

Lujuana Milton, MSW, LICSW

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Education

Boston College | Chestnut Hill, MA
Master of Social Work 05/2007
Concentration: Health and Mental Health

Boston College | Chestnut Hill, MA
Bachelor of Arts in Sociology 05/2006
BA/MSW Dual Degree

Professional Experience

University of Massachusetts Medical School | Worcester, MA 08/2019–Present
Consultant and Contractor

Provide facilitation and consultation of Assessment and Clinical Understanding Training for graduate clinical students and child behavioral health professionals; Consultation provided in collaboration with Children Behavioral Health Initiative (CBHI) on the redesigning of the Children Assessment of Needs and Strengths (CANS) tool for improvement clinical care for children, youth and their families; Following the initial redesign of the tool, co-facilitated focus groups regarding the implementation of the new redesigned CANS tool.

South Shore Child and Family Counseling, LLC | Weymouth, MA 09/2012–Present
Private Group Practice Owner and Clinician

Provide assessment and psychotherapeutic services for children, youths, adults, and their families; Facilitate weekly psychotherapeutic group for BIPOC women; Complete psychosocial clinical assessments, progress notes, treatment, and administrative duties; Consult with families, schools, clinicians, psychiatrists, and appropriate agencies for related services; Complete administrative responsibilities within group practice including interviewing employment candidates and provide individual and group supervision as well as other daily tasks.

CHAMP, Norfolk County Juvenile Probation | Dedham, MA 09/2017-12/2019
Adolescent Substance Use Group Clinician

Facilitate psychoeducational and process group services for youth (ages 14-17) referred by juvenile probation department; Consult with juvenile court staff regarding mental and behavioral health issues affecting youth population.

Weymouth Primary Care and Counseling | Weymouth & Quincy, MA 12/2012–09/2013

Clinician

Provided individual psychotherapy under a multi-specialty platform for substance abuse populations; Completed psychosocial clinical assessments, progress notes, and treatment plans for clients; Consulted with appropriate collateral agencies and individuals for coordination of services; Completed administrative responsibilities including case management responsibilities.

The Rested Mind, LLC | Hingham, MA

07/2010–09/2012

Clinician

Provided individual psychotherapy for children, youth, adults, and families; Completed psychosocial clinical assessments, progress notes, and treatment plans for clients; Consulted with families, schools, clinicians, psychiatrists, and related agencies for needed services; Completed insurance authorizations as necessary and administrative responsibilities including case management.

MHM-Massachusetts Treatment Center | Bridgewater, MA

11/2010-12/2012

Treatment Unit Director

Oversaw the clinical Therapeutic Community program with civilly committed and state sex offender inmates within the Department of Correction; Responsible for reviewing administrative responsibilities of staff members and interns including evaluations, treatment plans, progress notes, etc.; Responsible for staff coverage and approval of requests for time off; Maintained liaison with Department of Correction employees; Maintained a caseload of clients and provided group therapy; Provided clinical supervision to 3 employees and 2 clinical student interns.

Department of Mental Health | Dorchester, MA

07/2010-11/2010

Clinical Social Worker

Performed comprehensive psychosocial assessments and planned dispositions and discharges for patients in conjunction with the treatment team and the patient's family; Provided individual counseling to patients regarding their mental illness; Maintained liaison and consult with patient's families and various public and private agencies who serve seriously mentally ill individuals in the community; Provided case management by documenting progress, treatment progress, etc.; Facilitated group therapy with patients regarding their mental illness, treatment, and discharge.

Department of Youth Services | Dorchester, MA

05/2007-07/2010

Clinician

Provided individual counseling to committed, court involved, and detained children, youth, and young adults; Formulated service plans, safety plans, progress reviews, and behavioral plans for clients; Provided case management for adolescents and young adults within the program; Facilitated Dialectical Behavioral Therapy (DBT) and Substance Abuse Prevention groups; Facilitated Suicide Prevention Training for staff members; Consulted with families, caseworkers,

clinicians, schools, courts, and appropriate agencies; Provided on-call services to DYS and related programs; Provided clinical supervision to clinicians in need of licensure hours.

Teaching Experience

Smith College School of Social Work Northampton, MA	06/2020–Present
Boston College School of Social Work Chestnut Hill, MA	08/2019–Present
Boston University School of Social Work Boston, MA	08/2019–Present

Provide graduate level instruction for MSW students; plan and facilitate engaging class lectures and discussions; administer evaluations based on student performance, participation, and completed coursework.

Courses Taught

Boston College School of Social Work
Human Behavior and the Social Environment

Boston University School of Social Work
Mental Health and Social Policy
Adult Psychopathology

Smith College School of Social Work
Family Therapy in Community Clinical Practice: Integrating Theories and Practices
Social Work Practice with Individuals and Families
Field Seminar for First Year Students
Field Seminar: Perspectives of Clinicians of Color

Academic Experience

Boston College School of Social Work Chestnut Hill, MA	08/2021–Present
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Black Leadership Initiative | *Program Coordinator*

Provides support and mentorship to BCSSW students involved in the Black Leadership Initiative (BLI); Collaborate with Co-Directors of the BLI regarding program development; Engage with professionals and community partners; Facilitate monthly meetings for the BLI cohort with invited guest speakers and other programming; Develop and implement Afrocentric social work programming for the BLI and the larger BCSSW community.

Boston University School of Social Work Boston, MA	01/2021–1/2023
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Regional Field Advisor | *Online Program*

Advise and provide support and resources for MSW students in the online social work program; Communicate with students, faculty, staff, and field instructors regarding academic and field

issues; Collaborate with staff and students to identify and advise on appropriate field placement sites

Grants

Institute for Liberal Arts (ILA) at Boston College for Black Mental Wellness Symposium (\$8,000); 04/2024

The grant supports the partnerships between Boston College School of Social Work (BCSSW), BCSSW Black Leadership Initiative, and the Greater Boston Community that focus on bringing speakers to share the Afrocentric perspective as it relates to mental health and wellness that center the experiences of Black and African American people

Integrated Supervision Initiative with Boston Public Schools (MPIs: Calvo and Parchment) Boston Children's Hospital (\$500,000); 09/2022-08/2024

The grant supports the partnership between Boston College School of Social Work and Boston Public Schools to provide mental health services and support to Black and Latinx children.

Awards & Recognition

Illumination Award, May 2022, Student Nominated, Boston College Career Center.

Norfolk County Community Partner of the Year Award, 2014 Peer Nominated, Norfolk County Juvenile Court.

Workshops & Presentations

Atkins, K. & Milton L. (2024, March). *Afrocentric wellness: A culturally grounded model for liberation* [Workshop presentation]. National Association of Black Social Workers, New Orleans, LA United States.

Milton, L. (2022, July). *Culturally competent cognitive behavioral therapy* [Workshop presentation- virtual]. UAlbany School of Social Welfare, Albany, NY United States.

Milton, L. (2022, March). *Recognizing and assessing risk for your students* [Workshop presentation-virtual]. Smith College School for Social Work, Math for America, New York City, United States.

Milton, L. (2022, February). *Culturally competent cognitive behavioral therapy* [Workshop presentation- virtual]. Adelphi University, Garden City, NY, United States.

Milton, L. (2022, January). *Culturally competent cognitive behavioral therapy* [Workshop presentation-virtual]. The Home for Little Wanderers, Wediko Children's Services, Boston, MA, United States.

Milton, L. (2021, October). *Culturally competent cognitive behavioral therapy* [Workshop presentation-virtual]. Smith College School for Social Work, Northampton, MA, United States.

Milton, L. (2021, August). *Impacts of the pandemic on children and youth* [Workshop presentation- virtual]. Smith College School for Social Work, Northampton, MA, United States.

Milton, L. (2021, March). *Culturally competent cognitive behavioral therapy* [Workshop presentation- virtual]. Boston College Continuing Education, Chestnut Hill, MA, United States.

Milton, L. (2021, March). *Recognizing and assessing risk for your students* [Workshop presentation- virtual]. Smith College School for Social Work, Math for America, New York City, United States.

Milton, L. (2020, July). *You like me... You really like me: Transform your practice using social media* [Conference Presentation- virtual]. The Group Practice Exchange Summit, Chicago, IL, United States.

Milton, L. (2020, April). *Divorce, custody, and domestic violence during the covid-19 crisis* [Presentation- virtual]. The Law Offices of Nicole Bluefort, Boston, MA, United States.

Milton, L. (2019, September). *Navigating toxic relationships in your personal and professional life* [Workshop presentation]. Women with Purpose, Boston, MA, United States.

Milton, L. (2019, July). *Fostering cultural diversity within your group practice* [Conference presentation]. The Group Practice Exchange Summit, Chicago, IL, United States.

Milton, L. (2017, October). *Strategies for helping students manage mental health difficulties* [Workshop presentation]. Braintree Public Schools, Braintree, MA, United States.

Milton, L. (2017, September). *Mental health and the middle school child* [Workshop presentation]. Braintree Public Schools, Braintree, MA, United States.

Milton, L. (2017, September). *Helping your student develop healthy coping skills* [Workshop presentation]. Braintree Public Schools, Braintree, MA, United States.

Professional Appointments, Affiliations and Clinical Trainings

Licensed Independent Clinical Social Worker (LICSW), State of Massachusetts #115309
Event Committee Member, Haymarket Peoples Fund, 03/2024- Present

Employment Committee Chair, Greater Boston Association of Black Social Workers,
09/2021-Present

African-Centered Social Work Academy Training, 04/2023

Member, Boston College School of Social Work Alumni Board, 09/2018-05/2023

Board Chair of Advancement, The Jar, 07/2020- 07/2023

Trauma Focused Cognitive Behavioral Therapy (TF-CBT) Training, 2021

Eye Movement Desensitization Reprocessing (EMDR) Training, 2015

Dialectical Behavioral Therapy (DBT) Training, 2007

Cognitive Behavioral Therapy (CBT) Training, 2007

Languages

Fluent in English and Spanish