

MEAGAN RUFFING

DIRECTOR, COUNSELING &
WELLNESS

CONTACT



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CAREER OBJECTIVE

Dedicated mental health professional well-versed in providing compassionate, patient-centered care for adults, children and families. Skilled in creating individualized treatment plans that address mental health and emotional needs. Possesses strong verbal and written communication skills, as well as a keen ability to form meaningful relationships with clients.

EXPERIENCE

August 2021 - Present

Director, Counseling & Wellness

Northwest Arkansas Community College, Bentonville, AR

- Intervene in crisis situations to deescalate and resolve crises.
- Work with clients to develop treatment plans and goals.
- Provide individual counseling for a broad range of clients.
- Coordinate crisis management and suicide prevention efforts.
- Direct all aspects of project management including planning, budgeting, staffing, scheduling, monitoring, and reporting.
- Revise therapy approaches based upon patient progress, limitations and needs.
- Collaborate with stakeholders to identify areas for improvement and develop strategies for growth.
- Cultivate relationships with key internal and external stakeholders.
- Provide leadership in times of crisis or change initiatives.
- Implement effective policies and procedures that enabled the organization to meet compliance requirements.
- Organize client referrals to appropriate services and resources.
- Complete psychosocial assessments of clients.
- Manage multiple projects simultaneously while staying within deadlines.

August 2020 - Present

LAC/LAMFT

4 Rivers Counseling, Bentonville, AR

- Maintain detailed records of client progress and interventions used during therapy sessions.
- Participate in case reviews with other clinicians to discuss complex cases requiring interdisciplinary collaboration.
- Support clients throughout the discharge process by providing continuity of care recommendations.
- Evaluate the effectiveness of therapeutic interventions through ongoing assessment of client progress towards established goals.
- Attend professional development workshops related to current research in the field of mental health counseling.

August 2019 - May 2021

Special Education Instructional Assistant

Osage Creek Elementary School, Bentonville, AR

- Collaborated with teachers and other staff members to create effective learning strategies for students with special needs.
- Provided one-on-one support to students with disabilities in the classroom setting.
- Monitored student behaviors both inside and outside of the classroom environment.
- Developed activities that encouraged socialization among peers and promoted self-esteem in students.

EDUCATION

Expected Graduation October 2025

Doctor Of Philosophy (Ph.D.) In Counselor Education and Supervision Candidate

University of the Cumberlands, Williamsburg, KY, US

August 2021

Master Of Science (M.S.) In Marriage and Family

John Brown University, Siloam Springs, AR

June 2005

Bachelor Of Arts (B.A.) In Journalism

Northeastern University, Boston, MA, US

SKILLS

- Health and Wellness Management
- Wellness Screening
- Individualized Care Plans
- Team Meeting Management
- Operational Procedures

CERTIFICATIONS

- Licensed Associate Counselor
- Licensed Associate Marriage and Family Therapist
- EMDR Trained

COMMUNITY SERVICE



August 2016 - Present

Troop Leader

Girl Scouts of America, Bentonville, AR