

# Thomas S. Rue, MA, LMHC, CASAC, CCMHC

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*Choices Mental Health Counseling PLLC (incorporated 2011).*

## **Areas of Experience and Clinical Expertise**

### **Mental Health and Substance Abuse Counseling**

- Psychotherapy, counseling with adults, couples, adolescents, and groups.
- US DOT qualified Substance Abuse Professional (SAP), 49 CFR Part 40.281(c)(1).
- Adult and child survivors of trauma, including options counseling for victims of ongoing abuse.
- Stress, anxiety, attentional, and mood disorders; serious and persistent mental illness and MICA.
- Case management, treatment planning, and comprehensive biopsychosocial assessments and diagnosis in mental health, addiction treatment, and child welfare agencies.
- Twenty-five years post-Masters experience treating adult men and women, families, couples, and youth for a wide range of psychiatric and addiction issues.
- Group/individual treatment, case management, as part of interdisciplinary treatment teams in OMH licensed Continuing Day Treatment for chronically mentally ill adults, OASAS licensed outpatient addictions clinic (LGU) with adults and teenagers; and inpatient addiction treatment.
- Relapse prevention counseling in conjunction with medically prescribed Suboxone maintenance.

### **Family Therapy**

- Blended, in-tact, and adoptive families, couples and relationship counseling.
- Codependency counseling for family members and other loved ones of alcoholics/addicts.
- Home-based pre-adoption home studies, family assessments, and other family issues (home visits).
- Over six years exclusively doing home visits and assessments for Department of Social Services and Family Court, providing clinical services (family and couples therapy) as Preventive Services.

### **Assessments and Diagnosis**

- Collaborating Investigator with the American Psychiatric Association in DSM-5 clinical field trials, 2011-2012 (publication projected for spring 2013).
- Assessment and outpatient treatment of substance use disorders for alcohol and other drugs, and behavioral addictions (court-ordered or self-referred, DWI assessments utilizing NYS Impaired Driver System), including co-occurring mental health conditions.
- Fifteen years conducting assessments related to recovery from addiction to alcoholism and other drugs, as well as mental illness, including making level of care determinations for NYS OASAS.
- Outreach counseling in jails, prisons and hospitals, screening applicants seeking inpatient addiction care, and comprehensive mental health assessments in an OMH outpatient setting.

## **Licenses, Certifications, and Additional Qualifications**

- Licensed Mental Health Counselor (#000461) – NYS Department of Education, since 2006.
- Substance Abuse Professional (SAP) – US DOT qualified (49 CFR Part 40.281[c][1]), since 2012.
- Credentialed Alcoholism and Substance Abuse Counselor (#10741) – NYS Office of Alcoholism & Substance Abuse Services, since 1998.
- Diplomate, Clinical Mental Health Specializing in Co-Occurring Disorders, American Mental Health Counseling Association, 8/2013.
- US DOT qualified Substance Abuse Professional, training at Employee Assistance Professionals Association, Baltimore, Maryland, 10/2012; passed examination 1/5/2012.
- Certified Clinical Mental Health Counselor - NBCC (#22579), since 1993.
- National Certified Counselor – NBCC (#22579), since 1990.

- Internationally Certified Alcohol and Drug Abuse Counselor (#105065), International Certification and Reciprocity Consortium (IC&RC), since 2008.
- Notary Public of the State of New York (#01RU6173292) - NYS Department of State, commission expires renewal September 2015, filed with Sullivan County Clerk, since 2007.

Past Certifications, Eligible for Renewal if Needed

- School Counselor license – NYS and Nevada Departments of Education (provisional), 2000-2002.

**Work Experience**

Supervision

- Directing education and training for 50 counselors, physicians, nurses, social workers, and allied professionals in the community (ten years)
- Consulted with clinicians as designated Privacy Liaison on HIPAA and confidentiality laws specific to drug and alcohol treatment and HIV-related information (ten years).
- Consulted with and provided trainings to clinicians as administrative designee on “cultural competence”, presented trainings and information about the cultural impacts on patients’ treatment experience, care, and outcomes (ten years).
- Supervised adult criminal and juvenile status offenders for courts and conducted pre-sentence investigations for criminal and family courts (two years).

Administration

- Member of management team at an inpatient treatment center, NYS OASAS (ten years).
- Represented Agency at public events; implemented and maintained e-mail marketing lists.
- Coordinated inpatient admissions (40 men, 20 women), screened for psychiatric/ social/medical stability, intakes to keep pace with discharges (seven years).
- Implemented a multi-agency project aimed at welfare reform, wrote policies, provided mental health/addiction evaluations for so-called “hardest to serve” recipients aimed at sustained employment for those with work potential or approval of SSI/SSD for the disabled, drafted policies approved by Commissioner (two years).
- As solitary worker in Sullivan County for voluntary agency, managed family therapy program to prevent out-of-home placement of delinquent and at-risk youth; referrals from Sullivan County Department of Social Services and Family Court (six years).
- Experienced manager and policy-maker in public and non-profit sectors with excellent organizational, writing, public relations and marketing skills (see below).

**Technology**

- Computer network administrator for over 40 computer users on Win2K/2K3 servers; supported system security and operation of a Java-based online medical records database, "Avatar" (8 years).
- Freelance writing, website development and administration of UNIX (FreeBSD) and Win2k3 servers, with MySql database-driven content management system (Drupal); fluent with HTML.
- Competent with Access and Paradox desktop databases, Excel, various word-processing programs, Acrobat Professional, graphics software, digital photography, Macromedia Dreamweaver, WebEdit, PGP data encryption, various anti-virus, firewalls and other security measures.
- Proficient on DOS; Windows 3.1, 98, 2000, 2003 Server, XP, Vista; FreeBSD (UNIX), Linux.

**Research and Classroom Teaching**

*Collaborating Investigator, DSM-5 Field Trials in Routine Clinical Practice Settings*

- American Psychiatric Association, 2011-2012

*Adjunct Professor, Psychology, and Social & Behavioral Sciences*

- Humanistic Psychology class (four semesters) for Sullivan County Community College
- Methodology of Behavioral Research (one semester) class for Mercy College.
- Introduction to Self-Management class (two semesters) for Marist College.

### Distance Education

- Instructor, Humanistic Psychology (non-credit), Universal Class, Inc., Tampa, Florida, continuous enrollment/instruction via web and e-mail interface.

### Education

- M.A. in Counseling Services, Rider University, Rider University, Lawrenceville, New Jersey. Additional practicum in school counseling, 2000, at Fallsburg High School, Fallsburg, New York.
- B.A. *cum laude* in Psychology, The College of New Jersey, Ewing, New Jersey.
- Graduate courses in psychology 1991 to 1993, University of Iowa, Iowa City, Iowa.
- Brigham Young University, Provo, UT (1½ years) and Jerusalem, Israel (6 months), emphasis on sociology, religion, and family and local history studies.

### Employment History

- *Sole Member* (incorporated private practice)  
Choices Mental Health Counselling PLLC                      Monticello, NY                      2010 to present.  
Credentialed by and in-network with commercial insurances, managed care Medicaid, and EAPs
- *Addiction Counselor 2*  
NYS Office of Alcoholism and Substance Abuse Services  
Richard C. Ward Addiction Treatment Center                      Middletown, NY                      2000 – 2013 (“retired”)
- *Staff Social Worker*  
Sullivan County Department of Community Services                      Liberty, NY                      1995 to 2000
- *Placement Prevention Worker*  
Berkshire Farm Center & Services for Youth,                      Sullivan County, NY                      1989 –1995.
- *Probation Officer*  
Sullivan County Probation Department                      Monticello, NY                      1987 –1989.
- *Houseparent / Residence Counselor*  
Wayne County Children and Youth Services                      Beach Lake, PA                      1984 –1987.
- *Houseparent*  
Step-By-Step, Inc. (mentally ill adults),                      Honesdale, PA                      1986-1987
- *Clinical Coordinator*  
Hunterdon Youth Services, Inc.                      Flemington, NJ                      Summer 1985

### National Provider Identifiers

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CAQH: 12123913

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