**Monica Smith**

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**Executive Summary**

**Transformational Education | Population Specific| Outcome Focused**

Developing, evaluating and refining programs and the staff that deliver service in order to

change behavior and improve targeted outcomes.

**Areas of Expertise**

|  |  |  |
| --- | --- | --- |
| * Group facilitation * Public speaking * Community outreach * Applied research * Adult learning theory * Training and staff development | * Motivational Interviewing * Educating from a client centered perspective * EMDR * Limbic system therapy * Navigating the child welfare system | * Maternal/infant nutrition * Feeding and nutritional interventions in special needs populations * Nutritional and cognitive interventions in eating disorder and psychological trauma |

**Professional Experience**

**Private Practice, Counseling and Nutrition Services** 6/06-Present

* Individual, group and family mental health and nutrition counseling for adult and adolescent clients witheating disordered behaviors including anorexia, bulimia, binge eating disorder, compulsive exercising, failure to thrive infants and children.
* Research assistant and trainer for NIH funded research through Mighigan State University’s College of Nursing
* Consulting K-12 related to developing strategies to create body positive school environments
* Provide training and coaching for: Kent and Ottawa County Court Appointed Special Advocates, Michigan Women Infant and Children’s Program, Bethany Christian Services, Michigan 4C, Adoption Resource, DA Blodget St. John’s, Arbor Circle, Kent Intermediat School District, Trauma Informed School Conference, Foster Family and Adoptive Services
* Public speaking in the areas of nutrition, child welfare, motivational interviewing, and approaches for integrating trauma informed practice into child and adolescent focused service

**Forest View Psychiatric Hospital** March 2017 – December 2018

Trauma Servces Coordinator

* Program development and administration, in accordance with ever changing need of population
* Limbic system therapy for the treatment of acute symptomology of PTSD
* EMDR
* Group, individual and family counseling to adolescents and adults
* Navigate calmly and effectively in an emotionally labile and at times volatile environment
* Staff development
* Interface with community partners and agencies to assure continuity of care

**Kent County Health Department** January 2013 – March 2017

Public Health Program supervisor

* Hire, train and supervise a professional and paraprofessional staff of 16 – 18
* Collaborate within the management team and across divisions to support the overarching goals of both local and state programming
* Manage a public health clinic with a monthly caseload of over 5000
* Responsible for setting and evaluating baseline competencies in nutrition and breastfeeding across for all KCHD WIC staff
* Statewide Trainer for motivational interviewing for the Women Infants and Children Program
* Ensure protocol is followed for 2 federally funded public health programs, responding to audits and programmatic changes within designated time frames

**Michigan State University Extension** August 2007-January 2013

Supervising Extension Educator

* Assess nutritional needs of community, adjust programs and train staff to meet current need
* Conduct applied research in the areas of maternal/infant nutrition, senior nutrition, prevention of weight gain in postpartum women
* Achieve designated outcomes related to health behavior change across lifespan using motivational interviewing, goal setting and values driven education
* Evaluate outcomes across 3 counties against statewide logic model
* Contribute expertise to statewide task forces in areas of curriculum, evaluation and training
* Public speaking and group education on nutrition topics across the lifespan
* Administer 2 USDA Federal grant programs with a combined budget of ~1.3 million dollars
* Devise plan of work, budget and staffing needs for 3 county district
* Develop, maintain and nurture community partnerships

**Aquinas College** 10/06-8/07

Counselor

* Individual and group counselling to students including students with physical or learning disabilities, students from lower income families or who were first generation college entrants
* Case management of complex students
* Team based approach to guide student success
* Academic advising and career counselling
* Made referrals to community based services

**Grand Valley Health Plan** 12/04- 8/07

Health and Wellness Coach

* Counsel, coach, and educate members regarding behaviors that impacthealth status.
* Nutrition education, relaxation, stress management, smoking cessation, weight management, heart health, diabetes and breastfeeding.
* Extensive experience with depression and anxiety.
* Co-facilitate shared medical appointments for diabetic patients

**Community Service**

Board of Directors, Family Network of Wyoming **9/14 – 7/17**

Board of Directors, Kids Food Basket, **7/14 – 7/17**

Foster parent for teen girls, DA Blodgett, **3/11 -3/15**

Court Appointed Special Advocate for Children, Kent County, Michigan **11/01 -present**

Grand Rapids Center for Ecumenism, Friendly Neighbor to people with AIDS **5/98-5/01**

Grand Rapids AIDS Resource Center, Buddy program for persons with AIDS **9/88-5/95**

Grand Rapids AIDS Resource Center, Board of Directors **10/90-10/91**

Mentor for Homeless Teens, Homeless Youth Services **9/88 – 9/90**

**Honors**

Recipient, Christine Nelson Award honoring efforts to prevent child abuse 5**/04**

**Education**

10/18 Certification Dialectical Behavioral Therapy

2/18 Certification Eye Movement Desynthesization Reprocessing

8/12 Certifiction in Expressive Arts Therapy

3/12 Certification in Child Trauma, Healing the Inside Child

7/10 Motivational Interviewing

8/08, 12/17 Trauma Model

6/06 Licensed Professional Counselor MI License #6401010013

6/06 Advanced Training in Childhood Obesity Counseling/Shapedown Instructor

5/06 MA Counseling, Spring Arbor University

1/00 Registered Dietician Registration # 876321

5/98 - BS Dietetics, Western Michigan University

**Research**

8/08 – 3/17 – Consultant and trainer for Mothers In Motion,

MSU College of Nursing, Mei-Wei Chang, Principal Investigator

1/05 – 2/07 - Co-author, fat intake behavior study of low income women participants in the Women, Infants and Children’s program. Assisting Mei-Wei Chang, Ph.D. of Michigan State University.