DAYLYN BHAVSAR-PADILLA, LP-MHC

Summary

Compassionate and experienced Mental Health Therapist with a multimodal therapy approach, specializing in Dialectical Behavior Therapy (DBT), Solution-Focused Brief Therapy (SFBT), Art Therapy, and Group Therapy. With a strong focus on supporting individuals with Post-Traumatic Stress Disorder (PTSD), Anxiety, Attention Deficit Disorder (ADD), and Autism Spectrum Disorder (ASD), I have a particular passion for working with those navigating, Grief/Loss, ADD, and ASD. Over the past year, I have gained direct experience providing therapeutic care to individuals with diverse needs. With a 17-year foundation in Human Services, I bring leadership skills in organizational management, compliance, and resourceful solutions to meet mental health needs. Dedicated to fostering growth, healing, and empowerment through personalized and impactful therapeutic interventions.

Professional Experience

Clinical Behavioral Health

Delivered comprehensive, evidence-based mental health services to university students, addressing a wide range of psychological concerns. Utilized therapeutic modalities including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Solution-Focused Brief Therapy (SFBT) to provide targeted interventions tailored to individual needs. Conducted thorough clinical assessments to evaluate presenting issues, establish diagnoses, and develop personalized treatment plans that incorporated measurable therapeutic goals.

Managed high-acuity cases by performing risk assessments, implementing crisis intervention strategies, and coordinating referrals to appropriate medical, mental health, and community resources to ensure client safety and continuity of care. Facilitated group therapy sessions, adapting content to promote inclusivity and address the specific needs of diverse student populations, such as enhancing social skills, fostering peer connections, and reducing stigma around mental health challenges.

Designed and delivered psychoeducational workshops and campus-wide presentations focused on emotional well-being, resilience-building, and mental health literacy. Collaborated with multidisciplinary teams, including faculty, staff, and external care providers, to create a supportive environment for students experiencing mental health difficulties. Actively engaged in clinical supervision and participated in ongoing professional development and training to refine therapeutic competencies, maintain licensure requirements, and uphold evidence-based best practices in clinical care.

Program Leadership & Administrative Coordination

Directed daily operations and staff management within mental health and forensic settings, including MICA shelters and a comprehensive, holistic program offering wraparound services. Ensured adherence to organizational policies, behavioral health standards, and regulatory compliance. Oversaw recruitment, onboarding, and professional development for multidisciplinary teams, fostering a workforce capable of delivering high-quality behavioral health services.

Managed payroll processes and conducted quality assurance audits to ensure case documentation met city, state, and programmatic requirements. Coordinated vendor partnerships and facilitated community outreach initiatives to strengthen resource networks and enhance client care. Developed and implemented emergency response plans to address crisis situations effectively. Streamlined administrative systems to improve operational efficiency and supported board meetings, promoting stakeholder collaboration and alignment with program objectives.

Case Management Supervision | Behavioral Health and Vocational Services

Provided leadership and direct oversight in case management within behavioral health settings, serving underserved populations, including individuals living with HIV/AIDS and those requiring vocational rehabilitation. Conducted comprehensive biopsychosocial assessments to evaluate clients' medical, mental health, housing, and vocational needs, developing individualized, goal-oriented service plans aligned with evidence-based practices. Managed high-volume caseloads with a focus on addressing complex co-occurring disorders and social determinants of health, ensuring continuity and quality of care.

Facilitated skill-building workshops to enhance client capabilities in areas such as self-sufficiency, vocational preparedness, and recovery-oriented skills. Coordinated interdisciplinary care with medical, mental health, and social service teams, leveraging a wraparound approach to address client needs holistically. Organized client-focused events, such as quarterly graduations, to celebrate milestones and reinforce community integration.

Supervised and mentored case management teams, monitoring service plan implementation and ensuring compliance with documentation standards, regulatory requirements, and funding guidelines. Delivered crisis intervention services, utilizing de-escalation techniques and immediate referral pathways for clients experiencing acute behavioral health challenges. Maintained billing accuracy and collaborated with team members to meet programmatic goals, achieving a client-centered, outcome-driven approach to care delivery.

Education and Certification

Mercy University| NY **Masters of Science**: Mental Health Counseling, 2024

Capella University | MI **Masters of Science**: Human Behavior, 2016

Mercy College | NY **Bachelor of Science**: Behavioral Science, 2006

Limited Permit Mental Health Counselor 2024

Certified Basic Life Support Trainer 2018

Proficiencies

Multimodal Therapy
Strong Interpersonal Communication
Trauma-Informed Care
Client-Centered Care and Treatment Planning
Confidential documentation and recordkeeping
Crisis Intervention and Emergency
Group Facilitation and Leadership
Community Outreach and Resource Coordination

Historical Professional Association

Mercy University Counseling Center
Alliance University Counseling Center
Project Renewal
Cumunilife Inc.
Community Health Care Network
Innocence Project