

JOSEPH F. JOHNSON

(315) 404 - 0994

SKILLS & ABILITIES

200 Hour Registered Yoga Teacher (RYT-200); Yoga Alliance;
Licensed Clinical Social Worker; MSW, LCSW
Retired U.S. Air Force Senior Master Sergeant (26 yrs.)

EXPERIENCE

YOGA & MEDITATION INSTRUCTOR

The Universal Yoga Center; New Hartford, N.Y. (Mar/2016 – Present)

Teach and conduct a variety of yoga and meditation groups, that include: chair yoga, hatha yoga, senior yoga, spinal unwinding yoga, and intro to meditation.

SOCIAL WORKER

Marcy RMHU, Marcy CF; Marcy, N.Y. (Mar/2011 – Apr/2017)

Ran 12-15 treatment groups weekly; on a variety of psycho-educational topics of interest to male inmates in a maximum-security prison mental health setting. Managed all documentation for a caseload of 10-12 inmates; met for individual therapy with assigned caseload on a weekly basis. Also coordinated a “Lewd Conduct” therapy group to address sexually inappropriate behaviors by male offenders.

Volunteered for additional duty, serving as the Union Steward for 6 years.

SOCIAL WORKER

Sex Offender Treatment Program; Central N.Y. Psychiatric Center;
Marcy, N.Y. (Jun/2009 – Mar/2011)

Assisted in problem solving and conflict resolution for 25 residents on the in-patient Sex Offender Unit. Functioned as a case manager, completed appropriate paperwork for this caseload, wrote treatment plans, met in individual counseling sessions as needed, and used 8-10 weekly group therapy sessions & group interventions as the primary treatment option.

SOCIAL WORKER

Education and Training Specialist; Central NY Psych. Ctr; Marcy, N.Y.

(Apr/2008 – Jun/2009)

Delivered or assisted in training professional staff on multiple topics, i.e. –

Suicide Prevention; Trauma Management; Cultural Awareness and Diversity; New Nursing Student Orientation; and other trainings.

Outpatient education liaison for 20 outpatient sites in the Dept. of Corrections. Created and taught brown bag luncheons in-house, to include topics of: race, gender, and cultural sensitivity training; facilitated introductory yoga classes for professional staff.

SOCIAL WORKER

Midstate CF; Midstate Mental Health Unit; Marcy, N.Y. (Nov/02 – Apr/08)

Managed outpatient caseload of 80-90 inmates; wrote progress notes, treatment plans, & managed all aspects of patient care documentation. Also functioned as the Special Housing Unit Coordinator (SHU). In this extra job, made daily visits to SHU Bldg.; interviewed patients there in segregated housing, performed mental status exams, and took preventive action for suicidal patient's.

Taught groups to inmates on a variety of therapeutic topics. Volunteer member of 2 committees: Employee Recognition Committee; and Midstate Diversity Club. Supervised 2 junior Social Workers in the Intermediate Care Program (ICP); also, instrumental in planning all aspects of the 1st Medium level Intermediate Care Residential Program (ICP) in the state, networking with a wide array of mental health and corrections staff.

SOCIAL WORKER

Community Health & Behavioral Services; Rome, N.Y. (Feb/01 – Oct/02)

Responsible for caseload of 80-90 clients, including children, adolescents, and adults. Wrote progress notes, did strength-based treatment plans, conducted cognitive behavioral therapy sessions, and completed 3rd party insurance requirements. Followed through with outreach communication with teachers, parents, school administrators, guidance counselors, and substance abuse counselors, as needed for quality of care. Taught anger management classes on site.

PSYCHIATRIC ASSISTANT

St. Luke's Hospital (Psychiatric Unit) (Sep/92 – Jan/01)

Observed, reported, and documented pertinent patient behaviors; wrote progress notes, did treatment plans, assisted professional staff in running group therapy, and facilitated the following groups: Exercise, music appreciation, and Relaxation/Stress reduction. Used verbal calming techniques to de-escalate volatile patient's; place patient's safely in physical restraints as a last resort.

YOUTH DIVISION AIDE 4:

Taberg Residential Center; Taberg, N.Y. (Aug/95 – Aug/98)

Used a psycho-educational system to mentor & teach at-risk adolescent males in a Maximum-Security prison. Taught classes in: Life Skills, Personal responsibility, Moral Reasoning & Values; Social Skills, and appropriate conflict resolution. (10-12 per group). Monitored and wrote notes on youth behavior(s); responded to and helped manage crisis situations on the unit;

Human Resources/Bereavement Specialist

U. S. Air Force: Maryland; Germany, & Turkey (Oct/88 – Jun/92)

Coordinated the process for personal notifications for surviving family members of deceased military personnel. Processed all paperwork and completed claims for all eligible death benefits; also provided individual grief counseling. In addition, expedited a variety of human resource tasks, to include: Data entry, filing of forms, assisting with walk in customers at Customer Service desk; and managed individual and group retirement briefings.

Mental Health Unit Specialist

US Air Force: Maryland, Germany, and Texas (Apr/80 – Sep/88)

(Same duties and responsibilities as St. Luke's (above). In addition, also volunteered as the Activities Director for 44 in-patients'. Planned, organized all outside trips in Washington, D.C area. Also passed driving certification to drive 44-passenger Hospital bus to/from outings. (cont.)

EDUCATION | (RYT-200), Yoga Alliance Certified 200 hr. yoga instructor; Infinite Light Yoga Center; Jamesville, NY. (Feb/2016)

(MSW); State University at Albany, N.Y. (2000)

(B.A.); Psychology, Columbia College; Columbia, MO. (1997)

(AAS); Health Sciences, Community College of the Air Force, Maxwell AFB. ALA. (1987).

COMMUNICATION | Delivered a 90-minute Meditation seminar to 17 participants, with 100% excellent reviews. (11/2017).

- LEADERSHIP** |
- Ambassador and Regional Manager for “The Veteran’s Yoga Project (Upstate NY region)
 - Recently (10/2017) completed a 3-day training for Mindful Resilience skills working w/ veterans who have PTSD symptoms in Hoboken, N.J.
 - Voluntarily functioned as the Union Steward for my job site for 6 years. Also on the Employee Recognition Committee & Diversity Committee.
 - Committee Chair for annual “Falling Leaves Race” Utica, NY.
 - Eucharistic Minister for Historic Old St. John’s Church.
 - Volunteer to teach Yoga to Veteran’s with PTSD at Sitrin Rehabilitation Center.
 - Member of the NAACP (Utica Chapter).

REFERENCES | Available upon request