
RACHAEL DEWSTOW, LMSW

rdewstow@gmail.com | Houston, TX | 832-967-0200 | [LinkedIn](#)

BEHAVIORAL HEALTH DIAGNOSTICS ► CRISIS-MANAGEMENT ► CLIENT TREATMENT PLANS

Licensed Master Social Worker (LMSW) dedicated to providing compassionate, evidence-based therapeutic support to individuals facing a range of psychological and social challenges. Skilled in integrating in-depth psychosocial assessments, strengths-based techniques, and collaborative, client-centered interventions to foster resilience, healing, and personal growth. Committed to cultural competence and possessing a deep understanding of social systems and human behavior to create a safe, empowering therapeutic environment. Emphasis on continuous professional development and cultural humility to ensure tailored care for each client's unique needs and circumstances. Seeking a clinical position where I can earn my LCSW and expand my skills.

SKILLS

- Diagnosis and Differential Assessment
 - Crisis De-escalation Techniques
 - Crisis Intervention Strategies
 - Cultural Competence and Sensitivity
 - Interdisciplinary Collaboration
 - Self-Care and Professional Resilience
 - Effective Case Management
 - Evidence-Based Interventions
 - Family Systems Therapy
 - Trauma-Informed Practice
 - Case Management
 - Group Therapy Facilitation
-

EXPERIENCE

- | | |
|--|---|
| Care Advocate
CuraLinc Healthcare | November 2025 to Current
Remote |
| <ul style="list-style-type: none">• Provide Guidance, Support, Consultation and Referrals to Covered Employees and Dependents• Conduct a Comprehensive Clinical Assessment, Including Identification of Presenting Issues(s), Work-Life Challenges and Screening for Risk and Safety Concerns• Develop an Individualized Care Plan to Address the Unique Clinical and Sub-Clinical Needs for Each Participant• Facilitate Referrals and Assist Participants with Securing Appointments for Short-Term EAP Counseling• Provide Mental Health Advocacy and Navigation to Participants in Need of Higher Levels of Care• Assist with Referrals to Other Employer-Sponsored Health Management Resources, When Appropriate• Conduct Active Case Management Including Treatment Plan Reviews• Perform Timely Follow-Up with Participants to Ensure Connection to Care, Program Satisfaction and Determine the Outcome and Impact of EAP Services• Maintain Accurate and Complete Records in Compliance with HIPAA, Ethical and Departmental Guidelines | |
| In-Patient Therapist
West Oaks Hospital | January 2025 to July 2025
Houston, TX |
| <ul style="list-style-type: none">• Perform Initial Intakes and Biopsychosocial assessments• Refer clients to available community resources• Create Treatment plans with interdisciplinary teams | |
| LSW/Therapist
Down to Grow | March 2024 to Current
Denver, CO |
| <ul style="list-style-type: none">• Provided comprehensive assessments and personalized treatment plans for diverse clientele, effectively addressing mental health disorders, trauma, and emotional challenges.• Implemented evidence-based therapeutic interventions, including CBT, DBT, and solution-focused therapy, resulting in an improvement in client outcomes as measured by follow-up assessments.• Facilitated individual, group, and family therapy sessions, fostering a supportive environment that encourages open communication and healing.• Maintained accurate and confidential client records in compliance with HIPAA regulations, ensuring documentation is timely, thorough, and reflects client progress.• Advocated for client needs within community agencies and organizations, successfully linking individuals to essential services such as housing, employment, and healthcare. | |
| Clinical Social Work Intern
Parents, Educators and Students in Actions | May 2022 to April 2023
Los Angeles, CA |
| <ul style="list-style-type: none">• Managed Teen Court Cases, ensuring efficient handling of cases and adherence to legal and ethical standards.• Conducted comprehensive Initial Intakes and biopsychosocial assessments, utilizing advanced clinical skills to identify clients' needs and strengths. | |

- Facilitated referrals to community resources, enhancing support networks based on client needs.

Data Analyst
240 Tutoring

June 2018 to July 2021
Houston, TX

- Conducted data verification to ensure regulatory compliance and accuracy in client records.
- Facilitated data management processes, providing leaders with accurate client data for informed decision-making.
- Identified data entry errors and related issues, promptly reporting them to supervisors for resolution and improvement.

Houston Area Women's Center
Administrative Volunteer

Aug 2018 to Aug 2020
Houston, TX

- Prepared confidential records for audit purposes, resulting in enhanced accuracy and compliance with organizational standards.
- Organized paperwork, files, and other documentation, resulting in improved efficiency in information access and retrieval for staff and clients.

Gulf Coast Educator
Planned Parenthood

May 2016 to Feb 2017
Houston, TX

- Provided comprehensive health education to clients, leading to their enhanced ability to make informed decisions regarding their health.
- Offered subject matter expertise to support clinical assistance and program services, including Women, Infants, and Children (WIC) assistance, contributing to improved program outcomes and client satisfaction.
- Facilitated administrative support to clients seeking pregnancy termination, resulting in compassionate and efficient assistance throughout the process.

Administrative Assistant to Registrar
Texas Connections Academy

Jan 2015 to Feb 2016
Houston, TX

- Controlled and managed document processes by meticulously reviewing files, records, and critical information, leading to accuracy and compliance with company policies and procedures.
- Efficiently managed new file and retrieval requests, ensuring timely and accurate handling of documentation.
- Improved office efficiency by overseeing client correspondence, record tracking, and data communications, yielding streamlined processes and enhanced productivity.
- Provided friendly and knowledgeable service, promptly answering questions and fulfilling requests, achieving high levels of client satisfaction and effective service delivery.

Senior Data Entry Operator
City of Houston Health Department

June 2012 to Dec 2014
Houston, TX

- Reviewed labs as source documents to locate required data for entry, resulting in accuracy and completeness.
- Supported document reviews and auditing by locating and providing required data, leading to improved reporting on input procedures and other relevant circumstances.
- Updated departmental standard operating procedures and database to accurately reflect current practices, contributing to increased organizational efficiency.
- Processed confidential health information with care and precision, ensuring adherence to all state and federal regulations and requirements.
- Ensured the confidentiality of client and staff personal details by maintaining strict compliance with privacy regulations and guidelines, resulting in strengthened personal trust and security of client data.

EDUCATION AND TRAINING

Master of Social Work: Trauma-Informed Practice Certification
Simmons University of Social Work

2023
Boston, MA

LCSD Program
Houston Community College

2021
Houston, TX

Bachelor of Arts: Government And International Politics

2010

George Mason University

Fairfax, VA

TRAINING

- Texas Department of Family and Protective Services, Trauma Informed Care Training, Issued 2020
- CITI Program, Social and Behavioral Basics and Refresher, Issued January 2022

LICENSES & CERTIFICATIONS

- LMSW Texas - Credential ID 112901
- LSW Colorado - Credential ID 0009925372