

"It is good to have an end to journey toward, but it is the journey that matters in the end." – Ernest Hemingway

I appreciate you finding and exploring my site. I'm happy to share a bit about myself as a person and a professional.

This site will also have various resources and recommendations for websites, books and movies you may find helpful.

In 2017, I left Baker Victory Services after 28 years to begin new ventures by opening a private practice and taking on training and consulting opportunities. I have been working with people since I graduated from high school and knew early on in my days at Penn State that a social work professional was where I was headed. Little did I know where it would lead. Along the way, I have had the opportunity to learn from so many people, only hoping that they perhaps learned from me as well.

When I opened my practice, I was reminded about the satisfaction of working with adults and couples, helping tap into past experiences, learn from those experiences and seek a happier and more fulfilled life. For many years, I worked with children, adolescents and their families. These new opportunities have been exciting as well.

In the past year, I've also had the opportunity to serve as a trainer and consultant for Adoption Star, working with families as they prepare for older child adoption.

I began my career as a youth worker and spent my summers working at camps. In 1987, I fulfilled one of my dreams and became the Camp Director at Camp Lakeland in Franklinville, NY.

In 1988, I arrived on the Baker Victory Services campus as a therapist. Fast forward nearly 30 years, and I was honored to have known and impacted the lives of countless youths in a number of capacities. I was a clinical coordinator for the school-based Day Treatment program, and Director of Outpatient Services. In 2006, I was named Division Administrator for the agency's Office of Mental Health programs which added to my responsibilities was oversight of a 45-bed Residential Treatment Facility and related programs.

I also became involved in the agency adoption program working with families in our Family Summer Adoption Program. I was also a driving force behind Baker Victory's efforts in adopting and implementing the internationally acclaimed Sanctuary Model, an organizational trauma-informed model of practice dealing with emotionally disturbed individuals and the programs that serve them.

My heart has been touched by the individuals and professionals along the way and I have learned to appreciate the individual challenges and the incredible strengths displayed by so many.

For the past 20+ years, I have also taught civic involvement at the Bureau of Jewish Education and have been involved in the national Jewish Civics Initiative. I have traveled with teenagers to Washington DC to lobby on Capitol Hill, spend time with the homeless and play an active role in social advocacy.

On a personal level, I have learned to appreciate nature and the beautiful world that surrounds us. Be it on an afternoon hike on a quiet wooded path, or travels to over 20 national parks, I have learned about peace and serenity. In the past few years, I've worked to understand the satisfaction of capturing beauty through photography and participate in the life long journey towards self-improvement.

