

# David Anthony Estringel, B.A, M.F.A., M.S.S.W.

## SKILLS SUMMARY

Retired Licensed Clinical Social Worker with extensive HIV/AIDS non-profit experience, including case management [medical and non-medical], HIV-antibody testing, prevention/risk-reduction counseling, outreach, staff development and training, project coordination, supervision, grant management/monitoring, grant writing, and navigating federal programs (i.e. Social Security and HOPWA). Proven experience as a Medical Social Worker working with multicultural clients, especially those with psychiatric disorders, working in the hospital setting (emergency and acute care). Skilled in psychosocial assessment, diagnosis, and treatment of acute mental illness (e.g., CBT, Short-Term Solution Focused Therapy, Rational Emotive Therapy, Crisis Intervention, Motivational Interviewing, and de-escalation techniques) in clinical environments (non-profit, inpatient psychiatric, ER, and private practice). Extensively trained in quality management principles and methodologies. Experienced in the development and coordination of Ryan White HIV/AIDS quality management (assurance and improvement) programs, activities, and tools. Registered NQC/HIVQUAL Quality Peer Consultant. Large/small group facilitation. Training, psychoeducation, and development. Interpersonal communication. Traditional and online adult education at the university-level (Social Work and English). Experienced in inpatient, outpatient, and emergency/acute crisis psychiatric care, substance abuse treatment and recovery, currently providing direct, managerial, and administrative services in the acute psychiatric inpatient setting.

Published author of poetry and short fiction. Experience in the instruction of Composition I, Composition II, and English Literature courses at the post-secondary education level. Currently seeking opportunities in the publishing field.

## EXPERIENCE

### **Graduate Assistant Teacher**

**August 2022 - present**

#### ***Texas A&M at Commerce – Literature & Languages Commerce, TX***

- Prepare undergraduate students for academic writing at the university-level
- Instruction of undergraduate English courses via classroom and D2L MLS instruction
  - Composition I (ENG 1301)
  - Composition II (ENG 1302)
- Grade/record keeping
- Provision of feedback regarding course content and assignments
- Maintain communication with students utilizing multiple methods (i.e., phone, text, and email)

### **Dual-Credit Adjunct Faculty - English**

**August 2022 - present**

#### ***Austin Community College – Composition and Literary Studies Austin, TX***

- Prepare undergraduate students for academic writing at the university-level
- Instruction of online, undergraduate Social Work courses via Blackboard Learn MLS
  - Composition I (ENG 1301)
  - British Literature I (ENGL 2322)
- Grade/record keeping
- Provision of feedback regarding course content and assignments
- Maintain communication with students utilizing multiple methods (i.e., phone, text, and email)

### **Director of Clinical Services**

**July 2020 – October 2021**

#### ***Universal Health Services / Canyon Creek Behavioral Health Temple, TX***

- Oversee and direct inpatient clinical programs (Psychotherapy and Activity Therapy) and staff for a 102-bed facility.
  - Manage multiple full-time & PRN licensed social workers and professional counselors/therapists, as well as interns.
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- Provide administrative and clinical supervision clinical staff.
  - Assess, develop, and evaluate the facility's inpatient clinical treatment programs.
  - Implement quality improvement techniques to streamline and make more efficient current processes in services delivery
  - Work as part of an interdisciplinary team in the planning of patient treatment and discharge.
  - Provide clinical support to inpatient therapy staff, psychiatric providers, and intake assessors
  - Provide mental health trainings and education to local community organizations and members.
  - Regularly act as AOC for the facility
  - AMSR trainer.

**Director of Clinical Services / Facility Operating Team Member**      **November 2019 – June 2020**  
**Strategic Behavioral Health / Palms Behavioral Health**  
**Harlingen, TX**

- Recently appointment as a member of the Facility Operating Team to oversee clinical and house functions of the 92-bed facility under the direction of the Vice President of Operations.
- Oversee inpatient and outpatient (Partial Hospitalization Program & Intensive Outpatient Program) clinical programs and staff.
- Manage multiple full-time & PRN licensed social workers and professional counselors, as well as interns.
- Provide administrative and clinical supervision clinical staff.
- Assess, develop, and evaluate the facility's clinical treatment programs (inpatient & outpatient)
- Implement quality improvement techniques to streamline and make more efficient current processes in services delivery
- Work as part of an interdisciplinary team in the planning of patient treatment and discharge.
- Provide clinical support to inpatient therapy staff, psychiatric providers, and intake assessors
- Provide mental health trainings and education to local community organizations and members.
- Regularly act as AOC and/or CRT for the facility.

**Writing and Language Studies Teaching Assistant**      **August 2018 – December 2019**  
**The University of Texas – Rio Grande Valley**  
**Brownsville, TX**

- Prepare undergraduate students for academic writing at the university level
- Instruction of online, undergraduate Social Work courses via Blackboard Learn:
  - ENGL 1301 – Composition I
- Grade/record keeping
- Provision of feedback regarding course content and assignments
- Maintain communication with students utilizing multiple methods (i.e., phone, text, and email)

**Clinical Director**      **September 2017 – October 2019**  
**Medical Associates of Brownsville / Outcomes Detox and Recovery Center**  
**Brownsville, TX**

- Manage multiple full-time & PRN licensed social workers and intern(s)
- Provide administrative and clinical supervision to LMSWs.
- Assess and evaluate the facility's psychotherapy and inpatient drug detox & rehabilitation programs
- Implement quality improvement techniques to streamline and make more efficient current processes in services delivery
- Conduct bio-psychosocial assessments for inpatient and outpatient patients.
- Provide psychotherapy to patients and their families using multiple modalities (i.e., individual, group, family, and couple).
- Work as part of an interdisciplinary team in the planning of patient treatment and discharge.
- Maintain patient confidentiality and thorough patient records.
- Coordinate patient discharge and referral provision.
- Communicate with patient insurance companies to coordinate services.

**Clinical Assistant Professor**      **October 2016 - present**  
**Our Lady of the Lake University – Worden School of Social Services**  
**La Feria, TX**

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- Prepare entry-level generalist and advanced professional social workers to meet the needs of a bi-national and multi-cultural community
  - Instruction of online, undergraduate Social Work courses via Blackboard Learn and Engage MLS
    - Human Behavior in the Social Environment: Individuals and Families (SOWK 6332)
    - Social Work Research (SOCW 6341)
    - Psychopathology (SOWK 7371)
    - Evaluation in Social Work Practices with Hispanic Children and Families (SOWK 6347)
    - Principles of Generalist Social Work Practice I (SOWK 3311)
    - Principles of Generalist Social Work Practice II (SOWK 3312)
    - Social Work Practice with Hispanic Youth (SOWK 7328)
    - Theories and Perspectives of Social Work Practice with Hispanic Children and Families (SOWK 7338)
    - Human Behavior in the Social Environment: Groups, Organizations, and Communities (SOWK 3332)
    - Social Work Practice with Hispanic Individuals and Families (SOWK 7321)
    - Advanced Social Work Field Education II (SOWK 8256)
    - Advanced Social Work Field Education III (SOWK 8257)
    - Advanced Integrative Seminar II (SOWK 7158)
    - Advanced Integrative Seminar III (SOWK 7159)
    - Professional Writing in Social Work (SOWK 6328)
  - Grade/record keeping
  - Provision of feedback regarding course content and assignments
  - Maintain communication with students utilizing multiple methods (i.e., phone, text, and email)

**Social Services Manager**  
**Valley Baptist Medical Center-East Campus**  
**Brownsville, TX**

**March 2014 – August 2017**

- Manage up to three psychiatric licensed social workers and intern(s)
- Provide administrative and clinical supervision to LBSWs, LMSWs, and/or LCSWs.
- Assess and evaluate the facility's social services program
- Implement quality improvement techniques to streamline and make more efficient current processes in services delivery
- Conduct bio-psychosocial assessments for inpatient residents.
- Provide psychotherapy to patients and their families using multiple modalities (i.e., individual, group, family, and couple).
- Work as part of an interdisciplinary team in the planning of patient treatment and discharge.
- Maintain patient confidentiality and thorough patient records.
- Coordinate patient discharge and referral provision.
- Communicate with patient insurance companies to coordinate services.
- Perform community suicide risk assessments and psychiatric evaluations

**Clinical Social Worker**  
**Valley Baptist Medical Center-East Campus**  
**Brownsville, TX**

**February 2014 – March 2014**

- Conduct bio-psychosocial assessments for inpatient residents.
- Provide psychotherapy to patients and their families using multiple modalities (i.e., individual, group, family, couple).
- Work as part of an interdisciplinary team in the planning of patient treatment and discharge.
- Maintain patient confidentiality and thorough patient records.
- Coordinate patient discharge and referral provision.
- Communicate with patient insurance companies to coordinate services.

**Social Work Lecturer**  
**The University of Texas – Rio Grande Valley**  
**Edinburg, TX**

**January 2013 – present**

- Prepare entry-level generalist and advanced professional social workers to meet the needs of a bi-national and multi-cultural community
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- Instruction of online, undergraduate Social Work courses via Blackboard Learn:
    - Social Welfare Policy (SOCW 3314.90L / SOCW 6302.90L)
    - Human Behavior in the Social Environment I (SOCW 3321.90L / SOCW 6300.90L)
    - Human Behavior in the Social Environment II (SOCW 3322.90L)
    - Advanced Macro Assessment (SOCW 6336.90L)
    - Advanced Family Practice II (6331.OV1)
  - Grade/record keeping
  - Provision of feedback regarding course content and assignments
  - Maintain communication with students utilizing multiple methods (i.e., phone, text, and email)

**Psychotherapist**

**December 2012 – December 2018**

***Halcyon Behavioral Health & Counseling Center***

***Brownsville, TX***

- Provide psychotherapy and counseling services to adult individuals, couples, and groups, using a variety of treatment orientations
  - Cognitive Behavioral Therapy
  - Rational Emotive Therapy
  - Solution-Focused Therapy
  - Narrative Therapy
- Treatment foci include:
  - Mood disorders
  - Anxiety or fears
  - Relational issues
  - Anger management
  - Interpersonal communication
  - GLBT issues
  - Substance abuse and other addictions
  - HIV/AIDS
  - Chronic pain or illness
  - Loss or grief
  - Spirituality issues

Provision of EAP services

- Short-term counseling
- Training & Professional Development

**HIV Services Group Team Lead (Program Specialist V)**

**April 2013 – January 2014**

***Texas Department of State Health Services***

***Austin, TX***

- Assisted in the management of Services and Nurse Consultant responsible for the contract management of Ryan White and State Services HIV services across the state.
  - Acted as contract manager for Fort Worth and the surrounding rural area.
  - Provide technical support to internal staff and contractors on Ryan White and State Services contract standards and content.
  - Coordinate educational opportunities for HIV Services Delivery Areas across the state.
  - Act as SME for Ryan White case management (medical and non-medical), substance abuse, and mental health.
  - Participates in special projects and may represent the agency on committees and special projects.
  - Serves as the training liaison for planning groups and Administrative Agencies to coordinate training needs assessments and assists in the development of health systems using public health principles, health care service and administrative functions.
  - Works closely with Current Administrative Agencies in the field to strengthen knowledge and understanding of public health principles and address service gaps.
  - Assists in the training of supervisors at various levels of the health care system to ensure quality
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customer care.

- Monitor contracted administrative agencies for contract compliance and budget with Ryan White, State Services, and HOPWA (Housing Opportunities for People with AIDS) contracts.
- Collaborates with external agencies and organizations to develop and offer training/capacity-building opportunities to AAs and services providers. Partnerships have included Texas Department of Insurance, Texas Medicaid, and Texas/Oklahoma AIDS Education and Training Center.

**Services Training Specialist (Program Specialist IV)**  
**Texas Department of State Health Services**  
**Austin, TX**

**December 2009 – March 2013**

- Plan, develop, design, coordinate, implement, conduct and evaluate training programs, workshops and special projects dealing with health systems development.
- Designs and develops curricula based on public health principles/ needs in both the public and private sector.
- Develops, revises and provides training and educational materials and support to HIV care programs.
- Conducts needs assessments and creates curricula, reports, memoranda, correspondence, teaching aids and other written documents.
- Plans, promotes, implements and delivers customized training when needs assessment determines training is necessary.
- Participates in special projects and may represent the agency on committees and special projects.
- Serves as the training liaison for planning groups and Administrative Agencies to coordinate training needs assessments and assists in the development of health systems using public health principles, health care service and administrative functions.
- Works closely with Current Administrative Agencies in the field to strengthen knowledge and understanding of public health principles and address service gaps.
- Assists in the training of supervisors at various levels of the health care system to ensure quality customer care.
- Collaborates with external agencies and organizations to develop and offer training/capacity-building opportunities to AAs and services providers. Partnerships have included Texas Department of Insurance, Texas Medicaid, and Texas/Oklahoma AIDS Education and Training Center.

**Director of Access Services**  
**AIDS Services of Austin**  
**Austin, TX**

**June 2007 –December 2009**

- Develop, coordinate and implement programs that promote disease management and client self-sufficiency. Plan short-term and long-term program goals for the department.
  - Oversee multiple client program services (including program budgets) in Access Services, such as: Case Management (medical and non-medical), Health Insurance Assistance (health insurance premium and prescription copay/deductible), Home Health, Client Advocacy, and Outreach.
  - Develop policies and procedures with staff and/or management team input and in conjunction with department supervisors.
  - Ensure adherence to service standards of care.
  - Train, counsel, supervise and counsel the Eligibility Services Supervisor, Coordinators, and case managers, including evaluation of job performance.
  - In the capacity of Quality Management Coordinator, assist in development of the agency's Quality Management Program, the updating of the agency's quality management plan, and coordinate/monitor service and programmatic quality improvement activity implementations.
  - Responsible for accurate reporting of required grant data and determining reasons outcomes or outputs are not achieved.
  - Coordinate Access Services programmatic activities with other Austin area agencies that provide HIV
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services and other pertinent social services agencies.

- Monitor grants/budgets for case management (medical and non-medical), financial assistance, health insurance assistance, and home health care programs.
- Conduct psychosocial assessment, diagnosis (DSM-IV-TR), and short-term psychotherapy (single/multi-session) as appropriate to client needs and within the limits of training and licensure, which includes cognitive behavioral therapy techniques, including solution-based therapy (LCSW supervisee).
- Assist with grant writing, as assigned.
- Supervision of approximately 20 staff.
- Supervision of Social Work interns from the University of Texas at Austin

**Social Worker II (PRN)**

**South Austin Hospital/ St. David's Medical Center – ER  
Austin, TX**

**June 2007-September 2013**

- Provision of social services under the Medical and Crisis Intervention Models.
- Short-term counseling of patients and their families.
- Provide psychosocial assessment (mental health, substance abuse, domestic violence, and suicide), diagnosis (DSM-IV-TR), and treatment to patient presenting in acute psychiatric distress
- Coordinate and obtain admissions to substance abuse and mental health facilities (voluntary and involuntary/POEC).
- Maintain patient confidentiality and thorough patient records.
- Assist with acute floor discharge planning during weekend shifts.

**Social Worker II**

**Baylor Medical Center at Garland  
Garland, TX**

**October 2006-June 2007**

- Provision of social services under the Medical and Crisis Intervention Models (emergency and acute care).
- Short-term counseling of patients and their families.
- Perform psychosocial assessments (mental health, substance abuse, domestic violence, and suicide).
- Coordinate and obtain admissions to substance abuse and mental health facilities (voluntary and involuntary/OPC & POEC).
- Coordinate and obtain admissions to alternative levels of care, (i.e. LTAC, rehab, skilled nursing facilities, nursing homes, and hospice).
- Maintain patient confidentiality and thorough patient records.
- Discharge planning

**Lead Case Manager**

**AIDS Services of Austin, Inc.  
Austin, TX**

**February 2002 – October 2006**

- Provided HIV/AIDS case management and counseling services to a diverse population.
- Coordinated client social and medical service appointments.
- Utilized *harm reduction/motivational interviewing* strategies with substance abusing clients.
- Conducted strength-based psychosocial assessments of client need and functionality.
- Provided referrals to community resources.
- Coordination of special projects, as assigned.
- Approval of client requests for financial assistance.
- Assisted in the management of 7-9 case managers.
- Provided staff development and training.
- Lead in development and coordination of quality management tools and activities.
- Provided staff and administrative support
- Maintain client confidentiality and thorough client records.

**Office Manager  
Therapy to Go, Inc.**

**May 2000 – February 2002**

**Edinburg, TX**

- Ensured timely provision of speech, occupational, and physical therapies to patients through monitoring and management of scheduling and therapist appointments.
- Ensured timely submission/reconciliation of medical billing (Medicaid/Medicare/Private Insurance).
- Train, counsel, supervise and counsel staff (front desk, billing, and therapy techs), including evaluation of job performance.
- Maintain client confidentiality and thorough client records.
- Acted as interim Clinic Director (temporary)
- Supervised up to 12 staff

**Outreach Worker**

**December 2000 – May 2001**

**Valley AIDS Council**

**Brownsville, Harlingen, and McAllen, TX**

- Provide Prevention Counseling/Partner Elicitation (PCPE) services, including
  - HIV antibody testing
  - Risk-reduction counseling
  - Provide HIV/STD/TB/Hepatitis C test results
- Street outreach (parks, gay bars, high-risk areas)
- Provide psycho-educational trainings to local organizations around HIV/STD transmission
- Community referral and follow-up.
- Complete and submit programmatic forms to the CDC
- Maintain client confidentiality and thorough client records

**EDUCATION**

**Ph.D. in English (World Literatures)**

August 2022 to present

*Texas A&M - Commerce, Commerce, TX*

**Gender & Women's Studies Certificate**

(December 2022)

*The University of Texas – Rio Grande Valley*

**M.F.A. in Creative Writing**

(May 2022)

*The University of Texas – Rio Grande Valley, Edinburg, TX*

**Ph.D. ABD in Social Work Administration (ABD)**

*Walden University, Minneapolis, MN*

*Tau Upsilon Alpha Honor Society*

*International Golden Key Society*

**M.S.S.W. in Social Work, clinical concentration**

(graduated May 2006)

*The University of Texas at Austin, Austin, TX*

*Phi Alpha Honor Society*

**B.A. in English**

(graduated May 1992)

*The University of Texas, Brownsville, TX*

*Dean's List*

**AIDS Services of Austin**

## INTERNSHIPS

*Access Unit Case Manager* (January 2006 – May 2006)  
**South Austin Hospital – ER**  
*ER Social Worker intern* (September 2004 – May 2005)  
**Austin Recovery Center**  
*Chemical Dependency After-care Group Co-facilitator intern* (February 2006 – May 2006)

## LICENSURES AND CERTIFICATIONS

**Board Approved Supervisor Status**  
*Texas State Board of Social Worker Examiners*  
**Licensed Clinical Social Worker (LCSW)**  
*Texas State Board of Social Worker Examiners (#50004)*  
**Healthcare Management (certification)**  
*Yale School of Management / Yale University*  
**Leadership Essentials (certification)**  
*Harvard Business School Online / Harvard University*  
**Certified Anger Resolution Therapist (CART)**  
*The Center for Anger Resolution*

## MY PRESENTATIONS / TRAININGS

**“Fundamentals of HIV Treatment and Disease Management for the Non-HIV Specialist Medical Provider” (coordinated with the Texas/Oklahoma AIDS Education and Training Center 2011-2012)**  
Fort Worth (July 2011)  
Houston (September 2011)  
Austin (December 2011)  
Tyler (March 2012)  
Lubbock (May 2012)

**OPTIONS Training (Sexual and Substance Abuse Practices Risk Reduction)**  
*Dallas County Department of Health and Human Services* (January 2012)

**“HOPWA 101”**  
*Bexar County Department of Community Resources* (January 15, 2013)  
*HIV Resource Group* (April 2012)  
*Tarrant County Public Health Department* (July 2011)

**“Crucial Conversations”**  
*AIDS Services of Austin* (July 2012)  
*Brazos Valley Council of Governments* (October 2011)  
*Lubbock Regional MHMR* (September 2011)  
*Dallas County Department of Health and Human Services* (July 2011)  
*The Department of State Health Services* (August 2011)

**“The PDSA Cycle and Improvement in HIV Care”**  
*Texas Department of State Health Services / HIV Services* (April 2010)

**“Tips for the Social Work Professional: Why Stress Management Doesn’t Work: The 5-Step Training Design”**  
*The National Quality Center* (July 2009)

**“HIV Patient Client Self-Management”**  
*AIDS Services of Austin* (June 2009)

**“Why Stress Management Doesn’t Work for Social Service Providers”**  
*AIDS Services of Austin* (May 2009)



**AFFILIATIONS****National Association of Social Workers**

*Member since May 2007*

**American Board of Clinical Social Work**

*BCD-certified since September 2012*

**American Clinical Social Work Association**

*Member since August 2012*

**The Center for Anger Resolution**

*Certified Anger Resolution Therapist since August 2012*

**National Quality Center**

*Registered Quality Management Trainer since January 2009*

**Texas State Board of Social Worker Examiners**

*Licensee since 2006 (#50004)*

**Tau Upsilon Alpha - National Organization for Human Services Honor Society**

*Member since 2012*

**Phi Alpha Honor Society**

*Member since 2006*

**COMMUNITY SERVICE/  
ACTIVITIES**

J-Lead Austin 2012 - Jewish Leadership, Education, Action, and Development

Shalom Austin

Austin Smirah

Congregation Shalom Rav *Chevrah Kadishah (Committee Chair)*

Jewish Family Services *(Cabinet member)*

**REFERENCES**

***Available upon request***