

Milo Johnston

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SUMMARY

Licensed Chemical Dependency Counselor with four years of experience across detoxification, outpatient substance use treatment, and integrated **behavioral health** services. Provides ethical individual, group, and family counseling while completing **biopsychosocial assessments**, treatment plans, service plans, concurrent reviews, outcome documentation, and discharge planning in Electronic Health Records. Uses **cognitive behavioral therapy**, recovery education, crisis de escalation, and clear communication to support stabilization and **continuity of care**. Coordinates with behavioral health clinicians, medical staff, clients, families, and community providers around treatment needs, housing concerns, referrals, and follow up. Maintains accurate records, supports quality assurance and improvement, follows HIPAA, OSHA, safety, and infection control requirements, and communicates in English and Spanish. Brings sound clinical judgment, organized planning, and compassionate care to detoxification services.

EXPERIENCE

Licensed Chemical Dependency Counselor, Detoxification Services

July 2024 - Present

Cedar Path Recovery Center

San Antonio, TX

Leads counseling and clinical documentation for adults receiving detoxification and substance use services. Supports integrated care, crisis response, referrals, compliance, and continuity planning while coordinating with clinicians, medical staff, clients, and families.

- Delivered individual, group, and family counseling for adults receiving **detoxification** services.
- Completed biopsychosocial assessments and treatment plans in an **Electronic Health Record**.
- Applied **cognitive behavioral therapy** during scheduled sessions and documented client responses.
- Coordinated housing follow up and **community referrals** before structured care transitions.
- Responded to hostile clients with crisis de escalation and established safety procedures.
- Reviewed records for **quality assurance**, statistical reporting, HIPAA, OSHA, and **infection control**.

Chemical Dependency Counselor Intern, Outpatient Services

June 2022 - June 2024

South Texas Wellness Collaborative

San Antonio, TX

Provided supervised counseling and preventive services for English and Spanish speaking clients in outpatient substance use programs. Strengthened assessment, documentation, referral, **crisis response**, and quality improvement practices under clinical supervision.

- Provided supervised **substance use counseling** for English and Spanish speaking clients.
- Prepared **biopsychosocial assessments**, progress notes, and discharge materials in EHR.
- Facilitated group sessions using cognitive behavioral and psychoeducational techniques.
- Coordinated referrals for **behavioral health**, **psychotherapy**, substance abuse, and community services.
- Reviewed documentation workflows and identified missing clinical information for **quality improvement**.
- Managed crisis interactions under supervision using escalation procedures and concise communication.

PROJECTS

Detoxification Continuity of Care 📅 2025

Mapped discharge planning steps across treatment, housing, referrals, and follow up needs. The project clarified documentation handoffs and supported safer transitions from structured detoxification services.

Recovery Education Group Series 📅 2023

Created supervised group education sessions using cognitive behavioral concepts, relapse prevention topics, and practical recovery planning for outpatient clients with varied readiness levels.

LEADERSHIP & AWARDS

- Recognized by clinical supervisors for dependable crisis communication and compassionate client support.
- Selected as a trusted documentation resource for accurate assessments, treatment updates, and discharge records.
- Provided informal peer guidance on referral tracking, safety procedures, and recovery education.

EDUCATION

Bachelor of Science in Social Sciences

2022

Texas A&M University San Antonio GPA: 3.5

San Antonio, TX

Coursework: Behavioral health, counseling methods, human services, research methods

CERTIFICATIONS

- Licensed Chemical Dependency Counselor, Texas 📅 2024
- Licensed Chemical Dependency Counselor Intern, Texas 📅 2022
- Valid Texas Driver License 📅 2022

TECHNICAL SKILLS

- **Counseling Methods:** Individual therapy, group therapy, family therapy
- **Clinical Assessment:** Biopsychosocial assessments, clinical evaluations, outcome documentation
- **Treatment Planning:** Treatment plans, service plans, concurrent reviews
- **Discharge Coordination:** Discharge plans, continuity of care, follow up coordination
- **Behavioral Therapy:** Cognitive behavioral therapy, psychotherapy, psychoeducation
- **Electronic Records:** Electronic Health Records, progress notes, clinical documentation
- **Referral Services:** Community referrals, behavioral health services, substance abuse services
- **Compliance Standards:** HIPAA, OSHA, infection control
- **Quality Programs:** Quality assurance, quality improvement, statistical reporting
- **Crisis Services:** Crisis response, de escalation, safety procedures
- **Communication:** English communication, Spanish communication, patient education

SKILLS

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|----------------------------|----------------------|--------------------------------|--------------------------------|
| • Substance use counseling | • Concurrent reviews | • Family therapy | • Integrated behavioral health |
| • Detoxification services | • Discharge planning | • Cognitive behavioral therapy | • Community referrals |
| • Clinical assessments | • Individual therapy | • Crisis response | • Quality assurance |
| • Treatment planning | • Group therapy | • Electronic Health Records | |

PROFESSIONAL AFFILIATIONS

- Texas Association of Addiction Professionals, professional member.
- San Antonio behavioral health provider network, referral collaborator.

LANGUAGES

- English (Native)
- Spanish (Proficient)

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST