

## Profile

Merika

First Name

Reagan

Last Name

Middle Initial

[Redacted]

Email Address

[Redacted]

Street Address

[Redacted]

City

[Redacted]

Suite or Apt

[Redacted]

State

[Redacted]

Postal Code

Primary Phone

Alternate Phone

City Hikes Dog Walking & Pet Sitting

Employer

Owner

Job Title

## Which Boards would you like to apply for?

Housing, Residential Rent and Relocation Board: Submitted

## Interests & Experiences

**Please tell us how your qualifications and participation will relate to the requested board and/or commission's mission.**

Thank you for reviewing my application to serve as an alternante rent board member. My experiences over the last eight years makes me a great addition to the board. I am very active and passionate about community work. The community organizations I work with are ACCE, (ADOS) American Decendants of Slavery, and most recently (CBE) Communities for a Better Environment. In 2016 I became a member of (ACCE) Alliance of Californians for Community Empowerment to help underserved renters negotiate with their landlords. I became a member after receiving help with my landlord wanting to raise my rent by \$350. Thanks to ACCE organizers and members I was able to get my landlord to agree to a \$50 increase which helped me stay in my home. After that I became a very active member to help others in similar situations. Since then I have become a leading member and have helped with 2 other chapters. Just this month I was nominated and elected to the ACCE state board. I really do want to make a positive impact in the lives of Oakland renters and I believe serving on the Oakland Rent Board is a great opportunity. Thank you so much for your time and consideration.

***Please submit your resume or curriculum vitae. You may upload a document. (A Word format is preferred.) Alternatively, you may paste the text of your resume in the field provided below.***

[Merika-Reagan\\_-MA.pdf](#)

Upload a Resume

**Please paste the text of your resume or curriculum vitae below.**

# Merika Reagan, MA

## **Small Business Owner - City Hikes Dog Walking & Pet Sitting, LLC**

Oakland, CA 94621

Accomplished and respected psychotherapist with a demonstrated background, which includes psychodynamic theory, behavior modification theories (CBT and DBT), and narrative therapy with diverse populations that include adolescents, ex-offenders and severely mentally ill adults.

### KEY LEADERSHIP STRENGTHS

- Hands on Management
- Financial Management
- Staff Development
- Contract Negotiations
- Effective Communicator

## Work Experience

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### **Small Business Owner**

City Hikes Dog Walking & Pet Sitting, LLC

2012 to Present

- Provide clients with peace of mind and pets with excellent service
- Hire and train all employees to be the best dog walker and pet sitters
- Manage payroll and all HR responsibilities
- Supervise a team of 10 direct care staff and 1 admin assistant.
- Manage advertising and social media engagement budget

### **Skills Trainer**

Trumpet Behavioral Health

2012 to 2012

- Work one on one with individuals in their home or one of our centers
- Help clients reach individualized goals under the supervision of a Board-Certified Behavior Analyst
- Use a company provided tablet to collect data on programs
- Collaborate with a care team to ensure client progress

### **Grad Student**

Argosy University

2009 to 2012

### **Day Treatment Counselor**

Rubicon Programs - Richmond, CA

2008 to 2009

- Facilitated six therapeutic groups weekly and four individual counseling sessions weekly.
- Completed at least two intake/Authorization forms with prospective new clients monthly.

## **Case Manager, FSA/CAP**

Family Service Agency-Community after Care Program - San Francisco, CA  
2007 to 2007

2007

- Conducted case management with a case load of sixty severely mentally ill clients residing in boarding care homes, nursing homes, mental hospitals and independently.
- Liaison between all clients, psychiatrist, pharmacy, lawyers, CPS, Social Security offices, Etc.
- Assisted all clients with obtaining medications, proper identification, documentation for public transportation, and keeping medical appointments.

## **Mental Health Specialist**

Out Patient Medication Clinic - Oakland, CA  
2007 to 2007

2007

- Liaison between all clinic patients, psychiatrist, pharmacy, lawyers, CPS, Social Security offices, etc
- Bill forty hours of face to face patient services under CA medical billing system.
- Attended weekly staff meetings and trainings.

## **Case Manager II**

Cornell Companies Federal Halfway House - San Francisco, CA  
2005 to 2007

- Conducted case management orientation with all new arrivals.
- Weekly direct contact with client case load of sixty-five.
- Assisted clients with creating a viable release plan i.e. making sure that their housing plans, medical care, mental health after care, and or drug after care are set up before release.
- Conducted on-site visits to determine home pass eligibility.
- Liaison between resident's parole/probation officer, lawyers and doctor.

## **Job Developer**

Cornell Companies Federal Halfway House - San Francisco, CA  
2004 to 2005

- Conducted employment orientation for all new arrivals.
- Facilitated weekly job search workshops for all unemployed inmates.
- Developed data-based system for tracking all unemployed and employed inmates.
- Made weekly accountability calls to the resident and the employer which increased inmate accountability in the community by 68%.
- Accountability liaison between client and employer.

## **Residential Treatment Counselor**

St. Elizabeth's Adolescent Program - San Francisco, CA  
1999 to 2002

- Worked closely with the treatment team implementing various individual treatments plans for each client within the program.
- Execute planned and impromptu recreation and activities.
- Observing and reporting the daily activities of the clients in program legal documentation log.
- Administered prescribed medication.
- Performed drug and alcohol screening.

- Monitored all clients' personal treatment goals according to the individual treatment plan.

## Education

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### **Master of Arts in Counseling Psychology in Marriage and Family Therapy**

Argosy University  
2008

### **Bachelors of Arts in Psychology in Psychology**

San Francisco State University  
2004

### **Doctorate in Counseling Psychology in Education**

Argosy University

## Skills

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Management (10+ years), Leadership Development (10+ years), Counseling (10+ years), Case Management (10+ years), Group Facilitation (10+ years), Sales (10+ years)

## Links

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<http://www.linkedin.com/pub/merika-reagan/15/608/796>

## Assessments

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### **Management & Leadership Skills: Planning & Execution — Proficient**

July 2019

Measures a candidate's ability to effectively plan and manage resources to accomplish organizational goals.

Full results: [https://share.indeedassessments.com/share\\_assignment/dfefr1-695sby2s](https://share.indeedassessments.com/share_assignment/dfefr1-695sby2s)

### **Data Analysis — Familiar**

August 2019

Measures a candidate's skill in interpreting and producing graphs, identifying trends, and drawing justifiable conclusions from data.

Full results: [https://share.indeedassessments.com/share\\_assignment/bkech036aelygt6w](https://share.indeedassessments.com/share_assignment/bkech036aelygt6w)

Indeed Assessments provides skills tests that are not indicative of a license or certification, or continued development in any professional field.

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Please click the acknowledgement below.

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Service on City of Oakland boards, commissions, and committees may require filings of the FPPC's Statements of Economic Interest (Form 700). Upon appointment and determination of filing status, I will comply with all filing obligations.

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I Agree \*