

Julissa Grozowski-Torres NYCPS/CRPA

CEO of Triumph Ova Struggles Advocacy and Consulting

Business Email: Triumphovastruggles@gmail.com

OBJECTIVE

To help others through my lived experience and expertise by mentoring, guidance, support, and advocacy.

SKILLS

Seasoned and experienced Peer Specialist/Advocate with extensive knowledge of multiple systems of care, such as ACS, foster care, psychiatric systems of care, supportive housing, state, and federal entitlement programs.

History of meaningful contributions on written guidance and advocacy for youth services across city and state level policy.

Navigating services for my children (DOE, EI, OPWDD)

Spirited team player and collaborator

Coalition Building

Innovative Thinker

Strong verbal and written communication skills

Exceptional conflict resolution skills

Flexible and dependable

Utilizes constructive criticism

Public Speaking- presented at conferences and attended multiple legislative days.

Good computer skills: chiefly with MS Office Suite and email/internet software.

EXPERIENCE

PEER SPECIALIST/ COMMUNITY COORDINATOR • DEPARTMENT OF HEALTH AND MENTAL HYGINE, NYC START • 9/2024 - PRESENT

Use lived experience using mental health services to model recovery, provide hope, and assist individuals who are experiencing their first psychotic break with obtaining necessary services to continue their treatment and support their recovery. Collaborate and interface with consumers, their families, and mental health providers to support engagement in services. Assist consumers in seeking clarification about the treatment and recovery process. Assess the quality and appropriateness of care planned and provided. Work with consumers, their families, and hospital discharge and after care planning staff to provide information, offer support, identify appropriate referral options, and assist in linkage to care and other resources relevant to natural supports in their community.

PEER COUNSELOR LVL II • BELLEVUE HOSPITAL CENTER, ONTRACKNY PROGRAM • 8/2020 – 9/2024

Serve as Peer Specialist on multi-disciplinary treatment team serving young adults ages 16-30 experiencing first episode psychosis. Engage 1:1 with an average of 50% of program participants in office, via telehealth, and in community settings. Facilitate monthly groups, engage with families, and support team and community members in enhancing their understanding of recovery. Assist participants in obtaining state and federal benefit support. Provide administrative support as needed. Adherent to hospital policies and procedures, documentation, and required training. Co-created presentation on program model, highlighting peer work, at Bellevue Psychiatry Grand Rounds “Family Involvement for Adolescents/Young Adults with Psychosis: Concepts and Case Examples from the OnTrackNY Program” in Oct 2021. Maintain ongoing relationships with community partners as part of advocacy for participants.

INSIGHT PROJECT- EARLY DETECTION OF PSYCHOSIS IN JAILS • 3/2021 – 3/2022

Provided guidance from peer specialist perspective in multiple stages of research project collaborative overseen by the Columbia University research team. Project developed early detection toolkit for correctional staff and increased connection to early psychosis treatment for inmates at Rikers Island. Selected by OnTrackNY for project based on longevity of experience and expertise as a peer across multiple systems of care.

MISC. CONTRIBUTIONS

-INSIGHT TOOLKIT (March 2022)

-NYC Children's Plan Young Adult Housing Workgroup TAY TOOLKIT (March 2011)

-Building Bridges Initiative Peer Youth Advocates in Residential Programs Handbook (2011)

-Multiple Roundtable discussions over the years (ACS, OMH, NYCDOE, ect.)

-Guest lecture at University of Pittsburg School of social work - Nev Jones PHD.

-Guest lecture at Brooklyn College- Teresa Thompson LCSW

-Guest lecture at Mount Sinai School of Medicine- Jocelyn Childs LCSW

-Multiple contributions to peer support research

CERTIFIED PEER SPECIALIST • SERVICES FOR THE UNDERRESERVED (SUS), ONTRACKNY PROGRAM • 8/2017 – 8/2020

Served as Peer Specialist on multi-disciplinary treatment team serving young adults ages 16-30 experiencing first episode psychosis. Engaged 1:1 with participants in office and community settings. Facilitated groups, engaged families, and supported team and community members in enhancing their understanding of recovery. Helped participants obtain state and federal benefit support.

YOUTH ADVOCATE • VARIOUS AGENCIES • 6/2010 – 5/2017

- ICL Family Resource Center (FRC), Brooklyn, NY (5/2016-5/2017)
Respite worker/ Youth Advocate
- SCO Family of Services Waiver, Brooklyn, NY (7/2011-9/2013)
Waiver Youth Advocate/ Respite/ Skill builder
- MHA PACC-Youth Advocate Pilot Project, NY (7/2011-6/2012)
PACC Youth Advocate @ Queens Children's Psychiatric Center as well as Linden Hill RTF (Per Diem)
- OMH (Volunteer/ Per-Diem), NY, NY (3/2011-6/2012)
Youth Advocate/ Co- Facilitator of 'The Youth Experience'
- Coalition for Hispanic Family Services, Brooklyn, NY (6/2010-7/2011)
Family Based Treatment Youth Advocate

EDUCATION AND CERTIFICATIONS

-NYS CERTIFIED PEER SPECIALIST • EXP: 6/1/2027

-CRPA CERTIFICATION • EXP: 6/2026

-MEDGAR EVERS COLLEGE, 2015, 2019, 2023 • BACHELORS IN PROGRESS

-HIGH SCHOOL DIPLOMA • 1/2011 • FOUNDATIONS ACADEMY

TRAININGS

-University of Youth Power Systems Track, Recovery Track, Peer Advocacy Track

-OMH Certificate of Appreciation

-DOHMH- Certificate of Participation NYS Medicaid Redesign and Health Homes Serving Children.

-OMH run training on Understanding our Children and Building a Positive Foundation I & II

-YOUTH POWER! Advocacy Training

-OMH run training on Operationalizing Best Practices; The Next Steps

-OMH run training on Successful and Sustained Transitions

-OMH run training for Completion of Coursework and Requirements for Youth Advocate

REFERENCES

Will be furnished upon request.