

Jamie Shea Smith, MSW, LCSW-C, LCAS-A Curriculum Vitae

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Education

University of Connecticut, School of Social Work **Current (2021-)**

Hartford, Connecticut

- PhD Student

University of Pittsburgh, School of Social Work **2013**

Pittsburgh, Pennsylvania

- Master's of Social Work
- Magna Cum Laude, GPA 4.0
- Certificate in Mental Health
- Dean's Scholar Award
- Research Study: Work with Sexually Abused Children: An Exploration of Challenges and Practitioner Strengths. *Qualitative analysis of clinical workers' perceptions of their work with specific trauma population. Assessment of areas of distress and protective factors impacting work trauma survivors.*

Salisbury University **2011**

Salisbury, Maryland

- Bachelor of Social Work
- Magna Cum Laude, GPA 3.9
- Independent Research Study: Peer Support. *Qualitative analysis of client perspectives on Positive Peer Culture model applied in a residential substance abuse recovery program.*

Wor-Wic Community College **2009**

Salisbury, Maryland

- Associate of Arts, with High Honors
- Honors Program, GPA 3.9
- Phi Theta Kappa Honor Society

Work Experience

The Personal Wellness Center, Salisbury MD **Nov 2019 – Present**

Community centered and holistic practice offering wellness services and clinical counseling. Mission: We support individuals and our community in bringing forth optimal wellness in MIND, BODY, and SPIRIT.

- Individual and family therapy, group experiential programming, assessments, documentation, referrals
- Upholding the values of TPWC including: integrity, respect, acceptance & belonging, community, responsibility, creativity and sustainability
- Use of various therapeutic modalities including ACT, MI, SFT, CBT, DBT skills, MBRP & other mindfulness-based interventions and experiential activities

Montford Hall School, Asheville NC

May 2017 - Feb 2019

Therapeutic boarding school for adolescent males age 13-17 with substance abuse and mental health issues. Primary therapist.

- Individual and group therapy, family therapy, planning and execution of quarterly family workshop programming, monthly psycho-educational webinars for families, assessments, discharge planning, timely and thorough clinical documentation, clinical on-call responsibilities
- Strong collaboration with academic and student life departments, lead Integrated Recovery Team meetings, weekly In-Service training for residential direct care staff, daily communication/coordination with student life and academic teams to provide collaborative and responsive care to students across settings
- Use of various therapeutic modalities including ACT, MI, MSFT, CBT, DBT skills & MBRP

Four Circles Recovery Center, Horse Shoe NC

July 2015- April 2017

Wilderness-based therapeutic program for young adults with co-occurring mental health and substance abuse issues. Primary therapist for women's program.

- Assessment, treatment planning, individual, group and family therapy, aftercare/discharge planning, and crisis management.
- Monthly Family Weekend Programming Development and Facilitation.
- Clinical support, education and professional development to direct care staff, on-call rotation, insurance utilization review and documentation.
- Strong clinical focus on trauma, self-worth, relational issues, emotional awareness and communication skills, family recovery, and use of ecotherapy interventions

Family Links, Pittsburgh PA

Sept 2013- May 2015

Family-Based Mental Health Services: providing intensive in-home services to families with children at risk for out of home placement. Service provision throughout Allegheny County. Primary therapist.

- Provision of individual and team delivered services to children and their families in home, school, and community settings.
- Individual and family therapy, crisis and safety planning, service coordination, and aftercare planning.
- Responsible for meeting weekly utilization goals, rotating on-call crisis service, maintaining documentation in compliance with Medicaid standards.

SPHS Care Center, Washington PA

Sept 2012 - Aug 2013

Community mental health center. Intern position that developed into contractual position as an outpatient therapist.

- Individual & family therapy, treatment planning, documentation, referrals, and coordination of care.

Licensure & Certifications:

- LCSW-C, Maryland, Lic # 25572
- LCSW, North Carolina, Lic # C010607 (previous, exp.)
- LCAS-A, North Carolina Lic # LCAS-22300
- First Aid & CPR certification, 2019
- TCI Certification, 2019
- CPI Certification, transition to TCI in 2017

Memberships & Affiliations:

- Wellbeing Economy Alliance
- National Association of Social Workers
- Association for Contextual Behavioral Science
- National Parks Conservation Association
- Center for Biological Diversity
- Asheville Humane Society
- Natural Resources Defense Council
- Union of Concerned Scientists
- Sierra Club

Advanced Training:

- Application of HIPAA in Behavioral Health; HIPAA & Electronic Communication/Social Media; HIPAA Basics; Incident Reporting in Behavioral Health; Limits of Confidentiality for Behavioral Health Clinicians (2022)
- Bloodborne Pathogens and Standard Precautions (2022)
- Cultural Competence (2022)
- Ethics for Counselors (2022)
- Trauma-Informed Care: Implications for Clinicians and Peer Support Specialists (2022)
- Traumatic Stress Disorders in Children and Adolescents (2022)

- Using Telehealth in Clinical Practice (2022)
- NASW MD Macro Social Work Conference (2020)
- Neuroscience of Anxiety and Stress (2020)
- Essentials in Implementing Telemental Health (2020)
- Motivational Interviewing (2018)
- NASW Clinical Supervision Certificate Training (2018)
- The Many Faces of Ethics (2018)
- ACT for Adolescents (2018)
- ACT for Beginners (2017)
- Arise Interventions (2016)
- Beyond Trauma: A Healing Journey for Women (2016)
- Honoring the Language of the Body: Somatic Experiencing (2016)
- Western Psychiatric Institute & Clinic: Structural Family Therapy (bi-weekly, 2013-2015)

Workshop Presentations:

- Mindfulness Retreat, TPWC, Dec. 2019
- Family Sculpting, Montford Hall, Sept. 2018
- Non-Violent Communication, Montford Hall, June 2018
- Family Sculpting, Montford Hall, March 2018
- Aftercare Planning, Montford Hall, Dec 2017
- Parallel Process, Montford Hall, Sept. 2017
- Family Sculpting, Montford Hall, June 2017
- Family Genogram, Four Circles, Spring 2017
- Family Experiential, Four Circles, Fall 2017

Webinar Presentations:

- 12-Step and Community Recovery, Montford Hall, Nov 2018
- Parenting Styles, Montford Hall, July 2018
- Self-Care, Montford Hall, April 2018, Oct 2017

Service:

- UCONN SSW Doctoral Student Organization Representative (2021-2023)
- Recovery Dharma Sangha Support Representative (Volunteer, 2019, 2yr term)
- Refuge Recovery Regional Representative (Volunteer, Southeast US, 2017, 3yr term)
- 12-Step Recovery Service (Volunteer, group and area levels, 2011-2018)
- Horse Sense of the Carolinas, Marshall, NC (2017)
- Western Pennsylvania Humane Society, Pittsburgh, PA (2013-2015)
- 4 Steps Therapeutic Riding Program, Parsonsburg, MD (2010-2011)

Publications:

Iacono, G., Holle, L., Smith, J., Lin, H.-J., Bietsch, B., & Watson, R. J. (2023). An exploratory analysis of overeating patterns among sexual and gender minority youth. *Social Work in Mental Health*, 0(0), 1–21.

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