follow up.
- Coordinated psychiatric, medical, housing, benefits, substance use, and community referrals around **whole health** goals.
- Maintained clinical notes, assessments, releases, and treatment updates under privacy and documentation requirements.
- Supported urgent behavioral health situations through **risk assessment, de escalation**, safety planning, and crisis consultation.

Behavioral Health Clinician

Fox Valley Behavioral Wellness 📅 February 2021 - May 2023 📍 Aurora, IL

Delivered community behavioral health services for adults with schizophrenia spectrum, mood, anxiety, and co occurring conditions, combining counseling, groups, assessment, referrals, documentation, and supervised clinical growth.

- Delivered **counseling** for adults with schizophrenia spectrum, mood, anxiety, and co occurring conditions.
- Facilitated psychoeducation and skills groups focused on coping, recovery, symptoms, and community supports.
- Used clinical interviews and functional assessments to guide service recommendations and higher intensity referrals.
- Coordinated case managers, prescribers, hospitals, and social agencies to close referral loops.
- Documented contacts, progress, risk factors, and coordination in electronic health records securely.
- Applied supervision and continuing education to strengthen **crisis response** and culturally responsive practice.

Mental Health Counselor

Riverbend Mental Health Services 📅 September 2020 - January 2021 📍 Joliet, IL

STRENGTHS

- ♥ **Therapeutic engagement**
Regular contact helped clients stay connected during difficult periods, and thoughtful outreach became a steady part of care.
- 🔍 **Clinical assessment**
Careful interviews turned complex symptoms into usable treatment priorities, giving teams clearer direction for next steps.
- 👥 **Provider coordination**
Referral follow up closed quiet gaps between services, and partner providers gained a dependable point of contact.
- ♥ **Crisis response**
Calm risk assessment and de escalation supported safer urgent encounters, even when circumstances changed quickly.
- 📝 **Clinical documentation**
Clear notes connected interventions with goals and risks, making multidisciplinary review more useful and less burdensome.

SKILLS

Adult outpatient therapy

Serious mental illness

Individual psychotherapy

Group counseling

Diagnostic assessment

Treatment planning

Caseload management

Cognitive behavioral therapy

Motivational interviewing

Trauma informed care

Community resources

Care coordination

Clinical documentation

Client privacy Crisis response

LANGUAGES

English Native

Spanish Intermediate

MY CAREER



● Adult Outpatient Therapist at Oak Brook Community Counseling (3.3 Years)

● Behavioral Health Clinician at Fox Valley Behavioral Wellness (2.2 Years)

● Mental Health Counselor at Riverbend Mental Health Services (4 Months)

Provided supervised counseling and recovery support for adults with persistent mental health conditions, building early clinical skill in assessment, confidentiality, crisis procedures, resources, and collaborative care.

- Supported adults with persistent mental health conditions through supervised **counseling** and recovery planning.
- Applied **motivational interviewing** and strengths based techniques to connect goals with daily functioning.
- Monitored symptoms during scheduled contacts and escalated safety concerns through clinical supervision.
- Connected clients with transportation, food, **housing**, **benefits**, medical, and psychiatric resources.
- Maintained case notes linking interventions with treatment objectives for multidisciplinary review.
- Built practical proficiency in confidentiality, boundaries, **serious mental illness**, and **community resources**.

PROJECTS

Whole Health Referral Coordination 📅 2024

Created a coordinated referral workflow linking psychiatric, medical, housing, benefits, substance use, and community support providers. Followed referral status through clinical documentation and regular client contact.

Recovery Skills Group Program 📅 2022

Facilitated psychoeducation and coping groups for adults with serious mental illness. Sessions connected symptom management, interpersonal effectiveness, recovery goals, and community stability.

LEADERSHIP & AWARDS

- Clinical Leadership Recognition, acknowledged for calm crisis response and dependable coordination across behavioral health providers.
- Service Collaboration Recognition, valued by colleagues for closing referral gaps and supporting whole health planning.
- Peer Support Leadership, shared practical assessment and documentation guidance during supervision and team consultation.

EDUCATION

Master of Arts in Clinical Mental Health Counseling

Lewis University 🎓 GPA: 4.0 📅 2020 📍 Romeoville, IL

Coursework: *Psychopathology, Diagnosis and Assessment, Counseling Techniques, Group Counseling*

Bachelor of Arts in Psychology

North Central College 🎓 GPA: 4.0 📅 2018 📍 Naperville, IL

Coursework: *Abnormal Psychology, Developmental Psychology, Counseling Foundations, Social Psychology*

CERTIFICATIONS

- Licensed Clinical Professional Counselor, Illinois 📅 2022
- Crisis Prevention and De escalation Training 📅 2025

TECHNICAL SKILLS

- **Clinical Therapy:** Individual psychotherapy, Group psychotherapy, Counseling
- **Assessment Methods:** Diagnostic assessment, Clinical interviews, Functional assessments
- **Treatment Planning:** Treatment plans, Recovery planning, Service recommendations
- **Evidence Based Methods:** Cognitive behavioral therapy, Motivational interviewing, Trauma informed care
- **Crisis Services:** Risk assessment, De escalation, Safety planning
- **Care Coordination:** Referral coordination, Whole health care, Provider collaboration

- **Community Resources:** Housing services, Benefits services, Substance use services
- **Clinical Records:** Electronic health records, Clinical notes, Progress documentation
- **Privacy Practices:** Client privacy, Confidential information, Releases
- **Group Programming:** Psychoeducation, Skills groups, Interpersonal effectiveness
- **Behavioral Health Conditions:** Serious mental illness, Chronic mental illness, Co occurring conditions
- **Clinical Operations:** Caseload management, Therapeutic contact, Service intensity

PROFESSIONAL AFFILIATIONS

- Illinois counseling community, engaged in continued clinical learning and ethical behavioral health practice.
- Community behavioral health provider network, collaborated across psychiatric, medical, housing, benefits, and social service systems.

ADDITIONAL INFORMATION

Work Status : Authorized to work in United States. No sponsorship required.

REFERENCES

AVAILABLE ON REQUEST