

Ann Cathryn Canastra

Licensure

Licensed Professional Counselor (CT) License #2739	Initial Issue 2015	Valid thru Apr 2023
Licensed Mental Health Counselor (NY) License #004310	Initial Issue 2009	Valid thru Mar 2024
Licensed Master Social Worker (NY) License #118572-01	Initial Issue Dec 2022	Valid thru Nov 2025

Employment Experience

Oct 2012-Present **Syracuse VA Medical Center, Local Recovery Coordinator, Syracuse, NY.** Provide clinical mental health counseling to assist clients with managing their interpersonal, psychological, or physical symptoms to improve their sense of well-being, alleviate feelings of distress and resolve crises. Provide clinical consultation, referral and follow-up services to clients, their families, and supervisors on a range of sensitive and confidential matters to include, but not limited to marital issues, workplace stressors, critical incidents, suicidal risk, alcoholism, depression, anxiety, and domestic violence. Communicate technical and/or clinically sensitive information clearly to clients, their families, and supervisors. Develop and conduct trainings, workshops/webinars, and briefings to educate management, supervisors, and employees on a range of mental health related disorders and professional concerns that build resilience and enhance job performance and personal well-being. Conduct family program implementation and quality improvement assessments to inform program expansion, sustainability, and compliance. Manage and control the use of data related to recovery programs regarding day-to-day functioning and program evaluation and plans, organize and direct administrative, operational, and personnel activities for the programs. Oversee fiscal matters of the functions supervised, (including fund controls, contracts, donated funds), forecast resource needs and administer the allocated budget. Provide expertise in the analysis and evaluation of clinical programming. Exemplify Inclusion, Diversity, Equity and Access (IDEA) principles while executing all duties under the assignment including program implementation. Participate in the development, execution and analysis of program needs assessments and evaluation efforts as well as leading strategic planning to support program mission. Collaborate with internal and external partners to further program goals and enhance patient centered care through in-services and various educational activities.

Feb 2022-Present **NAMI Syracuse Signature Education Program Coordinator, Syracuse, NY.** Provide management and oversight for NAMI Syracuse with all Signature Programs. This includes tracking, planning, educating, and organizing trainings for teachers and within the community. Additionally, certified in NAMI Ending the Silence, Homefront, Family to Family, Smarts. NY State Trainer for Family to Family. National Trainer for Homefront.

Jan 2020-Present **Adjunct Faculty SUNY Oswego Clinical Mental Health Counseling Program, Oswego, NY.** Teach Master's level college students mental health counseling theory and practice.

August 2015-Present **A. Canastra Mental Health Counseling, PLLC., Cicero, NY.** Chief of Operations and Owner for therapy private practice.

Sept 2011-Oct 2012 **Syracuse VA Medical Center, Coordinator of MHICM Program, Syracuse, NY.** Coordinated interdisciplinary team, managed NEPEC reports, interpreted data, presented to management, and coordinated all daily program needs.

08/21/2005-Sept 2011 **Syracuse VA Medical Center, MHICM Program Case Manager, Syracuse, NY.** Collaborated closely with a multi-disciplinary Team to provide integrative, recovery-oriented services to Veterans (person-centered, holistic care, with the Veteran leading care through direct input into every decision made for continuum of care). This included providing evidence-based practices, groups both at the CCC and in the community, and utilizing Team knowledge and expertise to foster success for all Veterans served.

Education

08/2014 Master of Social Work, Syracuse University, Syracuse, NY

08/2005 Master of Science, Community Counseling (CACREP Accred.), Syracuse University, Syracuse, NY

08/2022 Bachelor of Science, Psychology, Central Michigan University, Mt. Pleasant, MI

Certifications and Special Skills

2005-present Nationally Certified Counselor Credential - Certificate #204200

2013-present Approved Clinical Supervisor Credential - Certificate #ACS01492

Professional Organization Membership

04/2021-present New York State Mental Health Practitioners Board

08/2019-present Regis College, Mental Health Counseling Program Board Consultant

12/2017-11/2022 New York State National Alliance on Mental Illness Board of Directors

02/2019-present Central New York Glitter Gala Philanthropic Organization

09/2020-present New York State Mental Health Counseling Association

2005-present American Counseling Association

2005-present National Alliance on Mental Illness