



Citizen Advisory Board Application - Sustainability Committee

Complete and submit this application to be considered for a seat on the Sandpoint Sustainability Committee.

Thank you for your interest in serving on the Sandpoint Sustainability Committee, a City of Sandpoint volunteer citizen advisory board. We appreciate your desire to serve our city in this capacity and look forward to reviewing your application. For more information, including qualifications for serving on this Committee, please visit Chapter 7 of Title 2, Sandpoint City Code.

Applicant Information

First Name: *

Last Name: *

Phone Number: *
Ex. 208-555-5555. Please include area code.

Email Address: *

Home Address: *

Mailing Address: *

Street Address

PO box 166

Address Line 2

City

Kootenai

State / Province / Region

ID

Postal / Zip Code

83840

Country

USA

Employment and Volunteer History

Please upload a copy of your resume or any additional information relevant to your application.

Upload your
Resume or
Curriculum Vitae *

Upload

Sundquist, Resume (1).pdf

211.5KB

X

Please relay any
add'l information
regarding your
experience or
background and the
reason(s) you wish
to serve in this
capacity: *

I started the Bonner County Climate Coalition, and currently serve on the Sandpoint Forward! resiliency project. My work on this project includes researching the various types of climate disasters that could impact Sandpoint, and what strategies are best to build resilience within our community, and ecosystems. I am also the recycling technician for Schweitzer, and recycle their aluminum cans weekly. Sustainability is a huge passion of mine.

Comments

2000 characters left

Makayla Sundquist

A passionate and empathetic mental health therapist seeking to actively help clients better their lives. I have four years of telehealth experience working with adults, children and adolescents.

PO Box 166
Kootenai ID 83840
(208)

@gmail.com

EXPERIENCE

Mental Health Therapist, The Human Connection

March 2023-present

- Supported and counseled a diverse client base in rural North Idaho
- Utilized evidence based theories such as CBT, DBT, ACT and narrative therapy
- Established trust and rapport with clients in order to foster the therapeutic relationship
- Developed personalized treatment plans based on intake assessments and client goals
- Provided crisis intervention to clients in distress
- Maintained detailed and confidential records in accordance with HIPAA standards

Behavior Coach, InStride Health

August 2023-July 2024

- Provided face to face and text based coaching to students ages 7-22
- Coached students through anxiety and OCD related behaviors
- Supported students through crisis related to anxiety and feelings of being overwhelmed
- Administered interventions based in exposure and response therapy and cognitive behavioral therapy
- Communicated and taught evidence based measures such as accommodation reduction to parents and caregivers to facilitate therapy in the home
- Collaborated with other care team professionals in order to best support the individual student

Counseling Intern, One Change Group

March 2023-December 2023

- Counseled 10 individuals entirely on telehealth utilizing methods such as CBT, ACT, Narrative therapy and Gestalt therapy
- Provided care to underserved populations on Idaho Medicaid including individuals with physical and cognitive disabilities
- Created treatment plans, and treatment reviews based on Medicaid requirements
- Charted data based on client symptoms using evidence based

SKILLS

4 yrs in academic research

10+ years in community mental health

3 yrs of telehealth experience

3 yrs of customer service and call center experience

Task management

Experienced using Google Meet and Slack

Experienced in reading patient charts and data

Certified in the Psychological First Aid course

Excellent problem solving skills

Educated in facilitating care across diverse populations

National Certified Counselor

AWARDS and PRESENTATIONS

Chi Sigma Iota:
Counseling Honors Society
President-2020-2021

Benefits of Integrated Behavioral Health

- measure such as the GAD-7, and PHQ-9
- Built rapport through empathy and unconditional positive regard

Poster Presentation:
AZ Counseling
Association annual
conference- Jan, 2020

Behavioral Interventionist, CRT Sandpoint

May 2022 - August 2023

- Managed the care plan for 15 clients on the ASD spectrum, with Down Syndrome, ADHD, and learning disabilities
- Administered interventions and tracked data for all clients during session
- Charted data in appropriate data system in order to track overall progress towards goals
- Collaborated with parents and supervisors to create a behavioral plan
- Utilized modeling, pre-teaching, and antecedent interventions to assist client in learning new behaviors

Counseling Intern, Northern Arizona University Counseling

August 2021-December 2021

- Provided counseling to 30 individual clients utilizing Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Narrative Therapy and other therapies determined upon client mental health goals, cultural factors and supervisory guidance
- Facilitated two counseling groups that met once a week for 8 weeks. Provided appropriate counseling interventions, assisted group communication and lead group members in therapeutic exercises based on Dialectical Behavioral Therapy
- Administered surveys and charted data for 50 clients throughout internship
- Managed care plans and supported positive client outcomes through evidence based therapeutic modalities
- Assisted students in crisis by providing guidance in creating safety plans, collaborating with medical providers to start medication, and supporting students needing to be seen inpatient

RESEARCH EXPERIENCE

Counselor Board Modifications, Shane Haberstroh Ph.D

Northern Arizona University: 2020-2021

- Documented all 50 states and DC's counselor licensing changes
- Analyzed the data and used Dedoose to code the data into established categories
- Drafted a manuscript for publication
 - *A content analysis of counselor licensure board modifications during the COVID-19 pandemic.* (In Preparation). Manuscript prepared for the Journal of Mental Health Counseling.

Pain and Postural Alignment, Rajel Cohen Ph.D

University of Idaho: 2017-2018

- Assisted fellow research team members in studying how biofeedback can be used to lessen pain experienced in certain individuals diagnosed with Parkinson's Disease
- Screened 20+ participants for appropriateness for the study

- Collected participant data and logged it into the research spreadsheet
- Provided support for clinical study by inspecting biofeedback equipment, administering informed consent and following up with clients to obtain their follow up survey
- Utilize the Vicon Camera Marker system in order to collect patient biofeedback data
- Communicated with participants weekly in order to administer post experiment surveys and follow up.

Stress and Maladaptive Perfectionism, Clarissa Richardson Ph.D

University of Idaho: 2016-2018

- Developed and administered 25 informed consents
- Aided fellow research team members in studying the relationships between high cortisol levels and self-identified perfectionism
- Screened participants for study eligibility
- Performed experiments using the Trier Social Stress Test on five participants a week.
- Obtained saliva samples from participants and logged patient data into the research spreadsheet
- Administered pre-experimental surveys and post-experimental follow up surveys
- Trained six other research students on lab protocol

EDUCATION

Northern Arizona University, Flagstaff, AZ — MA in Clinical Mental Health Counseling

August 2019 - December 2021

Graduated high honors with a 4.0 GPA

University of Idaho, Moscow, ID —BS in Psychology

August 2016 - May 2018

Minor in Communications and Sociology

Graduated Magna Cum Laude

CERTIFICATIONS

Collaborative Institute Training Initiative, Good Clinical Practice Course, #36690480; 2020-present

Certified in Psychological First Aid; 2021

National Certified Counselor; 2021-present

Idaho Licensed Counselor LPC-10210