

# RESUME & CURRICULUM VITAE: SARAH LONG, PHD, LPC

FORMERLY SARAH L. DINGUS

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## **EDUCATION**

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Ph.D., Counselor Education (CACREP)	Texas Tech University (2020)
M.Ed., Clinical Mental Health Counseling (CACREP)	Texas Tech University (2015)
B.A., Psychology	Texas Tech University (2011)

## **WORK EXPERIENCE**

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### **StarCare Specialty Health System**

Director of Forensic Mental Health/Jail Services- *Full-time* Jun. 2017-Present

- Develop and oversee the management of jail services including the Jail Psychiatric Care Team, Jail Based Competency Restoration, TCOOMMI, and Outpatient Competency Restoration.
- Work as a member of the Acute Behavioral Health Care Program, assuming responsibility for providing leadership and overall management necessary to support forensic operations.
- Provide leadership to and supervise assigned employees, including but not limited to recruiting, hiring, training, disciplining, and evaluating.
- Attend Mental Health Docket to report on inmates that are currently housed in the jail.
- Oversee treatment team that is held in the Special Needs Pod at Lubbock Country Detention Center.
- Oversee completed medication paperwork for physicians at the jail and responsible that all copies of legal paperwork are handed to the Court Coordinator for processing.
- Provide a minimum of 24 hours of Mental Health training to officers at Lubbock County Detention Center.
- Answer questions in regards to the programs overseen at the jail with the public, Jail Commissions Auditors, and Attorneys.
- Monitor and assist in the development of budgets, managing contracts, program performance, and fiscal and workload data; ensuring compliance with Center policies and procedures, HHSC guidelines, Medicaid rules, and other regulatory bodies.
- Make recommendations for hiring, disciplinary action, and employee terminations; ensuring an exemplary working environment with continuous quality evaluation and improvement.

### **Victim Services Crisis Team- Lubbock Police Department**

Crisis Counselor- *Part time/as needed* Jan. 2017- Nov. 2022

- At the request of a police officer, the Crisis Team members respond to victims, families, and friends involved in crises such as assaults, suicides or threats of suicide, family violence/domestic disturbances, child abuse/neglect, homicide, suicide, traffic accidents, etc.
- The goal of the Crisis Team is to provide on-scene support, counseling, judicial advocacy, and link victims and their families with the community resources that will best suit their needs.

### **Texas Army National Guard**

E6, Motor Transport Operator/Ammunition Specialist- Platoon Sergeant- *Part-time* Jul. 2011 - Present

- Operate all-wheel vehicles and equipment over varied terrain and roadways.
- Manage load, unload, and safety of personnel being transported.
- Oversee and check proper loading and unloading of cargo on vehicles and trailers.

- Employ convoy defense techniques.
- Identify, correct, or report all vehicle deficiencies.
- Prepare vehicle for movement/shipment by air, rail, or vessel.
- Perform maintenance modification, destruction, and demilitarization on ammunition and explosive components.
- Perform ammunition supply stock control and accounting duties using both automated and manual procedures.
- Inspect weapon systems to determine the need for repair or destruction.
- In the military, I have had several leadership positions ranging from team to platoon level. I understand what it means to be a leader and not a boss, have perfected leading from the front, would never ask my staff to do something I would not do myself, and succeed in the face of adversity and stress. The military has shaped me into an individual that has pride, patience, and standards that are held to the highest professional echelon.
  - Operation Inherent Resolve (Kuwait, 2019-2020) – Squad Leader
  - Operation Northern Strike (Michigan, 2021) – Acting 1SG
  - Operation Lone Star (Eagle Pass, 2021-2022) - Acting 1SG

### **Texas Tech University**

Senior Advisor, Tech Transfer Acceleration Program- *Full time*

Feb. 2013 - Jun. 2017

- Counsel individuals to help them understand personal, social, or behavioral issues affecting their education.
- Understand TSI compliance and Texas standards of success.
- Prepare students for educational experiences by encouraging them to explore learning opportunities and to persevere with challenging tasks.
- Advise students regarding educational issues, such as course and program selection, class scheduling and registration, school adjustment, attendance, study habits, and career planning.
- Evaluate student abilities, interests, and personality characteristics using tests, records, and personal sources.
- Prepare reports on students, review transcripts, and participate in recruitment and enrollment activities.
- Manage and work with student assistants on their daily operations.
- Facilitate process group sessions where internal processing, decision-making strategies, motivation, behavior management, communication, relationships, money management, and coping strategies are all supported. Maintain accurate and complete student records.
- Collaborate with student housing to provide support inside and outside of the classroom setting.

### **Lubbock High School & Plainview High School**

Colorguard Director/Choreographer- *Part time*

Jun. 2009 - Nov. 2013

- Assist in the adjudication of new student try-outs.
- Designates/coordinates the students into the various subgroups.
- Prepares warm-up routines/practice exercises for the unit.
- Choreographs, arranges and implements color guard routine(s), both as an integrated part of the marching band and as an independent unit.
- Schedules and conducts extra rehearsals for the unit, in addition to the scheduled evening marching band rehearsals.
- Schedules separate competition events as the unit transitions its status from an attachment of the marching band to an independent competition entity (e.g., “Winter Guard”) during the winter season; Establishes communication with parents of color guard students and organizes their efforts in support of the unit.

## **PROFESSIONAL LICENSURE/CERTIFICATION**

<b>Licensed Professional Counselor (LPC)</b>	<b>Basic Instructor Proficiency (PID: 465201)</b>
Texas State Board of Examiners of Professional Counselors (#75545) Expiration: 7/31/2025	Texas Commission on Law Enforcement Certification Date: 12/01/2017
<b>Mental Health First Aid Instructor</b>	<b>Unit Movement Officer</b>
Certification Date: 4/27/2018 (Adult) Certification Date: 8/17/2018 (Youth)	Certification Date: 4/27/2021

## **MEMBERSHIPS AND PROFESSIONAL ASSOCIATIONS**

SAMHSA CST/CR Community of Practice, <i>Member</i>	2021- Present
Texas Jail Association, <i>Member, Presenter</i>	2017-Present
American Counseling Association, <i>Member, Branch Development Committee</i>	2017-Present
Texas Association for Counselor Education & Supervision, <i>Member</i>	2017-Present
West Texas Counseling Association, <i>Former Member at Large</i>	2016-2019
Texas Counseling Association, <i>Member, Co- presenter</i>	2015-Present
Kappa Delta Pi, <i>Co-President</i>	2015-2019
TTU Survivalist Club, <i>Founding Staff Advisor</i>	2015-2017
Chi Sigma Iota, <i>Member</i>	2013-2019
National Academic Advising Association, <i>Member, Presenter</i>	2013-2017

## **AWARDS**

Meritorious Award, Lubbock County Detention Center	2019
Covenant Health and Social Services Graduate Fellowship	2018-2019
President's Excellence in Academic Advising Team Award	2017
Distinguished Staff Award- Guns up Award	2016
J.T. and Margaret Talkington Graduate Fellowship	2015- 2019
Public Accountability Award	2015

## **COMMUNITY SERVICE**

Mentor Tech, <i>Mentor</i>	2014- 2017
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## **TEACHING EXPERIENCE**

Intro to Counseling, <i>Adjunct Professor, MSU, Counseling Program</i>	2023
Counseling Research & Program Evaluation, <i>Adjunct Professor, MSU, Counseling Program</i>	2023
Career Development Counseling, <i>Adjunct Professor, MSU, Counseling Program</i>	2022/2023
Human Relations, <i>Adjunct Professor, MSU, Counseling Program</i>	2022
Assessment, <i>Adjunct Professor, MSU, Counseling Program</i>	2022/2023
Marriage & Family Counseling, <i>Adjunct Professor, MSU, Counseling Program</i>	2022/2023
Ethics & Issues in Counseling, <i>Adjunct Professor, MSU, Counseling Program</i>	2022
Diagnosis & Treatment Planning, <i>Adjunct Professor, MSU, Counseling Program</i>	2022/2023
Human Development & Learning, <i>Adjunct Professor, MSU Counseling Program</i>	2021

Mental Health Training for Jailers #4900, <i>Instructor</i>	2018- Present
Ethical and Legal Issues in Counseling, <i>Graduate Assistant</i>	2017
Advancement via Individual Determination, <i>Instructor</i>	2015-2017
Interdisciplinary Studies, <i>Instructor</i>	2015-2017

## GRANTS

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### Department of Justice

BJA Award # MO-BX-0031

**Project:** Establishing a collaboration to analyze the incarceration of persons with mental illness and co-occurring substance abuse in the Lubbock County Detention Center (Jaquess)

**Total Project Funding: \$303,538**

**Subproject Funding: \$30,000**

**October 1, 2017- Sept. 30, 2019**

Lubbock County Detention Center (LCDC) serves a county of 280,000 people in rural west Texas, as well as a substantial number of rural counties surrounding it. LCDC therefore must address the mental health needs of both the inmate population originating in Lubbock County, as well as the needs of surrounding counties that do not have appropriate resources to manage individuals with serious mental illness and substance abuse disorders. LCDC joined the Stepping Up Initiative in December 2016 as a commitment to reducing the prevalence of mental illness in its inmate population. However, the current infrastructure does not include integrated data or processes for assessing the effectiveness of these efforts. This project proposes to assess data capacity for existing databases and create an integrated data interface that will facilitate the evaluation of the effectiveness of existing policies and procedures. The planning and oversight team will inventory existing policy and use assessment of the integrated data to determine how mental health screening and diversion can be improved. Assessment and evaluation data will be compiled and presented to enumerate the need for a mental health court. Texas General Land Office.

## REFEREED PRESENTATIONS

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Tanner, M., & Dingus, S.L. (2019, May). *Diagnosis recognition for jailers*. Presented at the 33<sup>rd</sup> Annual Texas Jail Association Conference, Austin, TX.

Dingus, S.L. (2018, October). *Diagnosis recognition*. Presented at the Correctional Management Institute of Texas Annual Mental Health Conference, San Marcos, TX.

Dingus, S.L., Tanner, M. (2018, May). *Rural mental health needs and proposed solutions*. Presented at the 32<sup>nd</sup> Annual Texas Jail Association Conference, Austin, TX.

Dingus, S.L., Tanner, M. (2017, November). *Motivational Interviewing: Inmates and Staff*. Presented at the Correctional Management Institute of Texas Annual Mental Health Conference, Houston, TX.

Hendricks, B., Delony, J., Dingus, S. L., & Tanner, M. (2017, November). *TCCA presents hot topics: how to manage multiple roles while maintaining ethical boundaries and keeping your sanity*. Presented at the TCA Annual Professional Growth Conference, Galveston, TX.

Hendricks, B., Delony, J., & Dingus, S. L., (2017, November). *Thinking outside the Client: The Role of Professional Counselors in University Leadership*. Presented at the TCA Annual Professional Growth Conference, Galveston, TX.

- Hendricks, B., Delony, J., Rowlands, S., Dingus, S. L., & Tanner, M. (2016, November). *The evolution of college counseling - ethics and ethical decision-making for professional college counselors*. Presented at the TCA Annual Professional Growth Conference, Dallas, TX.
- Bradley, L., Hendricks, B., Delony, J., Dingus, S. L., & Tanner, M. (2016, November). *Ethical decision-making for LPCs, school counselors, and LPC-supervisors*. Presented at the TCA Annual Professional Growth Conference, Dallas, TX.
- Dingus, S. L. (2016, October). *The use of motivational interviewing in Advising*. Presented at the UTSA- Discovering the Magic of Student Success Conference, San Antonio, TX.
- Dingus, S. L. (2016, October). *Group counseling. who? what? when? where?* Presented at the UTSA- Discovering the Magic of Student Success Conference, San Antonio, TX.
- Dingus, S. L. (2015, April). *The use of motivational interviewing in Advising*. Presented at the NACADA Regional Conference, Baton Rouge, LA.
- Dingus, S. L. (2015, October). *The use of motivational interviewing in Advising*. Presented at the NACADA National Conference, Las Vegas, NV.

## **INVITED PRESENTATIONS**

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- Dingus, S.L. (2021, November). *Jail-Based Competency Restoration*. Presented for the Texas Criminal Defense Lawyers Association: Annual Mental Health Seminar. South Padre, TX.
- Dingus, S.L. (2021, May). *StarCare JBCR in the Lubbock County Detention Center*. Presented for the Texas Criminal Defense Lawyers Association: Mindful Monday. Virtual via Zoom.
- Oliver, J., & Dingus, S.L. (2019, October). *Human Trafficking: Responding to a trafficked person with mental illness*. Presented at the Correctional Management Institute of Texas Annual Mental Health Conference, Galveston, TX.
- Dingus, S.L. (2019, June). *Criminal Justice/Mental Health Interface: SB 292. Urban and rural strategies*. Presented at the Texas Council Annual Conference, Houston, Tx.
- Rowe, K., & Dingus, S.L. (2019, April). *Commissions and committees – jail standards*. Presented at the 90<sup>th</sup> Annual West Texas County Judges and Commissioners Association Conference, Amarillo, TX.
- Dingus, S.L. (2017, October) *Mental Health Crisis*. Presented at the National Guard and Reserve Armory, Lubbock, TX.
- Dingus, S.L. (2017, July) *Suicide Awareness and Prevention*. Presented at the National Guard and Reserve Armory, Lubbock, TX.
- Dingus, S.L., Delony, J., (2017, May) *Application research experience: rural mental health in west, Texas*. Presented at the College of Education at Texas Tech University, Lubbock, TX.
- Dingus, S. L. (2016, February). *The use of motivational interviewing in Advising*. Presented at the Regional Symposium for Student Success and Retention in Texas Tech University, Lubbock, TX.

Dingus, S. L. (2015, November). *Issues in sexually transmitted diseases in the military*. Presented at the Multicultural- Social Justice Advocacy Leadership Student- led Mini-Conference in Texas Tech University, Lubbock, TX.

## **WORKGROUPS**

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Dingus, S.L. (2017) *Continuity of care collaboration workgroup*. StarCare Specialty Health System and Lubbock County Sheriff's Office. Lubbock, TX.

Dingus, S.L., Tanner, M., & Opamen, R. (2017). *Clinical supervision and licensure workgroup*. StarCare Specialty Health System. Lubbock, TX.

Dingus, S. L. (2016, September). *The use of motivational interviewing in Advising*. Peer Mentor Pilot Program at Texas Tech University- Fine Art Program, Lubbock, TX.

## **MEDIA INTERVIEWS**

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Everything Lubbock. May 07, 2021 08:18 PM CDT- *Lubbock County Detention Center puts emphasis on mental health resources for inmates* [Link to video](#)

Fox34 News. Apr 30, 2019 4:43 PM CDT - *Research: teen suicide linked to increasing social media usage* [Link to video](#)

KAMC News. Mar 03, 2019 06:20 PM CDT- *Lubbock County Detention Center fighting mental health problems in the system* [Link to video](#)

Texas Judicial Commission on Mental Health. Feb 27, 2019- *Spotlight: Texas Counties' Innovations in Mental Health Treatment* [Link to video](#)

## **DISSERTATION**

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Dingus, S.L. (2020, May). *Combat to community college: Combat veterans and their transitional experiences into community college* [Published Dissertation] Texas Tech University.