

Hannah Lindqvist

MENTAL HEALTH ASSOCIATE

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SUMMARY

Mental Health Associate with 18 months in partial hospitalization and intensive outpatient care, plus nearly 2 years on a regional crisis line. Runs DBT and CBT skills groups with therapists, completes intake screening and C-SSRS risk checks, and keeps clean documentation for the care team. Known for steady interpersonal skills and clear communication with clients and families.

EXPERIENCE

Mental Health Associate

05/2025 - Present

Northstar Behavioral Health

Minneapolis, MN

Adult partial hospitalization and IOP program with 45 daily clients.

- Facilitate 4 DBT and CBT skills groups a week with licensed therapists for 10-12 clients each.
- Complete PHQ-9 and GAD-7 screenings at intake and weekly, then chart scores for the psychiatrist.
- Conduct C-SSRS risk check-ins and escalate positive screens to the clinician on duty within 15 minutes.
- Track attendance and insurance authorizations in Excel, helping hold program attendance at 88%.

Crisis Line Specialist (Part-Time)

08/2023 - 04/2025

Twin Cities Crisis Connection

St. Paul, MN

Regional 24-hour mental health support line, worked part-time during college.

- Answered 30+ crisis calls a week, using de-escalation and safety planning with callers in distress.
- Referred callers to mobile crisis teams, shelters and outpatient care from a 400-entry resource guide.
- Logged each call in the line's database within 10 minutes of hanging up.
- Trained 6 new volunteers on call flow, active listening and when to dispatch emergency services.

SKILLS

DBT

CBT

Intake Screening

C-SSRS

PHQ-9

Safety Planning

De-escalation

Excel

Interpersonal Skills

Communication

EDUCATION

Bachelor of Arts

05/2025

University of Minnesota

Minneapolis, MN

Psychology

CERTIFICATES

CPR and First Aid

04/2025

American Heart Association

QPR Gatekeeper Training for Suicide Prevention

09/2023

QPR Institute