

ALYSSA M. TONKING

Turning Point Recovery, LLC
(520)341-2540

Alyssa@TurningPoint-Recovery.com

SUMMARY

I am a team-oriented mental health professional with a strong record of establishing meaningful therapeutic relationships with clients, co-workers, administration, and local agencies. Current responsibilities include providing therapeutic services to members in early recovery, both in a group and an individual setting while ensuring appropriate coordination of care and maintaining contracts with third party agencies, including, but not limited to: Department of Child Safety, Terros (Arizona Families FIRST), Pinal County Adult Probation Department, and various Behavioral Health Residential Facilities and inpatient centers. I have consistently met or exceeded monthly production goals while forming and maintaining healthy therapeutic relationships that are rewarding and beneficial, both to members as well as myself.

EDUCATION

Grand Canyon University, Class of 2021
Phoenix, Arizona

Master of Science: Clinical Mental Health Counseling, GPA 3.99

Specialized Coursework: Counseling Skills, Theories and Models of Counseling, Abuse, Crisis, and Trauma Counseling, Clinical Assessment, Diagnosis, and Treatment; Practicum and internship providing a minimum of 700 clinical hours.

Argosy University, Class of 2016
Phoenix, Arizona

Master of Science: Human Services, GPA 3.98

Administrative degree providing knowledge of the inner workings of the helping professions, gaps in care, and developing strategies for access to care and treatment. Capstone project focused on reducing recidivism in prison populations and early intervention for at-risk female youth.

Delaware Valley College, Class of 2010
Doylestown, PA

Bachelor of Science: Large Animal Science; Equine Management

Specialized degree focusing on general care and wellness of horses, as well as exercise and reproductive physiology of standardbred race horses.

PROFESSIONAL AFFILIATIONS

- Active member of the American Counseling Association
- Pending application with the National Board of Certified Counselors

WORK EXPERIENCE

September 1, 2022 – Present
Turning Point Recovery, LLC
Maricopa, AZ

Counselor/Owner

Providing quality mental health care for various presenting issues ranging from specialties in substance use, trauma, and relational challenges. I provide a variety of services for these issues, including individual and couples counseling, group therapy, and specialized services for trauma. I work directly with local courts to make mental health and substance abuse treatment available to those with court requirements including but not limited to substance use, DUI, and general mental health requirements.

January 11, 2016 – January 12, 2024
La Frontera Arizona/EMPACT-SPC
Maricopa, AZ

Dedicated Recovery Coach

Acting as a liaison and advocate for children and families, ensuring that necessary services are provided and needs are met. Facilitating regular Child and Family Team meetings to track progress and ensure that service plans are up to date and members receive appropriate and requested services. Facilitating group therapy services including Intensive Outpatient, Health and Fitness, Women's Trauma and Healing, and Kid's Summer Camp.

Substance Abuse Therapist

Advanced to a clinical role as Substance Abuse Therapist in September, 2016. Primary responsibilities include running an Intensive Outpatient Program as well as facilitating the Families FIRST program and upholding contractual responsibilities with Terros and the Department of Child Safety. I have effectively provided therapeutic support for members in early recovery through recovery maintenance in both a group and individual setting. I have regularly sought continuing education opportunities to improve my ability to serve my clients and broaden my skill set to other demographics including adolescents and transitional youth, SMI clients, and trauma services. I have willingly accepted opportunities to facilitate training presentations for staff, represent the agency at community events, and have taken on leadership opportunities to encourage and educate team members where possible.

Clinical Coordinator

Promoted to supervisory position upon completion of CMHC degree in October 2021 and continue to hold this position in addition to running my private practice. Primary responsibilities include overseeing operations of adult services, coordinating treatment levels of care for various mental health needs, and leading multiple specialized teams, including Substance Abuse and COT. As a Behavioral Health Professional, I review clinical documentation including assessments and individualized services plans, ensuring that documentation meets standards and requirements of health plans. I provide clinical oversight for my team including guidance on challenging cases and brainstorming solutions for clients' unique situations.

Feb. 2, 2015 – Jan. 8, 2016

Education Management Corporation

Chandler, AZ

Admissions Representative

Responsible for recruiting and enrolling new students into the online programs at South University Online. Educating students on the school's offerings, making accurate program recommendations, assisting throughout enrollment process, and guiding students through their first classes. Left due to completion of master's degree and employment opportunity at EMPACT.

LICENSING _____

- Arizona Board of Behavioral Health Examiners: LAC-20483; issued 12/1/2021
- Arizona Board of Behavioral Health Examiners: LPC-23407; issued 10/1/2024

SKILLS _____

- Productive and efficient, excelling with deadlines and challenging scenarios
- Knowledgeable and experienced working with the Department of Child Safety
- Experienced in facilitating Child and Family Team meetings/Adult Recovery Team meetings
- Extensive experience providing both group and individual therapeutic services
- Works well both independently and collaboratively

SPECIALIZED TRAINING _____

- Suicide and crisis intervention (ASIST)
- Eye Movement Desensitization and Reprocessing Therapy (EMDR)
- Cognitive Behavior Therapy (CBT)
- Motivational Interviewing (MI)
- Solution Focused Brief Therapy (SFBT)
- Acceptance and Commitment Therapy (ACT)
- American Society of Addiction Medicine Triage and Continuum (ASAM)

References available upon request