

Malik Smith

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EDUCATION

Master of Social Work (MSW), Mental Health and Health

April 2024

University of Toronto

Forensic Psychology (Hons.)

Ontario Tech University

Social Service Worker (SSW)

Durham College

CLINICAL EXPERIENCE

Social Worker

Durham, ON

Durham Psychotherapy

January 2024 - Present

- Provided individualized therapy using Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and trauma-focused approaches to support clients dealing with anxiety, depression, addiction, and traumatic life events.
- Conducted thorough biopsychosocial assessments to develop individualized treatment plans, integrating evidence-based approaches to address complex mental health concerns and life stressors.
- Designed and led psychoeducational workshops and therapeutic groups focused on mental health, trauma processing, and emotional regulation. Created safe, inclusive spaces to foster connection, provide psychoeducation, and promote collective healing, particularly for marginalized communities.

Social Worker

Toronto, ON

St Michael's Hospital, Addiction and Mental Health Services

August 2024 - January 2024

- Co-designing and implementing culturally tailored mental health care pathways, to reduce wait times for Black transitional-aged youth through strategic partnerships with Black Youth Helpline Co-designing a comprehensive Dialectical Behavioural Therapy (DBT) program tailored explicitly for Black transitional-aged youth, including their families and networks, ensuring culturally safe and accessible mental health services.
- Designing an innovative online, self-paced DBT skills module, extending mental health support beyond the hospital setting and enhancing access for marginalized youth from diverse racialized communities.
- Collaborated with psychiatrists and community partners to provide timely psychiatric assessments and treatment plans for Black youth, integrating Cognitive Behavioural Therapy and medication treatment options to address mental health disparities.

Mental Health Therapist

Toronto, ON

Building Bridges Psychotherapy

Dec. 2023 - Present

- Developed and applied individualized therapeutic strategies rooted in evidence-based modalities to address the unique needs of clients dealing with depression, anxiety, substance use, trauma and more.
- Utilized a culturally sensitive approach, conducting comprehensive assessments and participating in ongoing training to ensure awareness and responsiveness to diverse client backgrounds.

- Provided therapy to a diverse clientele, including youth and adults from various cultures, by integrating a range of therapeutic skills from modalities such as Cognitive-Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Solution-Focused Therapy.

Mental Health Therapist (Intern)

My Conscious Mind

Scarborough, ON

Sept. 2023 - Apr. 2024

- Applying diverse therapeutic approaches to support individuals and groups in navigating a spectrum of mental health challenges.
- Expertly assessing clients, crafting personalized treatment strategies, and adeptly employing crisis management and de-escalation methods.
- Facilitating seamless connections to local support services with a mastery of electronic health record systems and meticulous documentation.

Addiction Counsellor II

Lakeridge Health Hospital, Remedial Measures

Oshawa, ON

July 2023 - Aug 2024

- Conducted evidence-based treatment and psycho-education group sessions for convicted impaired drivers with concurrent disorders using Cognitive-Behavioral Therapy for Substance Use Disorders
- Provided comprehensive assessment and case management for youth and adults
- Collaborated with the Centre for Addiction and Mental Health (CAMH) for effective program management and consultation.

Mental Health Therapist (Intern)

University of Toronto, Talk it Out Counselling Clinic

Toronto, ON

Jan. 2023 - July 2023

- Utilizing therapeutic modalities for individual and group counselling for various mental health concerns.
- Conduct assessments, develop treatment plans, and utilize crisis intervention and de-escalation techniques.
- Making appropriate referrals to community resources and proficient in electronic health records and documentation systems.
- Collaborating with healthcare professionals to deliver holistic care while adhering to professional ethics and standards.

Addiction Counsellor

St Michael's Hospital, Withdrawal Management Services

Toronto, ON

Oct. 2021 - Aug 2024

- Conduct thorough intake assessments for withdrawal management services
- Assess and monitor clients' symptoms of withdrawal, overdose, and intoxication
- Develop treatment plans and make referrals for effective transitions of care
- Advocate for clients to promote equity, inclusion, and diversity and document clinical interactions

Coordinated Access Addictions Caseworker

St Michael's Hospital, Addictions and Mental Health Services

Toronto, ON

May 2021 - Oct 2021

- Provided telephone counselling interventions for individuals with substance use issues and their families
- Conducted risk assessments and escalated concerns to emergency services when necessary
- Performed standardized assessments to refer clients to short-term and community programs
- Conducted structured telephone assessments (GAINS-Q3) for referral to longer-term residential addiction treatment programs

Patient and Family Coordinator**Toronto, ON***St Michael's Hospital, Quality Improvement and Patient Safety*

April 2020 - April 2021

- Facilitated patient referrals and requests for Unity Health's Virtual Visiting program through phone and form channels
- Advocated for families in collaboration with Quality and Patient Safety to address barriers to accessing services
- Recruited patients with complex healthcare needs, such as mental health, addictions, and acute health concerns, for participation in the Virtual Visiting program
- Developed and executed schedules and plans to coordinate with nurses and optimize patients' mental and physical health before family communication.

Residential Counsellor**Toronto, ON***Community Living Toronto*

Oct. 2020 - March 2021

- Assessed, counselled, and monitored individuals with diverse mental health circumstances, including substance abuse, schizophrenia, autism spectrum disorder, and developmental delays
- Collaborated with residents to set and achieve goals, developing and implementing strategies to support their success
- Developed and evaluated Individual Support Plans (ISPs) with registered therapists, facilitating successful community reintegration.

Program Coordinator**Pickering, ON***Enhanced Centre*

Jan. 2018 - June 2020

- Provided counselling to diverse populations, including youth and adults with autism spectrum disorder, developmental disabilities, challenging behaviours, and specialized needs
- Collaborated with patients, families, and community support to develop and implement evidence-based care plans
- Designed and delivered customized programs to meet individual needs, incorporating input from psychologists and behavioural therapists. Evaluated and adjusted support plans based on feedback from families and professionals.

PUBLICATIONS

Fang L., Lung Y., Hui G., Pang N., **Smith M.**, Azizi T. (2024). Service Utilization of an Innovative Mental Health Counseling Clinic. *Journal of Social Work Education*

RESEARCH EXPERIENCE

Research Assistant**Toronto, ON***University of Toronto, Quality Assurance - Research and Evaluation*

July 2023 - Apr. 2024

Supervisor: Dr. Lin Fang

- Conducted literature reviews, synthesized findings and manuscript writing
- Assisted in designing and implementing research studies, ensuring ethical compliance.
- Collected and analyzed quantitative and qualitative data, providing valuable insights.

Research Assistant**Toronto, ON***St Michael's Hospital, Psychiatry Department*

July 2021 - July 2023

Supervisor: Dr. Pawel Kostyrk

- Conducted psychological assessments for patients and research participants with Alzheimer's and dementia
- Assisted with subject recruitment procedures and maintained accurate research records while ensuring confidentiality
- Administered research questionnaires to study participants, systematically collecting confidential information on sensitive topics

Research Assistant

Toronto, ON

St. Michael's Hospital, Quality Improvement and Patient Safety

June 2020 - June 2021

Supervisor: Dr. Pawel Kostyrk

- Recruited patients with complex healthcare needs, including mental health, addictions, and concurrent disorders, for Unity Health's Virtual Visiting study.
- Analyzed monthly Virtual Visiting volume data using SPSS and presented findings to stakeholders
- Conducted literature reviews and scheduled appointments with patients in collaboration with the primary care team

PROJECTS

Sunday Dinner Series

Toronto, ON

Mental Health Therapist, Black Men's Mental Health

Mar 2023 - Present

Objective: The Sunday Dinner Series is a transformative initiative inspired by the trust and vulnerability found in barbershops. This series establishes a therapeutic setting where Black men gather to engage in open conversations about mental health, identity, challenges, and more, all while sharing a meal. The goal is to cultivate a supportive community that fosters collective healing. I ensured inclusivity by welcoming Black men from diverse backgrounds, including those with disabilities and individuals identifying as gay, bisexual, straight, trans, or mixed-race.

VOLUNTEER EXPERIENCE

Artists Against Racism

Toronto, ON

Community Outreach Coordinator

Apr 2021- June 2022

- Identified and recruited suitable community leaders to support anti-black racism initiatives
- Maintained confidentiality of candidate and client information in accordance with organizational policies and procedures
- Developed and implemented solutions to accommodate the diverse needs of recruits, board members, and staff and recommended process improvements to enhance campaign effectiveness.

Big Brothers Big Sisters

Ajax, ON

Youth Mentor

Jan 2016-Feb 2018

- Supported children and youth in crises with a non-judgmental approach
- Created and implemented personalized action plans to help mentees achieve personal and academic goals
- Provided one-on-one sessions for children and youth struggling with mental health and learning challenges and developed tailored youth programs for enriching activities.

CERTIFICATIONS AND TRAINING

- Cognitive Behavioural Therapy for Trauma (TF-CBT), Psychwire
- Somatic Attachment Therapy, The Embody Lab
- Dialectical Behaviour Therapy (DBT), University of Toronto
- Solution-Focused Brief Therapy (SF-BT), University of Toronto, Shawnette Thompson
- Cultural Safety and Countertransference Training Seminar, Affective Consult
- Resilience and Intergenerational Trauma, Agape Lens Consulting and Therapy

- Culturally Responsive Care, University of Toronto, Aamir Subhan
- Mental Health Status Exam and Psychiatric Disorders, Dr. Lin Fang
- Understanding ADHD, Women's College Hospital, Dr. Blanca Bolea
- Suicide Risk Assessment and Safety Planning, University of Toronto, Dr. Amina Hussain
- Fundamentals of Cognitive Behavioural Therapy (CBT), Laurier University
- Mental Health First Aid, Mental Health Commission of Canada
- Addiction Care and Treatment Certification, University of British Columbia

AWARDS

- University of Toronto Hosinec Family Graduate Scholarship, 2024
- University of Toronto Graduate Scholarship, OTSS, 2023
- Canada Service Corps Grant, Uzima Women Relief Group, 2023
- University of Toronto Beverly & Emerson Mascoll Graduate Scholarship, 2023

OTHER SKILLS

- Knowledge of the Ontario Disability Support Program (ODSP), Community Care Access Centre (CCAC), Social Assistance Programs, Ontario Disability Support Program and Drug Programs