



**Daniela Mendez**  
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#### Certification/Licensure

- **Certificate in Peer Counseling**
- **MSW** – University of Washington (2025)

#### Education

**Masters Degree in Social Work**  
*University of Washington, Seattle, WA*

*Coming 2025*

#### Professional Experience

##### **DBT IOP Skills Trainer**

*Portland Dialectical Behavior Therapy Institute, Portland, OR*

*2023-Present*

- Teaches clients a set of behavioral skills across four main topics- mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance skills- while strengthening their ability to use those skills in their everyday lives.
- Creates lesson plans while maintaining fidelity to Linehan's skills training manual.
- Provides skills coaching by direct message and phone during groups for participating group members.
- Provides timely and effective communications with DBT clinicians to ensure quality care of clients.
- Part-time position.

##### **Research Operations Manager**

*Evidence-Based Practice Institute, Seattle, WA*

*2022-Present*

- Manages and oversees activities of suicide care research operations; establishes and assigns priorities; ensures schedules are maintained and deadlines are met; develops processes and procedures to achieve grants' milestones.
- Develops plans to accomplish research operations and objectives.
- Determines long-range plans and schedules within established research objectives; assists in preparing grant proposals.
- Assesses the needs of research operations and recommends changes in procedures, workflow, and manpower assignments.
- Ensures grant objectives compliance under Institutional Review Board (IRB) guidelines.
- Combines professional knowledge and lived experience to participate in product quality assurance reviews.
- Serves as a resource on technical and project-related issues for staff.
- Arranges and assigns work to use resources efficiently.
- Observes and assesses research assistants' work while providing feedback and guidance in the execution of various tasks such as participant recruitment, testing, and interviewing.
- Directs, researches, and develops innovative approaches to unique work situations.



- Operates within assigned budget; identifies potential cost savings.
- Participates in recruitment and selection process and performance assessment.

**Behavioral Health Specialist**

2022

*King Country, Kent, WA*

- Provided behavioral health support to people in isolation and quarantine.
- Facilitated telephone calls to check in with people, listen to concerns, help identify things they need to be comfortable.
- Collaborated with on-site medical team, on-site security team and on-site management.
- Coordinated with existing behavioral health providers to support service planning.
- Offered resources and emotional support.
- Part-time position.

**Peer Support Specialist**

2022

*Harborview Medical Center – BHI, Seattle, WA*

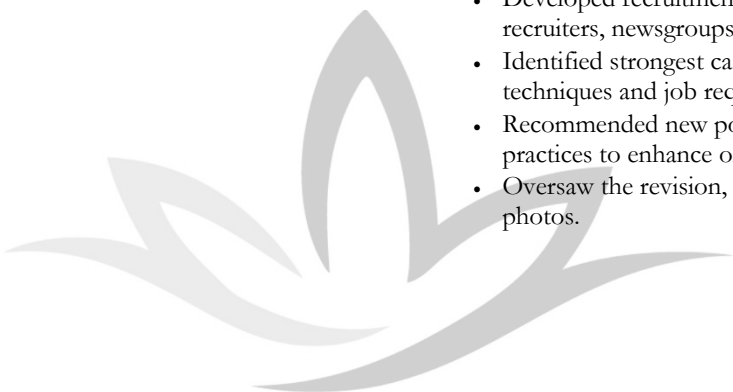
- Directly addressed patients' thoughts about suicide at every interaction, using motivational enhancement to increase the likelihood of continued engagement and further treatment.
- Served as a role model demonstrating resiliency in overcoming obstacles common to those with behavioral health conditions and suicidal crisis.
- Assisted consumers with identifying goals that promote recovery and resiliency and assisted practitioners with identifying services and activities to help consumers reach those goals.
- Worked in conjunction with all agency programs and project partners to collaboratively serve the program participants.
- Performed outreach services in support of case management, supported housing, and supported employment programs.
- Assisted in coordinating enhanced services to domestic violence victims and their families.

**Washington Office Supervisor**

2017-2020

*US Event Management, Seattle, WA*

- Promoted to Washington Office Supervisor following adept performance as Booking Manager
- Oversaw WA state office maintenance and facilitated hiring and staff training.
- Served as central point of contact for promo staff and booking agents.
- Booked nationwide events including calendar management, logistics coordination, and event execution.
- Met with clients to assess their organization's needs and establish talent recruitment requirements.
- Developed recruitment materials to reach applicants via ads, recruiters, newsgroups, and job sites.
- Identified strongest candidate using extensive knowledge of interview techniques and job requirements.
- Recommended new policies and monitored job compensation practices to enhance organization appeal.
- Oversaw the revision, completion, and quality of all event recaps and photos.



**ESOL Class Assistant, Volunteer** 2016

*Literacy Source, Seattle, WA*

- Taught English Language and Culture to ESL students.
- Prepared lessons, provided student feedback, and fostered a positive learning environment.
- Developed academically supportive relationships with students.
- Supported students with cultural awareness for their immersion to new communities.

**Sales Engineer Advisor** 2014-2015

*Reimca, Venezuela*

- Introduced products and services to potential clients via informational meetings and presentations.
- Developed and executed strategies to penetrate new target markets.
- Analyzed new market territory to develop strategy and achieve sales goals.
- Built and fostered partnerships with potential and new clients.
- Collaborated cross-functionally with clients and field engineers to address and resolve client concerns.

**Base Coordinator** 2013-2014

*Schlumberger, Venezuela*

- Observes and assesses research assistants' work while providing feedback and guidance in the execution of various tasks such as participant recruitment, testing, and interviewing.
- Directs, researches, and develops innovative approaches to unique work situations.

**Honor/Awards**

Exceptional Care – CNO Updates. *UW Medicine – Harborview Medical Center* 2021

**Additional Experience**

Stability Leader – *The Stability Network*  
Fluent – *Spanish*  
Peer Consultant – *Jaspr Health*

**Speaking Engagements**

Behavioral Health Series: Strengthening and Expanding the Inclusivity of your Care – Improving Outcomes Through Peer Navigator Programs  
*UW Medicine*  
The Powers of Peers in Suicide Care: Lived Experience, Science & Technology – *Jaspr Health*

**DBT Training**

Dialectical Behavior Therapy Comprehensive Implementation and Training Initiative (DBT-CITI) 2023  
*Portland DBT Institute*

