

Jesse Scott, MA, LPCC

EDUCATION

Master of Arts, Counseling: Clinical Mental Health
Adams State University, Alamosa, CO

May 2024

Bachelor of Arts, Psychology
Colorado Mesa University, Grand Junction, CO

May 2005

INSTRUCTION

- Instructor of (current) Applied Suicide Intervention Skills Training (ASIST) as a certified Master Trainer. ASIST is a two-day-long (sixteen-hour-long) course focused on instructing students to acquire skills and gain personal awareness necessary to assist any/all individuals at risk of suicide. The instruction of the course incorporates a balance of lecturing, group facilitation, activities, and connecting with participants in an emotionally supportive way.
- Instructor of (current) Mental Health First Aid (MHFA) as a certified Trainer. MHFA is an eight-hour-long course focused on instructing students to gain personal and professional awareness of mental health challenges present in our society and with many individuals we may come into contact with either in our personal or professional lives. Additionally, instruction focuses on methods and skills necessary to be supportive of those experiencing a mental health crisis. The instruction of the course incorporates a balance of lecturing, group facilitation, activities, and connecting with participants in an emotionally supportive way.
- Instructor of (current) collegiate-level competitive alpine ski racing as the Head Coach for Colorado Mesa University Skiing – Alpine. As a level 200 credentialed coach under US Ski and Snowboard and with twenty-five years of experience, I have found success in providing instruction for both entry-level racers and highly competitive racers within the sport of alpine ski racing. My instruction style is rooted in mentorship and an emphasis on building strong and professional rapport with each athlete has been attributable to my success in the role (2023 USCSA Coach of the Year).
- Instructor of (past) experiential education programs associated with a National Science Foundation (NSF) research grant aimed at increasing student retention at Tribally Controlled Colleges (TCCs). Principal Investigator (PI) was a Colorado Mesa University faculty member who employed me to assist in the development of an experiential education program, data collection, and therapeutic intervention in preparation to research the impact of incorporating experiential education into core science curriculum at TCCs to assess any change in student retention as a whole. Additionally tasked with instructing components of the experiential programming offered as part of the grant and learning to build effective and supportive relationships with the students under our guidance.
- Instructor of (past) experiential education programs and core curriculum for a wilderness therapy program serving incarcerated youth from the western region of the United States. Instruction of curriculum as part of their wilderness experience with an emphasis on building impactful rapport with youth was the aim and often led to significant behavioral improvement among many of the youth involved in the program.

CERTIFICATIONS

- Master Trainer – Applied Suicide Intervention Skills Training
- Trainer – Mental Health First Aid
- Practitioner – Strong Interest Inventory
- Interviewer – Motivational Interviewing
- Level 200 Club Coach – US Ski and Snowboard

SERVICE

- Coalition member (current) – Suicide Prevention Coalition of Mesa County
- Board member (past) – Counseling and Education Center
- Board member (past) – Colorado National Monument Association

AWARDS

- 2023 Coach of the Year, United States Collegiate Ski and Snowboard Association
- 2023 TRiO Support Staff of the Year
- 2018 (March) Colorado Mesa University President's Recognition Award (staff)

EXPERIENCE

Mental Health Specialist

March 2023-Present

Colorado Mesa University, Grand Junction, CO

Provide diverse student body supervised therapy as a provisionally licensed therapist. Instruct mental health awareness trainings (Applied Suicide Intervention Skills Training – ASIST and Mental Health First Aid – MHFA) throughout the region (Western Colorado). Lead Student Wellness Center staff (clinicians, physicians, nurses, administrative team and student workers) in development of student crisis protocol and response procedure. Provide therapeutic interventions and ongoing support for students placed on behavioral contracts through the institution based on prior criminal history and/or present law enforcement interactions. Assist the Student Wellness Center with case management needs including development of external community resources lists and engagement with external community resources. Provide support to faculty navigating challenging student behaviors within the classroom setting and responsive outreach to students identified as a concern related to poor academic performance, excessive tardiness/absence, and/or concerns with student challenges outside of the classroom. Travel to and support satellite campuses of both CMU Montrose campus and CMU Tech campus. Utilize a humanistic/person-centered model in all therapeutic and case management supports and interventions.

Head Coach (Alpine Ski)

October 2017-Present

Colorado Mesa University, Grand Junction, CO

Instruct collegiate student-athletes on alpine ski racing techniques and tactics. Upon qualifying regionally, led CMU Alpine Ski men's team to the 2018, 2019, 2020, 2022, and 2023 collegiate National Championships. As a certified Level 200 Club Coach with US Ski and Snowboard, I provide advanced instruction for elite-level collegiate student-athletes in technical and tactical ski racing and incorporate a mentoring style of coaching in order to also welcome first-time alpine ski racers who wish to join the team and have established a dedication to the sport and club. Coaching is a passion and full family affair for me reflected by weekly family/team dinners at my home, attention provided to each student-athlete far and beyond the time dedicated to formal practice, travel and competition. I am a sincere advocate for each student-athlete I have had the honor to instruct as a coach and care deeply about them as a whole person, with needs and hopes well beyond their efforts with Alpine Ski at CMU.

Coordinator of Engagement

January 2013-March 2023

Colorado Mesa University, Grand Junction, CO

Provided student body, administration, faculty and staff with guidance on supportive intervention and mentoring measures for all students, in particular those in crisis. Met with students individually on a weekly basis providing therapeutic mentorship on themes related to academic performance, navigating challenging life circumstances and assisting them in improved self-actualization as it relates to both their academic efforts and personal/professional identity. Provided academic advising including schedule building, career advising, and building strong rapport with the aim of offering mentorship. Provided facilitation of mental health awareness trainings primarily in Mesa County, as well as other counties throughout Western Colorado. Attended weekly multidisciplinary team meetings (Students of Concern) to staff challenging and unique student circumstances aimed at assisting students with impactful and relevant resources, both within the college campus as well as within the larger community of Mesa County or the community the student will return to. Worked closely with community resources such as Mesa County Department of Human Resources, Hilltop, Mesa County Valley School District, Veterans Affairs of Western Colorado, Department of Human Services – Division of Youth Services, Mind Springs/West Springs Hospital, Center for Independence, Vocational Rehabilitation, ARC, Grand Junction Police Department, Mesa County Sheriff's Office and numerous individual providers who support students as counselors, advocates and supports.

Intervention Counselor

August 2012-January 2013

Hilltop Community Resources, Inc., Grand Junction, CO

Provided mentoring and life-skills development instruction to Mesa County Valley School District's expelled students. Additionally, instructed a career-oriented course focused on job/career path development, social skills, time management, organizational skills and professional/personal goals. Facilitated experiential education activities aimed at increasing teamwork and strengthening an individual student's cohort intended to improve student retention and successful completion of students' expulsion.

Case Manager/Tracker**October 2008-July 2012**

Hilltop Community Resources, Inc., Grand Junction, CO

Performed Case Management and Tracker duties while assigned as a Colorado Department of Human Services/Division of Youth Services Case Manager/Tracker. Duties included interviewing and assessing clients using the Colorado Juvenile Risk Assessment (CJRA) to both provide results to the courts as well as staff with multi-disciplinary teams, manage assigned caseload with clients which varied in need of involvement level, assessed potential clients for tracking, attended scheduled as well as unscheduled home visits, attended detention hearings and court proceedings, prepared and submitted court documentation, prepared and presented assessments to multi-disciplinary teams, collected urine analysis samples, logged telephone and face-to-face contacts and collaborated with other juvenile justice service providers and community agencies (i.e. human services, mental health, school district, corrections). Managed large caseload providing communication on client progress to systems including District/County/Municipal Courts, Probation, Diversion, Department of Human Services and School District.

Recreation Coordinator-Residential Youth Services**February 2008-October 2008**

Hilltop Community Resources, Inc., Grand Junction, CO

Instructed and scheduled recreational activities for residential youth between the ages of twelve and eighteen. Supported treatment providers, school staff and line staff in behavioral management needs both within and outside the residential campus.

Social Caseworker II**October 2007-February 2008**

Larimer County Department of Human Services, Fort Collins, CO

Performed ongoing casework for families assigned to personal caseload through either a voluntary or court-ordered case. Duties included producing court documentation, attending court proceedings, facilitating family meetings and visits, coordinating community resources and assisting in developing treatment plans to assist families in improved health and successful termination of human services involvement.

Case Manager/Tracker**August 2005-October 2007**

Colorado West Regional Mental Health, Inc., Grand Junction, CO

In addition to the job description listed above under Hilltop Community Resources, Inc., Case Management duties included instruction of psycho-educational groups in a correctional setting as well as co-facilitating co-occurring groups in outpatient settings. Additionally, responsible for developing group curriculum and meeting with individual clients to produce treatment plans. Performed both individual and family therapy under Licensed Professional Counselor (LPC) and Certified Addictions Counselor/Level III (CAC III) supervision. Responsibilities included screening intake calls and walk-ins which may have included developing safety plans related to any elevated risk towards self or others. Produced both individual and group progress notes.

Field Guide**Summer 2004-2005**

Alternative Youth Adventures, Montrose, CO

Worked as a Instructor/Field Guide for a wilderness therapy program aimed at providing adjudicated youth with counseling, life skill development and physical science instruction in a wilderness setting. Charged with providing safe, therapeutic and educational opportunities through acquired skills in teaching, wilderness navigation, Wilderness First Responder (WFR) certification and both individual and group counseling skills.

Facilitator**June 2003-June 2004**

Colorado Mesa University, Grand Junction, CO

Instructed experiential education programs associated with a National Science Foundation (NSF) research grant aimed at increasing student retention at Tribally Controlled Colleges (TCCs). Principal Investigator (PI) was a Colorado Mesa University faculty member who employed me to assist in the development of an experiential education program, data collection, and therapeutic intervention in preparation to research the impact of incorporating experiential education into core science curriculum at TCCs to assess any change in student retention as a whole.

Club Coach (certified Level 200)**November 1998-October 2017**

Powderhorn Racing Club, Grand Junction, CO

Instructed youth athletes on technical and tactical skill development as it relates to the sport of alpine ski racing for Powderhorn Racing Club under the governance of US Ski and Snowboard. Mentored other coaching staff on skills associated with building professional and supportive rapport with all athletes. Performed duties as Chief of Race for twelve straight years in hosting the Rocky Mountain/Central regional championships for alpine ski racing for youth between the ages of ten and twelve years old. Led all aspects of championship event planning and race day operations including command of race crew, mountain operations, ski patrol, resort staff and volunteers.