

Sandra N.  
Crespo

LICSW

Public Speaker  
Mental Health Advocate



## Biography

Sandra N. Crespo is a licensed clinical social worker, professor, and advocate for diversity in social work leadership and wellness. As a Clinic Director for Transformations Care Network in the DMV region, she oversees a multidisciplinary practice that integrates technology and clinical therapy for inclusive mental health care.

Sandra is also the founder of *Unalome Consulting Group* (UCG), an organization that aims to educate, coach, and nurture current and future leaders with a focus on the LatinX & Neurodivergent Community.

Sandra's career spans clinical practice, program design, and executive administration in Child Protective Services and the Department of Juvenile Justice in Massachusetts, Maryland, and Washington, D.C. At the DC Department of Youth Rehabilitation Services (DYRS), she designed the Youth Overcoming Unique Realities (Y.O.U.R.) Program, significantly reducing youth recidivism as part of DC Mayor Bowser's Safer DC Initiative.

As a NeuroDivergent leader, Sandra brings unique insights into the challenges faced by this community. She is pursuing her Doctor of Social Work (DSW) at Simmons University to support neurodivergent individuals in leadership roles.

A proud Puertorriqueña, Sandra is passionate about bridging the gap in Latina leadership. She resides in Washington, D.C., is an avid traveler, and a loving dog mom.

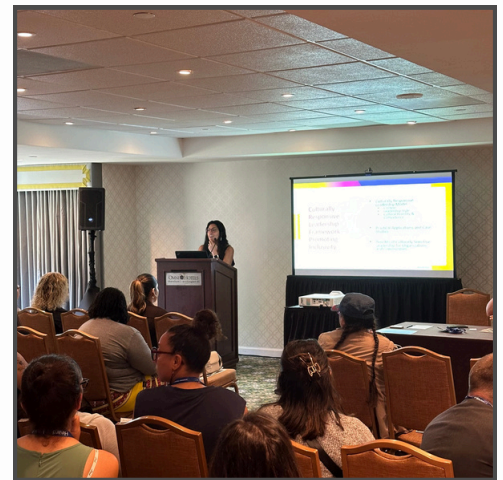
# Why Sandra for your next speaking engagement?

Sandra has been a sought-after and featured speaker at numerous events, including serving as the Keynote Speaker for the US Department of Labor Conference on Working with Returning Citizens, where she addressed "Expanding the Concept of Wellness."

Sandra is dedicated to transforming perceptions of ourselves as agents of change. She leverages her extensive expertise to advance leadership development and understand neurodivergence in the demanding field of social work. She seeks to collaborate with others who share her commitment to expanding opportunities for the LatinX community and destigmatizing neurodiversity.

## Sandra's areas of expertise

- Neurodivergence
- Leadership Development
- Personal Development
- Wellness
- Clinical Program Design



## Speaking Topics

### **Expanding the Concept of Wellness**

In today's fast-paced world, the traditional view of self-care as merely physical health practices like exercise and diet is evolving. This keynote speech, "Expanding the Concept of Wellness," explores refreshing new perspectives on self-care that encompass a holistic approach to well-being. These innovative strategies aim to integrate mental, emotional, and social health into our daily lives, promoting a more comprehensive understanding of wellness.

### **Unmasking ADHD: Embracing Differences, Empowering Success**

In "Unmasking ADHD: Embracing Differences, Empowering Success," Sandra dives into the often misunderstood world of Attention Deficit Hyperactivity Disorder (ADHD). This insightful speech aims to redefine ADHD, not as a limitation, but as a unique set of traits that can be harnessed for success.

Unmasking ADHD: Embracing Differences, Empowering Success

## Neurodivergent Leadership: Embracing Diverse Minds for Organizational Success

Sandra explores how neurodivergence can shape leadership styles, highlights the unique strengths and challenges of neurodivergent leaders, and discusses ways to create supportive work environments that enhance productivity. It also delves into why neurodivergence should be seen as a powerful asset in leadership, offering a fresh perspective on innovation, problem-solving, and team dynamics.

## Breaking Barriers: Addressing Latina Underrepresentation in Social Work Leadership

This presentation addresses the critical need to examine and tackle the underrepresentation of Latinas in leadership roles within social work. As the Latina demographic grows, understanding and overcoming the cultural scripts that hinder their progression is essential for fostering diversity and inclusivity.

### Scope of Services

Seminars, Webinars, Workshops, Coaching, & Training.

# Past Speaking Engagements

- Mental Health in Policing
- Trauma & Brain Development
- Interventional Medicine in Clinical Practice
- Non- Profit Leadership & Development
- Expanding the Concept of Wellness
- Unmasking ADHD: Embracing Differences, Empowering Success
- Nurturing Latina Leadership in Social Work



## Education

Doctoral Candidate at Simmons University

- Focus: Neurodivergent Leadership: Embracing Diverse Minds for Organizational Success

Master of Social Work – Boston University – Boston, Massachusetts (2015)

Bachelor of Arts in Sociology – Suffolk University – Boston, Massachusetts (2009)

## Certifications

Licensed Independent Clinical Social Worker (LICSW)

Certificate, Women in Leadership - Cornell University

Certificate, The Relational & Multi-Contextual Treatment of Trauma - Simmons University