



Meet the NYSSWA Board: **Monique Johnson, LCSW, Certified Health Coach**

Westchester Alternate Regional Representative



Monique Johnson is a licensed clinical social worker, certified school social worker, and certified health and wellness coach who specializes in evidence-based counseling practices for early adolescents, teens, young adults, adults, elderly, and families. In addition to private practice, Monique is currently a school social worker at Ardsley High School, a position she has held for over 20 years. Prior to working in a school setting, she worked as a clinical social worker in geriatrics, psychiatry, and substance abuse. Monique received her master's in clinical social work degree from Fordham University. She has extensive training and experience in both dialectical behavior therapy (DBT) and cognitive behavior therapy (CBT). In 2008, she and her colleagues at Ardsley High School were one of the first schools in the country to implement a comprehensive DBT program in a school setting and DBT for parenting. In more recent years, Monique and her colleagues at Ardsley also began implementing school-based CBT as well.

Monique has a strong interest and commitment to assisting cancer patients and their families. In 2006, she facilitated breast cancer support groups at Gilda's Club of Westchester. In 2007, she co-founded a not-for-profit organization, In the Pink Foundation to help young breast cancer survivors and their families by offering support groups, resources, and social activities. Monique is also well-trained in prevention work. She designed and implemented one of the first wellness centers in a high school setting. She organizes annual district-wide wellness fairs. She helps inform students, staff, and parents on wellness and health concerns. As a certified health and wellness coach, Monique counsels on transforming health through habit change. Monique is trained in mindfulness and incorporates mindfulness practice into much of her work. She holds certificates in MBSR, MBSR- T, yoga, and mindfulness techniques. Lastly, Monique is a seasoned prevention speaker, with over 27 years of experience in presenting on wellness, parenting strategies, teen challenges, stress reduction, and communication skills.