**Michelle L. Young**

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**Formal Education**

1. Master’s of Social Work Degree

University of Maryland at Baltimore, Baltimore, MD

Specialization in Maternal-Child Health

Masters Thesis Topic: *The Impact of Group-Based Bereavement Work on Children Impacted by Handgun Violence*

2001 Bachelor's of Art Degree

McDaniel College, Founded in 1867 as Western Maryland College, MD

Major in Social Work

Minor in Religious Studies

Graduated Summa Cum Laude and With Departmental Honors in Social Work

Recipient of Best Overall Social Work Student 2001, McDaniel College

**Clinical experience**

**June 2006-December 2013 Psychotherapist**

**Stanton Psychotherapy Inc., Elkridge, MD**

*Responsibilities include*: DSM Diagnosis of children, adolescents and adults; Individual, couples and family outpatient therapy; EAP provider; Develop and implement treatment plans; Case documentation; Provide written reports to insurance companies and referral sources; Community outreach and consultation—served as a guest speaker for the Baltimore chapter of the International Caesarian Network on the topic of Postpartum Mood Disorders

**August 2006-April 2007 School/Guidance Counselor**

**The Seton Keough High School, Baltimore MD**

*Responsibilities include:* Provide brief counseling to students in an all-girls, Catholic high school; Program planning for group mental health curriculum; Serve as a consultant for psychosocial issues; Serve as a member of the Crisis Intervention Team for the school; Faculty chairperson of the *Women’s Issues at Seton Keough*, a student interest organization

**June 2005-July 2006 Clinical Social Worker/Family Therapist**

**Center for Eating Disorders at Sheppard Pratt Health System, Towson, MD**

*Responsibilities include:* Provide intensive family and group therapy to patients in the Inpatient and Partial

Hospital Programs; Case management services to patients; Serve as a member of an inter-disciplinary team to provide a multi-faceted treatment program for the patients; Discharge planning and referrals; Identification of resources; Biopsychosocial assessments; Trauma intervention

**July 2002-June 2005 Clinical Social Worker/Unit Supervisor**

**Board of Child Care, Baltimore MD**

*Responsibilities include:* Supervision of Transitional Living Program at Nicodemus House; Supervision of seven direct care workers at the group home including performance appraisals and staff training; Supervision of MSW students from University of Maryland at Baltimore; Long-term individual, group, family therapy and social skills training to older adolescents in the foster care system; Short-term individual, group and family therapy to adolescent boys in transition; DSM diagnosis and psychosocial assessment; Liaison to fostercare system; Case documentation; Provide written reports and placement recommendations to referral sources; Develop and implement treatment plans; Facilitate interdisciplinary treatment team meetings; Development of a domestic violence psychoeducational group curriculum

**August 2001-April 2002 Graduate Level Social Work Intern for Women's and Children's Services**

**Sinai Hospital, Baltimore, MD**

*Responsibilities include:* Case management for at-risk families and non-compliant patients of the outpatient pediatric program; Biopsychosocial assessment; Identification of resources; Organization of healthcare education resources for patients; Development of community-based educational groups for parents on topic of childhood asthma; Supportive counseling for families with in-patient children; Assessment of family functioning; Discharge planning

**September 2000-May 2001 Bachelor Level Social Work Intern**

**Family and Children's Services of Central Maryland, Westminster MD**

*Responsibilities include:* Short-term crisis counseling; Facilitation of resources for victims of domestic violence and their children. Co-led psycho­educational children's groups

**Teaching, Education & Research Experience**

**July 2009-present Senior Lecturer in Social Work**

**McDaniel College, Westminster MD**

*Teaching Responsibilities include:* “Reality Television: What’s Behind It?” a first-year seminar designed to examine themes in group dynamics as well as the genre’s impact on individual, family and sociological development; “Methods of Social Work Research” an introduction to research methodology within social work practice with emphasis placed on ethics and student-designed research topics. Students also collaborate with local programs and agencies to complete qualitative research projects that are mutually beneficial to the students as a learning experience and to the agencies as a means of data collection/summarization. “Human Behavior and the Social Environment” a course that overviews the individual life cycle from birth to young adulthood. Theories of human development both biological and psychological as well as the impact of society and culture are also examined. Guest speakers secured for this course included Beth Hill and Theresa Ballinger, parents of children with autism and executive board members of the Howard County Autism Society who spoke on the topic of parenting a child on the autism spectrum, Patrick Sprankle, PhD. On the topic of adolescent faith development as well as Andrew Stanton, a clinical social worker in private practice specializing in ADHD who spoke on the topic of ADHD and its effects on children and adolescents and Cathy Orzolek-Kronner, PhD who presented an overview of Attachment Theory. “Social Work Practice with Families and Small Groups” which was a course that was previously offered as “The Family” but I worked to convert it from a sociological overview course to a practice-based course designed to complement our senior social work majors’ field placements to allow a blending of theoretical constructs regarding working with families and small groups to field experience. This class offered experiential exercises designed to challenge senior-level majors with small group encounters and family-based social work interventions. Guest speakers secured for this course included Veronica Esteves, a clinical social worker working with families experiencing trauma who explored the topic of working across difference with families. “The Nature of Health and Illness” an interdisciplinary course designed to challenge students to engage critically on the topic of how culture shapes our views of what health , wellness and illness are. Guests to this course have included Greg Alles, PhD on the faith healing ceremonies, Deborah Kaufmann, RD/LD speaking on the role of nutrition in health maintenance, Jennifer McKenzie, PhD addressing the connection between exercise and health benefits and Marilynn Clark, LCPC on the topic of music therapy for both psychological and physiological benefits. In addition to my primary teaching responsibilities, I have also offered guest lectures in "Alcohol: Spirits, Muses, and Demons” on the Intersection of Alcohol Abuse, Gender and Race and in “Religion and Violence” on the impact of religion in family violence. I have also continued to teach continuing education workshops for practicing clinicians on topics such as eating disorders, ethics and post-partum mood disorders.

*Other Responsibilities include:* Academic advisement for first year students and students in the Social Work major; Faculty advisor for Phi Alpha, Episilon Rho chapter of the National Social Work Honor Society—activities Phi Alpha has engaged in include Adopt a Family with Carroll County Human Services Program, planning and implementing a Take Back the Night Rally and Vigil, fundraising and material support for the McDaniel College teams participating in the Walk a Mile in Her Shoes event to raise funds and awareness around Sexual Assault, *Turning the Page,* a collaborative effort between Phi Alpha, the Social Work Action Team and the Carroll County Detention Center to collect books for children whose parents are incarcerated at the CCDC, screenings of movies with social justice themes such as *Precious* and *The Girl with the Dragon Tattoo* with panel discussions afterwards, *Rock Against Rape* a benefit concert for Rape Crisis of Carroll County collaboratively held with Common Ground on the Hill. Faculty advisor and consultant for three student-designed departmental honors projects: 2009-2010 project entitled “Struggles of Hearing Parents of Deaf Children” a qualitative study of an exploratory nature; 2010-2011 project entitled “Reading with Remmie and Whit: The Impact of Canine-Reading Programs on Self Esteem” a preliminary exploratory study and 2012-2013 project entitled “Psychoeducational Groups for Neurotypical Children with Siblings on the Autism Spectrum” an experiential collaboration with the Howard County Autism Society. Field Liaison for Social Work seniors completing their field placements in area agencies—providing structure and support to both the student as well as the field supervisor where the student is placed. Member of the Honor and Conduct Board 2011-2013. College Marshall 2012-present. Collaborator in departmental re-accreditation process for the Council for Social Work Education including data collection, assessment and drafting a self-study. Support of student activities and interests including Domestic Violence Vigil, World Food Day, College Athletic Teams, and various speakers featured on campus. Also, as part of the mission of the department to contribute to professional development of other mental health professionals, I regularly teach CEU workshops for the clinical staff at Hoffman Homes for Youth in Littlestown PA.

**May 2008-October 2014 Adjunct Faculty Member in Continuing Education**

**Carroll Community College, Westminster MD**

*Teaching Responsibilities include: “Unlocking the Mystery of Eating Disorders”* a continuing educational class targeting clinicians to deepen their understanding of eating disorders including diagnosis, etiology and treatment modalities.  *“Beyond the Baby Blues”* a continuing education class designed to help clinicians increase competency in the screening, referral and treatment of perinatal and postpartum depression and related disorders. *“Unraveling the NASW Code of Ethics” is* an interactive course for licensed social workers and other mental health practioners designed to explore concepts around best practices in ethical decision-making using the NASW Code of Ethics as a guide. The course also intended to challenge participants to examine their own values, principles and standards in relation to the professional code.

**August 2008-July 2009 Visiting Lecturer in Social Work**

**McDaniel College, Westminster MD**

*Teaching Responsibilities include:* “Managing Systems in a Macro Environment” a junior level course in the required social work curriculum designed to increase students’ understanding of organizational behavior as well as the ways individuals are impacted by their larger environment; “Understanding the DSM-IV: An overview of mental illness” a special topics course to provide a basic understanding of mental illness and the impact of cultural and psychosocial factors on its development; “The Family” an interdisciplinary approach to the family and its functioning that incorporates a historical perspective as well as cultural, economic influences, communication and folklore; “Methods of Social Work Research” an introduction to research methodology within social work practice with emphasis placed on ethics and student-designed research topics*.*

*Other Responsibilities include:* Faculty advisor for Phi Alpha, Episilon Rho chapter of the National Social Work Honor Society; Support of student activities and interests including Take Back the Night Rally and Vigil, Domestic Violence Vigil, College Athletic Teams, and various speakers featured on campus.

**May 2007-December 2009 Board of Directors**

**The Seton Keough High School, Baltimore MD**

*Responsibilities include:* Attendance of bi-monthly scheduled meetings as well as additional meetings as needed; Oversee financial, academic and admissions policies and decisions; Liaison between faculty, students and families and the Archdiocese of Baltimore

**August 2006-April 2007 School/Guidance Counselor**

**The Seton Keough High School, Baltimore MD**

*Teaching Responsibilities include:* “*Junior Seminar*” a special topics class with topics including navigating the college search process, identifying colleges suited to an individual’s needs, etc

**June 2005-July 2006 Clinical Social Worker/Family Therapist**

**Center for Eating Disorders at Sheppard Pratt Health System, Towson, MD**

*Teaching Responsibilities include:* Psychoeducational groups targeting parents and family members of patients in the inpatient unit; Facilitator of the Trauma Task Force which included drafting protocols for treatment of patients on the unit with an identified trauma history and introducing these plans to staff members

**April 2001 University of Maryland School of Social Work**

**Baltimore MD**

Primary Investigator: “*The Impact of Group-Based Bereavement Work on Children Impacted by Handgun Violence”*

**October 2000 Domestic Violence Rally**

**McDaniel College**

**Westminster MD**

*Responsibilities Include:* Secure speakers for the rally; Organize location, time, etc for event; Facilitate Clothesline Project using t-shirts designed and made by clients from Family and Children’s Services of Carroll County’s Domestic Violence program; Assist in design of promotional materials (pamphlets, t-shirts, etc.) for the event; Promote event to campus and surrounding communities

**November 1999 McDaniel College**

**Westminster MD**

Primary Investigator: “*The Connection Between Sexual Assault and Domestic Violence”*: A Qualitative Study” This was a qualitative investigation; interview-based with a single subject. I designed the survey, implemented and evaluated it.

**October 1999 Sexual Assault Rally--Speaker**

**McDaniel College**

# Westminster, MD

*Responsibilities Include:* Serve as keynote speaker for rally; assist in design of promotional materials (pamphlets, t-shirts, etc.) for the event

**Continuing Education**

November 5, 2015 “Just Gender” Emerging Knowledge about Trans Individuals

McDaniel College

Westminster, MD

October 15, 2015 “Healing Neem” Trauma Across the Lifespan

McDaniel College

Westminster, MD

April 13, 2015 “The Paradox of Sexuality”

McDaniel College

Westminster, MD

April 2, 2015 “In Plain Sight” Human Trafficking Trends

McDaniel College

Westminster, MD

June 11, 2014 “Making Relationships Work: Best Practices for Couples Treatment”

PESI, Inc.

Washington, DC

December 2, 2013 “Dialectical Behavior Therapy”

PESI, Inc.

Ellicott City, MD

October 30, 2013 “Spirituality, Faith and Religion: Ethical Considerations for Practice”

University of Maryland, Baltimore

Baltimore, MD

August 2, 2013 “When the Body is a Battlefield”

McDaniel College

Westminster, MD

April 19, 2013 “Wretches and Jabberers: Appreciating Self-Advocacy in ASD”

McDaniel College

Westminster, MD

March 21, 2013 “Revolutionizing Diagnosis and Treatment Using the DSM 5”

PESI, Inc.

Harrisburg, PA

August 17, 2012 “Ask Me My Story: Working Across Difference in Helping Relationships”

McDaniel College

Westminster, MD

June 29, 2012 “Crackberry: Exploring the Impact of Technology”

University of Maryland, Baltimore

Baltimore, MD

March 26, 2012 “Working Ethically with the LGBTQ Community”

McDaniel College

Westminster, MD

September 21, 2011 “Knowing Me, Knowing You: The Importance of Narrative Exercises in

Patients with Dementia”

Jenerations Health Education

Westminster, MD

September 9, 2011 “International Approaches to Substance Abuse Treatment”

McDaniel College

Westminster, MD

September 8, 2011 “Emerging Trends in International Social Work Practice”

McDaniel College

Westminster, MD

July 13, 2011 “Attachment and Emotional Regulation: Brain Based Interventions across the Lifespan”

Cross Country Education

Frederick, MD

May 13, 2011 “Social Media: To Friend or Not to Friend?”

NASW Maryland

Baltimore, MD

August 11, 2010 “Positive Discipline with Children and Adolescents”

Foster Care and Adoptive Community, Inc.

Chatsworth, CA

October 2, 2009 “Fatherhood Summit 2009: The Impact of Fathers on Child Well-being”

The Marriage Resource Center of Carroll County

Westminster, MD

June 1, 2009 “Risky Business: Areas of Concern for Adolescents in Carroll County”

Carroll County Health Department in Collaboration with other Carroll County Agencies

Westminster, MD

April 30, 2009 “Cultural Competence in Social Work Practice: A Journey not a Destination”

McDaniel College

Westminster, MD

April 22, 2009 “Suicide in Older Adults: Emerging Trends”

McDaniel College

Westminster, MD

March 20, 2009 “Boundaries and Dual Relationships”

Hoffman Homes for Youth

Littlestown, PA

February 28, 2009 “When a Parent Goes to War”

Baltimore Washington Institute for Psychoanalysis

College Park, MD

June 19, 2008 “Making Clear, Tough Choices: Ethics in Addictions Practice”

University of Maryland School of Social Work

Baltimore, MD

June 27, 2007 “The Emerging Relevance of Clincial Pharmacogenetics”

Sheppard Pratt Health System

Towson, MD

May 30, 2007 “Bipolar Disorder: Underdiagnosis, Overdiagnosis, Misdiagnosis, or Red

Herring”

Sheppard Pratt Health System

Towson, MD

March 21, 2007 “Assets and Liabilities: Teaching Students with Learning Differences”

Neurobehavioral Associates

Baltimore, MD

March 1, 2007 “Mean Girls: Strategies and Resources for Identifying and Helping Relationally

Aggressive Girls and Empowering Their Victims”

College of Charleston, North Campus

Baltimore, MD

February 26, 2007 “Cognitive-Behavioral Treatment”

PESI, Inc.

Baltimore, MD

January 16, 2007 “Overcoming Anxiety and Depression Through the Path of Mindfulness”

PESI, Inc.

Ellicott City, MD

October 11, 2006 “Autism Spectrum Disorders—An Overview”

Professional Resource Development

Baltimore, MD

September 25, 2006 “Perinatal Depression—An Overview”

University of Virginia Health System

Baltimore, MD

June 14, 2006 “The Importance of Respecting Defenses in a Patient with Trauma Disorder”

Sheppard Pratt Health System

Towson, MD

June 9, 2006 “Understanding Malpractice Risk: What Social Workers Can Do”

National Association of Social Workers

Baltimore, MD

May 31, 2006 “Psychiatric Hospice Care”

Sheppard Pratt Health System

Towson, MD

May 4, 2006 “Managing Chronic Eating Disorder Patients”

Center for Eating Disorders at Sheppard Pratt

Towson, MD

April 26, 2006 “Menopause, Understanding Recent Research: Suggestions for Dealing with

Distress and Other Issues for Clinicians”

Sheppard Pratt Health System

Towson, MD

March 15, 2006 “Antipsychotic Medication Side-effects in Children”

Sheppard Pratt Health System

Towson, MD

February 7, 2006 “Talking with Patients about Sexuality: How to Take a Useful History”

Sheppard Pratt Health System

Towson, MD

December 14, 2005 “The Quest for Sobriety: Understanding the Role of Medications in the Treatment of Alcohol Dependence”

Sheppard Pratt Health System

Towson, MD

November 29, 2005 “What Social Workers Need to Know”

Sheppard Pratt Health System

Towson, MD

November 9, 2005 “A Tale of Quality of Care: Family Psychoeducation”

Sheppard Pratt Health System

Towson, MD

October 11, 2005 “Social Work Ethics and Professional Conduct”

Sheppard Pratt Health System

Towson, MD

October 6, 2005 “Eating Disorders—What Have We Learned?”

Sheppard Pratt Health System

Towson, MD

September 28, 2005 “Pregnancy and Bipolar Disorder in Women: An Evidence-Based Approach”

Sheppard Pratt Health System

Towson, MD

August 18, 2005 “Implementing the Five A’s of Smoking Cessation”

Sheppard Pratt Health System

Towson, MD

June 29, 2005 “Update on Suicide Prevention at Sheppard Pratt Health System”

Sheppard Pratt Health System

Towson, MD

April 15, 2005 “Helping Difficult and Challenging Clients”

Cross Country University

Baltimore, MD

March 18, 2005 “Incorporating Macro Experiences in the Bachelor’s and MSW’s Foundation Year Field Placements”

University of Maryland, Baltimore School of Social Work

Baltimore, MD

##### Affiliations & Certifications

Belay Techniques for High Element Ropes Courses—Certification

Cornell Version of Therapeutic Crisis Intervention—Certification

Licensed Certified Social Worker-Clinical, State of Maryland-License #12592

National Association of Social Workers-Member

National Association of Social Workers-Maryland Chapter--Member

National Catholic Educational Association-Member

Natural Parenting of Carroll County—Member

Omicron Delta Kappa, National Leadership Honor Society--Member

Phi Alpha, Social Work Honor Society--Member

Pi Gamma Mu, Social Sciences Honor Society—Member

STAND Training for the Archdiocese of Baltimore—Certification

Theta Alpha Kappa, Religious Studies Honor Society—Member

Varsity Cheer Squad Seton Keough High School –Head Coach (2001-2004)

Western Maryland Pom Dance Team—Member & Captain (1997-2000)

Western Maryland Social Work Club—President & Member (1998-2000)

Who's Who in American Colleges and Universities—Member

Youth Protection Program for the Diocese of Harrisburg---Certification