

Sharon Lacher

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Professional summary

Efficient and compassionate part-time behavioral health professional with 3 years of experience leading support groups and sharing recovery stories to empower individuals with mental health conditions. Skilled in crisis intervention, group therapy facilitation, and collaboration with healthcare professionals. Holds certifications in Mental Health First Aid and peer support, dedicated to fostering emotional regulation and coping skills in diverse populations.

Willing to relocate to: Cockeysville, MD - Hunt Valley, MD - Baltimore, MD

Authorized to work in the US for any employer

Work experience

Volunteer Text Crisis Counselor

August 2026 to Present

I practice with individuals who are in crisis and connect with them to keep them safe.

Volunteer

NAMI-Baltimore-MD | Baltimore, MD

May 2023 to Present

I lead support groups for individuals with mental health conditions

I share my story of recovery to psychiatric patients

Medical Technologist

University of Maryland Medical System | Baltimore, MD

May 2007 to January 2023

Ran lab tests and maintained equipment

Education

Volunteer Text Crisis Counselor (Online course)

Remote

July 2026 to August 2026

Medical Technology (Bachelor's degree)

University of Maryland-Baltimore

August 2001 to May 2003

Medical Laboratory Technology (Associate's degree)

Stevenson University

August 1999 to May 2001

Skills

Performing background checks

Coping skills

De-escalation techniques

Data entry

Collaborate with healthcare professionals

Vital signs

Administrative experience

Conflict management

Providing care for residents

HIPAA

Mental Health Services (2 years)

Active listening Mental health services Hospital Experience Crisis management
 Psychiatric care Individual / group counseling Working with young adults
 Suicide prevention techniques Behavior management Patient monitoring
 Mental health counseling Behavioral health Behavioral therapy Writing skills Teamwork
 Customer service Self-help group facilitation Empathy Clerical experience
 Experience working with children Coping skills peer support Emotional regulation techniques
 Group therapy - Largest number of group therapy sessions conducted monthly (1-5 sessions)
 Laboratory experience Patient interaction Cognitive behavioral therapy Crisis intervention
 Experience with individuals with generalized anxiety disorder (GAD) Motivational interviewing
 Community advocacy Sharing personal recovery experiences Presentation skills
 Experience with individuals with mental health conditions Working with trauma survivors
 Collecting samples for laboratory testing Conflict de-escalation Complaint handling
 Peer support program experience Communication skills

Languages

English

Awards

Volunteer

Award for NAMI. The unshakable spirit award for the most resilient and reliable volunteer.

Certifications and licenses

Mental health first aid

April 2025 to April 2028

I have been trained on how work with individuals who have mental health conditions.

Driver's License

ASCP Certification

Mental Health First Aid (MHFA)

First Aid Certification

CPR Certification

BLS Certification

MLT Certification

Clinical Laboratory Scientist License

Medical Laboratory Scientist Certification

Medical Technologist