

Megan Paluzzi

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Education

Bachelor of Science in Creative Arts in Therapy, Concentration in Theatre, Minor in Sociology, May 2021

Russell Sage College, Troy, NY

Cumulative GPA: 4.0, Dean's List (Fall 2018–Spring 2021), Honors Program, Salutatorian

Master of Science in Psychology, Concentration in Child and Developmental Psychology, January 2023

Southern New Hampshire University, Manchester, NH

Cumulative GPA: 4.0, Honor Roll (December 2021–January 2023)

Work Experience

Intensive Care Coordinator, *YOU, inc. – Affiliate of Seven Hills*, Milford, MA, July 2022–Present

- Utilize the wraparound model to manage 12 cases of youth with behavioral and emotional needs
- Assess youth and their families for service needs, personal strengths, and mental health conditions
- Create and direct a care team consisting of professional and natural supports for each case

Mental Health Counselor, *University of Massachusetts Medical School*, Worcester, MA, June 2021–July 2022

- Collaborated with clinicians, doctors, and families to develop and execute individualized, trauma-informed treatment plans in the highest level of psychiatric care for adolescent patients with severe mental illness
- Intervened when patients exhibited dysregulation by providing 1:1 support and documenting behavioral changes
- Planned therapeutic milieu activities to promote independence, socialization, coping skills, and mindfulness

Resident Assistant, *Russell Sage College*, Troy, NY, August 2019–May 2021

- Supported residents in their time of transition while emphasizing the importance of safety and wellness
- Built a strong community of young adults from different backgrounds through programming and activities
- Documented and advocated for residents struggling personally, socially, and academically

Drama Therapy Intern, *West Hill Refugee Welcome Center*, Albany, NY, November 2020–May 2021

- Designed and implemented workshops for local refugees based on needs identified by social workers
- Taught community members acting, movement, music, writing, and storytelling with large end-goal projects

Creative Arts Therapy Intern, *Vanderheyden, Inc.*, Troy, NY, January 2020–May 2020

- Achieved education and treatment goals, such as elevating mood and increasing self-confidence, in young adults at a residential safe-haven using creative arts activities with an emphasis in theatre
- Developed solution-focused activity plans to send to group homes during the COVID-19 Pandemic

Creative Arts Therapy Intern, *Eddy Memorial Geriatric Center*, Troy, NY, September 2019–December 2019

- Promoted treatment goals in patients with dementia using the creative arts including music, theatre, and visual art
- Worked one-on-one with clients to increase reminiscence, quality of life, and socialization

Drama Therapy Intern, *Wildwood Programs*, Troy, NY, September 2019–December 2019

- Developed creative arts and theatre activity programs for 10 young adults with Autism Spectrum Disorder to promote healthy lifestyle choices with a focus on nutrition
- Assisted groups with performance creation and execution through creative activities to achieve treatment goals

Additional Experience

Resident Artist, *Theatre Institute at Sage*, Troy, NY, 2018–2021

Theatre Liaison and Social Media Coordinator, *Russell Sage College Admissions*, Troy, NY, 2018–2021

Writing Studio & Developmental Science Tutor, *Russell Sage College Academic Support*, Troy, NY, 2019–2021

Campus Leader Intern, *Democracy Matters*, Troy, NY, August 2020–May 2021

Mental Health Intern, *The Shine Initiative*, Worcester, MA, July 2019–August 2019