

# Barbara Quesnel, MSW, RSW

West Kelowna, BC V4T 1S3 ♦ Phone: (204) 228-6531 ♦ barb@hqs.ca

A highly skilled, conscientious, energetic clinician who projects compassion and understanding and has a proven track record of success with trauma-affected persons, co-occurring disorders and diverse populations. Effective motivator, communicator, and mental health advocate who is familiar with challenging and difficult problems and able to assist with defining workable goals and facilitating change. Proven ability to build trust and instill hope when working one on one, with families, or facilitating therapeutic groups. Strong advocate for psychosocial rehabilitation principles and practice. Excellent interpersonal skills and interdisciplinary collaboration when implementing evidenced-based, cutting-edge therapeutic interventions.

## AREAS OF STRENGTH

- Advanced Clinical Skills
- Substance-Use Disorders
- Anxiety & Depression
- Identifying Therapeutic Goals
- Excellent Interpersonal Skills
- Ability to Treat Complex Issues
- DBT Trained Therapist
- Cross-Cultural Issues
- Extensive Group Experience

## PROFESSIONAL EXPERIENCE

INDIGENOUS SERVICES CANADA, FIRST NATIONS INUIT HEALTH BRANCH, Manitoba	2017 - present
<b>Mental Health Therapist</b>	
FAMILY CONCILIATION, Winnipeg	2014 - 2019
<b>Court Appointed Family Evaluator / Parenting Education Program Facilitator</b>	
VICTORIA GENERAL HOSPITAL, Winnipeg	2002 – 2016
<b>Treatment Program Facilitator - Adult In-Patient Mental Health Program</b>	
U OF M CONTINUING EDUCATION PROGRAM, Winnipeg	2002
<b>Sessional Instructor - Distance Education Program</b>	
U of M FACULTY OF SOCIAL WORK, Winnipeg/Lviv, Ukraine	2000 – 2002
<b>Field Program Instructor/Course Instructor</b>	
<b>Sessional Lecturer /Program Development Consultant</b>	
NEW DIRECTIONS FOR CHILDREN YOUTH, ADULTS AND FAMILIES, Winnipeg	1991 – 2001
<b>Therapist - Families Affected By Sexual Assault Program</b>	
U OF M FACULTY OF SOCIAL WORK, Winnipeg	1997 – 2002
<b>Assistant Professor 1997 - 1998</b>	
<b>Adjunct Professor 1998 - 2002</b>	
MANITOBA BLUE CROSS, Winnipeg	2016 - 2019
<b>Therapist - Employee Assistance Program</b>	
HQS PROFESSIONAL DEVELOPMENT, Winnipeg	1995 – present
<b>Conference Organizer</b>	
U OF M FACULTY OF SOCIAL WORK, Winnipeg	1989 – 2001
<b>Field Instructor 1989 - 1996</b>	
<b>Faculty Liaison 1995 - 2001</b>	
NEW DIRECTIONS FOR CHILDREN, YOUTH, ADULTS AND FAMILIES, Winnipeg	1987 – 1989
<b>Case Manager - Project Independence 1989</b>	
<b>Manager - Emergency Services Program 1987 - 1989</b>	
GOV'T OF MANITOBA - CENTRAL REGION, Portage la Prairie	1985 – 1987
<b>Adult Mental Health Worker</b>	
SOCIAL PLANNING COUNSEL OF WINNIPEG, Winnipeg	
<b>Child &amp; Family Services Restructuring Assistant</b>	
CHILDREN'S AID OF WINNIPEG/ CHILD & FAMILY SERVICES OF CENTRAL WINNIPEG, Winnipeg	1981 – 1987
<b>Crisis Clinician/Night Duty Worker</b>	
CHILDREN'S AID SOCIETY OF WINNIPEG, Winnipeg	1983
<b>Social Worker - Intake Unit</b>	

## BARBARA QUESNEL - Page 2

Phone: (204) 228-6531 ♦ barb@hqs.ca

### CAREER HIGHLIGHTS

---

#### ***Indigenous Services Canada, First Nations Inuit Health Branch - Mental Health Therapist***

- Developed a 5 day, group psychoeducational skill-building program for individuals at high risk for suicide
- Designed an evaluation component to measure psychoeducational group effectiveness
- Provides professional mental health services to First Nations individuals, families and groups in northern Manitoba.
- Provides culturally sensitive and safe therapeutic services that respects and promotes First Nations' customs, values and beliefs.
- Works collaboratively with and supports the community Health Director, community-based program personnel, school staff, Awasis Child & Family Services staff, Chief and Council and Safety Officers.
- Works collaboratively with the health care team and liaisons with other service providers such as RCMP, crisis services, addiction treatment services, shelter services, employment services, courts and clergy.
- Developed MH education resource library for clients, their families and staff.
- Assists with urgent care responses with goal of zero community suicides.

#### ***Victoria General Hospital, Mental Health Program - Adult In-Patient***

- Responsible for assessment, treatment and collaborative case and discharge planning with patients
- Advanced knowledge and clinical treatment of psychiatric diagnoses and co-occurring disorders
- Primary facilitator of therapeutic groups
- Responsible for clinical leadership, treatment program development and evaluation
- Daily meetings with patients and family members to assess rehabilitation needs, facilitate community referrals, assist with system navigation
- Responsible for developing MH Educational Materials for patients, their families and staff
- Work collaboratively with multidisciplinary team members
- Member of the Dialectical Behavior Therapy (DBT) Team (group and individual therapist)
- Built strong community partnerships and is the Program Liaison with 20 key community MH rehabilitation programs
- Clinical supervisor for BSW & MSW students

#### ***New Directions for Children, Youth, Adults and Families, Families Affected By Sexual Assault Therapist***

- Provided crisis intervention, assessment, and ongoing counselling to families whose children had been sexually assaulted by a third party
- Utilized therapy modalities including play therapy, individual, couple, family, group, and use of one-way-mirror and Reflection Team
- Supported families through court process
- Worked collaboratively with interdisciplinary team as well as Child & Family Services, Winnipeg Police, Crown Attorneys, medical, school and MH professionals
- Provided consultation and educational training to community agencies

#### ***Children's Aid of Winnipeg/Child & Family Services of Central Winnipeg, Clinician/ Night Duty Worker***

- Provided after-hours crisis response via telephone and/or face to face contact with clients
- Provided short-term crisis counseling
- Investigated allegations of child abuse and neglect
- Worked closely and collaborated with other Departments regarding case management
- Worked closely with Winnipeg City Police, Children's Hospital Emergency staff, and Crown Attorneys
- Case involvement may have resulted in apprehension of children and a requirement to testify case particulars in court

### EDUCATION

---

- Bachelor of Social Work, University of Manitoba 1983
  - Masters of Social Work, University of Manitoba 1986
-

## BARBARA QUESNEL - Page 3

Phone: (204) 228-6531 ♦ barb@hqs.ca

### SCHOLARLY ACTIVITIES

---

- **Screening, Monitoring and Preventive Interventions for Metabolic Syndrome in Mental Health.** Poster presentation at the Canadian Conference on Collaborative Mental Health - Keeping One Step Ahead: Practical Approaches to Mental Health Promotion, Winnipeg, Manitoba, May, 2010
- **Incorporating Healthy Living Practices Into Everyday Living.** Presentation at the PSR (Psychosocial Rehabilitation) Canada Conference - Rediscovering PSR In A New Decade, Ottawa, Ontario, September, 2010
- **Screening For Metabolic Syndrome In Persons with Mental Health Challenges: Community and Inpatient Psychiatric Unit Examples.** Poster presentation at the PSR Manitoba Conference - Cultivating Motivation: Working in Partnership with Adults with Mental Illness, Winnipeg, Manitoba, September, 2010
- **Healthy Living Project, Metabolic Syndrome, Screening & Tracking Tools for Inpatient Practice.** Presentation at the Victoria General Hospital Mental Illness & Metabolic Syndrome Conference, Winnipeg, Manitoba, October, 2008
- **Screening For Metabolic Syndrome In Persons with Mental Health Challenges: Community and Inpatient Psychiatric Unit Examples.** Poster presentation at the RPNC World Congress for Psychiatric Nurses, Regina, Saskatchewan, May, 2008

### AWARDS, GRANTS & COMMITTEES

---

- Hero of Mental Health - Mental Health Professional 2004 & 2010  
Awarded by the Canadian Mental Health Association, Manitoba Division
- Re-Fit Centre of Winnipeg Healthy Living Program Award Recipient (Organization) 2008
- Lilly Neuro Science Solutions for Wellness Educational Fund Grant (\$38,000.00),  
for the development of the Healthy Living Program 2006 - 2008
- Member of the WRHA Metabolic Syndrome Monitoring Guidelines Committee 2013 to 2016
- Member of VGH Reducing Seclusion & Restraint Committee 2011 to 2016
- Member of VGH, MH Program Quality Council 2011 to 2014
- Chair of the National PSR/RSP(Psychosocial Rehabilitation) 2013 Conference Committee 2011 to 2012
- Member of the PSR National Conference Abstract Selection Committee 2011
- Member of PSR/RPS National Board of Directors 2010 to 2012
- Chair of VGH, MH Program Artwall Committee 2010 to 2014
- PSR/RSP Manitoba Board Member 2009 to 2012
- VGH Staff Wellness Committee 2008 to 2010
- WRHA Community Committee for Disordered Eating 2005 to 2007
- MIRS Professional Ethics Review Committee 1997 to 2018

### CONTINUING EDUCATION

---

- 2020, Oct San'yas Indigenous Cultural Safety Training – Indigenous Health Program BC
- 1995- 2023 over 400 hours of advanced clinical training
- 1991-2018 Extensive Cross-Cultural Training
- 2004, Sept Nonviolent Crisis Intervention Training
- 2009, May Mindfulness Based Stress Reduction – 5 Days
- 2009, Oct. Mindfulness Based Stress Reduction, Practicum Seminar for Group Facilitators – 3 Days
- 2010/11 CODI (Co-occurring Disorders Initiative) Training Modules
- 2011 Dialectical Behavior Therapy (DBT) 5 Day Intensive Training