

JESSICA KRASS

Forest and Trees Psychological Wellness, LLC
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EDUCATION

Graduate School of Applied and Professional Psychology | Rutgers University | Piscataway, NJ

- Candidate for Doctor of Psychology (Psy.D.) in School Psychology *Awarded August 2024*

Undergraduate College | Rutgers, The State University of New Jersey

- Bachelor of Arts, *Summa Cum Laude*, January 2020 *September 2016 - January 2020*

HONORS & DISTINCTIONS

School of Arts and Sciences (SAS) Honors Scholar | Rutgers University

January 2020

CLINICAL EXPERIENCE

Forest and Trees Psychological Wellness, LLC | Highland Park, NJ

September 2025 - Present

Associate Psychologist

- Conduct intake evaluations and provide individual therapy to adolescents and adults
- Support executive functioning, coping skills, and emotional regulation through evidence-based interventions
- Conduct family therapy, parent consultations, and caregiver coaching
- Develop supporting documentation for academic accommodations and college needs
- Maintain clinical documentation and manage client billing/invoice records

Perth Amboy High School | Perth Amboy, NJ

September 2024 - Present

Non-Traditional School Psychologist

- Analyze MTSS data to identify and support Tier 1, Tier 2, and Tier 3 students
- Facilitate Student Support Team and Tier 3 meetings to guide intervention planning
- Develop clinical interventions for students with mental health and school engagement concerns
- Collaborate with staff, families, and community providers to support student outcomes
- Connect families with resources while promoting culturally responsive support practices

3E Center | Chester, NJ

November 2023 – August 2024

Mental Health Specialist

- Provide mental health counseling services to youth and young adults
- Extend mental health services to underserved populations, with a focus on immigrant families

- Effectively communicate intricacies of mental health services to parents and their children
- Discuss cases with individual supervisor for feedback
- Manage clients' billing processes to ensure accuracy and timeliness in payment transactions
- Maintain consistent communication with site director to uphold up-to-date logistical operations

The Haven | Piscataway, NJ

Intern

September 2023 – August 2024

- Conduct individual therapy with students in grades 9-12
- Conduct individual therapy with families and their children in grades K-8
- Lead or co-lead mental health focused groups for students in grades 9-12
- Lead or co-lead parent support groups
- Present in freshman classrooms regarding clinic resources and mental health topics
- Participate in weekly individual and group supervision
- Attend staff meetings to discuss program logistics

The Haven | Piscataway, NJ

Extern

September 2022 – August 2023

- Conduct individual therapy with students in grades 9-12
- Conduct individual therapy with families and their children in grades K-8
- Lead or co-lead mental health focused groups for students in grades 9-12
- Lead or co-lead parent support groups
- Participate in weekly individual and group supervision

Motivation for Academic and Personal Success (MAPS) Program | Somerville, NJ

Extern

September 2022 – June 2023

- Conduct individual therapy with students in grades 9-12
- Facilitate psychoeducation group for at-risk adolescents
- Consult with teachers to support students' academic and psychosocial success
- Participate in monthly peer supervision meetings to discuss case conceptualizations
- Participate in weekly supervision with clinical supervisor

Center for Psychological Services (CPS) | GSAPP | Rutgers University | Piscataway, NJ

Assessment Student Clinician

August 2022 – May 2023

Supervisor | Maria Wedin, Ph.D. | Kenneth Schneider, Ph.D.

- Conduct and write comprehensive psychoeducational evaluations for adults and children presenting with a variety of attention, mood, and learning difficulties
- Administer and score psychological assessments evaluating intellectual functioning, attention, processing speed, executive functioning, memory, visual spatial skills, and personality
- Conduct feedback sessions and provide appropriate recommendations to patients based upon testing results

Youth Anxiety and Depression Clinic | Piscataway, NJ

Diagnostic Interviewer

September 2021 – August 2022

- Conducted diagnostic interviews for the treatment of youth (ages 9-17) with anxiety and mood disorders using:
 - Anxiety Disorders Interview for Children (Parent/Child), Clinician Global Inventory, Child Depression Rating Scale – Revised (ADIS)
 - Olweus Bullying Inventory (plus impairment scale)
 - An alcohol and drug screening interview (13+)
- Received risk assessment and child abuse training
- Attended weekly ADIS supervision and lab meetings

Practicum at Washington Elementary School | Plainfield, NJ

Doctoral Student Intern

January 2021 – June 2022

- Attended weekly behavioral counseling and IEP meetings with supervisor
- Formulated comprehensive psychological reports
- Conducted cognitive and social-emotional assessments
- Conducted group behavioral counseling with students from grades K-5
- Communicated with parents regarding their child's assessment results

New Brunswick High School ISS Program | New Brunswick, NJ

Intern

September 2019 - December 2019

- Met with students in In-School Suspension (ISS) to discuss their behavior
- Discussed student-reported underlying needs and motivations related to disputes with adults and peers
- Identified possible interventions to reduce repeated disputes
- Consulted with supervisors on ways to improve school climate

Integrative Psychology of New Jersey | Kendall Park, NJ

Administrative Assistant

January 2019 - August 2019

- Scanned and uploaded patient files
- Researched methods to improve Dr. Monika Kushwaha's website

RESEARCH

Dr. Anne Gregory's Research Lab | Rutgers University

Graduate Research Assistant

September 2020 – February 2022

i3 Whole School Restorative Practices and Racial Equity Project (a randomized control trial to evaluate a whole school Restorative Practices (RP), social emotional learning (SEL), and racial equity initiative in Brooklyn, NY)

- Conducted qualitative data analysis
- Synthesized survey data from student ($n = 1,694$) and staff ($n = 428$)
- Co-authored individual school reports based on student and staff survey data
- Obtained CITI certificate
- Pilot tested online survey instrument about school climate, perceptions of safety, perceptions of equity and racial climate

Dr. Maurice Elias's Research Lab | Rutgers University

Field Research Assistant

August 2016 – December 2019

- Entered data into excel from student surveys regarding their involvement in changing school climate and being class ambassador
- Observed social emotional learning instruction in elementary, middle, and high schools
- Collaborated with principal of New Brunswick High School on ways to implement social and emotional learning in school environment

ACADEMIC SERVICE

GSAPP Student Alliance | GSAPP | Rutgers University

Student Representative

September 2020 – May 2021

- Assisted GSAPP Student Alliance in establishing and maintaining active communication between student body, faculty, and administration, as well as providing feedback on program structure and development, and planning student events.

RELEVANT ADDITIONAL TRAINING

Additional Training

- Motivational Interviewing
- Semi-structured mental health clinic intake
- Weschler Intelligence Scale for Children – Fifth Edition (WISC-V)
- Woodcock-Johnson IV Tests of Cognitive Abilities (WJ-IV COG)
- Woodcock-Johnson IV Tests of Achievement (WJ-IV Achievement)
- Anxiety Disorders Interview for Children (Parent/Child), Clinician Global Inventory, Child Depression Rating Scale – Revised (ADIS)
- Vineland Adaptive Behavior Scales – 3rd Edition (Vineland-3)
- Behavior Assessment System for Children – 3rd Edition (BASC-3)

PRESENTATIONS AND PUBLICATIONS

Presentations

- **Krass, J.** (2023). Homework Habits and Study Skills. *Annual Parent Night*, Piscataway High School, Piscataway, NJ.

Presentations

- NASP Presentation submitted - *Energizing Change Agents for Implementation of School-Wide Restorative Practice*, to be presented at NASP Conference February 2022

Publications

- Gregory, A., Ward-Seidel, A. R., Cohen, M., Hackshaw, J., **Krass, J.**, & Trent, A. (2021, January 11-12). *Equitable and restorative approach to school discipline policy and practice*. Coalition for Educational Equity virtual workshop held for PA, DE, & NJ school districts.
- Gregory, A., Ward-Seidel, A. R., Huang, F., & **Krass, J.** (2021, June). 2020 Summary Report of Student and Staff i3 Survey Data, Rutgers University, New Brunswick, NJ. Eighteen Confidential Reports.

CHILD/SCHOOL EXPERIENCE AND ADDITIONAL INFORMATION

St. Mary's Church | East Brunswick, NJ

Tutor

November 2021 – Present

- Prepare lessons to aid students in Grades 1-3 who are having difficulty with reading, writing, and math
- Assign homework to students to follow up on their progress with the material
- Communicate with parents on at home interventions to follow up with that is taught in session

Summer Camp Counselor

September 2012 - Present

- Supervise and plan field trips
- Prepare and teach lessons to children in grades 1-7

Languages

- Arabic (fluent in speaking)
- Spanish (proficient in speaking, reading, writing)

REFERENCES

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| • Dr. Anne Gregory, Ph.D. Rutgers University | annegreg@gsapp.rutgers.edu |
| • Dr. Jeffrey Segal, Psy.D. Rutgers University | jbs91@gsapp.rutgers.edu |
| • Dr. David Shernoff, Ph.D. Rutgers University | david.shernoff@rutgers.edu |