

Heather Lee Leap

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www.heatherleeleap.com

EDUCATION

Master of Social Work - anticipated 2022

Portland State University, Portland, Oregon

PSU Graduate Certificate in Infant Toddler Mental Health - August 2020

Bachelor of Arts - Child, Youth, & Family Studies; Minor - Women's Studies

Portland State University, Portland, Oregon. June 2019

EXPERIENCE

Family Support & Intake Specialist Intern

October 2020 - present

Children's Center

Oregon City, OR

- Meet with families or caregivers on day of child abuse/neglect assessment to provide crisis support, prevention and parenting education, and referrals.
- Follow-up with families or caregivers to offer on-going support, information and referrals as needed via phone, mail and/or email.
- In partnership with Medical Examiners and Interviewers, create treatment recommendations for patients and present to family or caregiver as appropriate.
- Assist family support and intake supervisor with maintaining current and comprehensive database of family and child support services in Clackamas County and surrounding metro area including mental health service providers and general prevention and parenting education materials.
- Participate in Stewards of Children Child Abuse Prevention training and Facilitator training.
- Participate in multidisciplinary team (MDT) case review as appropriate.

University Studies Peer & Graduate Mentor

September 2018- present

Portland State University

Portland, OR

- Collaborate with faculty partners to create lesson plans that reflect student needs.
- Plan lessons and independently facilitate up to six, fifty-minute small-group mentor sessions each term, online, remote, and in person, as required.
- Support twice-weekly main class sessions for inquiry and problem-based interdisciplinary baccalaureate core courses.
- Familiarize students with campus resources and identify students in need of additional support.
- Serve as a liaison between students and course faculty.
- Help undergraduate college students understand the culture of higher education.

Owner

November 2015 - September 2019

Wellness & Words

Portland, OR

- Led trauma-informed yoga and mindfulness classes to children ages 2-17, and adults of all ages in studios, community centers, and schools.
- Developed and presented mindfulness and writing workshops for children, youth, and adults.
- Provided freelance copywriting and editing, including newsletters and annual reports for nonprofits.

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EXPERIENCE, continued

Practicum Student

June - September 2018

EMERJ-SafeNow

Portland, OR

- Co-facilitated equity-based self-defense and violence prevention camps for children ages 5-14.
- Initiated a partnership with Play Grow Learn, a nonprofit in outer SE Portland, resulting in a pilot program to bring EMERJ's personal safety curriculum to foster children.
- Edited EMERJ's developmentally-based curriculum to provide consistency for students and better support facilitators.
- Aligned existing child-abuse prevention curriculum to Erin's Law and grant proposal requirements.

AmeriCorps Member - Ready, Set, Go! Program

March 2017 - September 2017

Metropolitan Family Service

Portland, OR

- Regularly used creativity and resourcefulness to respond to unexpected circumstances as co-facilitator for a weekly playgroup and summer drop-in relief childcare for Human Solutions Family Shelter.
- Initiated and led music and movement circle time to create a more fluid transition to snack time during Parent-Child Interaction Groups for families with children ages 0-3.
- Updated forms, re-organized data entry process, and completed backlog of data entry and filing.
- Represented the Ready, Set, Go! Program in meetings with partners and advocated for implementing the Make Parenting a Pleasure infant curriculum to reach and retain families with the youngest children.

Troop Leader, Membership Coordinator, Service Team Leader

2005-2010

Girl Scouts of Oregon and SW Washington

Portland, OR

- Planned events, facilitated monthly meetings, assisted in conflict resolution, and taught new skills to adult volunteers for area service unit.
- Maintained troop and service unit records for troop and leader registration; placed girls in troops.
- Supported the growth and service of girls from ages 5-12. Hosted and facilitated First Lego Robotics Team which won the Rookie award at district competition.

ADDITIONAL EDUCATION & TRAINING

- 40+ hours of trauma-informed yoga and mindfulness teacher training through the Daya Foundation, Street Yoga, and Living Yoga (2017 - 2018)
- Stewards of Children Training, through Children's Center, Oregon City, OR (2017 & 2020)
- Yogajoy 200-hour Yoga Teacher Training, with Sarahjoy Marsh (2016)

MEMBERSHIPS

- National Council on Family Relations
Certified Family Life Educator - Provisional
- August 2018 - present