

Matthew Sadowsky, M.A., Licensed Psychologist Master

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Education: *Saint Michael's College, Colchester, Vermont*
Masters in Clinical Psychology, December, 2005

University of Maryland, College Park, Maryland
Bachelor of Arts in Philosophy with a minor in Art History, December, 1995

Experience:

2017- 2026 Clinical Director

Lamoille Health Partners Behavioral Health and Wellness

Lead and manage a mental health clinic comprising four Psychiatric and 20 clinical staff providing individual and group mental health and substance use treatment. Manage daily operations, strategic planning and implementation, clinical supervision of mental health, substance misuse, and MAT clinicians. Create, implement, and train crisis response systems within the agency. Responsible for visioning and implementing behavioral health integrated care within our primary care settings while working closely with agency, community, and statewide partners. Support hiring and onboarding process. Obtained and managed over \$1,000,000 in grant funding. Cultivate an energetic, passionate, positive culture where staff are devoted to clinical excellence and love coming to work.

2016- 2020 Adjunct faculty, Ethics and Internship

Saint Michael's College

Taught Ethics to graduate level Psychology students following the APA, ACA, and NAADAC codes of ethics. Provided group supervision to students placed in internship sites. Supported and coordinated with internship sites statewide.

2007- Present Psychotherapy Private- Practice

Provide individual and family psychotherapy to adolescents, young adults, and families. Blending Acceptance and Commitment Therapy, Buddhist Psychology, short- term Psychodynamic, and Humanistic approaches as well as Bowen Family Systems with families and individuals.

2007- 2017 Director of Clinical Services

Laraway Youth & Family Services, Johnson, Vermont

Provided agency- wide clinical support and intervention. Supported staff through regular supervision and training as well as planned for and implemented clinical needs and programming development. Provided individual and group psychotherapy to at- risk youths as well as their families. Administered and interpreted a variety of psychological assessments as well as provided Psycho- educational evaluations focused on trauma for local schools.

2006- 2007 Counselor

Pine Ridge School, Williston, Vermont

Provided individual and group counseling for high school students with learning differences. Supported students around their learning differences as well as areas such as anxiety, depression, trauma, adjustment and relationship issues, self- harm, and suicidality. Worked with family and staff in the design and implementation of treatment plans.

2005-2006 **Counselor**
Saint Michael's College, Colchester, Vermont
Provided short- and long-term counseling for college students around such areas as depression, anxiety, eating disorders, trauma, adjustment issues, wellness, and suicidality. Served on-call for crisis work on weekends. Worked collaboratively around treatment planning, crisis intervention, and psycho-educational college outreach.

2002-2004 **Crisis Intervention Specialist**
Howard Community Services, Burlington, Vermont
Provided support services to developmentally disabled clients in acute emotional crisis. Assessed for risk of suicide or harm. Coordinated with other staff for treatment planning.

Membership:

2019- 2021 **Vermont Association of Addiction Treatment Professionals VAATP**
Vice President
VAATP represents the agencies that comprise the Vermont Addiction Treatment System of Care. Our member agencies provide treatment in a variety of settings, including inpatient, outpatient, and residential services. We aim to help educate the public about addictive disorders and the effectiveness of treatment, and to assist people in getting help when they need it most.