

Kristen Martin, LMFT

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Education:

Master's of Science in Family Sciences
Emphasis: Marriage and Family Therapy
Thesis: The Effects of Marital Conflict and
Marital Environment on Change in Marital
Status
University of Kentucky
2013

Bachelor of Arts in Family Sciences
Minor: Psychology
University of Kentucky
2011

Professional Experience:

University of Kentucky Family Center August 2011-2013

Marriage and Family Therapy Intern

- Created and implemented systemic treatment plans for children, adolescents, couples, families, and individuals with a variety of presenting concerns
- Facilitated a Co-Parenting Workshop
- Facilitated a Parenting Workshop at Lansdowne Elementary
- School based therapist at the following schools in Fayette County: Glendover Elementary School, Edythe J. Hayes Middle School, Jessie M. Clark Middle School
 - Provided individual and family counseling
 - Facilitated counseling groups for children experiencing anxiety, divorce, social skills, and grief

Bluegrass.org April 7, 2014 – August 14, 2015

Mobile Children and Family Clinician in Mercer County

- Provided clinical mental health assessments and diagnoses
- Provided individual and family therapy
- Counseled children in the office, at school, and in home settings
- Completed risk assessments and safety plans to assist in keeping the client safe in the home and at school
- Collaborated with a comprehensive treatment team to meet client's needs
- Collaborated with community partners often to best serve the client
- Provided parent education on various topics at school parent meetings and support groups
- Conducted mental health observations at Mercer County Head Start Program

Bluegrass.org August 17, 2015- November 22, 2015

Traditional Outpatient Children and Family Clinician in Fayette County

- Provided clinical mental health assessments and diagnoses
- Provided individual and family therapy services
- Completed risk assessments and safety plans to assist in keeping the client safe in the home and at school
- Collaborated with a comprehensive treatment team to meet client's needs
- Conducted school based therapy one day per week with students and families at Tates Creek High School
- Completed risk assessments and safety plans to assist in keeping the client safe in the home and at school

Bluegrass.org November 22, 2015- June 16th, 2017

Early Childhood Mental Health Specialist

- Promoted positive social and emotional development and mental health of children age birth to five years through free early assessment and intervention services throughout 17 counties in Kentucky
- Worked to improve child care services for children by offering free training hours to child care staff across the Bluegrass Region
- Provided clinical mental health services to families and children that include assessments, diagnoses, risk assessments, safety plans, and crisis assessments as needed

- Collaborated with a comprehensive treatment team to meet client's needs
- Chaired the Fayette County Early Childhood Advisory Board Meeting
- Built and maintained strong community relationships with the following: HANDS, Child Care Health Consultation, Child Care Aware, Public Preschool programs, First Steps, One Parent Scholar House, etc.

Bluegrass Care Navigators June 19th, 2017- August 2nd, 2019

Bereavement Counselor, Camp Hope Co-Director

- Provided individual, family, and couples therapy services to grieving people
- Completed risk assessments and safety plans as needed
- Lead various support groups such as children's grief groups, spouse loss groups, holiday groups, and young child loss groups
- Provided education and training to various agencies, community partners, and school systems
- Developed a grief toolkit for school systems to utilize and provided training to school staff
- Co-Director of Camp Hope (yearly bereavement camp for children and families)
- Organized and maintained the budget for numerous community events and grant funded projects throughout each year

University of Kentucky/Department of Public Health August 12th, 2019- Present

Early Childhood Mental Health Program Administrator at the Department for Public Health

- Supervise five internal staff
- Oversees the following statewide programs: Early Childhood Mental Health Specialists, Child Care Health Consultation Program, HEART (Healing Empowering Actively Recovering Together) Program, and Help Me Grow Kentucky Program
- Oversees Kentucky Strengthening Families Initiative which includes Family Thrive, Parent Cafes, Youth Thrive, Youth Cafes, Provider Cafes, Connect the Dots curriculum
- Collect and analyze statewide program data through Redcap
- Oversees various grant funded projects
- Assisting with the Pediatric Mental Health Care Access (PMHCA) and the American Rescue Plan Act, Pediatric Mental Health Care Access (5 year grant)

Parker Relationship Center January 1, 2020- Present

Therapist

- Provide individual, couple, and family therapy to adults and children
- Provide clinical mental health assessments and diagnoses
- Complete risk assessments and safety plans as needed

Professional Skills:

Trained in Parent Child Interaction Therapy, PCIT

Certified MAP Therapist

Nurturing Parenting

Nurturing Parenting for Families in Substance Abuse Treatment and Recovery

Fundamentals of Effective Training Seminar

Early Care and Education Trainer's Credential, Level 3 Trainer, Trainer Credential # 71949

Eye Movement Desensitization and Reprocessing (EMDR) Trained

Motivational Interviewing Trained

FLIP IT Trainer

ASQ-3 & ASQ:SE-2 Trainer

Brigance Screens Trained

Certified AMSR Trainer (Assessing and Managing Suicide Risk)

Family Thrive Trainer

Parent Café and Youth Café Trainer

Youth Thrive Trainer (ages 9 to 26 years)

Professional Honors:

Bluegrass.org Rookie of the Year Award/Outstanding New Employee Award, 2014

Outstanding Community Counselor Award from the Central KY Counseling Association, 2016