

**MEMORANDUM
PLACER COUNTY HEALTH AND HUMAN SERVICES
Adult System of Care**

TO: Honorable Board of Supervisors

FROM: Richard J. Burton, M.D., M.P.H.
Placer County Health Officer and Director of Health & Human Services
Maureen F. Bauman, Director of Adult System of Care and Medical Clinics

DATE: February 26, 2013

SUBJECT: Membership Appointment to the Mental Health, Alcohol, and Drug Advisory Board

ACTION REQUESTED:

The Mental Health, Alcohol, and Drug Advisory Board (MHADB) respectfully requests the Board of Supervisors approve the appointment of Theresa Thickens, Public Interest Member, District 5, Seat 6.

BACKGROUND:

Theresa Thickens has applied for a position on the MHADB as a public interest member. She is a registered Psychologist and licensed Marriage and Family Therapist (MFT). Ms. Thickens has an extensive professional background in developing and managing multi-disciplinary counseling and psychological services programs, including strategic planning, budgeting, human resources, legal, public relations, teaching and research activities.

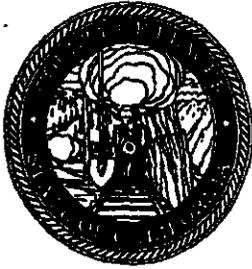
Prior to becoming an MFT in 2008, Ms. Thickens worked for Caltrans. Over her 12 years at Caltrans, she held various positions including the assistant to the director, a supervising transportation planner, and a senior electrical engineer. As a therapist, she has provided direct services to both individuals and families, including therapy for emotionally disturbed special education students from ethnically diverse and economically challenged populations. Ms. Thickens has volunteered her services, over a 13-year period, within the mental health field. Her experience includes marriage, family, and child counseling, group facilitator, self-development trainer, as well as providing animal-assisted therapy.

As a Board member, her focus will be on emotionally disturbed teens and families, both their mental health and substance use/abuse issues. One of her areas of interest is to review outcome measurements and quality management within the systems of care to ensure use of evidence-based practices and to promote consumer advocacy. Ms. Thickens brings a wide-range of experience, knowledge, and education to this Board.

The Mental Health, Alcohol, and Drug Advisory Board recommend appointment of this applicant.

FISCAL IMPACT:

There is no fiscal impact as a result of this action.



PLACER COUNTY
BOARD OF SUPERVISORS

APPLICATION FOR MEMBERSHIP ON
ADVISORY BOARD OR COMMISSION

THE FOLLOWING IS PUBLIC INFORMATION

APPLICATION FOR MEMBERSHIP ON: Mental Health Drug and Alcohol Board
(NAME OF BOARD, COMMISSION, OR COMMITTEE)

IF THIS BOARD/COMMISSION/COMMITTEE CALLS FOR A SPECIFIC TYPE MEMBER, PLEASE INDICATE THE POSITION FOR WHICH YOU ARE APPLYING: Member - Consumer / Mental Health ^{Public} Interest
NAME: Theresa Throckmors Therapist

SUPERVISORIAL DISTRICT IN WHICH YOU RESIDE: 5 - Montgomery

TIMES YOU ARE AVAILABLE FOR MEETINGS: DAYS: W-F TIMES PM

EMPLOYMENT EXPERIENCE/PROFESSION (A RESUME MAY BE ATTACHED):
Please see attached Curriculum Vitae

ORGANIZATION/COMMUNITY EXPERIENCE: — " —

EDUCATIONAL EXPERIENCE: — " —

APPLICATIONS WILL BE RETAINED FOR TWO YEARS

APPLICATION MUST BE FILED WITH THE CLERK OF THE BOARD OF SUPERVISORS
175 FULWEILER AVENUE, ROOM 101, AUBURN, CALIFORNIA 95603

DATE: 12/13/12 SIGNATURE: Theresa Throckmors

**INTEREST SURVEY
FOR THOSE DESIRING TO SERVE ON THE PLACER COUNTY MENTAL
HEALTH, ALCOHOL, AND DRUG BOARD**

ALL APPOINTMENTS ARE MADE BY THE
PLACER COUNTY BOARD OF SUPERVISORS

(Please Print or Type)

Applicant Name: Theresa Thickers

1. Are you or your spouse a full-time or part-time county employee of a county mental health or substance abuse service (including community agencies which have a contract with the Placer County Adult System of Care), an employee of the State Department of Mental Health of State Department of Alcohol and Drug Programs (depending on the board in which you are applying), or an employee of, or a paid member of the governing body of, a Bronzan-McCorquodale contract agency? Yes No

(If yes, you are not eligible under State law to be a member of the Mental Health, Alcohol, and Drug Board.)

2. How many hours could you devote each month to carrying out the duties of a Mental Health, Alcohol and Drug Board member? 15 hours.

3. Have you ever received or are you receiving the following publicly funded services?

Mental Health	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Substance Abuse	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No

If yes, what state? _____ What county? _____

4. Have your parents, spouse, siblings, significant other or children ever received or are they receiving either of the following publicly funded services?

Mental Health	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Substance Abuse	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No

Applicant Name: Theresa Throckens

What is your professional, work or volunteer background? (Attach additional sheets if necessary). See CV

Do you have any special areas of interest in mental health or substance abuse? If so, please describe below. (Attach additional sheets if necessary.)

- Emotionally Disturbed Teens/Families (Including substance use/abuse)
- First Responders/Families
- Outcome measurement & Quality management

What specific things would you like to accomplish as a member of the board in which you are applying? (Attach additional sheets if necessary.)

- Help ensure evidenced-based practices used in publically funded programs
- Help promote consumer advocacy, particularly related to interest areas above

Signature: Theresa Throckens Date: 12/13/12

Please return this interest survey to:
Placer County Adult System of Care
11533 ~~C~~ Avenue 11512 B Avenue
Auburn, CA 95603

Placer County Mental Health,
Alcohol, and Drug Advisory Board
Interest Survey

August 17, 1998

CURRICULUM VITAE

Theresa Quinlan Thickens

EDUCATION:

- PsyD California School of Professional Psychology (2012)
Alliant International University
2030 West El Camino Avenue
Sacramento, CA 95833
COAMFTE accredited program
- MS Marriage, Family, and Child Counseling (2008)
California State University, Sacramento
6000 J Street
Sacramento, CA 95819
CACREP accredited program
- BS Electrical and Electronic Engineering (1988)
California State University, Sacramento
6000 J Street
Sacramento, CA 95819
IEEE accredited program

PROFESSIONAL EMPLOYMENT:

- 10/12 – Present Executive Director, Founder
Confluence Family Services, Inc.
3017 Douglas Blvd., Suite #300
Roseville, CA 95661
- Develop and manage multi-disciplinary not-for-profit counseling and psychological services programs, including: strategic planning, budgeting, human resources, legal, public relations, and research activities.
 - Develop competitive grant proposals and administer grant projects, including: FEMA Community Resilience Innovation Challenge and First Responders Mental Health Collaborative.
 - Develop and present psychoeducational seminars.
 - Provide direct mental health services as Licensed MFT and Registered Psychologist.

PROFESSIONAL EMPLOYMENT (CONTINUED):

1/08 – Present

Educationally Related Mental Health Therapists
Registered Psychologist and Licensed Marriage & Family
Therapists, MFC# 51885
San Juan Unified School District
3738 Walnut Ave.
Carmichael, CA 95608
(916) 971-7700

- Provide therapy for emotionally disturbed special education student from ethnically diverse and economically challenged populations.
- Provide family therapy addressing individual, couple, and family dynamics, parenting skills, healthy family functioning, family of origin and intergenerational influences, cultural considerations, socioeconomic factors, and belief systems.
- Facilitate group counseling addressing childhood anger, esteem, communication, and interpersonal relations.
- Provide Therapeutic Crisis Interventions (TCI restraints).
- Provide case management and coordination of mental health treatment plans with Individual Educational Plans under federally mandated Individuals with Disabilities Education Act (IDEA).
- Perform psychological assessment, diagnosis, & treatment per DSM IV-TR, MediCal protocol, and evidenced-based practice standards.
- Ensure compliance with in mental health law and ethics (APA, AAMFT, CAMFT).

8/09 - Present

Adjunct Faculty - MFT MA/PsyD Program
California School of Professional Psychology
Alliant International University
2030 West El Camino Avenue
Sacramento, CA 95833

Graduate Courses Taught

- Individual and Family Life Cycles (SP '11)
- Diversity and Family Therapy (Co-Instructor; FA '10)
- MFT Techniques Laboratory (SP '10)
- MFT Individual Supervision Practicum (FA '09, SP '10, SP '11)
- MFT Group Supervision Practicum (Co-Instructor; FA '10)
- Group Therapy (Co-Instructor; SP '10)

PROFESSIONAL EMPLOYMENT (CONTINUED):

Graduate Courses Guest Lecturer

- Professional Practices (FA '12)
- Qualitative Research (SP '12)
- Research Methods (SP '11)
- MFT Techniques (SP '11)
- Personality Theory (FA '10)
- MFT Theories (FA '10)

5/88 - 10/00

Assistant to Director (Caltrans)

Supervising Transportation Planner

Senior Electrical Engineer

Electrical Engineer

California Department of Transportation (*Caltrans*)

1120 N Street

Sacramento, CA 95819

- Developed and managed multi-disciplinary multi-million dollar private, state, and federally funded programs, including: strategic planning, budgeting, human resources, legal, legislative, public relations, research, and maintenance activities.
- Developed Request for Proposals and competitive funding proposals and administered large and complex grants.
- Developed and presented educational seminars.
- Conducted engineering research and operational field tests.
- Developed and monitored compliance with state standards.

RESEARCH EXPERIENCE:

2009 - Present

California School of Professional Psychology

Alliant International University

2030 West El Camino Ave., Sacramento, CA 95833

2012

Dissertation: *Best Practices in Family Therapy Spiritual Diversity Education: Experts' Beliefs, Attitudes, Experiences, and Recommendations.* Committee Chair: Janet Osborn, PhD, MFT

2011

Research Grant Development: Examination of the Impact of Marriage Inclusion on Same-Sex Couples - Phase II, *Grant Team Leader*, PI: Janet Osborn, PhD, MFT

RESEARCH EXPERIENCE (CONTINUED):

- 2010 Quantitative Study: Collaborative Research on MFT Contributions in Community Settings, PI, Co-PI: Tatiana Glebova, PhD, MFT
- 2009 Qualitative Study: Examination of the Impact of Marriage Inclusion on Same-Sex Couples - Phase I, *Research Assistant*, PI: Janet Osborn, PhD, MFT
- 2007 - 2008 **California State University, Sacramento**
6000 J Street, Sacramento, CA 95819
Correlates of Test Anxiety and Academic Performance: Co-PI, PI: Ariel Strickland, PhD, LP
- 1988 - 1997 **California Department of Transportation (Caltrans)**
Division of New Technology, Research, and Development
5900 Folsom Blvd., Sacramento, CA 95827
- 1997 Proof of Technical Feasibility Demonstration for the United States Congressionally Mandated Automated Highway System Program, Demonstration '97 Manager, PI: Jim Rillings, PhD, GM Corp.
- 1993 Development of an Advanced Transportation Controller, PI, Co-PI: Les Kubel, PE
- 1991 Development of a Slow Speed Weigh-In-Motion System, PI, Co-PI: Les Kubel, PE
- 1990 Evaluation of Computer Hardware and High-Level Language Software for Field Traffic Control, PI, Co-PI: Les Kubel, PE
- 1988 - 1990 Numerous Field Studies, *Assistant Research Engineer*, PI: Albert Sequeria, PE

VOLUNTEER EXPERIENCE:

- 8/07 - 12/07 Marriage, Family, and Child Counselor Trainee
CSUS Center for Counseling & Diagnostic Services
California State University, Sacramento
6000 J Street, Sacramento, CA 95819
- 8/07 - 12/07 Marriage, Family, and Child Counselor Trainee
Jonas Salk High Tech Academy
San Juan Unified School District
2950 Hurley Way
Sacramento, CA 95864

VOLUNTEER EXPERIENCE (CONTINUED):

- 8/06 - 12/06 Marriage, Family, and Child Counselor Trainee
Harmon Johnson Elementary School
North Sacramento Elementary School District
2591 Edgewater Road
Sacramento, CA 95815-2040
- 8/03 - 12/07 Group Facilitator
Foundation for Inner Peace
Course in Miracles®
Grass Valley, CA 95945
- 3/00 - 8/03 Self-Development Trainer
Star's Edge International, Avatar®
237 N. Westmonte Drive
Altamonte Springs, FL 32714
- 3/99 - 8/02 Animal-Assisted Therapy Facilitator
Pets for Adult Learning
Placer County Office of Education
360 Nevada Street
Auburn, CA 95603
- 8/88 - 9/98 Motivational Speaker
Women's Vocational Enrichment Program
Society of Women Engineers
Sacramento Valley Section
P.O. Box 924
Rancho Cordova, CA 95741

PROFESSIONAL MEMBERSHIP:

- 2010 - Present American Psychological Association
Evaluation, Measurement, and Statistics Division
Psychology of Religion Division
Family Psychology Division
Associate Member
- 2008 - Present California Association of Marriage and Family Therapists
Sierra Foothills Division – Clinical Member
- 2006 - Present American Association of Marriage and Family Therapy
California Division - Clinical Member
- 2005 - Present American Association of University Women
Member

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PROFESSIONAL MEMBERSHIP (CONTINUED):

- 2005 - 2009 American Counseling Association - Member
International Spiritual, Ethical, and Religious, Values
in Counseling Division
- 1988 - 2001 Institute of Electrical and Electronic Engineers - Member
- 1989 - 1999 Society of Women Engineers - Member

PROFESSIONAL DEVELOPMENT & CONTINUING EDUCATION:

- 2012 Student Mental Health Policy Workgroup (California Department of
Education and California Mental Health Services Authority)
- 2012 Understanding and Treating Adolescents and Young Adults with
Substance Abuse/Addictions
- 2012 The Transformed Supervisor: Clinical Supervision in California Public
Mental Health
- 2011 MFT Licensing Exam Preparation
- 2010 Relational Treatment of the Privation Patient
- 2009 AAMFT Annual Conference
- 2009 Understanding Process Therapy
- 2009 Internal Family Systems Training
- 2009 Treatment of Sexual Issues
- 2009 Family Interventions for Addictions
- 2009 AAMFT Approved Supervisor Didactics
- 2008 Core Course in Group Psychotherapy
- 2008 The Challenge of Intimacy
- 2008 Emotionally Focused Couples Therapy Externship
- 2008 Internal Family Systems Training
- 2007 California Medi-Cal Provider Procedures
- 2007 Treating Disruptive Behavior Disordered Youth
- 2007 Helping Children Cope Using Play Therapy
- 2006 Systems of Survival - Working with Families in Crisis
- 1988 - 2000 Numerous Organizational Management & Engineering Seminars

PRESENTATIONS:

- 2012 Cognitive Behavioral Therapy in Educational Settings, Professional Development Presentation for San Juan Unified School District Psychologists
- 2011 Parenting At-Risk Teens: What You Need to Know, Community Presentation for San Juan Unified School District Families
- 2009 Collaborative Research on MFT Contributions in Community Settings, Poster Session, American Association for Marital and Family Therapy Annual Conference
- 2007 Latina Teen Pregnancy, Oral Testimony, California Commission on the Status of Women
- 1997 Automated Highway System Program Proof of Technical Feasibility, Demonstration and Convention, Federal Highway Administration
- 1995 Planning the 1997 Proof of Technical Feasibility Demonstration for the United States Congressionally Mandated Automated Highway System Program, Plenary Session, Institute of Transportation Studies World Congress, Japan
- 1989 - 1999 Numerous Electrical Engineering Presentations, local, regional, national, and international transportation and engineering conferences

PUBLICATIONS:

Thickers, T. Q. (2012). *Best Practices in Couple and Family Therapy Spiritual Diversity Education: Experts' Beliefs, Experiences, and Recommendations* (Doctoral dissertation, Alliant International University).

National Automated Highway System Consortium (1998). *National Automated Highway System Consortium Technical Feasibility Demonstration Summary Report*. GAO/RCED-97-177R DOT Automated Highway System Program.

Quinlan, T. (1997). The automated highway. *ITS Quarterly: Intelligent Transportation Society of America*, 5(2), 7-16.

Kubel, L. G., Rounds, R. F., & Quinlan, T. F., (1993). *Development of an Advanced Transportation Control Computer*, FHWA/CA/TL-94-008. California Department of Transportation: Sacramento, CA.

PUBLICATIONS (CONTINUED):

Quinlan, T. (1992). Development of a slow speed weigh-in-motion system. *Journal of Traffic Data Acquisition*, 7(1), 133-153.

Kubel, L. G., Welsh, L., & Quinlan, T. F., (1989). *Evaluation of computer hardware and high-level language software for field traffic control*, FHWA/CA/TL-89-13. California Department of Transportation: Sacramento, CA.

SCHOLARSHIPS:

- | | |
|------|---|
| 2009 | Emotionally Focused Couples Therapy Externship |
| 2008 | Northern California Group Psychotherapy Core Course |

LICENSES AND CERTIFICATIONS:

- Licensed Marriage and Family Therapist #CA 51885
- CA Registered Psychologist
- AAMFT Approved Supervisor - Equivalent (Full certification expected 7/14)
- Internal Family Systems - Level One Certification
- Avatar® Self-Development Trainer - Licensed Master

COMPUTER SOFTWARE SKILLS:

- Adobe
 - Acrobat X Pro
 - Dreamweaver
 - Photoshop
- Dragon Voice Recognition
- EndNote Citation Management
- GenoPro Genogram Development
- Microsoft Office
 - Word
 - Excel
 - Publisher
 - Power Point
- NVivo 9.1 Qualitative Analysis
- SPSS Statistical Analysis