


Clarissa A. Medrano

(915) 342-3360 

Clarissa.a.medrano.civ@army.mil 

6716 Crucero del Sol 
El Paso, TX 79911

EDUCATION

Master of Occupational Therapy

University of Texas at El Paso
December 2019

Mind-Body Wellness Practitioner

Southwest Institute of Healing Arts,
Tempe, AZ
2012

Bachelor of Arts, Multidisciplinary Studies

University of Texas at El Paso
2009

LICENSURE

Occupational Therapist

NBCOT #437574
TX Board of OT Examiners
#120812

CERTIFICATIONS

Traumatic Event Management Facilitator

Certified Teacher:

Special Education EC-12 & General
Education 4-8

Mind-Body Wellness Practitioner:

Life Coach, Hypnotherapist,
Nutrition Counselor

Certified Yoga Instructor

PROFESSIONAL PROFILE

A compassionate leader with strong interpersonal and communication skills, dedicated to providing holistic care with a focus on human performance. Professional knowledge of physical therapy, nutrition, spirituality, strength and conditioning, and mental readiness. Enthusiastic team player driven to achieve exceptional individual outcomes as a critical member of an interdisciplinary team to improve overall soldier readiness.

WORK HISTORY

Interim Holistic Health and Fitness (H2F) Program Director

1AD Combat Aviation Brigade | El Paso, TX | December 2022 – Present

- Working experience managing pre-rehabilitation, physical therapy, dietetics, mental/spiritual readiness, resiliency, and rehabilitation services to meet Soldier readiness needs. Background in occupational therapy offers familiarity with biomechanics, human physiology, nutrition for activities of daily living, and cognitive rehabilitation.
- Consistently have a pulse on classes provided by our H2F domains, including tactical fueling, macros, weight management, injury prevention, body mechanics, tactical mindset, and sleep.
- Ensures execution of the H2F program in developing and implementing evidence-based practices and supporting policies that are required to enhance the force's overall health, fitness, and readiness.
- Monitors the program's effectiveness and makes recommendations for program modification via data collection. Data collection includes domain and programming utilization, sleep metrics, and high-risk Soldier behavior.
- Conducts health and wellness education via briefings, classes, and seminars on the topics from the physical and nonphysical readiness domains of the H2F System with particular emphasis on human performance during Holistic Health and Fitness Facilitators and Iron Eagle Orientation courses.
- Guides and leads H2F staff for the execution and development of specific program goals as directed by the BDE COL and XO. Provides mentorship and team building among the H2F team members during weekly and monthly meetings and 1:1 sessions.
- Communicates Active Duty, civilian staff, contractors, and other personnel as indicated during the Health and Wellness Working Group, Staff Update Brief, CAB Staff Synch, and Command and Staff briefings. Advises the BDE on human performance program design, testing protocols, metric collection, and personnel roles.

Occupational Therapist

1AD CAB H2F – Mental Readiness Domain | El Paso, TX | June 2021 – Present

- DIV Mental Readiness LNO | September 2021 – Present
- Liaises with the H2F team, leadership, and DIV to ensure the goals of the Health and Wellness Working group are met.
- Briefs Command Teams on the progress of the Mental Readiness team's initiatives and progress.
- Contributions as LNO include program development and implementation of the Ft. Bliss Resiliency screen, a new program requiring coordination of outside resources, development of products, and weekly reporting.

SKILL HIGHLIGHTS

Team training, supervision and leadership

Research and evidenced-based treatment planning

Data analysis

Mindfulness techniques to address anxiety and pain

Empathetic and culturally aware

Trauma informed care

Detail-oriented, adaptable

Creation of briefings and classes

Excels in biomechanics, kinesiology and ergonomic evaluations for injury prevention, treatment, rehabilitation and enhancement

VOLUNTEER

TOTA

Rio Grande District Secretary, El Paso, TX
December 2019 – Present

TOTA

Mental Health Ad Hoc Committee Chair, TX
November 2019 – October 2020

SOTA

UTEP, El Paso, TX
June 2017 – December 2019

St. Luke Catholic Church

El Paso, TX
January 2014 – Present

United Service Organizations

El Paso, TX
January 2010 – Present

Sexual Trauma & Assault Response

Services
El Paso, TX
August 2007 – August 2008

INTERESTS

Hiking

Mountain Biking

Photography

Traveling

REFERENCES

Nicole Boger

1AD CAB Program Director
Nicole.e.boger.civ@army.mil
(912) 401-7633

Nick Guerrerro

Facilitator OT PT
El Paso ISD Special Education
nguerrer@episd.org
(915) 230-2833

Jimmy Moody, DPT, CEO

PAM Rehabilitation Hospital
JMoody@pamrehab.com
(915) 329-2722

- Supervision of civilian occupational therapy assistant. Mentoring and coaching to develop proficiency in teaching human performance classes, reviewing and editing brochures and social media posts, guiding and aiding in modifications to Soldier treatment plans, and weekly meetings to ensure the Mental Readiness domain is meeting BDE and DIV goals.
- Provide daily comprehensive, evidence-based occupational therapy services to maximize Soldier performance and improve unit readiness. Services include stress management, cognitive behavioral therapy, dialectical behavior therapy, mindfulness, and breathing practices.
- Evaluate and provide holistic solutions addressing physical readiness factors that impact Soldier performance, including lifestyle habits, routines, sleep patterns, self-awareness, communication, cohesion, anger/stress management, problem-solving skills, and behavioral health concerns using combat and operational stress principles.
- Create educational products and resources to maximize Soldier performance and improve unit readiness, such as stress management and leadership FRD courses.
- Conduct education via briefings, classes, seminars, and workshops on topics required to meet the mental readiness needs of the Soldiers. Courses taught include tactical mindset, sleep, effective communication, stress management, and leadership. The classes aim to reduce suicides, increase the Soldier's mental resilience, and improve leadership skills across the BDE.
- Conduct analysis and research on human performance – sleep. Currently tracking Home Station Mission Command Soldiers' hours of sleep across ranks and BN's to improve readiness.
- Coordinate the rehabilitation or wellness activities for individual Soldiers or groups of Soldiers with the brigade. Integrates expertise with the H2F team to arrive at coordinated, holistic care plans designed to achieve the H2F program objectives.
- Integrate OT expertise in sleep and mental readiness with the CAB H2F domains to arrive at coordinated, holistic care plans designed to achieve the H2F program objectives.

El Paso Independent School District | El Paso, TX | July 2020 – June 2021

Occupational Therapist, Grades Pre-K to 12

- Daily collaboration with district administration, speech therapists, physical therapists, diagnosticians, and school staff on student evaluations, development of Individualized Education Plans, and student advocacy.
- Plan and provide direct or consultative holistic services to include fine and gross motor skills, visual perception, attention to task, and sensory processing consistent with occupational therapy goals for students with disabilities such as down syndrome, autism, intellectual disabilities, and cerebral palsy.
- Design, construct, alter and provide students with adaptive equipment and devices to promote maximum independence, such as splints and sensory regulations tools.
- Run Response to Intervention to improve the quality of instructional practices for all students and provide instructional and behavioral supports for students to ensure success in grades Pre-K to 12.
- Provide staff development training in assigned schools to assist school personnel with selecting and using adaptive equipment and understanding the occupational therapy program.

Cobalt Rehabilitation Hospital | El Paso, TX | April 2020 – November 2020

Inpatient Occupational Therapist

- Complete initial and regular patient assessments and reassessments promptly, documenting outcomes and data collection and interpretation.
- Provides occupational therapy to those whose ability to cope with tasks of living are threatened or impaired by developmental deficits, physical injury or illness, emotional, psychological and social problems, the aging process, and the effects of economic and cultural barriers.
- Evaluate care interventions and their effect on outcomes; document progress and variances to expected results.
- Participate in the plan of care of patients in collaboration with interdisciplinary team and physician. Provide ongoing patient/family education. Participate in monitoring patient perceptual outcomes and address them as appropriate.

AWARDS & PUBLICATIONS

AWARDS

- Department of the Army – Certificate of Achievement, 1st and 2nd QTR FY2022
- Texas Occupational Therapy Association – Horizon Award 2021
- Texas Occupational Therapy Association – Student Leadership and Interdisciplinary Team Award 2019
- UTEP MOT – Outstanding Graduate Award

PUBLICATIONS

- Creating a Mindful Classroom | Research Gate | 2020
- Addressing Mental Health Needs in Elementary School Children Through Collaboration | AOTA Mental Health Special Interest Section | 2020
- Self-Care for Healthcare | Submitted to TOTA Conference 2020

GRADUATE STUDENT PROFILE

UNIVERSITY OF TEXAS AT EL PASO | El Paso, TX | June 2018 – August 2019

Graduate Teaching Assistant

NEURORESTORATIVE | El Paso, TX | Adults | August 2019-December 2019

Occupational Therapy Student

- Assessed and treated patients with brain and medically complex injuries, most specifically: stroke, TBI, glioma, glioblastoma and electrocution with the goal of rebuilding their lives and increasing independence to return to their homes and reintegration of their communities.

EL PASO CHILDREN'S HOSPITAL | El Paso, TX | Pediatrics | May 2019-August 2019

Occupational Therapy Student

- Assessed and treated patients with amputations, burns, gunshot wounds, post-stroke, post-injury, and those with developmental disabilities in the following departments: inpatient (PICU, General Pediatrics, Oncology), outpatient, NICU, and the hospital's craniofacial clinic.

BUTLER HOSPITAL | Providence, RI | Mental Health | May 2018

Occupational Therapy Student

- Participated in the mental health care of patients in the following departments: inpatient adult intensive, general psychiatric, geriatric, and partial hospital (CBT, DBT, and Young Adult programs).

UNIVERSITY OF TEXAS AT EL PASO | El Paso, TX | May 2017 – DECEMBER 2019

- Master of Occupational Therapy Student

PERTINENT WORK HISTORY

CHAPIN HIGH SCHOOL | El Paso, TX | September 2009 – May 2017

Special Education Instructional Coach, Special Education Teacher, Assistant Swim Coach

- Taught English 1-4, Algebra 1-2, and Geometry in general and special education settings.
- Assistant swim coach for three years; provided mental performance support and dry land workouts.
- Collaborated with district/school administration, campus staff, students, and parents to provide students with appropriate learning activities and experiences designed to fulfill their intellectual, emotional, physical, and social potential.
- Provided and delivered instruction to all students enabling them to develop competencies and skills to function successfully in society.
- Planned and implemented programs of study following state and district goals & curriculum, which meet individual student needs.
- Created and implemented IEP PLAAFs, goals, accommodations, and modifications based on academic and testing analysis for students.
- Provided general education teacher support and assisted in developing lesson plans that met the needs of student IEPs while maintaining rigor.
- Monitored teacher and student progress to ensure overall success and post-secondary readiness.