Jason Lavalle

Behavioral Health Specialist, LICSW

Seattle, Washington · 206-486-4419 · jason@jasonlavallecounseling.com

Clinical & AI portfolio jasonlavalle.com/meta/

October 10, 2026

Meta Hiring Team
Wellness Response Partner

Dear Meta Hiring Team,

I have provided mental health care to Meta employees for eight years as a Lyra contracted provider, including support during crises and facilitation of medical leave. The Wellness Response Partner role interests me because it builds on that experience and my work using AI to improve clinical processes. I am a Washington LICSW with 14 years of postgraduate clinical experience and 10 years of independent licensure.

At Premise Health, I provide assessment, brief psychotherapy, and medical leave evaluations in the Fred Hutch employee clinic. Here and previously at UW Medicine, I have supported people from diverse cultural backgrounds. My work at UW included acute crisis support and suicide risk assessment in collaboration with physicians and psychiatrists. I am comfortable working with people in acute distress and adapting care to their circumstances and cultural context.

I enjoy working with professionals to identify where a process becomes difficult and finding practical ways to improve it. I developed a medical leave process to streamline clinical assessment and documentation for employees in crisis, now being expanded for use across all Premise Health sites. The work includes a web application that organizes clinical information and supports form completion. I manage my web projects from identifying the clinical need through design, revision, and publication.

I coordinate with clinic leadership and present care access and utilization statistics to inform workflow improvements, using interactive HTML presentations to make the findings accessible. I use ChatGPT for Clinicians, refine prompts and clinical instructions, and review outputs for omissions and unsupported statements. Clinical decisions and final documentation remain my responsibility.

My consultation work includes case review, treatment guidance, and ethical questions. At Premise, I also support therapist recruitment and hiring. Across these roles, I work with professionals to connect clinical needs with practical changes in how care is delivered.

I would be excited to bring this experience to Meta's Wellness Response Team and help improve how employees are supported during a crisis.

Thank you for considering my application.

Sincerely,
Jason Lavalle, LICSW