JULIAN MERCER

MENTAL HEALTH COUNSELOR

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PROFESSIONAL SUMMARY

Licensed Mental Health Counselor with 8+ years providing assessment, treatment planning, and evidence-based therapy to adults and adolescents in community and hospital settings. Builds trust quickly, documents carefully, and tracks progress with measures clients can see.

PROFESSIONAL EXPERIENCE

Licensed Mental Health Counselor Sep 2022 - Present
Mount Sinai Health System, New York, NY

- Carry a caseload of 28 adult clients in an outpatient clinic, using CBT and motivational interviewing for anxiety, depression, and trauma.
- Complete intake assessments and treatment plans within two sessions, with measurable goals reviewed with each client every 90 days.
- Track PHQ-9 and GAD-7 scores at every visit, and about 65% of clients showed clinically meaningful improvement within 12 weeks.
- Run a weekly skills group of 10 clients on coping and distress tolerance with a steady attendance rate above 80%.
- Coordinate with psychiatrists and primary care teams on referrals and medication follow-up, keeping handoffs documented.

Mental Health Counselor Aug 2019 - Aug 2022
Baltimore Child and Adult Counseling Center, Baltimore, MD

- Provided individual and family therapy for 30 adolescents and adults, adjusting plans to school, family, and community needs.
- Conducted suicide risk screenings with a structured protocol and created safety plans, escalating high-risk cases the same day.
- Reduced missed appointments by about 15% through reminder calls and flexible telehealth sessions for clients with transport barriers.
- Wrote progress notes and discharge summaries on time, meeting payer and clinic documentation standards in every audit.

Clinical Intern and Behavioral Health Associate Jul 2018 - Jul 2019
Johns Hopkins Hospital, Baltimore, MD

- Supported an inpatient behavioral health unit, observing group therapy and co-facilitating psychoeducation sessions for up to 12 patients.
- Gathered histories and screening results for new admissions and presented them to the treatment team on daily rounds.
- Helped build discharge plans that linked patients to outpatient counseling and housing support before leaving the unit.
- Completed 3,000 supervised clinical hours and received strong evaluations from licensed supervisors.

CORE SKILLS

Clinical assessment | Treatment planning | Cognitive behavioral therapy | Motivational interviewing | Crisis intervention | Suicide risk screening | Trauma-informed care | Group facilitation | Case documentation | Telehealth | Care coordination | PHQ-9 and GAD-7 | Cultural competence

EDUCATION

M.A. in Clinical Mental Health Counseling, Johns Hopkins University, Baltimore, MD

CERTIFICATIONS

State Licensed Mental Health Counselor (LMHC) | National Certified Counselor (NCC) | Mental Health First Aid | CPR/BLS Provider